

Without Walls WOW Program

January, February, March 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 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.

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.

Keep Sharp!: Join Jade Williamson from Amica for an informative talk about brain health, protecting your brain function and maintaining cognitive health at any age. Jade will debunk some common myths about aging and mental decline, explore whether there is a best diet or exercise regime for the brain, and show how to fend off dementia.

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 helps calm your mind, improve focus and release toxins in your body.

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.

Games & Trivia

New Year’s Trivia: Join us for a fun morning of learning and games! Discover the history of New Year’s Eve and enjoy a series of trivia questions to follow!

Let’s Celebrate St. Patrick’s Day: Did you know that St. Patrick was not even Irish? Learn the history of St. Patrick’s Day and enjoy a series of trivia and true and false questions to follow!

More Free Telephone Programming!

In order to offer you a greater selection of WOW programs we are pleased to partner with the Auora Seniors Centre. The programs being offered by the centre are highlighted in grey. If you would like to participate in these programs, please let us know and a representative from the Auora Seniors Centre will call you directly!

Please do not call the Oakville number to access this programming.



January 2024 wow Without Walls

Oakville programs start at 10 a.m.
Full program descriptions on page 2.



Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY NEW YEAR! Welcome 2024! No call today	2 10:15 a.m. Chair Yoga (Aurora) 🙌	3 On This Day in 📢 History with Susan! 3:15 Stories & Games (Aurora) 🔥	4 3:15 a.m. Chair Yoga (Aurora) 🙌	5 3:15 Fun & Games (Aurora) 🔥
8 Mindfulness & Meditation 🙌	9 10:15 a.m. Chair Yoga (Aurora) 🙌	10 Chair Stretch & Gentle Fitness with June 🙌 3:15 Stories & Games (Aurora) 🔥	11 3:15 a.m. Chair Yoga (Aurora) 🙌	12 3:15 Fun & Games (Aurora) 🔥
15 Mindfulness & Meditation 🙌	16 10:15 a.m. Chair Yoga (Aurora) 🙌	17 On This Day in 📢 History with Susan! 3:15 Stories & Games (Aurora) 🔥	18 3:15 a.m. Chair Yoga (Aurora) 🙌	19 3:15 Fun & Games (Aurora) 🔥
22 Mindfulness & Meditation 🙌	23 10:15 a.m. Chair Yoga (Aurora) 🙌	24 Chair Stretch & Gentle Fitness with June 🙌 3:15 Stories & Games (Aurora) 🔥	25 3:15 a.m. Chair Yoga (Aurora) 🙌	26 3:15 Fun & Games (Aurora) 🔥
29 Mindfulness Breathing with Cheryl 🙌	30 10:15 a.m. Chair Yoga (Aurora) 🙌	31 New Year's Trivia! 🔥 3:15 Stories & Games (Aurora) 🔥		

📢 Listen & Learn

🔥 Games & Trivia

☕ Coffee & Conversation

🙌 Active Participation

February 2024 wow Without Walls

Oakville programs start at 10 a.m.
Full program descriptions on page 2.



Monday	Tuesday	Wednesday	Thursday	Friday
			1 3:15 a.m. Chair Yoga (Aurora) 👍	2 3:15 Fun & Games (Aurora) 🔥
5 Mindfulness & Meditation 👍	6 10:15 a.m. Chair Yoga (Aurora) 👍	7 Brain Health Tips for Maintaining a Healthy Mind at Any Age! 📢 3:15 Stories & Games (Aurora) 🔥	8 3:15 a.m. Chair Yoga (Aurora) 👍	9 3:15 Fun & Games (Aurora) 🔥
12 Mindfulness & Meditation 👍	13 10:15 a.m. Chair Yoga (Aurora) 👍	14 Chair Stretch & Gentle Fitness with June 👍 3:15 Stories & Games (Aurora) 🔥	15 3:15 a.m. Chair Yoga (Aurora) 👍	16 3:15 Fun & Games (Aurora) 🔥
19 Family Day No call today!	20 10:15 a.m. Chair Yoga (Aurora) 👍	21 On This Day in 📢 History with Susan! 3:15 Stories & Games (Aurora) 🔥	22 3:15 a.m. Chair Yoga (Aurora) 👍	23 3:15 Fun & Games (Aurora) 🔥
26 Mindfulness & Meditation 👍	27 10:15 a.m. Chair Yoga (Aurora) 👍	28 Chair Stretch & Gentle Fitness with June 👍 3:15 Stories & Games (Aurora) 🔥	29 3:15 a.m. Chair Yoga (Aurora) 👍	

📢 Listen & Learn

🔥 Games & Trivia

☕ Coffee & Conversation

👍 Active Participation

March 2024 wow Without Walls

Oakville programs start at ☐ 10 a.m.
Full program descriptions on page 2.



Monday	Tuesday	Wednesday	Thursday	Friday
				1 3:15 Fun & Games (Aurora) 🏰
4 Mindfulness & Meditation 🙌	5 10:15 a.m. Chair Yoga (Aurora) 🙌	6 On This Day in 📢 History with Susan! 3:15 Stories & Games (Aurora) 🏰	7 3:15 a.m. Chair Yoga (Aurora) 🙌	8 3:15 Fun & Games (Aurora) 🏰
11 Mindful Breathing with Cheryl 🙌	12 10:15 a.m. Chair Yoga (Aurora) 🙌	13 Chair Stretch & Gentle Fitness with June 🙌 3:15 Stories & Games (Aurora) 🏰	14 3:15 a.m. Chair Yoga (Aurora) 🙌	15 3:15 Fun & Games (Aurora) 🏰
18 Mindfulness & Meditation 🙌	19 10:15 a.m. Chair Yoga (Aurora) 🙌	20 Let's Celebrate St. Patrick's Day History and Trivia 🏰 3:15 Stories & Games (Aurora) 🏰	21 3:15 a.m. Chair Yoga (Aurora) 🙌	22 3:15 Fun & Games (Aurora) 🏰
25 Mindfulness & Meditation 🙌	26 10:15 a.m. Chair Yoga (Aurora) 🙌	27 Chair Stretch & Gentle Fitness with June 🙌 3:15 Stories & Games (Aurora) 🏰	28 3:15 a.m. Chair Yoga (Aurora) 🙌	29 Good Friday No call today!

📢 Listen & Learn

🏰 Games & Trivia

☕ Coffee & Conversation

🙌 Active Participation



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