

Fun after 55!

January 2021

Due to the York Regions current Grey Zone (Lockdown) status,
the Aurora Seniors Centre will be closed until further notice.

Please see E-flashes and the ASA website for up to date information.

Fitness in a Bag

Are you looking to increase your fitness at home? This kit comes with so much to assist! You will receive a yellow mini-band, a full sized yellow resistance band, a massage ball, and an exercise activity book curated by one of our instructors. In addition, we will have 2 zoom classes to take you through exercises to strengthen, tone, stretch and relax your muscles (see dates below). These zoom sessions will be recorded and a link of the recording sent to you so you can continue these exercises at home. Each Zoom class will end with a question and answer period with your instructor.



This program will only be offered in our Winter 2021 session, and there are limited quantities available.

Pick up for your Fitness in a Bag will be Friday, January 15 between 12 – 2 p.m. at the Aurora Seniors Centre, or by appointment. Call 905-727-3123 x3610 if you have any questions.

Zoom classes will take place on Friday, January 22 at 1 p.m. and Friday, February 26 at 1 p.m.

Fee: \$30 (including HST) Code: 20615

See page 4 for details on how to register.



Aurora Seniors Centre
90 John West Way
Aurora, ON L4G 6J1
Tel: 905-726-4767
Email: asa@auroraseniors.ca
www.auroraseniors.ca
www.aurora.ca



Winter 2021 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. *No class on: Mar 18

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 21	9:00 – 10:30am	\$124/10	20417*

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. *No class on: Mar 18

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 21	11:00 – 12:30pm	\$124/10	20418*

BALANCE IMPROVEMENT

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

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	Jan 12	9:30 – 10:15am	\$56/10	20419

CHAIR YOGA

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

Chair Yoga is for someone who has movement limitations and/or is recovering from an injury. This will help develop strength and flexibility through focused and fixed poses. Note: This is introductory pricing for our virtual programs that will only be available in the Winter session. Normal pricing will resume in Spring 2021.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 13	12:45– 1:45pm	\$40/10	20421

CORE CONDITIONING

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

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. *No class on: Feb 15

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 11	12:00 – 12:45pm	\$56/10	20422*

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. *No class on: Mar 17

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 20	9:00 – 10:30am	\$124/10	20423*

ESSETRICS

Age: *55+ years ^18+ years **Location: Zoom**

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. ~Note: This is introductory pricing for our virtual programs that will only be available in the Winter session. Normal pricing will resume in Spring 2021. >No class on: Mar 17

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 12	12:30 – 1:30pm	\$40/10	20424*~
Wed	Jan 13	10:00 – 11:00am	\$56/10	20425*>
Thu	Jan 14	7:30 – 8:30pm	\$56/10	20426^

INTERMEDIATE FRENCH

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

If you have a basic knowledge of French, you can communicate a lot more than you think! All you need is a little self-confidence. This class will help you assert and improve your verbal skills in a fun and relaxed atmosphere. Extra material fees will apply.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 12	9:00 – 11:00am	\$100/10	20445

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.

DAY	DATE	TIME	FEE/ CLASS	CODE
Sat	Jan 16	10:15 – 11:15am	\$50/10	20415

MINDFULNESS BY JOURNALING **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). Teachings and practices of meditation, reflective journaling and specific movement work will help you incorporate mindfulness in daily life to manage stress better and improve overall wellness.

DAY	DATE	TIME	FEE/ CLASS	CODE
Wed	Jan 20	7:00 – 8:30pm	\$70/8	20416

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

DAY	DATE	TIME	FEE/ CLASS	CODE
Thu	Jan 21	11:15 – 12:15pm	\$40/10	20431

MOVE AND TONE **NEW!**

Age: 55+ years

Location: Zoom

This program uses cardiovascular exercise to improve endurance! We will also use light weights and resistance bands to work your muscles to strengthen and tone your body.

DAY	DATE	TIME	FEE/ CLASS	CODE
Mon	Jan 11	9:00 – 10:00am	\$40/10	20598

PILOGA

Age: 55+ years

Location: Zoom

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. *No class on: Feb 15 ^No class on: Mar 19

DAY	DATE	TIME	FEE/ CLASS	CODE
Mon	Jan 11	10:15 – 11:00am	\$40/10	20433*
Tue	Jan 12	11:00 – 11:45am	\$56/10	20434
Fri	Jan 22	9:30 – 10:15am	\$56/10	20435^

Qi-GONG

Age: 55+ years

Location: Zoom

Qi-gong is a gentle, flowing mind body practice. Sets of movements offer many benefits for maintaining health. Qi-gong helps to improve strength, coordination and balance; important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. All levels are welcome. Qi-gong can be practiced both standing and seated. Note: This is introductory pricing for our virtual programs that will only be available in the Winter session. Normal pricing will resume in Spring 2021.

DAY	DATE	TIME	FEE/ CLASS	CODE
Tue	Jan 19	9:15 – 10:15am	\$40/9	20436

STRETCH & TONE

Age: 55+ years

Location: Zoom

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. *No class on: Feb 15

DAY	DATE	TIME	FEE/ CLASS	CODE
Mon	Jan 11	1:30 – 2:30pm	\$56/10	20437*
Thu	Jan 14	10:00 – 11:00am	\$56/10	20439
Fri	Jan 15	11:00 – 12:00pm	\$56/10	20446

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. Note: This is introductory pricing for our virtual programs that will only be available in the Winter session. Normal pricing will resume in Spring 2021. *No class on: Feb 15

DAY	DATE	TIME	FEE/ CLASS	CODE
Mon	Jan 18	12:15 – 1:15pm	\$40/10	20440*

YOGA STRETCH

Age: 55+ years

Location: Zoom

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.

DAY	DATE	TIME	FEE/ CLASS	CODE
Tue	Jan 12	11:00 – 12:00pm	\$40/10	20441

ZUMBA GOLD

Age: 55+ years

Location: Zoom

This amazing program is very easy to follow, so anyone will be able to do it! Dances that are specifically highlighted in this program include: Merengue, Salsa, Cha Cha, Belly Dance, Flamenco and Tango.

DAY	DATE	TIME	FEE/ CLASS	CODE
Tue	Jan 12	1:00 – 1:45pm	\$40/10	20442

ZUMBA GOLD TONING

Age: 55+ years

Location: Zoom

Zumba Gold-Toning offers the best of both worlds. The exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow dance-fitness program. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination. You will need access to 1lb weights (soup cans work too!). Please note this is introductory pricing for our virtual programs that will only be available in the Winter session. Normal pricing will resume in Spring 2021.

DAY	DATE	TIME	FEE/ CLASS	CODE
Fri	Jan 15	9:00 – 9:45am	\$40/10	20542

TOWN OF AURORA PROGRAM REGISTRATION:

Registration is currently available.

Registration is available 2 ways.

1. **Online** using the Town of Aurora's E-play system. You can access E-play by visiting aurora.ca/eplay
2. **Drop Off.** Registration forms, and a drop box will be available in 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

Andrew (905) 727-3123 x3611 or
abailey@aurora.ca



OUR PROMISE TO YOU

Free Zoom Assistance

Interested in trying ZOOM?

Need some help?

Join us to learn the ins and outs of zoom. Andrew will gladly answer your questions and get you started. You will need a laptop, tablet, ipad or smartphone.

**Thursday January 7
at 10:15 a.m.**

Let us help you get started Please email scww@aurora.ca for more details or to sign-up.



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 suduko 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 Government of Canada's Emergency Community Support Fund 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:

Wednesday, December 30 (for your first January delivery) and Friday, January 15.

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

This program will be available until April 2021.

The Emergency Community Support Fund

Funded by
Canada



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, Chair Tai-Chi and Chair Zumba programs, also on ZOOM video conferencing too. You can see Brandie and Cris!

All SCWW Programs are FREE to join, 30 minutes long and occur 7 days a week. Regular programs include:

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

Chair Yoga: A gentle practice that relaxes your body and mind.

Chair Zumba: A fun and versatile routine that leaves a smile on your face.

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.

We are excited to offer another installment of Card Bingo, Jeopardy and an Arm Chair Traveler talk on Brazil with Joe Scott from Year Round Travel!

Contact Information:

For further information or if you have questions, you can reach us via:

Telephone: 905-727-3123 ext. 3614

Email: scww@aurora.ca

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. and 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.

January 2021 SCWW Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This legend indicates how each SCWW program will be available for this month! T—Teleconference Z—Zoom Z/T—Zoom & Teleconference</p>				<p>1 Happy New Year! (No Program)</p>
<p>4 3:15 Fun & Games (T)</p>	<p>5 3:15 Stretch & Relax (Z/T)</p>	<p>6 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)</p>	<p>7 10:15 ZOOM Help (Z) 3:15 Stretch & Relax (Z/T)</p>	<p>8 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)</p>
<p>11 3:15 Jeopardy (Z/T)</p>	<p>12 12:30 Coffee Chat (Z) 3:15 Stretch & Relax (Z/T)</p>	<p>13 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)</p>	<p>14 12:30 Ice Safety (Z/T) 3:15 Stretch & Relax (Z/T)</p>	<p>15 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)</p>
<p>18 3:15 Fun & Games (T)</p>	<p>19 12:30 Bring your pet to ZOOM day (Z) 3:15 Stretch & Relax (Z/T)</p>	<p>20 10:15 Chair Exercise (Z/T) 3:15 Arm Chair Traveler (T)</p>	<p>21 12:30 Deep Breathing (Z/T) 3:15 Stretch & Relax (Z/T)</p>	<p>22 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)</p>
<p>25 3:15 Card Bingo (Z/T)</p>	<p>26 12:30 Coffee Chat (Z) 3:15 Stretch & Relax (Z/T)</p>	<p>27 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)</p>	<p>28 12:30 Get in your Steps (Z/T) 3:15 Stretch & Relax (Z/T)</p>	<p>29 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)</p>
Saturday's				
<p>2 10:15 Chair Zumba (Z)</p>	<p>9 10:15 Chair Zumba (Z)</p>	<p>16 10:15 Chair Zumba (Z)</p>	<p>23 10:15 Chair Zumba (Z)</p>	<p>30 10:15 Chair Zumba (Z)</p>
Sunday's				
<p>3 12:30 Chair Exercise (Z)</p>	<p>10 12:30 Chair Exercise (Z)</p>	<p>17 12:30 Chair Exercise (Z)</p>	<p>24 12:30 Chair Exercise (Z)</p>	<p>31 12:30 Chair Exercise (Z)</p>

We are pleased to be offering the following Wellness programs on Thursdays at 12:30pm in January

Thursday, January 14 – **Ice Safety**

Thursday, January 21 – **Deep Breathing for Relaxation**

Thursday, January 28 – **Get Your Steps in**

Computer Club

As we go into 2021 I think we can all agree 2020 was a year we won't forget anytime soon. The pandemic will still be with us well into 2021 but we hope that 2021 will also be the year that we put the pandemic behind us. The Computer Club is pleased that so many members have embraced Zoom as a way to continue to enjoy the Tuesday seminars from home. Welcome to 2021, see our schedule below. We believe we have something for everybody. Remember that if you miss a session you can access a recording of any session on the ASA website.

If you are not on the Zoom distribution list for the Tuesday morning seminars send an email to Doug or Bob at the email address noted below and we will add you to the list.

Tuesday morning seminars schedule– Tuesdays 10 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, January 5– Email. Some of us access our email on the Internet. Others prefer using an email program, either free or paid. What are the benefits and considerations for each? Bob will present this topic.

Tuesday, January 12– Using the Internet. When you access the Internet you do so using a web browser, a piece of software that tries to make it easy. There are many different browsers available and they are free. What are some of the new features? What about protecting our privacy? What are the benefits of the different browsers and the new features? Doug will cover this topic for us.

Tuesday, January 19– Apple day with Herb and Susan. All the news and tips regarding iPads and Macs.

Tuesday, January 26– This is a Q&A session. Susan will begin the meeting by showing us how she is able to share iPad apps within a Zoom session which she connects to with her iMac. Then general questions and answers by everybody.

The Aurora Seniors Association website at auroraseniors.ca 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, Doug Cooper at techspeakr@gmail.com, or to asacc@auroraseniors.ca.

Silver Stars Theatre Group

Zara Stuart-Jones, John Dowson, Jane Kennedy, John Gillan, Ed Webster, and Joan Brownlow, who did the reading of A Christmas Carol which was on the Aurora Seniors Association website in December, would like you to know that we appreciate the many compliments that we received from all the people who watched it.

We thank Karie, Andrew, and Bill very much for their assistance in the production.

The Silver Stars are looking forward to doing live performances for you at the Seniors Centre in the future. That would make it **A VERY HAPPY NEW YEAR**

ASA 2021 Memorial Service

Each year we take time to honour the members of the Aurora Seniors Association who have passed away and celebrate their lives and contributions.

We will be unable to hold our Annual Memorial Service at the Centre this year.

A slide presentation will be E-flashed and available on our website on Monday, January 18.

Aurora Seniors Association Board of Directors Message

Hello ASA Members,
The New Year, 2021, is just beginning but unfortunately not with the start we would have hoped for. As you are probably aware we have had to close our doors again due to the Provincial lockdown throughout the Province.

With this report I will endeavor to give you an idea of what the Board has been doing to try to make the best of the situation. As we have reported in the past, we formed a reopening committee last March. This committee meets a couple of times a month in preparation for our eventual reopening. During October and November, we were able to open with a very limited capacity and with very select programs that could adhere to the health and safety protocols set out by the Town, Region and Province. This of course ended with the lockdown order for York Region. During this time, we have had meetings with MP Tony Van Bynen and MP Leona Alleslev. We have been trying to get their input on several questions regarding where and when we are heading and their thoughts on possible Federal Grants. We also have and an upcoming meeting with MP Deb Schulte who is the Minister for Seniors where we will also try to get whatever information and updates we can.

When we do reopen it will likely start with the activities that we were running throughout October and November. These are, Woodshop, Tai Chi, Knotty Knitters, Quilt and Sew, Let's Create, Art Drop In, Library, Bingo and Tuesday Movies. Eventually we hope to reintroduce some of our other programs. Before each new activity starts however, they will have to present a Standard Operating Procedure Plan. This is to insure that each program can operate safely. Please be aware that these are probably long-term plans. Very little is going to change in the foreseeable future. Of course the vaccines are giving us all some much needed hope but it will still be some time before there is widespread distribution of them. Until then we have to remain vigilant.

Of course as soon as there are any changes to our status we will inform our members. When we do begin to reopen it will still be on an appointment basis. You will still book through Reception and they will be there to answer phone calls and to field your questions. Speaking of the Reception team I would like to thank all those wonderful women for their time and effort in keeping things going over the past couple of months. I would also like to thank any other members who have continued to volunteer their time in various capacities. Special thanks goes to Ann Overington for all her efforts in arranging the virtual Christmas presentation we had this past December 18. I hope many of you were able to enjoy it. For those of you who picked up a gift bag, we have Hurst Bakery to THANK for supplying the delicious cookies! Hopefully we will have more of this sort of thing in the New Year.

Of course it goes without saying that we can't thank Karie, Andrew and Bill enough for all the care and attention they have put into our Centre. We are so lucky to have them!

A piece of good news, as I see it, is that to date we have not had any of our members come down with Covid-19. That is a testament to our members responsible actions during this difficult time.

In closing, on behalf of the Board of Directors of the ASA we want to wish you the very best of the Holiday Season and the hope of a Happy & Healthy New Year! Thank you all for your patience and your commitment to the Aurora Seniors Centre. It is appreciated!
All the very best, hope to see you soon.

Sincerely,
Dave LeGallais
ASA President

ASA Board of Directors

Our next Board of Director meeting will be on Monday, January 18 at 12:30 p.m.

All meeting are held through Zoom. If you are interested in attending, as an observer, please email Karie Papillon at kpapillon@aurora.ca. She will send you details on how to access this meeting.

Upcoming Seminars

All upcoming seminars will be presented using Zoom and require pre-registration.

Email Andrew Bailey at abailey@aurora.ca or call 905-727-3123 x3611 to register.

Speaking of Bones

Wednesday, January 13 at 1 p.m.

Speaking of Bones is the national speakers' program of Osteoporosis Canada.

The presentation, covers:

- What is osteoporosis?
- Risk factors
- How osteoporosis is diagnosed
- How to maintain healthy bones
- How to live well with osteoporosis

Presented by: Osteoporosis Canada

Internet Safety

Wednesday, January 27 at 1 p.m.

This workshop is designed to educate you on internet safety risks and empower participants to be safe internet users. The workshop will focus on 3 essential components:

- understanding and defining phishing scams;
- tips for spotting/recognizing phishing scams;
- as well as resources participants can utilize if they have been impacted by a phishing scam.

Presented by: YMCA of Greater Toronto Digital Literacy Skills Program

The Aurora Seniors Centre Team would like to wish you all a Happy New Year and all the best in 2021!

Sincerely,

Karie, Bill, Brandie & Andrew

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

Joan Brownlow—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,
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(905) 727 3123 x3610
Adult Program Coordinator

Andrew Bailey,
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(905) 727 3123 x3611
Adult Program Assistant

Bill Hawke
Primary Facility Operator