

Important Reopening information regarding a Fall 2021 reopening date of Monday, October 4 for ASA activities on next page

We're Excited to Announce the Return of our

Annual Trivia Challenge

Friday, September 24th 1 p.m.

On Zoom

TO REGISTER FOR THIS EVENT

Email: seniorscentre@aurora.ca

Phone: 905-727-3123 Ext. 3611

Registration closes at Noon, Wednesday, September 22nd

Participants will need paper and a pen/pencil to answer challenging questions.

Trivia is Back!!

Sign-up now.

Board of Directors

The Aurora Seniors' Association will reopen some of our safest activities beginning on Monday, October 4 at the Seniors Centre. Other activities will reopen on a graduated scale, dependent upon safety regulations.

To establish how and when each activity opens, we are in communication with the Ontario government, the York Region Health Unit, the Older Adults Centre's Association of Ontario (OACAO), the Town of Aurora, the Aurora Seniors Association (ASA) reopening committee and the ASA board of directors currently following all public health guidelines.

The ASA is working hard to develop a comprehensive safety plan. As each ASA activity resumes, there will be protocols to be followed and enforced to keep everyone safe. Members will be informed of all this information in the next few weeks through E-Flashes and information available on our website www.auroraseniors.ca.

To get our Centre back to normalcy it is going to take a lot of hard work and patience. Let us assure you that our first concern is the health and safety of our members.

Things can change very quickly. We will keep everyone updated as we progress, and there are more detailed updates inside this newsletter:

Page 2 - 3 Centre updates (new protocols and registration process)

Pages 4 - 10 Town of Aurora programs & registration

We know we all want to be back socializing with our friends as before. For a lot of people, the Centre is a very important part of our lives. Believe us when we say we miss you as much as you miss us. Please be patient and stay well.

Sincerely,

Dave

Dave LeGallais, ASA President

Karie

Karie Papillon, Adult Program Coordinator

Aurora Seniors Centre Update:

The Board of Directors, Karie, Brandie, Bill and Andrew are very excited to welcome members back to the Aurora Seniors Centre for limited ASA activities starting **Monday, October 4**. The list of Aurora Seniors Associations activities that will be offered will be made available as soon as available via our E-flash system and on our website auroraseniors.ca.

To open the doors, and keep everyone safe, several changes are occurring around the Centre. Please read the bullet points below:

1. Facility Access & Participant Screening

- Members and participants will be screened at the designated entrance, the front doors of the Seniors Centre before entry.
- Members will be asked to fill out an ASA Covid Screening Form prior to coming into Centre.
- All programs and activities must be pre-booked. Participants will be unable to drop into the Centre. See next page for information on pre-booking your sessions.
- The front main entrance to the Centre will be locked. Access will be given to pre-booked participants 15 minutes before their activity or program start time.
- Masks are mandatory in the Centre unless you have a medical reason not to wear one. Please note: the York Region mask bylaw does allow you to remove your mask when exercising. Masks must be worn until your fitness activity starts. Removing the mask is optional.
- Staff and volunteers will prescreen before they enter the Centre daily and will not enter the Centre if ill.

2. Physical Distancing

- There will be floor markings and signage throughout the Centre to promote and maintain physical distance.
- Program and activity capacity is restricted so participants can maintain physical distance.
- There will be a designated entrance through the main front door entrance.
- Programs areas will set up to ensure physical distancing is followed.
- Participants must stay in their designated program/activity space and cannot "visit" other areas or participants.
- The lounge is unavailable for visiting.
- Participants will not be allowed to congregate in the hallways.
- Participants must leave the Centre within 15 minutes of their activity or program ending.

3. Cleaning and Disinfecting

- Facility Staff and volunteers will provide a thorough cleaning and sanitization of high touch points areas.
- Members/participants are encouraged to bring their own equipment. If the Centre's equipment needs to be used, participants will be required to clean/disinfect it at the end of the activity and return it to the designated clean area.
- Cleaning and disinfecting will be based upon the Public Health Ontario document, Cleaning and Disinfecting for Public Settings: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>

4. Miscellaneous

- Coffee and tea service is unavailable.
- Participants are asked to bring their own water and water bottles. Water coolers are unavailable.
- Lost and found items will be kept for a maximum of 24 hours, then disposed. Please label any item or supply you bring into the Centre.
- Our cloak room is unavailable. Please limit the number of items you bring to the Centre.
- Unused areas of the Centre will be unavailable to maintain sanitization.
- Hand sanitizer will be available at the entrance to the Centre and in all program spaces. Participants are encouraged to wash or sanitize their hands on a regular basis.

Our reopening plan is adhering to all York Region Public Health guidelines. The plan was developed in consultation with the Aurora Seniors Association Re-opening committee.

If you have any questions on this plan, please email Karie at kpapillon@aurora.ca

REGISTRATION FOR ALL ASA ACTIVITIES – Starting Monday, September 27

All members wishing to participate in an ASA activity must pre-register prior to the start of the activity. This registration can be done either by telephone (905-726-4767) or by email asa@auroraseniors.ca. Limited registration for future activities may also be made in person at Reception after your current activity is over provided this does not lead to a crowding situation where social distancing protocols cannot be maintained. Registration by telephone or email are the preferred methods. Registrations may be made for activities taking place during the current week and the following week only.

By telephone: 905-726-4767. A volunteer Receptionist will answer your call and record your name and phone number on the registration sheet for the specific activity. If there is no one available when you call, you may leave a message containing your name, telephone number and the activity and date which you want to book. A Receptionist will return your call and confirm your request or put your name on the wait list. Do not assume that you are registered until you have been contacted by Reception.

By e-mail: send to the ASA email address asa@auroraseniors.ca. This email should contain the same information as that required for a telephone message – your name, telephone number, and the activity and date which you wish to book. Your registration, pending availability of the activity and time, will be confirmed by return email. All registrations by email should be done at least 24 hours in advance of the activity for which you are registering. Do not assume that you are registered until you have been contacted by Reception.

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



Adele Taylor -
Balance Improvement
Instructor

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	FULL

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: ASC**

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	CXL

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	FULL
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	FULL

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



Irene Turrin -
Essentrics
Instructor

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	\$0/4	FULL

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-stripping. 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 class, 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 advanced 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

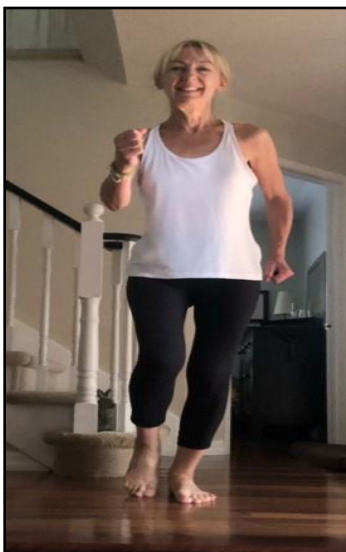
MOVE & TONE

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 *



Ilona Kiss -
Piloga Instructor

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 27	1:30pm – 2:30pm	\$60.00 /10	FULL
Thu	Sept 16	10am – 11am	\$60.00 /10	22572
Fri	Sept 17	11am – 12pm	\$60.00 /10	22573

Water Colour – Level 1

Age: 55+ years Location: AFLC

This watercolour class will be of interest to participants who are new to watercolours as well as those who have some experience with watercolours. Participants will learn how to mix colours, watercolour techniques such as washes and dry brushing, and how to plan a watercolour project from start to finish. Some drawing will be incorporated into the project preparation. Material costs are extra (a list is available at the ASC or, the AFLC)

Day	Date	Time	Fee/ Class	Code
Mon	Sept 27	9:30am – 11am	\$124.00 /10	22767



Beulah Carnahoff -
Yoga Instructor

Water Colour – Level 2

Age: 55+ years Location: AFLC

This watercolour class will be of interest to participants who have experience with watercolours and want to develop their style and learn new techniques. Participants will learn techniques such as mixing colours on their paper, using negative space, and loosening up their style using larger brushes. Drawing will be incorporated into the project preparation. Material costs are extra (a list is available at the Seniors Centre, the Aurora Family Leisure Complex and for download - please click the download in the extra details box).

Day	Date	Time	Fee/ Class	Code
Tue	Sept 28	9:30am – 11am	\$124.00 /10	22768

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: Oct 11

Day	Date	Time	Fee/ Class	Code
Mon	Sept 20	12:15pm – 1:15pm	\$60.00 /10	22574*

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	FULL

TOWN OF AURORA PROGRAM REGISTRATION:

Registration is currently available.

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 at (905) 727-3123 x3610 or kpapillon@aurora.ca



Brandie Yorg – Basic Cardio, Boot Camp Gold, Chair Fitness, Move & Tone, and Stretch & Tone instructor

FITNESS – FREQUENTLY ASKED QUESTIONS

Town of Aurora registered programs are being offered on zoom and in-person.

1. DO I NEED TO WEAR A MASK FOR AN IN-PERSON CLASS?

You need to wear a mask to enter the building and travel the building (including the washroom). Once you have entered your "spot" for the fitness class you may remove your mask. At the end of class, you must put your mask back on.

2. WHAT DO I BRING TO AN IN-PERSON CLASS?

Mask, water, proper shoes, and clothes you can move around in. You can also bring hand weights or exercise bands. Don't worry we will also provide them, if needed.

3. I WANT TO DO A ZOOM CLASS BUT DO NOT KNOW HOW TO WORK ZOOM, CAN YOU HELP?

No problem, Andrew is happy to help you! Please call 905-727-3123 x3611 or email abailey@aurora.ca.

4. I LIVE IN A SMALL SPACE AND DO NOT HAVE MUCH ROOM, CAN I STILL DO A ZOOM CLASS?

YES! You do not need much space at all. You need approximately 2 feet, or the amount of space a dining table chair would use.

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 Friday, September 3, and Friday, September 17.

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



ASA Computer Club Information and Activities September 2021

The computer club will be returning to a weekly schedule for the Tuesday morning seminars beginning Tuesday, September 7. These seminars will continue to be done via Zoom until the centre can reopen for computer room sessions. We are also going to get started again with drop-in sessions. To begin with these sessions will be remote or virtual. For PC help there is a tool built-in to Windows that allows two users to connect their PCs together. The person who is assisting will provide a code to the person getting the assistance. The person getting assistance allows either view or full control to the person assisting. For tablets or smartphones or other devices we will do it through telephone assistance. We will provide drop-in support Tuesday afternoons. If there is a lot of demand, we will use some sort of reservation system but for now send an email to both Bob and Doug by end of day Monday and we will make the arrangements.

Tuesday morning seminar schedule:

- September 7 – Online shopping, cash back opportunities and more. As time permits, we will talk about organizing your Kindle library through your Amazon account.
- September 14 – Android Day. All about how to most effectively use your Android device including managing your files.
- September 21 – Working with your Apple devices.
- September 28 – Q&A, we try and answer your technology questions.

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 or what topics you would like to see in the Tuesday sessions is always welcome. Send your suggestions to Bob Hedenberg at bobhed65@gmail.com or Doug Cooper at techspeakr@gmail.com.

Follow Us. Stay Up to Date.



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



[Town of Aurora Rec at Home](https://www.youtube.com/TownofAuroraRecatHome)



Instagram

<https://www.instagram.com/auroraseniorsassociation>

For more information on the Aurora Seniors' Centre and any updates, members are encouraged to visit the web site 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 or Andrew abailey@aurora.ca and we will add you to our email list.



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 your instructor!

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 Balance Improvement Try-it as well as another installment of Card Bingo and Family Feud.

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.

September SCWW Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
We will now offer our Stretch and Relax program on Mondays at 3:15 p.m. and Fun and Games themed programs on Tuesdays at 3:15 p.m.		1 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	2 3:15 Stretch & Relax (Z/T)	3 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
6 No Programs	7 3:15 Fun & Games (T)	8 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	9 3:15 Stretch & Relax (Z/T)	10 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
13 Stretch & Relax (Z/T)	14 3:15 Card Bingo (Z/T)	15 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	16 3:15 Stretch & Relax (Z/T)	17 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
20 3:15 Stretch & Relax (Z/T)	21 3:15 Fun & Games (T)	22 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	23 3:15 Stretch & Relax (Z/T)	24 10:15 Chair Yoga (Z) 1:00 ASA Trivia Challenge (Z)
27 3:15 Stretch & Relax (Z/T)	28 3:15 Family Feud (T)	29 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	30 3:15 Stretch & Relax (Z/T)	

Saturday

4 10:15 Chair Zumba (Z)	11 10:15 Chair Zumba (Z)	18 10:15 Chair Zumba (Z)	25 10:15 Chair Zumba (Z)	
-------------------------------	--------------------------------	--------------------------------	--------------------------------	--

Sunday

5 12:30 Chair Exercise (Z)	12 12:30 Balance Improvement Try-it (Z)	19 12:30 Chair Exercise (Z)	26 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.



Upcoming Seminars on ZOOM

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

Aurora Public Library

Wednesday, September 22 at 12:30 p.m.

Join us for an informative presentation by the library on their virtual programs for adults that is being offered this fall, including book clubs, craft nights, pen pals and more

Energy Affordability Program

Wednesday, October 13 at 12:30 p.m.

The Energy Affordability Program (EAP) provides support to income-eligible electricity consumers by helping them lower their monthly electricity costs and increasing their home comfort. Depending on the type of support that participants qualify for, they can receive different energy-saving products (including appliances) and services. People who are on various government benefit programs (Ontario Works, ODSP, Guaranteed Income Supplement, Allowance for Seniors, etc.), as well as those who are income-eligible, can automatically qualify for one of the levels of support provided through the EAP. In this webinar, we will be going over the benefits, eligibility criteria, ways to apply, and what you can receive.

Special Events Committee

Zoom Trivia Challenge

on Friday, September 24 at 1 p.m.

Here is a different challenge for you in 2021 - a more interesting one for sure.

You will need paper and a pen or pencil to write down your answers. And guess what? The winner of each game will have their name featured in the October newsletter. So have a hot or cold drink to get your brain stimulated - whichever works for you.

Get ready to enjoy the trivia challenges by signing up at:

seniorscentre@aurora.ca or you can phone 905-727-3123, Ext.3611 by noon on September 22.

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

Vacant—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