Fun after 55!

July 2021

A message from your Seniors Centre Team,

Hello everyone! We are so happy to introduce our fall programs in this newsletter. We are going to bring some fitness and art classes back to the Aurora Seniors Centre and the Aurora Family Leisure Complex starting in September. All public health guidelines will be followed, including distancing, cleaning and lowering the maximum amount of participants within a space. The next few pages outline these classes. We will also stay with a virtual presence, keeping some classes over zoom. Your feedback as we plan the winter session is invited! Please email us at seniorscentre@aurora.ca.

Your Aurora Seniors Association board of directors and the Re-opening Committee are continuing to meet over the summer – watch for update using our E-flashes and in the August newsletter.

The Aurora Seniors Association is on Facebook, and starting July 1 you will also find us on Instagram! Click the links below to see what we are up to these days!

Sincerely, Karie, Brandie and Andrew

facebook.com/auroraseniors

JUST LAUNCHED!!

Instagram

instagram.com/auroraseniorsassociation

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
You're in Good Company

Aurora Seniors Association

2021 Fall PROGRAMS

ACRYLIC PAINT - BEGINNER
Age: 55+ years Location: AFLC
In this live virtual painting class you will learn how to see like an artist. You will study the importance of colour, values, shapes, form and composition. Each session will provide a short demo and exercise exploring different painting styles and techniques. Students of all levels will benefit from this class. "It's important that my students learn in a comfortable and relaxed atmosphere where communication is open and easy. Learning doesn't have to be hard to be rewarding. Note: Material costs extra, list available at the ASC or AFLC.

Day	Date	Time	Fee/ Class	Code
Thur	Sept 30	9am – 10:30am	$124.00/10	22551

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
Thur	Sept 30	11:00am -12:30pm	$124.00 /10	22552

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	Sept 14	9:30am-10:15am	$60.00/ 10	22553

BALLROOM & LATIN LINE DANCE: ARGENTINE TANGO
Age: 18+ years Location: ASC
Argentine Tango is a beautiful dance, showcasing movements to a variety of styles and music. It is danced differently from the Ballroom Style Tango. This program will introduce the fundamentals to beginners, and also provide techniques for those with previous experience. The course will be taught by a couple so that participants may fully benefit from both perspectives of leading and following. Prior dance experience is not necessary. Partners are required.

Day	Date	Time	Fee/ Class	Code
Wed	Sept 29	8:45pm-9:45pm	$76.00/9 per person	22595

BALLROOM & LATIN DANCE – LEVEL 1
Age: 18+ years Location: ASC
This stress-free introduction to the basics of Ballroom & Latin dancing can be used at dance clubs, weddings, dinner dances and more. Participants will experience several dances: the cha-cha, rumba, mambo, merengue and foxtrot. The course will be taught by a couple so that participants may fully benefit from both perspectives of leading and following. Prior dance experience is not necessary. Partners are required.

Day	Date	Time	Fee/ Class	Code
Wed	Sept 29	7:45pm-8:45pm	$76.00/9 per person	22596

BALLROOM & LATIN DANCE – LEVEL 2

Age: 18+ years Location: ASC

Focusing on "dancing for fun", this program will develop dance skills and steps. New dances will be introduced, such as the waltz, swing, samba, quickstep, salsa, cumbia or bachata. The course will be taught by a couple so that participants may fully benefit from both perspectives of leading and following. The beginners class or previous dance experience are preferred prerequisites for this class. Partners are required.

*No class on: Oct 11

Day	Date	Time	Fee/ Class	Code
Mon	Sept 27	7:30pm-8:30pm	$76.00/9 per person	22597 *

BALLROOM & LATIN DANCE – LEVEL 3

Age: 18+ years Location: ASC

The Level 3 program will continue to offer more technique and additional figures to the dance styles covered in Level 2. Similar to Level 2, this class will focus only on two or three dances per session in order to provide in-depth instruction for each of the styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course. Partners are required.

*No class on: Oct 11

Day	Date	Time	Fee/ Class	Code
Mon	Sept 27	8:30pm-9:30pm	$76.00/9 per person	22598 *

BASIC CARDIO

Age: 55+ years Location: ZOOM

This basic, cardiovascular only class takes you through simple choreography designed to gently raise your heartrate to improve fitness and burn fat.

Day	Date	Time	Fee/ Class	Code
Thu	Sept 16	9:15am - 9:45am	$35.00/10	22554

BEGINNER FRENCH – LEVEL 1

Age: 55+ years Location: ACS

At the beginner level, participants will learn pronunciation, common verbs, and reading with simple dialogue and interactive learning. Learn how to ask for directions and how to order food in a restaurant.

Day	Date	Time	Fee/ Class	Code
Wed	Sept 29	3:15 – 4:45pm	$96.00/8	22717

BOOT CAMP GOLD

Age: 55+ years

Location: *Town Hall Courtyard

^ASC

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.

*Note: The mini Fall 2021 session will be outdoors at Aurora Town Hall in the courtyard.

Day	Date	Time	Fee/ Class	Code
Tue	Sept 7	9am - 9:45am	$24.00/4	22555
Tue	Oct 12	9am - 9:45am	$48.00/8	22556

CHAIR FITNESS

Age: 55+ years Location: Zoom

Get fit while you sit. This program uses cardiovascular exercise to improve your endurance and works muscles to strengthen your body. Ideal for participants who are new to exercise or who prefer the aid of a chair.

Day	Date	Time	Fee/ Class	Code
Tue	Sept 14	10:30 – 11:15am	$60.00/ 10	22557

DRAWING FUNDAMENTALS

Age: 55+ years Location: AFLC

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

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

Day	Date	Time	Fee/ Class	Code
Wed	Sept 29	9am – 10:30am	$124.00 /10	22560

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	Sept 21	12:30– 1:30pm	$60.00/ 10	22561
Wed	Sept 22	10am – 11am	$60.00/ 10	22562

KNITTING: BABY CARDIGAN (SIMPLE)

Age: 55+ years Location: ASC

Knit top down and in one-piece, this sweater is so cute and so easy. If you can count, knit, purl, cast on and cast off, you will learn the remaining skills needed to create this sweater. You can choose sizes from newborn or 18 months, and fingering or double knit weight yarn. Once you learn the techniques used in top down, one-piece knitting, you will be able to knit larger versions using patterns designed for children and adults. This class is suitable for advanced beginner.

Day	Date	Time	Fee/ Class	Code
Wed	Sept 29	2:30pm - 3:45pm	$45.00/ 4	22593

KNITTING: LEARN TO KNIT

Age: 55+ years Location: ASC

A simple knit square or rectangle can become a button cowl, fingerless gloves or hat. In this class Learn to Knit class, you will learn several necessary basic skills to get started knitting; understanding yarn and gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practiced while knitting three small projects – a dishcloth, fingerless mitts and a cowl. Participants need no prior experience knitting.

Note: This class is free, however there is a $25 fee payable to the instructor at the first class for supplies. This fee covers needles and yarn suitable for the three class projects. Participants will also receive a selection of simple patterns they should be able to knit on their own following the class to practice the skills learned.

*No class on: Oct 11

Day	Date	Time	Fee/ Class	Code
Mon	Sept 27	10:30am - 11:45am	$Free/4	22564

KNITTING: SOCKS

Age: 55+ years Location: ASC

Hand knit socks are one of life's little luxuries. As complicated as they appear when you read a sock pattern, they are quite simple when someone shows you. In addition, sock yarns are some of the most fun yarns available today – hand paints, self-patterning, self-striping. In this class, you will learn a basic top down sock and allow you to treat yourself and those you love to the cozy comfort of hand-knit socks. This is an advanced beginner class. Students need to pick-up a supply list from the ASC and bring these supplies to your first class.

Day	Date	Time	Fee/ Class	Code
Wed	Nov 10	2:30pm - 3:45pm	$56.00/ 5	22565

KNITTING: STITCH TECHNIQUE

Age: 55+ years Location: ASC

In this lass, you will learn new techniques (increases, decreases, bias knitting, reading charts) and stitches (cables, lace, slip stitches, ribs, knit and purl combos) which will enable you to go on and create your own designs. For each new stitch or technique, you will be given a pattern for a simple project you can knit using that new skill. It would be a great program for the advance beginner, and would be an excellent follow-up to the Learn to Knit class.

Day	Date	Time	Fee/ Class	Code
Mon	Nov 8	10:30am - 11:45am	$45.00/ 4	22594

LINE DANCE – LEVEL 1

Age: 55+ 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. Beginner class line dances will be chosen from the selection of dances and music that are played and danced in Toronto dance clubs. Students will also learn a few more complicated dances. Knowledge gained will give them the confidence to dance in the dance clubs during the practices sessions as well as evening parties.

Day	Date	Time	Fee/ Class	Code
Sat	Oct 2	10:15am - 11:15am	$60.00/ 8	22599

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	Sept 30	11:15am - 12:15pm	$60.00/ 10	22566

MINDFULNESS PRACTICE FOR DAILY LIVING

Age: 55+ years Location: Zoom

This course offers insights and practices to develop mindfulness skills in our daily lives. Building upon foundational practices of mindfulness breathing, body scan and movement, this program helps you bring mindfulness into routine activities such as eating, walking, listening, driving, waking up and sleeping. Such awareness also empowers you to respond to challenging life events with equanimity, calm and wisdom. This program is suitable for beginners as well as for experienced practitioners who wish to revitalize their practice.

Day	Date	Time	Fee/ Class	Code
Wed	Sept 29	7:00 – 8:30pm	$90.00/ 8	22600

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: Oct 11

Day	Date	Time	Fee/ Class	Code
Mon	Sept 13	9am - 10am	$60.00/ 10	22577 *

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: Oct 11

Day	Date	Time	Fee/ Class	Code
Mon	Sept 27	12pm - 12:30pm	$92.00/ 8	22567 *

PILOGA

Age: 55+ years

Location: Zoom (Mon/Fri), ASC (Tue)

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: Oct 11

Day	Date	Time	Fee/ Class	Code
Mon	Sept 13	10:15 – 11am	$60.00 /10	22568 *
Tue	Sept 14	10:30am – 11:15am	$60.00 /10	22569
Fri	Sept 17	9:30am – 10:15am	$60.00 /10	22578

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	Sept 21	9:15am - 10:15am	$36.00/ 6	22570 *

STRETCH & TONE

Age: 55+ years

Location: ASC (Mon) ZOOM (Thu/Fri)

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: Oct 11

Day	Date	Time	Fee/ Class	Code
Mon	Sept 13	1:30pm – 2:30pm	$60.00 /10	22571 *
Thu	Sept 16	10am – 11am	$60.00 /10	22572
Fri	Sept 17	11am – 12pm	$60.00 /10	22573

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	Sept 14	1pm – 1:45pm	$60.00/ 10	22575

ZUMBA GOLD TONING

Age: 55+ years Location: ASC

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	Sept 17	9am – 9:45am	$60.00/ 10	22576

TOWN OF AURORA PROGRAM REGISTRATION:

Resident registration will begin on **Monday, July 26**

Non-resident registration will begin on **Monday, August 2.**

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 form, fill it out at home or in your car and drop it off at the ASC. 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

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

Seniors Centre in a Bag

The Town of Aurora is excited to offer you the Seniors Centre in a Bag program. Twice a month (1st and 3rd Friday of the month), it provides 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 may 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, July 3, and Friday, July 16.

Interested in Participating? Reach out to Brandie either via email byorg@aurora.ca or by phone 905 727-3123 x3615 to register.

The Emergency Community Support Fund

Funded by
Canada

Board of Directors

Greetings Everyone!

It seems like things are looking up in the second half of 2021 with the vaccine rollout going so well. We are hoping to reopen by Thanksgiving if all goes well. As you may know we sent out a second survey regarding reopening and are pleased to say that we got a response from 30% of our members. That's very good. Over 97% of the respondents expect to be fully vaccinated by August 31st. The full results of the survey can be found in the newsletter and in an e-flash.

The majority of the respondents expressed confidence that the Aurora Seniors Centre will reopen as safely as possible and will follow the guidelines of the reopening committee and Board of Directors. All Federal, Provincial and Regional requirements will be met. In just a few more months we should all be able to be together again. After these past 15 months that comes as very good news!

This is a good time to express again our sincere thanks to Karie, Andrew and Brandie for all their efforts towards our safe reopening and for all the work they have been doing in presenting a Virtual Program, including Seniors Centre Without Walls and basically keeping the ship afloat!

When we do reopen, we will be looking for volunteers to fill some empty spaces on several of our committees. Please consider ways that you may like to volunteer. For further information or if you have any questions please contact me, Dave, via drdavelegallais@gmail.com.

Future Events to look forward to:

- During the summer a few Virtual seminars are being planned on various topics of interest.
- August 20th - Virtual Summer social event.
- September - Virtual Trivia event
- October - Virtual Halloween event
- The ASA is planning an Open House, if possible, in October or November.
- Unfortunately the Holiday Bazaar is cancelled this year but will be back again in Autumn 2022!

Aurora Cultural Events:

Saturday, August 14 - Pop Up information booth in the Town Park from 1 p.m. - 4 p.m.
Saturday, September 25 - Pop Up information booth in the Town Park from 10 a.m. - 4 p.m.

For other Town Summer of Culture events and Town Culture Day events keep an eye on the Town of Aurora website.

As usual check the website and watch for e-flashes for further information on these events.

That's it for this month. Stay safe and get those vaccines! We're almost there!

A Message form the ASA Re-Opening Committee

The Aurora Seniors Association Re-Opening Committee recently conducted a survey to find out how our members feel about reopening the Centre when it is permitted to do so in accordance with all Municipal, Provincial and York Region Health requirements. Our Committee includes members of the Board of Directors, other ASA committee members, and of course, Karie and Andrew on behalf of the Town of Aurora.

Thank you to all members who responded to the survey! Your responses will help us to make decisions about reopening the Centre. According to the survey results:

96.8% of respondents expect to be fully' 'two-dose' vaccinated by August 31st.

The majority of respondents want to return to the Centre, and most felt comfortable reopening in the Fall, assuming the pandemic situation is manageable and indoor activities are permitted in that time frame.

The majority of respondents expressed confidence that the Aurora Seniors Centre will be reopened as safely as possible under the guidance of the Reopening Committee and within all Municipal, Provincial and York Region requirements.

Members expressed an understanding that ASA and Town activities and programs will be returning on a risk-assessed and reduced participant basis in order to protect the health and safety of all, and that protocols will be in place as needed.

All ASA activities listed in the survey received favourable and numerous responses. The three most popular categories were Movies, Cards, and Fitness. When the Centre does reopen, all in-person activities will be assessed in accordance with the necessary protocols to be followed, and when approved, the activities will be reintroduced in stages.

22.8% of respondents have served as volunteers of the ASA. Most intend to continue and an additional 9% would like to become volunteers. There is a process to welcome and encourage new volunteers. Information about applying and qualifying for volunteer areas of interest will be available closer to the reopening.

Town of Aurora run programs, including those that require a fee and those that are free of charge, received very positive responses as did ASA programs, activities and events.

Many respondents added helpful and thoughtful comments or explanations that are too numerous to mention here.

Membership fees for 2020 have been extended to cover 2021. No additional annual membership fees will be required to participate in ASA regular activities and programs in 2021 once the Centre reopens. The financial health of your Association continues to be managed well by the Finance Committee and the Board of Directors!

Thank you to all members for your understanding, patience and consideration given the challenges we have faced in managing the impact of Covid 19. We will continue to keep you updated as new information becomes available throughout the summer.

Computer Club Information and Activities for July 2021

As we noted in the June newsletter, in July and August we will move to a biweekly Tuesday schedule to give us all more time to enjoy summer while it is here. The first July meeting will be on the 6 and then again on the 20. These will be Q&A sessions and your questions are welcome as usual. If you think they might be complex, please send them to Bob or Doug or both of us in advance via email so we can be sure we have the answers for the session.

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 or Doug Cooper at techspeakr@gmail.com.

Upcoming Seminars on ZOOM

Email **seniorscentre@aurora.ca** to register to attend this seminar.

Town of Aurora's cultural master plan and update on Library Square

Tuesday, August 10 at 1 p.m.
Phil Rose, Manager of Aurora Town Square, will provide a presentation about ongoing efforts to update the Town's Culture Master Plan. He will discuss how the new plan is being developed in collaboration with local community groups, artists, cultural professionals, and other key stakeholders. When complete, the Culture Master Plan will provide a roadmap for nurturing culture locally over the short to medium term (3-5 years). He will also provide an update on Aurora Town Square, including information about ongoing construction, programming opportunities, and governance.

Photo from our "Born to Amaze" Magic Show featuring professional magician Chris Pilsworth on Friday, June 19. Thanks to all those that attended and the Special Events committee for arranging this great event via ZOOM.

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 for Chair Exercise, Stretch and Relax, Chair Yoga and Chair Zumba on ZOOM video conferencing. 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 a Basic Cardio try-it 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.

July SCWW Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Canada Day (No Programs)	2 No Programs
5 3:15 Fun & Games (T)	6 3:15 Stretch & Relax (Z/T)	7 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	8 3:15 Stretch & Relax (Z/T)	9 Basic Cardio Try-it (Z) 3:15 Fun & Games (T)
12 3:15 Card Bingo (Z/T)	13 3:15 Stretch & Relax (Z/T)	14 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	15 3:15 Stretch & Relax (Z/T)	16 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
19 3:15 Fun & Games (T)	20 3:15 Stretch & Relax (Z/T)	21 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	22 3:15 Stretch & Relax (Z/T)	23 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
26 3:15 Jeopardy (Z/T)	27 3:15 Stretch & Relax (Z/T)	28 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	29 3:15 Stretch & Relax (Z/T)	30 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)

Saturday				
3 10:15 Chair Zumba (Z)	10 (No Programs)	17 10:15 Chair Zumba (Z)	24 10:15 Chair Zumba (Z)	

Sunday				
4 12:30 Chair Exercise (Z)	11 12:30 Chair Exercise (Z)	18 12:30 Chair Exercise (Z)	25 12:30 Chair Exercise (Z)	

Zoom Help

Interested in Trying ZOOM? Need some help?

Please email abailey@aurora.ca**, and we would be happy to assist.**

ASA Evergreen Choir

The Evergreen Choir committee was delighted that we were given permission to start a zoom choir. Sylvia Gilchrist was unable to co-host this with Andrew Bailey, as she has been living in her remote cottage for over a year, so I was asked to be co-host, which I happily accepted. After our first meeting on March 3 to get organized, our practices began on March 10, with tremendous enthusiasm. Richard spent some time teaching us how to use our microphones and cameras, and also how to control the volume.

Hadara sent us all the music, and Ruth very kindly made sure that those of us who didn't have printers, received their music. We were off to a good start, with everyone chatting happily, all at once. Many of us had never been on a zoom, so it was quite a learning experience. There were no senior moments that I can remember.

Some days we were not as synchronized as well as in previous weeks, and wait until you hear the song Henry Crane introduced us to! It's 13 pages long, and, as you know, he always manages to have us laughing heartily!!

Our hair is getting longer and longer, and we are getting better and better, but it is really hard work singing on zoom. A few women who are not members of our choir have joined us, and their glowing faces are quite a delight for us to see. Hopefully, we will be great by the time we can actually see each other, and we now have a head start on others who could not be with us, for our next concert…..***in person***. It really is such a blessing actually seeing each other, and having such patient and talented people like Richard Heinzle and Hadara Jacoby leading us. Onscreen, we are looking good….some of us actually have tans already!

Fondly, Willo

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 x3615

Bill Hawke
Primary Facility Operator