

# Fun after 55!

May 2021

## Spring has Sprung Tea Party

Friday, May 21, 2021  
1–2 pm on Zoom

Wear your fancy hat, and get out your favourite teapot,  
cup and saucer, pretty placemat, or tablecloth  
and enjoy some treats with your tea  
as we celebrate Spring over Zoom.

*Gift Bags provided, courtesy of*



### Registration:

To sign up for the event and register for a gift bag,  
Email: [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca), or  
Call: 905-727-3123, Ext 3611

**By 12 p.m. Monday, May 17**

## 2021 SUMMER PROGRAMS

### ACRYLIC PAINTING - BEGINNER

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

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	June 3	9am – 10:30am	\$49.70/10	21042

### ACRYLIC PAINTING - INTERMEDIATE

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

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	June 3	11am – 12:30pm	49.70/1 0	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	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	June 8	9am - 9:45am	\$27.00/4	21045
Thur	June 10	9am - 9:45am	\$27.00/4	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	June 30	12:45pm – 1:45pm	\$48.00/ 8	21172

## DRAWING FUNDAMENTALS

**Age: 55+ years**

**Location: ASC**

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	June 2	9am – 10:30am	\$49.70/ 4	21049
Wed	June 30	9am – 10:30am	\$124.00 /10	21174

## 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	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	July 5	10:15 – 11am	\$48.00 /8	21176 ^
Tue	June 22	11am – 11:45am	\$60.00 /10	21177

## 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	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

## 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	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	July 9	9am – 9:45am	\$48.00/ 8	21181

## TOWN OF AURORA PROGRAM

### REGISTRATION:

Registration is currently available for Aurora Residents. Registration is available:

1. **Online** using the Town of Aurora's E-play system. You can access E-play by visiting <http://www.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.

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)

# Seniors Centre in a Bag

**\*\*Exciting News\*\* This program is extended until December 31.**

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 Friday, May 7 and Friday, May 21.

**Interested in Participating?** Reach out to Brandie either via email [byorg@aurora.ca](mailto:byorg@aurora.ca) or by phone 905 727-3123 x3615 to register.



*The Emergency Community Support Fund*

Funded by  
**Canada**

# ASA Board of Directors May 2021

Hello Everyone, you may recall that in the last Board Page I mentioned that we were looking into the feasibility of having a Virtual General Meeting in June to update our members. The Board has come to the conclusion that this virtual meeting is not necessary at this time, for several reasons.

- All Board decisions since the June 2019 AGM have been detailed in the Minutes of the Board meetings which are then posted on the ASA website. In addition, all decisions are reported through the President's Board Page which can be viewed in the monthly newsletter, on the ASA website and through E-flashes.
- The Ontario Government has suspended the requirement for nonprofit organizations to hold annual general meetings until the Covid-19 pandemic restrictions have been lifted. I hope you will all accept the reasons for this decision.

This month for a change of pace, you are going to get a break from hearing so much from me. I have invited the members of the Executive Committee to each give you a short report which they have graciously agreed to do. I would like to thank Cheryl Rines, Jim Abram, and John Scherrer for the following reports. Dave.

## ASA Finance Committee

The Aurora Seniors Association's Board of Directors oversees the affairs of the Aurora Seniors Centre, and the Finance Committee is responsible for the management of the Association's funds. All members of the Finance Committee have served on it for several years and take the responsibility of managing our Member's funds very seriously.

QuickBooks and accrual basis accounting are used for our bookkeeping purposes. Financial statements are produced at each month's end. The Committee meets once a month to review the previous month's Financial statements as well as Investment and Inventory requirements. Minutes are recorded and recommendations, if any, are made to the Board of Directors for their approval.

On an annual basis, BDO Canada, the Association's auditors, are on-site at the ASA's office to meet with the Treasurer and to perform a Review Engagement. From this process, the Financial Statements as of December 31 of the previous year are produced and provided for review. Once the statements are reviewed and approved by the Finance Committee and the Board of Directors, they are presented by the Auditor to the Membership at the Association's AGM in June.

To see details regarding discussions and recommendations by the Committee, please visit our website at [auroraseniors.ca](http://auroraseniors.ca). Under the Board of Directors Tab you will find the minutes listed from July 2019 up to and including the last Board meeting.

Cheryl Rines,  
Treasurer

## **Your Seniors Affairs Committee is Working for You!**

The business of the Aurora Seniors Association is managed by your elected Board of Directors yet much of the day-to-day management falls to the good and valued volunteers who serve on various committees. My name is Jim Abram and as your Vice President I am privileged to serve on the Executive Committee, but I am also honoured to chair the Seniors Affairs Committee. The Seniors Affairs Committee primarily engages with the various levels of government to ensure seniors issues remain tantamount and that our members interests are well governed. This brings me to my first point. Various levels of government offer various grants to enable not-for-profit organizations such as ours to function without undue financial stress on our membership. The Seniors Affairs Committee review these grant opportunities on an ongoing basis and make a judgement as to the necessity and validity of such opportunities as they relate to our association. We have benefitted from these grants in the past to provide for such things as our movie screen, bocce courts and the Seniors Centre Without Walls programming just to mention a few. We are recommending at this time that we are not in need of financial support from the federal nor provincial government due in part to our current financial position and due the good management of our finances by our finance committee and others although we may require financial assistance in future as circumstances evolve in these uncertain times. To my second point, the Seniors Affairs Committee manages a budget for donations which is restricted to those deserving charities that benefit older adults residing in York Region. Given this parameter we have recommended a 2021 \$500 donation to each of Southlake Health Centre and to CHATS which fits with our previous year's donation practices. We also recognize that there are many other charities that members may put forward for consideration and all such requests will be given consideration within our budget and based on merits.

Keep well, keep healthy and keep active! Jim Abram, Vice President, Aurora Seniors Association.

## **A Year in Uncertain Times.**

It has been a year since all our members have been able to have unrestricted access to the Seniors Centre to interact with one another. During these unprecedented times, your Board of Directors has been faced with many challenges to find ways that keep our membership engaged virtually through various media platforms. To meet these challenges, the By-law committee, which I Chair, had to revisit the By-laws. As an example, there were no provisions in the By-laws to provide an alternative for the Election process in the event election procedure could not be complied with. With that in mind there was also a need to make amendments to provide for a virtual media platform for Board meeting as well as Standing Committee meetings. Hence the Board opened a Zoom Account that has proven to be a viable option. Additionally, there were other amendments made prior to the lockdowns which would have been provided at the June AGM if Provincial Legislation had not prevented those types of social gatherings.

As your Secretary I am also tasked with maintaining all minutes, records, and correspondence of the Association. As not all correspondence and committee reports are posted on our website, I keep a binder tabulated each month with all written committee reports, letters or other documents received each month. When we can again enjoy the ability to gather at the Centre this binder will be available for viewing. As I said in my opening it has been a very long and trying year with a pandemic unlike any other our Country has not seen since the Spanish Flu of 1918-1920. Stay safe and I hope we will soon be able to see an end.

John Scherrer





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](mailto: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 for Chair Exercise, Stretch and Relax, and Chair Yoga 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.

**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.



## May 2021 SCWW Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 3:15 Fun & Games (T)	4 3:15 Stretch & Relax (Z/T)	5 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	6 3:15 Stretch & Relax (Z/T)	7 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
10 3:15 Card Bingo (Z/T)	11 3:15 Stretch & Relax (Z/T)	12 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	13 12:30 Coffee Chat (Z) 3:15 Stretch & Relax (Z/T)	14 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
17 3:15 Fun & Games (T)	18 12:30 Medical Cannabis Seminar* (Z) 3:15 Stretch & Relax (Z/T)	19 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	20 10:15 Zoom Help Session (Z) 3:15 Stretch & Relax (Z/T)	21 10:15 Chair Yoga (Z) 1:00 Spring has Spring Event* (Z)
24 <b>No Program (Victoria Day)</b>	25 3:15 Stretch & Relax (Z/T)	26 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	27 3:15 Stretch & Tone "Try it" (Z/T)	28 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
31 3:15 Jeopardy (Z/T)				

## Saturday

1 10:15 Chair Zumba (Z)	8 10:15 Chair Zumba (Z)	15 10:15 Chair Zumba (Z)	22 10:15 Chair Zumba (Z)	29 10:15 Chair Zumba (Z)
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## Sunday

2 12:30 Chair Exercise (Z)	9 12:30 Chair Exercise (Z)	16 12:30 Chair Exercise (Z)	23 11:30 Name that Tune (Z) 12:30 Chair Exercise (Z)	30 12:30 Chair Exercise (Z)
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\*Medical Cannabis Seminar (May 18) and Spring has Sprung event (May 21) requires pre-registration. Please email [scww@aurora.ca](mailto:scww@aurora.ca) or call 905-727-3123 ext. 3614 to register or for more details.

**Keep an eye out in June for additional programming for Seniors Month.**

# ASA Computer Club Information and Activities May 2021

The good news is that many of us are now either fully or partially vaccinated. That is great but unfortunately the third wave of COVID is hitting us hard. We are in a lock down and stay home order that will last until May 20. To help you pass the time you may want to attend the May 4 Tuesday morning seminar. The Aurora Public library has many e-services available and while you can still check out material that Herb will tell us about the many services we can use via the library's Digital Shelf. So much is available to us virtually.

If you are not on the Zoom distribution list for the Tuesday morning seminars and would like to be, please 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 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, May 4 – The Aurora Public Library Digital Shelf. Herb will tell us about CloudLibrary and all the eBooks and eAudiobooks available through that service. There are also educational courses, music, and 7000 newspapers through Pressreader. You want to watch movies or TV shows, no problem. Herb will tell us about Hoopla.
- Tuesday, May 11 – Monthly Q&A session where we all participate and attempt to help each other with technical issues. Bring your questions or tell us about some new technology you enjoy.
- Tuesday, May 18 – Apple day with Susan and Herb. Susan will cover Safari hints and tips and Herb will tell us about Apple podcasts. Do not know what a podcast is? Herb will tell us.
- Tuesday, May 25 – Saving files, backing up files, best practices for managing your files. PDF files, docx files, txt files, mp4 files – what are they, how do I know? How does Windows or MacOS know what program to use to open files? If I want to tell my computer which program to use for specific files, how do I do that? Doug will explain all this and make it easy.

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).

## Follow Us. Stay Up to Date.



[facebook.com/auroraseniors](https://facebook.com/auroraseniors)



[Town of Aurora Rec at Home](#)



Instagram

**Instagram coming soon.**

For more information on the Aurora Seniors' Centre and any updates, members are encouraged to visit the web site [www.auroraseniors.ca](http://www.auroraseniors.ca) and check your e-mail inbox for e-flash communications! If you do not receive our E-flashes email Karie at [kpapillon@aurora.ca](mailto:kpapillon@aurora.ca) or Andrew [abailey@aurora.ca](mailto:abailey@aurora.ca) and we will add you to our email list.

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## Zoom Help Session

**Interested in Trying ZOOM? Need some help?**

We will be offering a ZOOM help lesson on Thursday, May 20 at 10:15 a.m.

Let us help you get started in learning the basics on explaining key icons and other aspects to assist you in feeling more comfortable using Zoom videoconferencing.

Please email [abailey@aurora.ca](mailto:abailey@aurora.ca) for more details or to sign-up.



## Special Events Committee

The Special Events Committee invites you to a ***"Spring Has Sprung Tea Party"*** on Zoom.

On Friday, May 21 from 1 to 2 p.m., you will look wonderful when you get dressed up and put on a spring hat or bonnet or cap. On your table you can put a nice tablecloth or placemat with a pretty cup and saucer, your teapot, a serviette, and perhaps a lovely bouquet or a pot of flowers along with a nice treat to eat.

You can sign up for a Gift Bag provided by Chartwell Retirement Residences which you can pick up on Thursday, May 20 from 1 to 2 p.m. outside the Aurora Seniors Centre.

We will be put into small "Tea Rooms" to have a conversation with other participants while we drink our "cuppa tea."

All the information for signing up is on the beautiful poster on the front page of the Newsletter. We look forward to having tea with You.

# ASA Seminars on Zoom

## Medical Cannabis

Presented by Apollo Cannabis Clinics

Tuesday, May 18 at 12:30 p.m.

Topics Included For Presentation:

- The medical cannabis process in Canada
- Therapeutic uses & symptom relief (Pain, sleep, anxiety, etc.)
- Types of cannabis and their benefits (CBD vs THC)
- Dosing methods (Oils & capsules vs inhalation) + importance of working with a healthcare team
- Potential side effects
- Benefits of medical cannabis over recreational
- About Apollo
- The over-medicalization of seniors
- What a licensed producer (LP)

Please email [scww@aurora.ca](mailto:scww@aurora.ca) or call 905-727-3123 ext. 3614 to register or for more details.

A thank you to Delmanor Aurora, Inspired Retirement living for arranging this seminar.



## Aurora Public Library Digital Shelf

Presented by the Aurora Seniors Association Computer Club.

Tuesday May 4 from 10 - 11 am – The Aurora Public Library Digital Shelf. Herb will tell us about CloudLibrary and all the eBooks and eAudiobooks available through that service. There are also educational courses, music, and 7000 newspapers through Pressreader. You want to watch movies or TV shows, no problem. Herb will tell us about Hoopla.

To receive the Zoom link for this seminar please email 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).

Zoom Assistance always available. See previous page for further detail, and details on our Zoom Help session this month.

Aurora Seniors' Centre May 2021 Newsletter

## 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](mailto:kpapillon@aurora.ca)  
(905) 727 3123 x3610

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

Brandie Yorg, *Program Leader (SCWW)*  
[byorg@aurora.ca](mailto:byorg@aurora.ca)  
(905) 727 3123 x3615

Bill Hawke  
*Primary Facility Operator*