

Fun after 55!

April 2021

We're expecting to score the winning goal
on

Friday, April 23 at 1 p.m. on Zoom

as the Aurora Seniors Association invites you to

**An Afternoon Chat with Toronto Maple Leaf Alum,
3-time Stanley Cup winner Mike Krushelnyski,
and information on the Scotiabank Pro-Am for Alzheimer's
in support of Baycrest.**



- Background from NHL Alum Mike Krushelnyski
- NHL stories and career highlights
- The Alzheimer's Pro-Am itself
- Q&A at the end

Presented by HealthyNow:



MEAL PREP • JUICES • CATERING

Registration for This Zoom Event:

Email: seniorscentre@aurora.ca, or Call: 905-727-3123, Ext. 3611

By Wednesday, April 21 to receive the details.

SPRING & SUMMER PROGRAMS

ACRYLIC PAINTING - 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
Thur	May 13	9am – 10:30am	\$124/10	21042

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

Day	Date	Time	Fee/ Class	Code
Thur	May 13	11am – 12:30pm	124/10	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

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	9am - 9:45am	\$48.00/8	21045
Thur	May 13	9am - 9:45am	\$42.00/7	21165
Tue	July 13	9am - 9:45am	\$48.00/8	21170
Thur	July 15	9am - 9:45am	\$48.00/8	21244

CHAIR YOGA

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

Chair Yoga is for someone who has movement limitations 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	May 12	9am – 10:30am	\$87.00/ 7	21049
Wed	June 30	9am – 10:30am	\$124.00 /10	21174

ESSETRICS

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	10am - 11am	\$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 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. 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	9am - 11am	\$130/10	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
Thur	Apr 15	11:15am – 12:15pm	\$48.00/ 10	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	9am - 10am	\$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	12pm – 12:30pm	\$92.00/ 8	CXL
Mon	June 21	12pm – 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	10:15 – 11am	\$60.00 /10	21057 *
Tue	Apr 13	11am – 11:45am	\$60.00 /10	21058
Fri	Apr 16	9:30am - 10:15am	\$60.00 /10	21059
Mon	July 5	10:15 – 11am	\$48.00 /8	21176 ^
Tue	June 22	11am – 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. The connection to mind, body and breath aids in alleviating stress and anxiety. 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 *
Thur	Apr 15	10am – 11am	\$60.00 /10	21062
Fri	Apr 16	11am – 12pm	\$60.00 /10	20446
Mon	June 28	1:30pm – 2:30pm	\$48.00 /8	21178 ^
Thu	June 24	10am – 11am	\$60.00 /10	21179
Fri	July 9	11am – 12pm	\$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	11am – 12pm	\$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	1pm – 1:45pm	\$60.00/ 10	21066
Tue	June 29	1pm – 1:45pm	\$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	9am – 9:45am	\$60.00/ 10	21067
Fri	July9	9am – 9:45am	\$48.00/ 8	21181

TOWN OF AURORA PROGRAM REGISTRATION:

Registration is currently available for Aurora 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** - 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

Members Experience on being Vaccinated

On a very blustery day early in March, I experienced the lifting of a great weight from my shoulders. This was really a relief from the feeling of a constant state of low-level anxiety which had been with me for almost a year. It was the anxiety that arose from never really knowing if I had come into contact with the novel Coronavirus, or Covid-19, which has been an ever-present danger for us all over the past year. The slightest sign of a possible sore throat or drippy nose increased the anxiety until I determined that I really did not have Covid symptoms. Oh, I had been following all the Public Health protocols and I had not been in close contact with anyone outside of my own household. I ordered most of our groceries on-line, made very limited forays to the local pharmacy, occasionally ordered dinner delivered etc., but still the anxiety persisted. What if.....??

Finally, the day came when I could make appointments to be vaccinated. The appointment process was not easy, especially in the first few days. It takes perseverance and a lot of patience to use York Region's appointment booking process. I have heard that it has been much improved since those early days but each time a new age group is added to those eligible for vaccination, the booking portal is very busy – keep trying – it is worth it. I made our appointments for the clinic at Ray Twinney Recreation Complex in Newmarket. Do not try to get vaccinated without an appointment. Once you get there, they confirm your appointment and do your registration. You are then directed to a vaccination station where a nurse checks your information, asks a few questions, and gives you the “shot in the arm”. The needle that they use is very small and sharp. I barely felt the jab and didn't feel the vaccine going in at all. There was none of the burning sensation that you feel when getting the seasonal flu vaccine and there was no soreness in my arm afterwards. Everyone is required to wait for 15-20 minutes after getting the vaccine just to make sure that they have no serious after effect. There are medical staff available ready to deal with anything that might occur but the likelihood of this being needed is very, very low. I did not experience any soreness in my arm or have any other symptoms either later that day or any of the following days. It was truly a painless process. And I already have my appointment for the second shot, which I will be sure to keep. Everyone is currently getting their 2nd appointment 16 weeks from the 1st shot.

I know that I will have to continue to follow the guidelines – wearing a mask, physical distancing, washing hands frequently, until most of the population is vaccinated - to protect others. But now, at three weeks after getting the vaccine, I have a sense of safety that I have not felt for a year. I know that while it may still be possible for me to contract the infection, the vaccine will protect me from getting a severe infection resulting in hospitalization or death, and that is a very comforting thought. And as more and more of the population gets vaccinated, the risks become less and less.

So, don't delay! When it is your turn to get the vaccine make your appointment and “get the shot”. If you do not feel you need it, remember I need you to get it, your community needs you to get it. It is for the benefit of all of us. This is the only way that we will be able to get back to some sense of normalcy. It is the only way that we will be able to get back to a Senior Centre where we can play cards, have lunches, go to dances, socialize with others with a tea or coffee, and do all of the other activities that we enjoy so much at the Centre.

One final tip – if you do not mind the drive to Keswick, I understand that it may be easier to get an appointment there at the Georgina Ice Palace.

Ruth Church

BOARD PAGE

APRIL 2021

We are beginning to get some good news on the vaccine front. Most seniors over 80 have received their first vaccine with boosters scheduled for approximately 3 - 4 months from the date of the first shot. The vaccine is now available to folks 70 years and above. Go to, york.ca/covid19vaccine for information and to book your appointment. If you are having trouble with booking an appointment there is a York Region support group to help you. Contact pinkcars.ca and they will help you with booking and transportation for those who need it.

There is also news on the AstraZeneca vaccine. As more doses arrive in Canada the Government is opening up vaccines to those 60 years and above. These will be distributed at various locations including pharmacies and places that have pharmacies such as Walmart. The supply of this vaccine is constantly changing and you will have to do some research and "Googling " to find where and when you can receive it. Hopefully there will be more information about AstraZeneca distribution soon. We do know that the Province is expected to add several locations for distribution of the vaccine over the next few weeks.

In other news, the Reopening committee and the Board of Directors agreed to delay the reopening of the Centre at the present time. We will revisit this issue when we meet in June. The reasons for this decision are based on several factors including the results of the survey of our members. It is felt that we cannot open until all seniors 55+ have access to the vaccine, as recommended by MPP Christine Elliott. This will also give us time to monitor any developments surrounding a 3rd Wave of the virus. Finally, we have to work out a system to obtain and record screening responses of each visitor to the Centre, as will now be required by new Provincial legislation. I want to thank all our members for their patience and support through this difficult time. Hopefully, we will be able to open our doors again this Summer or Fall when we can be sure that it is safe for our members.

As you probably realize, we cannot hold elections for our Board of Directors at this time. At the Board meeting on March 15th all present board members confirmed that they will remain on the Board for the 2021 - 2022 (June - June) Board term. The members will remain Dave LeGallais, Jim Abram, Cheryl Rines, John Scherrer, Nick Senick, Ron Coe, Jeanne Chislett, Carol Hedenberg and Ann Overington. As well the current Principal Officers were approved for the 2021-2022 board term. They are President - Dave LeGallais, Vice-President - Jim Abram, Treasurer -Cheryl Rines, Secretary- John Scherrer. I personally would like to thank all members of the ASA Board for their time, dedication, and hard work at this difficult time. By the way, our Board meetings are held, virtually, on the third Monday of each month at 12:30 p.m. and all ASA members are welcome to attend. If you are interested in attending a meeting please contact either Karie, Andrew or myself for details. The minutes of these meetings are available on our website.

April is traditionally Volunteer Appreciation Month. Of course, we have been closed for most of this year but that does not diminish the appreciation we have for all our volunteers. There would not be an Aurora Seniors Centre without all of you, so from all of us, Thank You!

Another hurdle we have is our inability to hold an AGM this year due to the Covid pandemic. The Board has been researching the feasibility of having a Virtual AGM in June. We will keep you updated on this.

Our Special Events Committee has been busy keeping us entertained. They ran a very successful St. Patrick's Day Zoom party with a wonderful special guest. I think all that attended really enjoyed it. They have several upcoming events you may enjoy.

Friday, April 23 at 1:00 p.m. - Maple Leaf Alum guest speaker and Alzheimer's Pro Am.

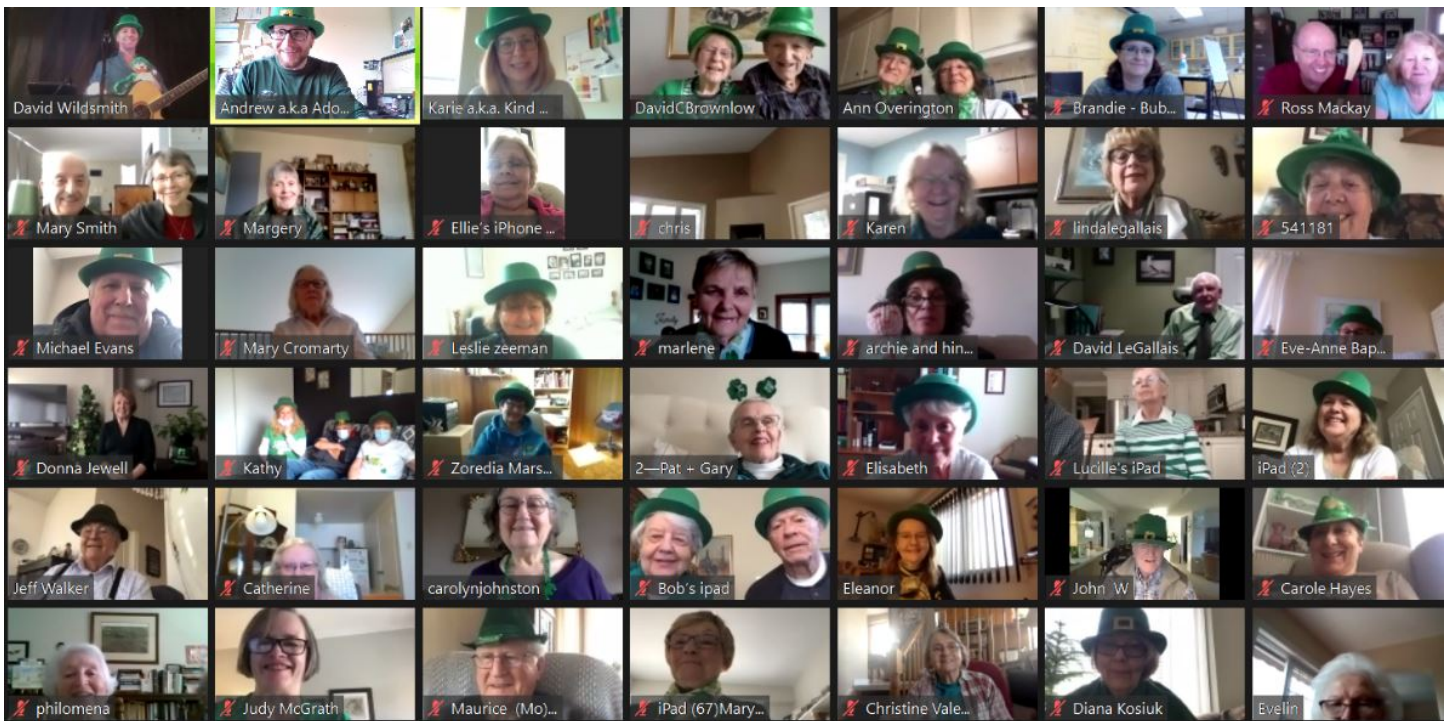
Friday, May 21 - Tea Party

Check out the Website for details and information on these events.

Finally, I would like to thank Karie, Andrew, Bill and Brandie and the Town of Aurora for their continued support during this trying time.

Remember, we will be back together soon. I eagerly await with all of you a time when we can rekindle our friendships. Until then continue to take care and stay safe.

All the best.... Dave LeGallais



We were so happy to see many members join us for our Virtual St. Patrick's party in March!

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 is 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 pickups this month?

Deliveries of the bags will be Saturday, April 3 and Friday, April 16.

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



TOWN OF AURORA
SENIORS' CENTRE
WITHOUT WALLS

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

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.

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.

April 2021 SCWW Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 12:30 Deep Breathing (Z/T) 3:15 Stretch and Relax (Z/T)	2 Good Friday (No Programs)
5 3:15 Fun and Games (T)	6 12:30 Coffee Chat (Z) 3:15 Stretch and Relax (Z/T)	7 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	8 12:30 Walking Wellness (Z/T) 3:15 Stretch and Relax (Z/T)	9 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)
12 3:15 Card Bingo (Z/T)	13 3:15 Stretch and Relax (Z/T)	14 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	15 3:15 Stretch and Relax (Z/T)	16 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)
19 3:15 Fun and Games (T)	20 3:15 Stretch and Relax (Z/T)	21 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	22 3:15 Stretch and Relax (Z/T)	23 10:15 Chair Yoga (Z) 1:00 NHL Alumni Event* (Z)
26 3:15 Jeopardy (Z/T)	27 3:15 Stretch and Relax (Z/T)	28 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	29 3:15 Stretch and Relax (Z/T)	30 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)

Saturday

3 10:15 Chair Zumba (Z)	10 10:15 Chair Zumba (Z)	17 10:15 Chair Zumba (Z)	24 10:15 Chair Zumba (Z)
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Sunday

4 Easter Sunday (No Program)	11 12:30 Chair Exercise (Z)	18 12:30 Chair Exercise (Z)	25 11:30 Name that Tune (Z) 12:30 Chair Exercise (Z)
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Computer Club Information and Activities for April 2021

Spring has finally come after what has felt like a very long winter. The pandemic made this a tough winter, one none of us will forget anytime soon. The good news is that the vaccine is starting to come in higher volumes and now in York region those of us 75 and older, can book vaccination appointments. If the supply continues to come in as planned, we may be able to get back into the centre before the end of summer. I think we will all welcome that.

If you are not on the Zoom distribution list for the Tuesday morning seminars and would like to be 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 10:00 am to 11:00 am. 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, April 6** – Messaging - immediate and short form, it is the internet equivalent of a conversation. Doug will talk about Facetime, Messenger, iMessage, WhatsApp and some of the new entrants like Signal. How do you make video calls, text, & share.
- **Tuesday, April 13** – Our monthly Q&A session where we all participate and attempt to help each other with technical issues. If time permits Bob will talk about some of the optional utilities Microsoft calls Power Tools that can be helpful.
- **Tuesday, April 20** – Apple day with Susan and Herb. Susan will tell us about Pages, the Apple word processing software. Herb will try and help us understand the many kinds of cables we accumulate as we get new mobile devices.
- **Tuesday, April 27** – Microsoft services. Bob will tell us about the tools and services that are free to all of us with a Microsoft account. They are available on our Windows PCs and mobile devices. These include free online office tools (Word, Excel), Skype, Teams, email, OneDrive and more. If you have a Windows PC you most likely have a Microsoft account.

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.

VOLUNTEERING

APRIL IS VOLUNTEER APPRECIATION MONTH!

1. Volunteering connects you to others.
2. Volunteering is good for your mind and body.
3. Volunteering can advance your career.
4. Volunteering brings fun and fulfillment to your life.

What are your volunteering goals?

- Improve your neighborhood.
- Meet new people with different outlooks or experiences.
- Try something new.
- Do something rewarding with your spare time.
- See new places or experience a different way of living.
- Expand on your interests and hobbies.
- In the end it gives you rewards:
You are wanted, you are needed, and you are so appreciated. The pandemic has shown us all how much it means to have someone help us in the smallest way: a phone call, smiling eyes from a mask, a wave from across the street. Its not the size but the thought that means so much. Thank you to all our wonderful Aurora Seniors Association Volunteers.

Sincerely, Aurora Seniors Association Board of Directors

Save the Date for an Aurora Seniors
ZOOM TEA PARTY
on Friday, May 21 at 1 p.m.!

More Details coming soon.

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, *Adult Program Coordinator*
kpapillon@aurora.ca
(905) 727 3123 x3610

Andrew Bailey, *Adult Program Assistant*
abailey@aurora.ca
(905) 727 3123 x3611

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

Bill Hawke
Primary Facility Operator