Fun after 55!

March 2021

The Aurora Seniors Centre will be closed until further notice.
Please see E-flashes and the ASA website for up to date information.

You will have the luck of the Irish,
if you join us on Zoom

3 - 4 pm

Wednesday, March 17th

for The Aurora Seniors Associations

St. Patrick's Day Party

Featuring Irish and East Coast Music
Performed By

David Wildsmith

Gift Bags
with St. Patrick's Day treats,
will be available to the first 40 registered guests,
for pickup outside the Aurora Seniors Centre,
Tuesday, March 16th, 11am-12pm and 1-2pm

Register (by 12 p.m., March 16th)
To watch this event over Zoom, please email: seniorscentre@aurora.ca
To listen to this event over the phone, please call Judy Davidson,
at 905-960-9626
To sign up for a free gift bag, call Judy Davidson at 905-960-9626, no later than 12 p.m., March 15th

The Aurora Seniors Association

AURORA
You're in Good Company

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

Aurora Seniors Association

Spring and Summer 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	Apr 29	9:00am – 10:30am	$124.00 /10	21042

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	Apr 29	11:00am– 12:30pm	$124.00 /10	21043

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	Apr 13	9:30am – 10:15am	$60.00 /10	21044
Tue	June 29	9:30am – 10:15am	$60.00 /10	21169

BEST QUALITY
Bringing Excellence & Standards Together
OUR PROMISE TO YOU

BOOT CAMP GOLD
Age: 55+ years
Location: Town Hall Courtyard
This circuit class will incorporate stations utilizing balls, Pilates balls, bands, Bosu balls and more. Work towards improving strength, cardio capacity, balance and agility. Designed for the active, independent older adult.

DAY	DATE	TIME	FEE/ CLASS	CODE
Tue	May 11	9:00am – 9:45am	$48.00/8	21044
Thu	May 13	9:00am – 9:45am	$42.00/7	21165
Tue	July 13	9:00am – 9:45am	$48.00/8	21170
Thu	July 15	9:00am – 9:45am	$48.00/8	21244

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.

DAY	DATE	TIME	FEE/ CLASS	CODE
Wed	Apr 14	12:45pm – 1:45pm	$60.00/ 10	21047
Wed	June 30	12:45pm – 1:45pm	$48.00/ 8	21172

DRAWING FUNDAMENTALS
Age: 55+ years
Location: AFLC (Spring), ASC (Summer)
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	Apr 28	9:00am – 10:30am	$124.00/ 10	21049
Wed	June 30	9:00am – 10:30am	$124.00/ 10	21174

ESSENTRICS
Age: 55+ 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.

DAY	DATE	TIME	FEE/ CLASS	CODE
Tue	Apr 13	12:30pm – 1:30pm	$60.00/ 10	21050
Wed	Apr 14	10:00am – 11:00am	$60.00/ 10	21051

INTERMEDIATE FRENCH
Age: 55+ years Location: Zoom
If you have a basic knowledge of French, you can communicate a lot more that 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. There is a manual fee, payable to the instructor. Please contact Karie at kpapillon@aurora.ca for details.

DAY	DATE	TIME	FEE/ CLASS	CODE
Tue	Apr 13	9:00am – 11:00am	$130.00 /10	21053

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.

DAY	DATE	TIME	FEE/ CLASS	CODE
Thu	Apr 15	11:15am – 12:15pm	$48.00/8	21055

MOVE & TONE
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.
*No class on: May 24

DAY	DATE	TIME	FEE/ CLASS	CODE
Mon	Apr 12	9:00am— 10:00am	$60.00/10	21055*

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.
*No class on: May 24 ^No class on: Aug 2

DAY	DATE	TIME	FEE/ CLASS	CODE
Mon	Apr 12	12:00pm – 12:30pm	$92.00/8	21056*
Mon	June 21	12:00pm – 12:30pm	$92.00/8	21175*

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: May 24 ^No class on: Aug 2

DAY	DATE	TIME	FEE/ CLASS	CODE
Mon	Apr 12	10:15am – 11:00am	$60.00/10	21057*
Tue	Apr 13	11:00am – 11:45am	$60.00/10	21058
Fri	Apr 16	9:00am – 9:45am	$60.00/10	21059
Mon	July 5	10:15am – 11:00am	$48.00/8	21176^
Tue	June 22	11:00am – 11:45am	$60.00/10	21177

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, co-ordination 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.

DAY	DATE	TIME	FEE/ CLASS	CODE
Tue	Apr 20	9:15am – 10:15am	$39.00/6	21060

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: May 24 ^No class on: Aug 2

DAY	DATE	TIME	FEE/ CLASS	CODE
Mon	Apr 12	1:30pm – 2:30pm	$60.00/ 10	21061*
Thu	Apr 15	10:00am – 11:00am	$60.00/ 10	21062
Fri	Apr 16	11:00am – 12:00pm	$60.00/ 10	20446
Mon	June 28	1:30pm – 2:30pm	$48.00/ 8	21178^
Thu	June 24	10:00am – 11:00am	$60.00/ 10	21179
Fri	July 9	11:00am – 12:00pm	$42.00/ 8	21245

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.
*No class on: May 24

DAY	DATE	TIME	FEE/ CLASS	CODE
Mon	Apr 12	12:15pm – 1:15pm	$60.00/ 10	21064*

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, yyengar or Vinyasa principles.

DAY	DATE	TIME	FEE/ CLASS	CODE
Tue	Apr 13	11:00am – 12:00pm	$60.00/ 10	21065

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.

DAY	DATE	TIME	FEE/ CLASS	CODE
Tue	Apr 13	1:00pm – 1:45pm	$60.00/ 10	21066
Tue	June 29	1:00pm – 1:34pm	$60.00/ 10	21180

ZUMBA GOLD TONING
Age: 55+ years Location: Zoom
The Zumba Gold Toning program 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, health-boosting dance-fitness program for baby boomers as well as beginners. 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

DAY	DATE	TIME	FEE/ CLASS	CODE
Fri	Apr 16	9:00am – 9:45am	$60.00 /10	21067
Fri	July 9	9:00am – 9:45am	$48.00 /8	21181

TOWN OF AURORA PROGRAM REGISTRATION:

Registration will begin on **Monday, March 29** for residents.
Non-resident registration will begin on **Thursday, April 1.**

Registration is available:

1. **Online** using the Town of Aurora's E-play system. You can access E-play by visiting aurora.ca/eplay

2. **Drop Off** - Beginning Monday, March 29, registration forms, and a drop box will be available in the foyer of the Aurora Seniors Centre from 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 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

Aurora Seniors Centre Puzzle Giveaway

Did you know there are many benefits to working on puzzles?

Puzzles exercise both sides of your brain and improve your memory, problem-solving skills, visual and spatial reasoning, enhance your mood and lower your stress levels.

We are pleased to offer a puzzle pick-up day in the Centre Parking lot on:

Tuesday, March 23 from 10 a.m. to 11 a.m. and
Wednesday, March 24 from 1 p.m. to 2 p.m.

Just email seniorscentre@aurora.ca or call 905-727-3123 ext. 3611 to register. Let us know if you'd like 500, 1000 or a 2000 piece puzzle.
Limited quantities (first come, first serve)

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: Friday, March 5 and Friday, March 19.

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 July 2021.

The Emergency Community Support Fund

Funded by

Canada

The Aurora Seniors Centre presents a 4 Week Wellness Challenge

Healthier & Happier YOU!

Spend some time feeling better and connecting with others in this 4 week Wellness Challenge.
Try something new, and have a laugh with friends.
Sign up by calling 905-727-3123 x 3614 or email scww@aurora.ca

Week 1

March 8–12

Wellness & Movement

Week 2

March 15–19

Wellness & Sleep

Week 3

March 22–26

Wellness & Healthy Eating

Week 4

March 29–April 2

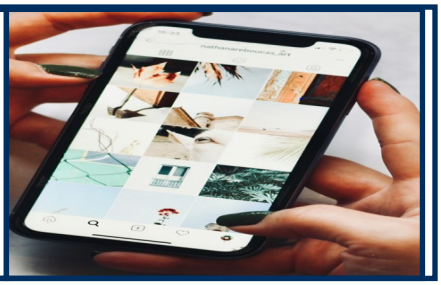
Connection & Fun

You will receive information on how to receive your weekly package after you register!

There is a prize each week and a grand prize at the end of the challenge.

TOWN OF AURORA
SENIORS' CENTRE
WITHOUT WALLS

TOWN OF AURORA
SENIORS' CENTRE
WITHOUT WALLS



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.
Coffee Chat over ZOOM: An informal chat with the group, bring your coffee.
Deep Breathing: A session of deep breathing exercise for relaxation.
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 a Name that Tune session over ZOOM this month as well as another installment of Card Bingo, Jeopardy and an Arm Chair Traveler on Ireland 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.

March 2021 SCWW Programs

Monday	Tuesday	Wednesday	Thursday	Friday
1 3:15 Fun & Games (T)	2 3:15 Stretch & Relax (Z/T)	3 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	4 12:30 Deep Breathing (Z/T) 3:15 Stretch & Relax (Z/T)	**5** 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)
8 3:15 Card Bingo (Z/T)	9 12:30 Coffee Chat (Z) 3:15 Stretch & Relax (Z/T)	10 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	11 10:15 ZOOM Help (Z) 12:30 Feet Fitness (Z/T) 3:15 Stretch & Relax (Z/T)	12 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)
15 3:15 Jeopardy (Z/T)	16 3:15 Stretch & Relax (Z/T)	17 10:15 Chair Exercise (Z/T) 3:00 ASA's St. Patrick's Day Event (Z)	18 12:30 Deep Breathing (Z/T) 3:15 Stretch & Relax (Z/T)	19 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)
22 3:15 Card Bingo (Z/T)	23 3:15 Stretch & Relax (Z/T)	24 10:15 Chair Exercise (Z/T) 3:15 Arm chair traveler (T)	25 12:30 Hydration (Z/T) 3:15 Stretch & Re lax (Z/T)	26 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)
28 3:15 Fun & Games (T)	29 12:30 Coffee Chat (Z) 3:15 Stretch & Relax (Z/T)	30 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)		

Saturday				
6 10:15 Chair Zumba (Z)	13 10:15 Chair Zumba (Z)	20 10:15 Chair Zumba (Z)	27 10:15 Chair Zumba (Z)	

Sunday				
7 12:30 Chair Exercise (Z)	14 12:30 Chair Exercise (Z)	21 12:30 Chair Exercise (Z)	28 11:30 Name That Tune (Z) 12:30 Chair Exercise (Z)	

ASA Computer Club

March is here and it was a year ago now this month that the pandemic hit and we had to close the centre. Thankfully the end may be in sight. There have been several experts who have said that studies indicate that once we have all had the vaccine COVID will remain with us but be no more dangerous than the common cold. This study was published in Science magazine in February and they use fancy words like “Immunological characteristics govern the transition of COVID-19 to endemicity” but the meaning is clear and that is good news. The world may well return to the no pandemic state we are used to and comfortable with.

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 a.m. to 11 a.m. We continue to try to cover topics of interest to our members but need your help to know what is of interest to you. Let us know.

Tuesday, March 2 – Android smartphones and tablets. What are some of the most useful apps, how do to you share data between your phone and other devices and basic usage. Bob will cover this.

Tuesday, March 9 – Navigating and maps on your smartphone with Doug.

Tuesday, March 16 – Apple day with Herb and Susan.

Tuesday, March 23 – Q&A with some discussion regarding the tech companies paying for news and email distribution list. Everybody.

Tuesday, March 30 – Using the electronic calendars provided by Google, Apple, Microsoft or others. Syncing them, adding other calendars to your calendar and sending invitations from your calendar. Bob to cover.

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, Doug Cooper at techspeakr@gmail.com or to asacc@auroraseniors.ca.

* If you would like to read the Science magazine article referenced above look here: https://science.sciencemag.org/content/371/6530/741

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, March 11
at 10:15 a.m.

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

Aurora Seniors Association Board of Directors Message

Greetings to all our ASA Members;
Well, here we find ourselves in March. Who would have believed when the first shutdown occurred a year ago that we would still be living through this. Credit goes to all of you for your perseverance in difficult times. As you probably know York Region has returned to the Red Zone which is a step forward. Our re-opening committee is meeting again on March 11. They will then present a report to the Board at their meeting on March 15. The topic of this report will be, "should the Centre open in the near future or should we wait until the vaccine is available to all seniors?" By waiting we will have time to evaluate the impact of the variant strains of Covid on our Region. We will of course inform the members, after the Board meeting, of any decisions made. Please be assured that we will not open again until we feel it is as safe as possible to do so.
This brings me to a second matter. Recently the ASA sent out a survey to our members with three questions regarding the Covid-19 vaccines. This survey was send through our E-flash system. It will only take a few minutes for you to answer the survey questions. It is very important that all of you answer the survey. We want input from you, our members, as to how you feel about receiving a vaccine and your opinion on returning to the Centre. Once we get the results of the survey we will pass the findings on to you. If you did not receive the survey, please contact Karie at kpapillon@aurora.ca.
Last week I had a discussion with Christine Elliot's office. She is MPP for North Aurora-Newmarket as well as our Minister of Health. I have been assured that they will give us updates, as they receive them, on a number of issues regarding the vaccine and its distribution, Covid case numbers in the Region and the tracking of the variant strains. Information we receive from them will be passed on to you through E-flashes and our website. Our goal is to keep our members as informed as possible.
It was suggested at our meeting that if any chair or member of an ASA Activity would like to hold a virtual meeting with your group, we can help you arrange it. Just let me know. You may just want to reconnect with your friends from the activity or perhaps discuss the possibility of having your activity go virtual. In any case we would be happy to help.
Lastly I urge you to keep an eye out for E-flashes and notices on the website of upcoming Zoom meetings arranged by the Special Events Committee and virtual seminars arranged by the Community Development Committee.

For now, take care and Stay Safe.
Dave LeGallais

ASA Board of Directors

Our next Board of Director meeting will be on Tuesday, February 16 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 or the telephone and occur at 12:30 p.m.. All seminars require pre-registration by emailing byorg@aurora.ca or call 905 713 3123 ext. 3614.

Deep Breathing on Thursday, March 4 and March 18
We are excited to offer two sessions of deep breathing exercise for relaxation.

Feet Fitness on Thursday, March 11
Learn how having stronger ankles and feet can improve your walking, sitting, balance and stress.

Hydration on Thursday, March 25
Thirsty? Learn why drinking enough water is so important to you over-all health, and all the great benefits.

Special Events Committee

The Special Events Committee says "Top of the MORNIN' to YA"

We have 2 free events on March 16 and March 17 for which you must register by 12 p.m. on Monday, March 15 via email: seniorscentre@aurora.ca or phone Judy - 905-960-9626.

The first event is a St. Patrick's treat bag for the first 40 members who register. They will be available for pick up outside the Seniors' Centre on:

March 16 between 11 and 12 or 1 and 2pm.

The second event will be a ZOOM entertainment event on

March 17, St. Patrick's Day, at 3 - 4pm.

David Wildsmith, who is an exceptional singer and guitar player, will entertain us with Irish and East coast songs along with a variety of other music.

Conversation Circles

Since we cannot meet in person, we would like to help members meet over zoom.

Please contact Karie at kpapillon@aurora.ca to talk about booking a zoom call for you and friends.

Staff will schedule the call and send out the instructions!

Let's stay connected.

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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Adult Program Coordinator

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

Brandie Yorg
byorg@aurora.ca
(905) 727 3123 x3614
Program Leader (SCWW)

Bill Hawke
Primary Facility Operator