Without Walls (WOW):

- Completely free program.
- You do not need to be a member of The Aurora Seniors Cen
- Zoom & Teleconference program options
- Telephone programs are multi-person phone conversations
- Offered 6 days a week, 30-minute programs

Card Bingo: All you need is a standard deck of cards.
Chair Exercise: Light Cardio and strength exercises. Weights are optional
Chair Yoga: Simple yoga movements and breath work anyone can do from a chair
Coffee Chat: Grab your favourite beverage and join us for a friendly conversation
Fun & Games: Activities to make us laugh and stay connected.
Jeopardy: Trivia questions "Jeopardy" style, grab a pen and paper

MONTHLY FEATURES:

Bingo: Get ready to call BINGO! The classic game from the comfort of home. Registration is required If you would like to receive a card to play, cards can be picked up or emailed. Cards can be re-used.
November Nonsense: Fast-paced games, big laughs, and perfectly coordinated chaos—live on Zoom. Expect games, jokes, trivia, brainteasers and lots of shared laughter.
Name that Tune: From classic hits to crowd-favourites, Name That Tune on Zoom will keep you guessing, dancing and singing along
Smart and Safe: Artificial Intelligence for Older Adults: Learn what AI is, how it can help with everyday tasks like finding information, writing messages, and staying connected, while exploring online safety, privacy, and responsible use.
Sit, Stand & Balance: Seated and standing exercises designed to strengthen and improve core, strength and balance.
Sit & Strong: Working on total body strength all from your chair, having fun along the way. Exercise band and weights optional
Sit & Stretch: A full body, seated stretching program focused on improving flexibility, easing tension, and elongating major muscle groups to support mobility and comfort.
Strong & Fit: Focuses on a whole-body workout consisting of cardio, strength and stretching. Exercise bands are used (optional).
Stories & Games: Stories, Biographies, Celebration Days, Music and more.
Travel Destination: Embark on a journey exploring new destinations from the comfort of your home.
Virtual Fun & Games: Various trivia and quizzes
Walking Club Seminars:
Nov 3: NO WALKING CLUB
Nov 10: Medical Cannabis 101 with Appollo Applied Research Inc.
Nov 17: Understanding Elder Abuse: Ageism & Abuse with Yellow Brick House (45-minute seminar)
Nov 24: Strength Training & Conditioning with John from Bayview Physiotherapy

Contact Information: Telephone: 365 500 3342 or Email: wow@aurora.ca

Fun After 55!

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 1 **NO PROGRAMS**	**Nov 2** **10:15** No Class **3:15** Card Bingo (Z/T)	**Nov 3** **12:30** Chair Yoga (Z/T) **2:00** NO WALKING CLUB	**Nov 4** **11:30** Sit, Stand & Balance (Z) **3:15** Short Stories & Games (T)	**Nov 5** **10:15** Sit & Strong (Z) **3:15** Chair Yoga (Z/T)	**Nov 6** **11:15** Sit & Stretch (Z/T) **3:15** Fun & Games (T)
Nov 8 **NO PROGRAMS**	**Nov 9** **10:15** Strong & Fit (Z/T) **3:15** Fun & Games (T)	**Nov 10** **12:30** Chair Yoga (Z/T) **2:00** Walking Club Seminar	**Nov 11** **11:30** Sit, Stand & Balance (Z) **3:15** Short Stories & Games (T)	**Nov 12** **10:15** Sit & Strong (Z) **3:15** Chair Yoga (Z/T) **4:00** Bingo(Z)	**Nov 13** **11:15** Sit & Stretch (Z/T) **3:15** Fun & Games (T)
Nov 15 **12:30** Chair Exercise (Z)	**Nov 16** **10:15** Strong & Fit (Z/T) **3:15** Fun & Games (T)	**Nov 17** **12:30** Chair Yoga (Z/T) **2:00** Walking Club Seminar **3:15** Virtual Fun & Games(Z)	**Nov 18** **11:30** Sit, Stand & Balance (Z) **3:15** Canadian Travel Destination (T)	**Nov 19** **10:15** Sit & Strong (Z) **3:15** Chair Yoga (Z/T)	**Nov 20** **11:15** Sit & Stretch (Z/T) **3:15** Fun & Games (T)
Nov 22 **12:30** Chair Exercise (Z)	**Nov 23** **10:15** Strong & Fit (Z/T) **3:15** Fun & Games (T)	**Nov 24** **12:30** Chair Yoga (Z/T) **2:00** Walking Club Seminar **3:15** November Nonsense (Z)	**Nov 25** **9:30** Smart & Safe Seminar(Z) **11:30** Sit, Stand & Balance (Z) **3:15** Short Stories & Games (T)	**Nov 26** **10:15** Sit & Strong (Z) **3:15** Chair Yoga (Z/T) **4:00** Name That Tune (Z) Rock and Roll	**Nov 27** **11:15** Sit & Stretch (Z/T) **3:15** Fun & Games (T)
Nov 29 **12:30** Chair Exercise (Z)	**Nov 30** **10:15** Strong & Fit (Z/T) **3:15** Jeopardy (Z/T)	**This legend indicates how each WOW program will be available for this month!** T -offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference Questions or to register email wow@aurora.ca or phone 365-500-3342			