

Without Walls WOW Program

April, May, June 2024



The Town of Oakville is proud to provide this daily telephone program to be enjoyed in the comfort of your home! Since its introduction, not only has the program evolved, but the community it connects with continues to expand. WOW is right!

WOW is a free and interactive telephone-based program safely connecting adults 50+ to explore new opportunities. Enjoy unique 30 to 60-minute long sessions on Monday and Wednesday. Programs start at 10 a.m.

Program basics:

- Free program
- Programs are multi-person phone conversations
- No special equipment needed, just a telephone
- Each session lasts between 30 and 60 minutes
- You do not need to be a member of Oakville Seniors Services
- Be part of the conversation while learning and having fun

How do I pre-register for the calls?

Pre-register for your preferred day(s) by calling 905-845-6601, ext. 3979, or email scww@oakville.ca.

Leave your name and number to be added to the programs of choice.

If you require assistance, we can call you! Please indicate if you wish to be called when pre-registering.

Steps to connect on the day of your program:

1. Dial 1-866-279-1594 five minutes prior to program start time
2. Enter the six-digit passcode 809666 then press #
3. Say your name and press #

Note: the phone number and passcode is the same for all programs.

Not working? Dial 0 to speak to the operator and ask to be connected to Seniors Centres Without Walls Oakville.

For information contact:

Julie Pennal: 905-845-6601, ext. 3978
Kelly Meeussen: 905-845-6601, ext. 3977
scww@oakville.ca
oakville.ca, search "without walls"
facebook.com/OakvilleSeniorsCentres

Pre-registration is recommended for all programs. To view a WOW Program calendar visit oakville.ca/culturerec/seniors-centres.html or call 905-815-5960 to request a copy. If you have low vision or require assistance joining the call(s), please let us know when you register.

Oakville Program Descriptions

🔊 Listen & Learn

“On This Day in History” (Historical Discussion):

Join Susan Carey, retired teacher and historian as she fosters fascinating and lively conversations about World War II history and the events that impact today.

Speaker of the month: Join us on the first Thursday of each month at 10 a.m. as we host a variety of guest speakers who will provide interesting information on various topics that you won't want to miss!

Schedule of speakers

Thursday, April 4: Victor Abraham, Director of Outreach & Observatory Curator Hamilton Centre Royal Astronomical Society of Canada.

Thursday, May 2: Jan Richards talks food! Learn about the most recent changes to Canada's Food Guide. To get the most out of the morning, visit <https://foodguide.canada.ca/en> if you'd like a sneak preview...surprises await you!

Thursday, June 6: John Fletcher “Wolf Man Dancing”, First Nation Metis, talks about Indigenous Culture, Mother Earth, Pow Wow etiquette, and community awareness.

👏 Active Participation

Chair Stretch and Gentle Fitness with June:

Join June for a gentle workout from a seated position. Wear comfortable clothing and have a water bottle nearby. Two light hand weights or soup cans are recommended but not required. Go at your own pace.

Mindful Breathing with Cheryl: Gentle breathing techniques help calm your mind, improve focus and release toxins in your body. A great way to practice for your regular meditations.

Mindfulness & Meditation is a simple practice which can reduce stress, increase calmness, clarity and promote happiness. Take a deep breath, and get ready to relax.

☕ Coffee & Conversation

What's the Tea?: Join us on the last Wednesday of each month at 10 a.m. for a lively discussion as we talk about current events, share knowledge, and enjoy conversation. Topics change each month!

More Free Telephone Programming from our Friends at the Aurora Seniors Centre!

In order to offer you a greater selection of WOW programs we are pleased to partner with the Aurora Seniors Centre. The programs being offered by the centre are highlighted in grey. If you would like to participate in these programs, please call 365-500-3161 or email byorg@aurora.ca. Please do not call the Oakville number to access this programming.



April 2024 wow Without Walls

Oakville programs start at 10 a.m.

Aurora programs highlighted in grey



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Happy Easter No call today</p>	<p>2</p> <p>10:15 a.m. Chair Yoga (Aurora) 👍</p>	<p>3</p> <p>On This Day in 📢 History with Susan!</p> <p>3:15 Stories & Games (Aurora) 🔥</p>	<p>4</p> <p>Guest Speaker 📢</p> <p>3:15 p.m. Chair Yoga (Aurora) 👍</p>	<p>5</p> <p>3:15 p.m. Fun & Games (Aurora) 🔥</p>
<p>8</p> <p>Mindfulness & Meditation 👍</p>	<p>9</p> <p>10:15 a.m. Chair Yoga (Aurora) 👍</p>	<p>10</p> <p>Chair Stretch & Gentle Fitness with June 👍</p> <p>3:15 Stories & Games (Aurora) 🔥</p>	<p>11</p> <p>3:15 p.m. Chair Yoga (Aurora) 👍</p>	<p>12</p> <p>3:15 p.m. Fun & Games (Aurora) 🔥</p>
<p>15</p> <p>Guided meditation with Nazia 👍</p>	<p>16</p> <p>10:15 a.m. Chair Yoga (Aurora) 👍</p>	<p>17</p> <p>On This Day in 📢 History with Susan!</p> <p>3:15 Stories & Games (Aurora) 🔥</p>	<p>18</p> <p>3:15 p.m. Chair Yoga (Aurora) 👍</p>	<p>19</p> <p>3:15 p.m. Fun & Games (Aurora) 🔥</p>
<p>22</p> <p>Mindfulness & Meditation 👍</p>	<p>23</p> <p>10:15 a.m. Chair Yoga (Aurora) 👍</p>	<p>24</p> <p>What's the Tea? ☕</p> <p>3:15 Stories & Games (Aurora) 🔥</p>	<p>25</p> <p>3:15 p.m. Chair Yoga (Aurora) 👍</p>	<p>26</p> <p>3:15 p.m. Fun & Games (Aurora) 🔥</p>
<p>29</p> <p>Mindfulness Breathing with Cheryl 👍</p>	<p>30</p> <p>10:15 a.m. Chair Yoga (Aurora) 👍</p>			

📢 Listen & Learn

🔥 Games & Trivia

☕ Coffee & Conversation

👍 Active Participation

May 2024 wow Without Walls

Oakville programs start at 10 a.m.

Aurora programs highlighted in grey



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chair Stretch & Gentle Fitness with June 🇺🇸 3:15 p.m. Stories & Games (Aurora) 🏰	2 Guest Speaker 📢 3:15 p.m. Chair Yoga (Aurora) 🇺🇸	3 3:15 p.m. Fun & Games (Aurora) 🏰
6 Mindfulness & Meditation 🇺🇸	7 10:15 a.m. Chair Yoga (Aurora) 🇺🇸	8 On this Day in 📢 History with Susan! 3:15 p.m. Stories & Games (Aurora) 🏰	9 3:15 p.m. Chair Yoga (Aurora) 🇺🇸	10 3:15 p.m. Fun & Games (Aurora) 🏰
13 Guided Meditation with Nazia 🇺🇸	14 10:15 a.m. Chair Yoga (Aurora) 🇺🇸	15 Chair Stretch & Gentle Fitness with June 🇺🇸 3:15 p.m. Stories & Games (Aurora) 🏰	16 3:15 p.m. Chair Yoga (Aurora) 🇺🇸	17 3:15 p.m. Fun & Games (Aurora) 🏰
20 Victoria Day No call today!	21 10:15 a.m. Chair Yoga (Aurora) 🇺🇸	22 On This Day in 📢 History with Susan! 3:15 p.m. Stories & Games (Aurora) 🏰	23 3:15 p.m. Chair Yoga (Aurora) 🇺🇸	24 3:15 p.m. Fun & Games (Aurora) 🏰
27 Mindfulness & Meditation 🇺🇸	28 10:15 a.m. Chair Yoga (Aurora) 🇺🇸	29 What's the Tea? ☕ 3:15 p.m. Stories & Games (Aurora) 🏰	30 3:15 p.m. Chair Yoga (Aurora) 🇺🇸	31

📢 Listen & Learn

🏰 Games & Trivia

☕ Coffee & Conversation

🇺🇸 Active Participation

June 2024 wow Without Walls

Oakville programs start at 10 a.m.

Aurora programs highlighted in grey



Monday	Tuesday	Wednesday	Thursday	Friday
3 Mindful Breathing with Cheryl 🇺🇸	4 10:15 a.m. Chair Yoga (Aurora) 🇺🇸	5 On This Day in 🇺🇸 History with Susan! 3:15 p.m. Stories & Games (Aurora) 🇺🇸	6 Guest Speaker 🇺🇸 3:15 p.m. Chair Yoga (Aurora) 🇺🇸	7 3:15 p.m. Fun & Games (Aurora) 🇺🇸
10 Guided Meditation with Nazia 🇺🇸	11 10:15 a.m. Chair Yoga (Aurora) 🇺🇸	12 Chair Stretch & Gentle Fitness with June 🇺🇸 3:15 p.m. Stories & Games (Aurora) 🇺🇸	13 3:15 p.m. Chair Yoga (Aurora) 🇺🇸	14 3:15 p.m. Fun & Games (Aurora) 🇺🇸
17 Mindfulness & Meditation 🇺🇸	18 10:15 a.m. Chair Yoga (Aurora) 🇺🇸	19 On This Day in 🇺🇸 History with Susan! 3:15 p.m. Stories & Games (Aurora) 🇺🇸	20 3:15 p.m. Chair Yoga (Aurora) 🇺🇸	21 3:15 p.m. Fun & Games (Aurora) 🇺🇸
24 Mindfulness & Meditation 🇺🇸	25 10:15 a.m. Chair Yoga (Aurora) 🇺🇸	26 What's the Tea? 3:15 p.m. Stories & Games (Aurora) 🇺🇸	27 3:15 p.m. Chair Yoga (Aurora) 🇺🇸	28 3:15 p.m. Fun & Games (Aurora) 🇺🇸

🇺🇸 Listen & Learn

🇺🇸 Games & Trivia

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OAKVILLE