

OCTOBER 2026 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<u>This legend indicates how each WOW program is available:</u> 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				Oct 1 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	Oct 2 11:15 Sit & Stretch (Z/T) 11:00 Ontario Caregivers Seminar (Z) 3:15 Fun & Games (T)
Oct 4 12:30 Chair Exercise (Z)	Oct 5 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	Oct 6 12:30 Chair Yoga (Z/T) 2:00 Walking Club Seminar	Oct 7 11:30 Sit, Stand & Balance (Z) 3:15 NO CALL	Oct 8 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	Oct 9 11:15 NO CLASS 3:15 Fun & Games (T)
Oct 11 NO PROGRAMS Happy Thanksgiving	Oct 12 NO PROGRAMS Happy Thanksgiving	Oct 13 12:30 Chair Yoga (Z/T) 2:00 Walking Club Seminar 3:15 BINGO (Z)	Oct 14 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Oct 15 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	Oct 16 11:15 Sit & Stretch (Z/T) 3:15 Fun & Games (T)
Oct 18 12:30 Chair Exercise (Z)	Oct 19 10:15 Strong & Fit (Z/T) 11:00 *NEW* DELIGHT (Z) *Registration required* 3:15 Fun & Games (T)	Oct 20 12:30 Chair Yoga (Z/T) 2:00 Walking Club Seminar	Oct 21 11:30 Sit, Stand & Balance (Z) 11:00 *NEW* DELIGHT (Z) *Registration required* 3:15 Short Stories & Games (T)	Oct 22 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T) 4:00 *NEW TIME* BINGO (Z)	Oct 23 11:15 Sit & Stretch (Z/T) 3:15 Fun & Games (T)
Oct 25 12:30 Chair Exercise (Z)	Oct 26 10:15 Strong & Fit (Z/T) 11:00 *NEW* DELIGHT (Z) *Registration required* 3:15 Jeopardy (Z/T)	Oct 27 12:30 Chair Yoga (Z/T) 2:00 Walking Club Seminar 3:15 Virtual Fun & Games (Z)	Oct 28 11:30 Sit, Stand & Balance (Z) 11:00 *NEW* DELIGHT (Z) *Registration required* 3:15 Canadian Travel Destination (T)	Oct 29 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	Oct 30 11:15 Sit & Stretch (Z/T) 3:15 Spooky Season Fun & Games (T)

Without Walls (WOW):

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

It is a Community Centre from the comfort of home!

Card Bingo: All you need is a standard deck of cards.

Chair Exercise: Light Cardio and strength exercises. Weights are optional

Chair Yoga *NEW*: Join our Yoga instructor for simple 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 FEATURE:

BINGO: Get ready to call BINGOOO. This month we have two dates for Bingo on Zoom, let us know if you would like to receive a card to play, cards can be reused for both, cards can be picked up or emailed. Registration is required

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 *NEW*: 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:

Oct 6: Be Better with Brandie

Oct 20: Brain Health with Memories Care Plus

Oct 13: Frauds & Scams with Ontario Security Commission

Oct 27: Cholesterol with Daisie Tan RPh



The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia/cognitive decline and their care partners. **Registration is required for this 8-week program Mon & Wed Oct 19th-Dec 14th.** 30 minutes of physical exercise, and 30 minutes of social connection, and shared learning including strategies to support living well through physical activity, healthy eating, sleep, mental health and social support (NOTE: 1 hour in duration) **REGISTRATION REQUIRED**

Without Walls (WOW) is just like attending a fitness class, seminar or playing a game at the Seniors Centre but from the comfort of your home.

Contact Information:

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