

# Fun after 55!

October 2020



We are so pleased to slowly and cautiously welcome you back to the Aurora Seniors Centre.

Here is a list of activities that are returning:

- Art Drop-In Thursdays at 9 a.m.
- Bingo Fridays at 12:45 p.m.
- Book Clubs via Zoom Fridays at 1:30 p.m.
- Computer Club via Zoom Tuesdays at 10 a.m.
- Creative Colouring Thursdays at 1 p.m.
- Knotty Knitters Mondays at 9:30 a.m.
- Let's Create Wednesdays at 12 p.m.
- Library on Thursdays (by appointment)
- Movies Tuesdays at 6:30 p.m.
- Quilt & Sew Fridays at 9:30 a.m.
- Tai Chi Mondays, Wednesdays & Fridays at 9 a.m.
- Walking Club (outdoors) Wednesdays at 9:30 a.m.
- Wood Carving Tuesdays & Thursdays at 9 a.m.

Please check out our October calendar (back page of the newsletter).

Since all activities must be pre-registered, refer to page 7 to see how to register. Really, it is as simple as a phone call! If you need to renew your membership or need to come into the Centre, you will need to make an appointment.

A listing of fitness and art programs that are returning (in person and on Zoom) are listed on pages 4—6.

Did you know that we are available to help you learn Zoom? Zoom is an online platform that allows you to safely have face-to-face interaction. You will need a laptop, smart phone, iPad or tablet. Your laptop will at least need a microphone, and a camera helps too. If you would like some help getting started, we are offering 2 sessions this October:

- Thursday, October 8 at 10:15 a.m., or
- Thursday, October 29 at 10:15 a.m.

These sessions are free, but you do need to pre-register. Please email us at [scww@aurora.ca](mailto:scww@aurora.ca) or call 905-727-3123 x3611.

If you have any questions, please reach out to us.

Sincerely, *Karie & Andrew*



**Aurora Seniors Centre**  
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# **COVID-19 Protocols:**

In order to open the doors, and keep everyone safe, a number of changes are occurring around the Centre. Please read the bullet points below:

## **1. Facility Access & Participant Screening**

- All programs and activities must be pre-booked. Participants will be unable to drop into the Centre. **See pages 6 & 7** for information on pre-booking your sessions.
- The front main entrance to the Centre will remain locked. Access will be given to pre-booked participants 15 minutes before their activity or program start time.
- Masks are mandatory in the Centre, unless you have a medical reason not to wear one. Please note: the York Region mask bylaw does allow you to remove your mask when exercising only. Masks must be worn until your fitness activity starts. Removing the mask is entirely optional.
- All participants will complete a verbal screening assessment before they enter the Centre. Participants who show any symptoms will be directed to return home and seek medical advice immediately.
- Staff and volunteers will prescreen before they enter the Centre daily, and will not enter the Centre if ill.

## **2. Physical Distancing**

- There will be floor markings and signage throughout the Centre to promote and maintain physical distance.
- Program and activity capacity is restricted so participants can maintain physical distance.
- There is one-way directional flow in the facility. Please note you will enter through the main front entrance, and exit via the bocce courts entrance.
- Program areas will have designated floor markings.
- Participants must stay in their designated area and cannot “visit” other program areas or participants.
- The lounge is unavailable for visiting.
- Participants will not be allowed to congregate in the hallways.
- Participants must leave the Centre within 15 minutes of their activity or program ending.

## **3. Cleaning and Disinfecting**

- Facility Staff and volunteers will provide a thorough cleaning and sanitization of high touch points areas throughout the day.
- Some program equipment will be provided, however participants are encouraged to bring their own equipment. Equipment will be washed after each use, and returned to a designated clean area.
- Cleaning and disinfecting will be based upon the Public Health Ontario document, Cleaning and Disinfecting for Public Settings: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>

#### 4. Miscellaneous

- Coffee and tea service is unavailable.
- Participants are asked to bring their own water and water bottles. Water coolers are unavailable.
- Lost and found items will be kept for a maximum of 24 hours, then disposed. Please label any item or supply you bring into the Centre.
- Our cloak room is unavailable. Please do limit the number of items you bring to the Centre as you will need to bring your items with you.
- Unused areas of the Centre will be unavailable to maintain sanitization.
- Hand sanitizer will be available at the entrance to the Centre and in all program spaces. Participants are encouraged to wash or sanitize their hands on a regular basis.

#### 5. Facility Tours

- You are encouraged to book a tour if you would like to see our safety measures and have your questions answered. Adult family members are welcome to attend. Tours will be for a maximum of 4 participants.
- Tours will be available between 9 a.m. and 3 p.m.
- If a tour is required outside of these hours, please contact Karie or Andrew.
  - Karie is available at [kpapillon@aurora.ca](mailto:kpapillon@aurora.ca) or (905) 727-3123 x3610
  - Andrew is available at [abailey@aurora.ca](mailto:abailey@aurora.ca) or (905) 727-3123 x3611

Our re-opening planning approved by York Region Public Health, and by the Town of Aurora. The plan was developed in consultation with the Aurora Seniors Association Re-opening committee.

If you have any questions on this plan please email Karie at [kpapillon@aurora.ca](mailto:kpapillon@aurora.ca)



**Some of our Knotty Knitters returned Monday, September 28!**  
**It was wonderful to welcome them back!**

# Fall 2020 Programs

## ACRYLIC PAINT – BEGINNER

**Age: 55+ years**      **Location: AFLC**

This course will introduce you to the unique “forgiving” qualities of acrylic paint and allow you to experiment with a variety of techniques. Learn about choosing paints, painting surfaces and how to make the most of your tools. Basic colour theory and mixing will be explored as well as creating glazes and textures.

Note: Material costs extra, list available at the ASC or AFLC.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 22	9:00am – 11:00am	\$114.00/8	18715

## ACRYLIC PAINT – INTERMEDIATE

**Age: 55+ years**      **Location: AFLC**

This class goes beyond the basics. It concentrates on technique and composition.

Note: Material costs extra, list available at the ASC or AFLC.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 22	11:30am – 1:30pm	\$114.00/8	18716

## BALANCE IMPROVEMENT

**Age: 55+ years**      **Location: ASC**

Stay steady on your feet by strengthening your core and lower body. This class will include seated and standing exercises.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 13	9:30am—10:15am	\$56.00/10	18717

## CHAIR STRETCH

**Age: 55+ years**      **Location: ASC**

Learn how to gently stretch, strengthen, mobilize joints and use your breath. This is a class for participants who suffer from arthritis, tightness and chronic pain. Breathe deeper, stretch further.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 16	9:15am – 10:15am	\$56.00/10	18727

## CHAIR TAI CHI

**Age: 55+ years**      **Location: ASC**

This form of Tai Chi is for everyone. Using a chair to sit, and as support when standing, you will start with a warm up and loosen each part of the body. You will then learn and practise 8 moves. These moves will help you with spine mobility, leg strength and balance, and learning to breathe deeper.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 21	10:15am – 11:15am	\$68.00/8	18729

## CHAIR YOGA

**Age: 55+ years**      **Location: Zoom**

Chair Yoga is for someone who has movement limitations and/or is recovering from an injury and would like to start moving. This will help develop strength and flexibility through focused and fixed poses. Become stronger and more flexible.

**Please Note: This is introductory pricing for our virtual programs that will only be available in the Fall and Winter session. Normal pricing will resume in Spring 2021.**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 28	12:45pm – 1:45pm	\$30.00/8	18730

## CORE CONDITIONING

**Age: 55+ years**      **Location: ASC**

A strong core is important to all your movement and keeping your balance. Learn how to strengthen your core (stomach, back, hips and glutes) to increase grace, flexibility and reduce the risk of falling; without doing any crunches or sit-ups.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Oct 19	12:00pm – 12:45pm	\$50.00/9	18731

## DRAWING FUNDAMENTALS

**Age: 55+ years**

**Location: AFLC**

Anyone can learn to draw. You will be introduced to technical and creative exercises that will help develop your skills.

Note: Material costs extra, list available at the ASC or AFLC.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 21	9:00am – 10:30am	\$109.00/8	18733

## ESSENTRICS

**Age: \*55+ years ^18+ years**

**Location: AFLC (Tue), ACC (Wed), ASC (Thu/Sat)**

This full body work out incorporates movements from Tai Chi, Yoga, Pilates and Ballet. This safe and effective class incorporates standing, chair and mat work. You will feel energized, stronger and more flexible. Stress is released, aches and pains are soothed through the gradual unlocking of the entire body. You will have stronger, toned muscles.

~No class on: Nov 19 >No class on: Nov 7 & 14

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 21	10:00am – 11:00am	\$45.00/8	18735*
Thu	Oct 15	7:30pm – 8:30pm	\$50.00/9	18736*~
Sat	Oct 24	9:00am – 10:00am	\$50.00/8	18709^>

## GENTLE MOVEMENT FOR NECK & SHOULDERS **NEW!**

**Age: 55+ years**      **Location: AFLC**

Learn simple movements to release tension in your neck and shoulders. Address postural issues and movement patterns that contribute to the pain and discomfort. This session will also include focused, guided meditation.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Nov 10	9:15am – 10:15am	\$28.00/4	18774

## LINE DANCE – LEVEL 1

**Age: 18+ years**      **Location: Zoom**

Students will learn the basic concept of line dancing and specific line dances to the most popular Latin, Ballroom and Night Clubs Music. Beginner class line dances will be chosen from the selection of dances and music that are played and danced in dance clubs. Students will also learn a few more complicated dances.

**Please Note: This is introductory pricing for our virtual programs that will only be available in the Fall and Winter session. Normal pricing will resume in Spring 2021.**

DAY	DATE	TIME	FEE/CLASS	CODE
Sat.	Oct 24	10:15am – 11:15am	\$40.00/8	18710

## MEDITATION IN 8 WEEKS **NEW!**

**Age: 18+ years**      **Location: Zoom**

Based on the work of Michael Chaskalson, UK's leading mindfulness trainer, this course is a unique hybrid of the two most popular approaches: Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT). With teachings and practices of meditation, reflective journaling and specific movement work that will help you incorporate mindfulness in daily life to manage stress better and improve overall wellness.

**Please Note: This is introductory pricing for our virtual programs that will only be available in the Fall and Winter session. Normal pricing will resume in Spring 2021.**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 21	7:00pm – 8:30pm	\$40.00/8	18714

## MINDFULNESS, MOVEMENT & MEDITATION

**Age: 55+ years**      **Location: Zoom**

Since we are all unique in mind and body, this class is designed for everybody to experience various types of short Mindfulness Meditation practices. Through breath, body sensations and easy-to-follow slow mindful movements, you will be able to choose what works best to find your own sense of calm, awareness and being. There will be options to stand, to come down to the floor, or to stay in a chair. Mindfulness Meditation is proven to help reduce stress, anxiety and depression.

**Please Note: This is introductory pricing for our virtual programs that will only be available in the Fall and Winter session. Normal pricing will resume in Spring 2021.**

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 22	11:15am – 12:15pm	\$30.00/8	18742

## pFIT

**Age: 55+ years**      **Location: ASC**

pFIT is a social and safe way to increase lower body strength, improve range of motion and maintain balance. The stepper allows each leg to work at its own pace and resistance level, and digitally monitors strength improvement.

Note: Class size is limited to 8 participants.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Oct 19	12:15am – 12:45am	\$92.00/8	18744

## PILOGA

**Age: 55+ years**      **Location: ASC (Mon/Tue), ACC (Fri)**

This class is designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to help burn fat.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Oct 19	10:15am – 11:00am	\$50.00/8	18747
Tue	Oct 13	11:15am – 12:00pm	\$56.00/10	18749
Fri	Oct 16	9:00am – 9:45am	\$56.00/10	18751

## Qi-GONG: EASY & SEATED **NEW!**

**Age: 55+ years**      **Location: ASC**

This seated session will focus on gentle, rhythmic movements and mindful breathing which can help with mood regulation by calming anxious energy and uplifting low energy.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 13	9:15am – 10:15am	\$28.00/4	18772

## STRETCH & TONE

**Age: 55+ years**

**Location: ASC**

This class is designed to strengthen and tone muscles to facilitate everyday living activities and improve appearance. A variety of light equipment will be used. The muscles will then be stretched to maintain or increase flexibility.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Oct 19	1:30pm – 2:30pm	\$50.00/9	18754
Wed	Oct 14	11:30am – 12:30pm	\$56.00/10	18756
Thu	Oct 15	10:00am – 11:00am	\$56.00/10	18757
Fri	Oct 16	11:00am – 12:00pm	\$56.00/10	18725

## TAI CHI – LEVEL 1

**Age: 55+ years**

**Location: ASC (Wed)**

The benefits of Tai Chi are numerous: stress and pain reduction, increasing bone density, improving mobility and strength. You will learn the 8-step practise over a number of weeks. 8 Form will provide a great basis for learning the 24 move set.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 21	9:00am – 10:00am	\$68.00/8	18759

### YOGA – BEGINNER

**Age: 55+ years**      **Location: Zoom**

This class is well-suited for newcomers to Yoga and for those who wish to continue to focus on the Hatha Yoga fundamentals of basic poses and breathing. **Please Note: This is introductory pricing for our virtual programs that will only be available in the Fall and Winter session. Normal pricing will resume in Spring 2021.**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Oct 19	12:15pm – 1:15pm	\$30.00/10	18763

### YOGA STRETCH

**Age: 55+ years**      **Location: ASC**

This class is for those who want to improve their overall flexibility, relieve stress and leave feeling relaxed. This class focuses on basic stretching techniques and does not specifically follow the Hatha, Ashtanga, Lyengar or Vinyasa principles. **Please bring your own mat to the class.**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 13	11:00am – 12:00pm	\$56.00/10	18764

### ZUMBA GOLD

**Age: 55+ years**      **Location: Zoom**

This amazing program is very easy to follow, so anyone will be able to do Zumba Gold. Dances that are specifically highlighted in this program include: Merengue, Salsa, Cha Cha, Belly Dance, Flamenco and Tango. **Please Note: This is introductory pricing for our virtual programs that will only be available in the Fall and Winter session. Normal pricing will resume in Spring 2021.**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 13	1:00 – 1:45pm	\$30.00/10	18766



OUR PROMISE TO YOU

## Town of Aurora Program Registration:

Registration began on **Monday, September 28** for residents. Non-resident registration will begin on **Thursday, October 1**.

Registration is available 3 ways.

1. **Online** using the Town of Aurora’s E-play system. You can access E-play by visiting [aurora.ca/eplay](http://aurora.ca/eplay)

2. **In person**, by appointment only.

Call (905) 726-4767, to make an appointment to fill out your registration form at the Aurora Seniors Centre. There are limited appointments available.

3. **Drop Off**. Registration forms, and a drop box will be available in the foyer of the Aurora Seniors Centre Monday to Friday from 9 a.m. to 3 p.m. Please pick up your forms, fill it out at home or in your car, and drop it off at the ASC. A drop box will be available in the foyer. The box will be emptied by staff twice a day.

Staff and volunteers will do our best to accommodate our members. If you have any questions about this process please contact Karie or Andrew.

Karie (905) 727-3123 x3610 or [kpapillon@aurora.ca](mailto:kpapillon@aurora.ca)

Andrew (905) 727-3123 x3611 or [abailey@aurora.ca](mailto:abailey@aurora.ca)

# ASA Activity Registration



## PROCEDURES FOR PRE-REGISTRATION

**WHO:** Everyone who enters the Seniors Centre must be pre-registered for whatever she/he plans on doing.

**HOW:** Pre-registration for all ASA activities or appointments only may be made by calling the Reception desk at 905-726-4767 between 9:00 am and 3:30 pm Monday to Friday. There will be a volunteer dedicated to the telephone. Numbers are limited, therefore we are restricting each member to a maximum of 2 ASA activities per week (this will be revisited after the first 2 weeks). A member may not register for anyone else other than his/her spouse. Participants in Town Programs are pre-registered once they have successfully signed up for the Program.

**WHEN:** Pre-registration will be available for 2 week blocks with a new week opening for availability each Monday.

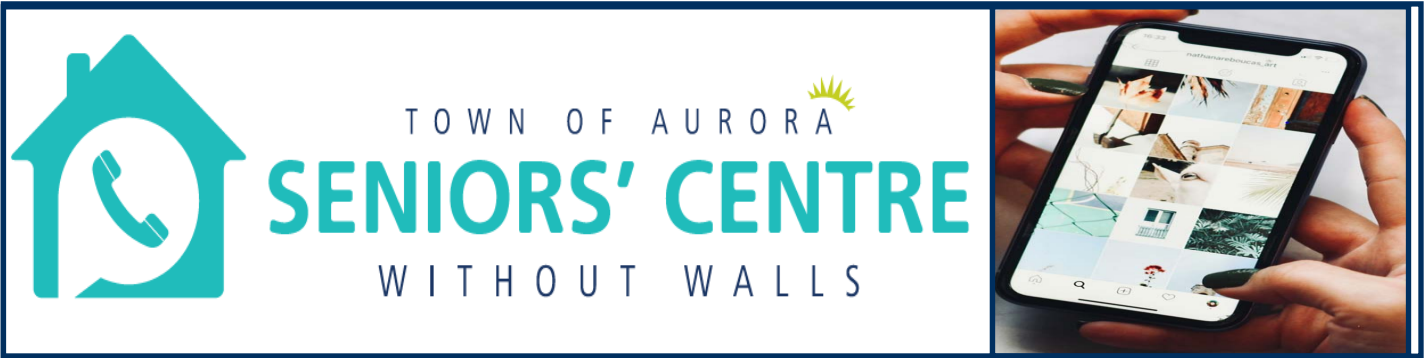
**WAIT LISTS:** Wait lists will be available for all activities that are full. If cancellation(s) occur, Reception will call the member(s) on the wait list to notify them of the availability.

**CANCELLATIONS:** If you are unable to attend an activity for which you have pre-registered, please ensure that you advise Reception as soon as possible. Because of the restricted numbers, no-shows are unacceptable. If you are unable to attend but do not cancel on 3 occasions, you will not be allowed to register for any activity for the next 2 week period.

**MESSAGES:** Registrations may **not** be made by voice mail. You may leave a message to have a call back. You may also leave a message to cancel a your activity participation.

**The Board of Directors has eliminated the daily activity fee for the rest of 2020.**

Please note: The doors to the Aurora Seniors Centre will remain locked and will open 15 minutes prior to your activity or program. Please wait in your vehicle, or do not be dropped off, before this time. See pages 2 & 3 for more details.



**Seniors Centre Without Walls (SCWW) is just like attending a fitness class, seminar or playing a game at the Centre but from the safety of your home. Join us over the phone, and with Chair Exercise and Stretch and Relax programs, also on ZOOM video conferencing too. You can see Brandie!**

All SCWW Programs are FREE to join, 30 minutes long and occur 6 days a week. Regular programs include:

**Chair Exercise:** Light cardio and strength exercises. Weights and resistance bands are optional.

**Fun & Games:** Activities to make us laugh and stay connected.

**Stories & Games:** Stories from a variety of genres.

**Stretch & Relax:** Light movement to feel better and reduce stress.

**Special Calls this month include:** Card Bingo, Poetry and Games, Celebrate Halloween and we will also feature wellness seminar on Hydration!

### Tips on a good call

Here are some ways to make the most of your SCWW calls.

**LET THE FACILITATOR LEAD:** To reduce confusion on the phone it is important to let the facilitator or guest speaker guide the conversation or activity.

**USE THE ME/NOT ME RULE:** Remember to give everyone a chance to speak. This includes making sure to not talk over or disrupt someone while they are speaking. This also includes being mindful that every time you comment on something, it might not be giving space for someone else, or allowing the program to continue.

**BE MINDFUL:** Be mindful that everyone has a story, a background, and a different way of looking at the world, and/or different communication styles.

**REDUCE BACKGROUND NOISE:** Plan to be in a location with reduced background noise. Turn off anything that might make noise (television, radios, or pets.) Be aware that the facilitator may mute your line if there is too much background noise.



# October 2020 SCWW Programs

Monday	Tuesday	Wednesday	Thursday	Friday
			1 3:15 Stretch & Relax (T)	2 3:15 Fun & Games (T)
5 3:15 Fun & Games (T)	6 3:15 Stretch & Relax (Z/T)	7 10:15 Chair Exercise (Z/T) 3:15 Poetry & Games (T)	8 10:15 ZOOM Help (Z) 3:15 Stretch & Relax (Z/T)	9 10:15 Hydrations (Z/T) 3:15 Fun & Games (T)
12 Happy Thanksgiving. No calls today.	13 3:15 Stretch & Relax (Z/T)	14 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	15 3:15 Stretch & Relax (Z/T)	16 3:15 Fun & Games (T)
19 3:15 Fun & Games (T)	20 3:15 Stretch & Relax (Z/T)	21 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	22 3:15 Stretch & Relax (Z/T)	23 3:15 Fun & Games (T)
26 3:15 Card Bingo (Z/T)	27 3:15 Stretch & Relax (Z/T)	28 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	29 10:15 ZOOM Help (Z) 3:15 Stretch & Relax (Z/T)	30 3:15 Celebrate Halloween (T)

## Sunday

4 12:30 Chair Exercise (Z)	11 12:30 Chair Exercise (Z)	18 12:30 Chair Exercise (Z)	25 12:30 Chair Exercise (Z)
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**Aurora SCWW will now be available through ZOOM and teleconference!**

T—Teleconference Z—Zoom Z/T—Zoom & Teleconference

### Interested in trying ZOOM?

We will be offering two ZOOM help lessons on  
**Thursday, October 8 and Thursday October 29 at 10:15am**

Please email [scww@aurora.ca](mailto:scww@aurora.ca) for details or to sign-up for a session.

# Computer Club Information and Activities

The computer club has been doing weekly Tuesday seminars via Zoom and they have been going well. We cannot do drop-in help sessions in the building but we are hoping that the Q&A (Question and Answer) sessions each month will help bridge the gap. We also try and have time each week to answer as many questions as possible. If you haven't used Zoom before there are many videos available to help you get started. Here are three links. The first one is a very simple and excellent one for beginners. The second and third are on the Zoom Help Centre website where there are many helpful videos. To get on the distribution list to receive the Tuesday meeting invites send your name and email address to either of the members at the bottom of this page.

Your first Zoom call, For beginners, 8 minutes - <https://www.youtube.com/watch?v=9isp3qPeQ0E>  
Joining a meeting, Zoom Help Centre, 1 minute - <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>  
Zoom Video tutorials - <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

**Tuesday morning seminars** – Tuesdays 10 a.m. to 11 a.m. We continue to try and cover topics of interest to our members but we need your help to know what is of interest to you. Let us know.

**Tuesday, October 6** - This is a question and answer session. The team will try and answer your questions and as always look for your feedback regarding topics for future sessions. Bob will host.

**Tuesday, October 13** – Part two of Doug's topic regarding making the best possible technology decision when it is time upgrade your PC or other technology. New or used, PC or tablet, what about a Chromebook? What factors will have the most impact on your computer experience.

**Tuesday, October 20** – Apple day with Herb. He will talk about some of the recent Apple announcements and the latest version of iOS (14) and more.

**Tuesday, October 27** - How to do effective searches. We have talked about this before, it is an important topic and being aware of the resources available to you online and how to more quickly find what you are looking for will save you time and effort.

**The Aurora Seniors Association website at <http://www.auroraseniors.ca/> is your best source for information about any of our programs or use one of the email addresses below.**

Your suggestions and comments about what you might like the computer club to do, courses we could teach or content for our Tuesday sessions is always welcome. Send your suggestions to Bob Hedenberg at [bobhed65@gmail.com](mailto:bobhed65@gmail.com), Doug Cooper at [techspeakr@gmail.com](mailto:techspeakr@gmail.com) or to [asacc@auroraseniors.ca](mailto:asacc@auroraseniors.ca).

## The Silver Stars Theatre Group

The **Silver Stars** are still shining - at home that is.

The Cabaret of Comedies that we were rehearsing back in March when everything was shut down has been put on hold until 2021.

In the meantime, if all goes well with the opening of the Seniors Centre, six of us are going to do a reading of "**A Christmas Carol**" by Charles Dickens. This will be filmed and shown on the website of the Aurora Seniors Association in December.

Further information will be forthcoming in future newsletters.

Sincerely, Joan Brownlow

## Knotty Knitters

A warm welcome from the Knotty Knitters. When the Centre is opened once again 9:30 a.m. to 11:30 a.m. on Mondays throughout the year, hopefully we will be seeing some old faces and hopefully some new ones. Some beautiful blankets, hats and mittens as well as lovely layettes and sweaters have been done or are being made.

Fall is here. A-h-h those colours. I do hope some of the beautiful blankets and Afghans are ready to take with us on those long, brisk walks. With the cooler weather they sure will come in handy for these long walks. Then home to curl up with the aforementioned blankets and Afghans with a cup of hot chocolate or the apple cider that came in with the Seniors Centre gift bag.

I do know our members are taking part in Seniors Centre Without Walls (SCWW). I have been talking to some of you and while taking part in the fun and games calls etc., you have been keeping those hands busy!!

Thankfully we are beginning to see the light at the end of the tunnel. Y-a-a-a! If any of you have been reading our Presidents' update you will find it to be quite informative.

Everyone will always be welcomed with a warm smile and a cheery hello. If you have a project that you are working on and run into a problem someone in the Knotty Knitters Group would be only too happy to help out, however we do not teach beginners. The Town of Aurora Learn to Knit classes will tentatively return in January 2021. Please inquire with Karie or Andrew.

Well one good thing that came out of this Corona Virus is that we all probably did a bit more knitting, crocheting, etc., Maybe even read a few more books?

The smiles are always free and lasting friendships are formed. We love to talk!! We share Family happenings and jokes. If you wish to join us, please do so. Hope to see you all soon.

**REMEMBER WE ARE NOT STRANGERS, ONLY FRIENDS YOU HAVE NOT YET MET!!**

## Friday Night Dances

It's October and under normal circumstances we would be looking forward to resuming our fun Friday Night Dances and seeing all our friends.

Sadly, that won't be possible for the foreseeable future.

The ASA Centre Reopening Committee along with Karie and Andrew have been carefully planning reopening the Centre with safety for all being the chief and only focus.

To that end, we've reviewed all available Provincial and York Region Public Health directives. The Stage 3 Provincial document clearly states that for personal safety dancing in indoor premises is not allowed at this time.

So dear friends, be well and stay safe.

2020 Friday Dances Committee

## The Evergreen Choir

The Evergreen Choir is on hold at the present time, due to the pandemic. When we have further news we will let you know. In the meantime, Sylvia Gilchrist will be collecting the music, which choir members have, that they were going to sing in the cancelled 2020 Spring Concert. Another loss due to COVID-19 was the resignation of their Director, Dan W. Lenz. The choir will be seeking a new Director when they are able to sing again.



Update from the ASA President:

Hello. I trust you all are aware that the ASC has reopened in a limited capacity as of Monday, September 28. There are a few things you should know. To begin with there are no drop in's. You will need to preregister for any activities you want to take part in. Simply call Reception desk 905-726-4767.

At this time I would like to express appreciation to all the volunteers who have participated in a Zoom meeting with Andrew and took a tour of the Centre with Karie and Andrew, to learn the new protocols as well as taking an online Red Cross course in safety. Thank you for your time as this will help us with our reopening.

For safety and health reasons we have begun with ten activities that will be available at the Centre plus a few virtual activities. At the end of October we will reassess other activities to see if it's safe to add them.

The Centre has gone through many physical and procedural changes to assure our members safety. If you would like a tour to satisfy any concerns you have please call Karie or Andrew to book an appointment. They will be happy to show you through. At this time I would like to thank both of them and Bill for all their hard work to make this reopening possible.

If you know someone who does not receive the newsletter electronically please tell them they are available in a hard copy at the Centre. They are between the two front doors.

The Board would like to pass on the suggestion from the Ontario Ministry of Health that you get a Flu vaccine this year. Phone your doctor or pharmacy to get details on when it will be available and the procedures to be followed.

The reopening committee had a Zoom meeting with all the activity coordinators who in turn passed on the information they received to the members of their activities. If you are an active member of an activity and have not heard from your coordinator, give them a call.

Don't forget to continue to check our website for the most up to date information as things continue to change. And please continue to send in your submissions to "Tales from Isolation" as

well as your pictures and recipes. We have had a lot of positive feedback from our members. Lastly I'd like to wish you a Happy Thanksgiving. In spite of everything, we have much to be thankful for. Stay safe

Dave LeGallais—ASA President

Hello Everyone. Well, here we are in month Eight of this nasty pandemic. For the most part Canada and Ontario have fared reasonably well. However, a lot of us did get a little more relaxed over the warm summer months. We started to carefully socialize more and were able to see family again in small "bubbles".

Now that school is open and more businesses resuming, we must adjust again. I know with our family, what with having several children in school and a few teachers, we are back to FaceTime and Zoom as a way of keeping connected. I must admit it's been even harder to go back to not seeing my grandkids now than it was originally. I found myself feeling somewhat discouraged and a little sad and I was hearing that sentiment from friends as well. Especially with holidays like Thanksgiving coming up. I love the holidays and the different seasons and love to decorate the house with items that reflect that. I came very close to not putting up my autumn decorations. What was the point, I reflected? No one will be here to enjoy them. But fortunately I stopped and was able to give myself a shake. I'll enjoy them! Dave, my husband, will too and it will set a good example to our family on our Zoom calls. We have to try to keep things as normal as we can.

My point is this friends, though you may be experiencing Covid burnout, stay strong. Get out those tacky decorations and find ways to keep connected with loved ones. Have Zoom parties and Zoom dinners with the family. Share a glass of wine or cup of tea with a friend on FaceTime. If you don't have Zoom how about a good old phone call or for even more fun, write someone you miss a letter. How wonderful to receive an actual letter in the mail! This will end. Greater minds than ours are working tirelessly on vaccines and treatments and if we do our part there will be better days ahead. Keep up your spirits, but if you are having trouble please reach out. There are many people who care!

Take care and stay safe...

Linda LeGallais

## ASA Tuesday Night Movies

We are pleased to be offering Tuesday Night Movies at the Centre every Tuesday at 6:30 pm. New safety measures are in place for all ASA activities to ensure your safety as well as your peers.

**October 6 – High Society (1956): Bing Crosby, Grace Kelly (PG, 111 min, Musical)**

A spoiled heiress must choose among three suitors: her jazz musician ex-husband, a stuffy businessman, and an undercover tabloid reporter.

**October 13 – Bombshell (2019): Charlize Theron (14A, 119 min, Drama)**

A group of women take on Fox News head Roger Ailes and the toxic atmosphere he presided over at the network.

**October 20 – National Velvet (1944): Elizabeth Taylor (G, 123min, Drama)**

A jaded former jockey helps a young girl prepare a wild but gifted horse for England's Grand National Sweepstakes.

**October 27 - The Call of the Wild (2020) Harrison Ford (PG, 100min Adventure)**

A sled dog struggles for survival in the wilds of the Yukon.

Call Reception at 905 726 4767 from 9am to 3:30pm Monday to Friday to reserve your space. (Limited space for each Movie) Movies are Free, no refreshments served.

**\*\*Please note:** The doors to the Aurora Seniors Centre front doors will remain locked and will open 15 minutes prior to the movie start time.



## SENIORS CENTRE IN A BAG!

The Town of Aurora is excited to offer you Seniors Centre in a Bag program, twice a month (1st and 3rd Friday on the month), to provide Aurora's older adults with inspired activities that can be done safely from inside your own home.

**What is in the bag?** Each bag will include something different from puzzles and sudoku to craft kits and recipes. This bag is full of so many fun activities, your only challenge will be deciding which activity to start with.

**What's the cost?** FREE!

Thanks to the support of the New Horizons Seniors Grants Program and the Community Foundations of Canada we are pleased to provide you with this program at no cost to you.

**When are the deliveries and pick ups this month?**

Deliveries of the bags will be on Friday, October 2 and October 16.



**Interested in Participating?** Reach out to Brandie either via email ([byorg@aurora.ca](mailto:byorg@aurora.ca)) or by phone (905) 727-3123 x3614 to register.

This program will be available until April 2021.

## **ASA Board of Directors:**

### **President**

Dave LeGallais

### **Vice President**

Jim Abram

### **Treasurer**

Cheryl Rines

### **Secretary**

John Scherrer

### **Directors**

Ron Coe

Jeanne Chislett

Carol Hedenberg

Ann Overington

Nick Senick

## **ASA Committees:**

### **Finance**

Cheryl Rines—Chair

### **Membership & Volunteers**

Sylvia Gilchrist—Chair

### **Special Events Committee**

Ann Overington—Chair

### **Operations & Activities Committee**

Dave LeGallais—Chair

### **By-Law Review Committee**

John Scherrer—Chair

### **Social Committee**

Don Keel—Chair

### **Community Development Committee**

Jane Stangl—Chair

### **Seniors Related Issues Committee**

Jim Abram—Chair

## **Aurora Seniors Centre Staff:**

Karie Papillon, [kpapillon@aurora.ca](mailto:kpapillon@aurora.ca)

(905) 727 3123 x3610

*Adult Program Coordinator*

Andrew Bailey, [abailey@aurora.ca](mailto:abailey@aurora.ca)

(905) 727 3123 x3611

*Adult Program Assistant*

Bill Hawke

*Primary Facility Operator*

## **Creative Colouring**

Come and join us for a fun-filled afternoon of laughter, fellowship and colouring and creativity  
**NO TALENT NECESSARY!**

Just bring along pencil crayons or markers, and something to colour (pad or book). We look forward to having you join us Thursdays at 1 p.m. Please remember to pre-register by calling reception at 905-726-4767.

For more information or further questions, please feel free to call our activity co-ordinator Judy at 647-202-1251.



When you come back to the Centre, please remember your membership tag! It is likely attached to your key chain.

This will make your check-in quick and easy.

Don't worry, you can still sign in if you cannot find it, using your name and phone number.



# October 2020



<b>Monday</b> 8:30 a.m. to 5 p.m.	<b>Tuesday</b> 8:30 a.m. to 9 p.m.	<b>Wednesday</b> 8:30 a.m. to 5 p.m.	<b>Thursday</b> 8:30 a.m. to 5 p.m.	<b>Friday</b> 8:30 a.m. to 5 p.m.
9:00 Tai Chi 9:30 Knotty Knitters 10:15 Piloga* 12:00 Core Conditioning* 12:15 Yoga* (Z) 12:15 pFIT* 1:30 Stretch & Tone*	9:00 Wood Carving 9:00 Int French* (Z) 9:15 Qi-Gong* 10:00 Computer Club (Z) 9:30 Balance* 11:00 Yoga Stretch* 11:15 Piloga* 1:00 Zumba Gold* (Z) 6:30 Movie	9:00 Tai Chi 9:00 Tai Chi * 9:30 Walking Club 10:15 Chair Tai Chi* 11:30 Stretch & Tone* 12:45 Chair Yoga*(Z) 12:00 Let's Create 3:15 Beg French* 7:00 Meditation* (Z)	9:00 Art Drop In 9:00 Wood Carving 10:00 Stretch & Tone* 11:15 Mindfulness* (Z) 1:00 Creative Colouring 7:30 Essentrics*	9:00 Tai Chi 9:30 Quilt 'n Sew 9:15 Chair Stretch* 11:00 Stretch & Tone* 12:45 Bingo 1:30 Book Club (Z)
<b>October 19</b> 1:00 Board of Directors (Z)				

**Please note:**

Doors to the Centre will open 15 minutes prior to your activity.

The library is available, by appointment Thursdays from 9am—3pm.

**To attend any program or activity you must pre-register by calling (905) 726 4767 between 9am—3pm.**

**Drop in activities are unavailable.**

\*Town of Aurora pre-registered programs. Programs begin after October 12. Please refer to pages 4—7 of this newsletter for more information and how to register.

(Z) This program or activity is offered using Zoom

**Aurora Seniors Centre**  
 90 John West Way, Aurora  
 (905) 726 4767  
 seniorscentre@aurora.ca