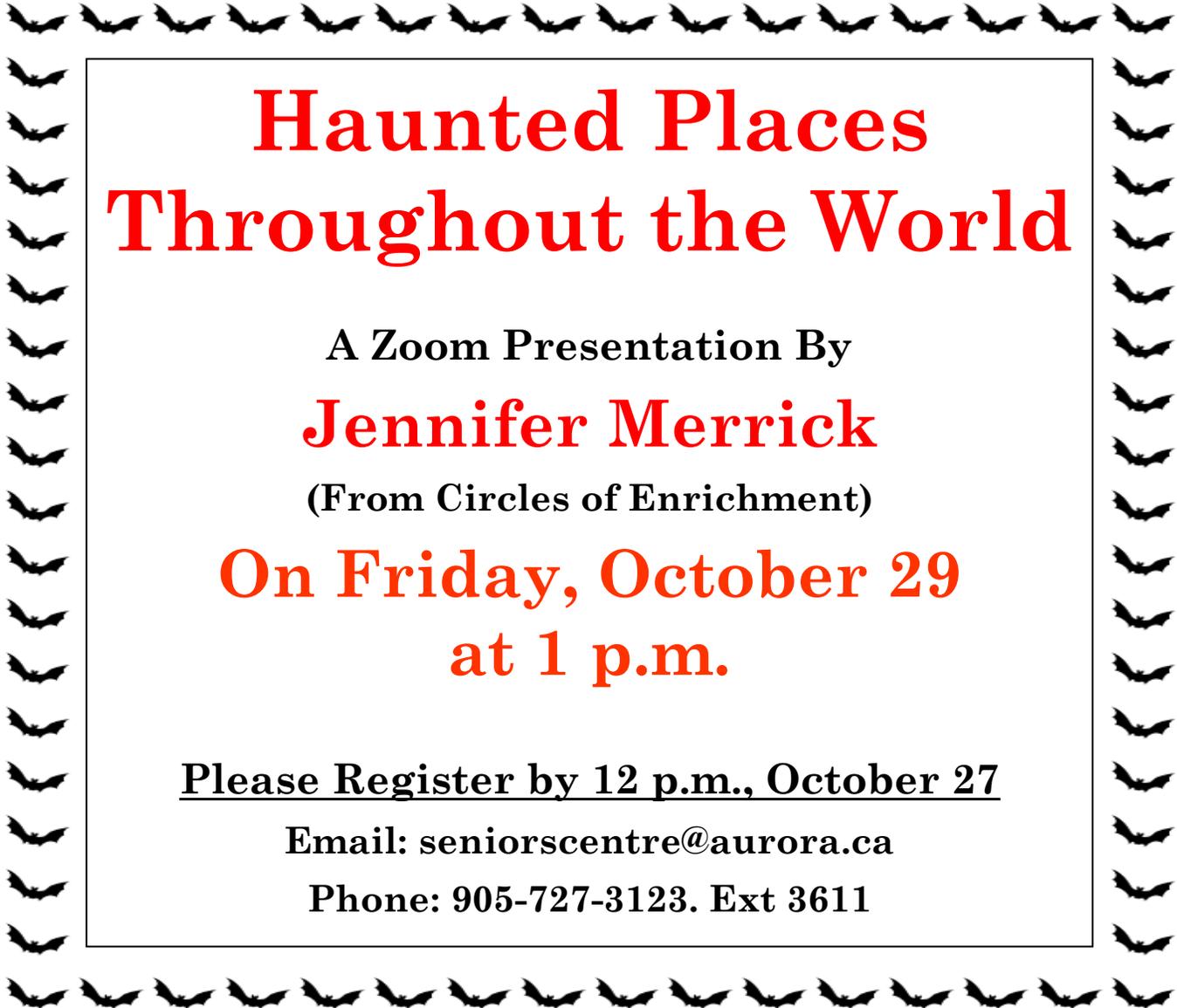


\*Important information regarding our reopening on Monday, October 4 on page 2\*



## Haunted Places Throughout the World

A Zoom Presentation By

**Jennifer Merrick**

(From Circles of Enrichment)

**On Friday, October 29  
at 1 p.m.**

Please Register by 12 p.m., October 27

Email: [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)

Phone: 905-727-3123. Ext 3611

# 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 has worked 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.

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 - 5          Centre updates (new protocols and registration process)

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](http://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. 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 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.
- 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](mailto:kpapillon@aurora.ca)

### **REGISTRATION FOR ALL ASA ACTIVITIES is currently open**

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](mailto: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](mailto: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.

**Please note: ASA members can register for a maximum of three activities per week.**

(If you would like to attend more than three ASA activities in one week, you can call 905-726-4767 the day of the activity to see if space is available or has a cancellation.)

# We Are Back!

As of Monday, October 4, the Aurora Seniors Centre will be resuming in person activities for some of our safest activities. For a list of which activities and their dates and times please refer to the Website, E-flash, and the back page of Newsletter. The coordinators of each program will be in touch with you to give you further information regarding health and safety protocols you will need to be aware of. We will be phasing in other activities as soon as we feel it is safe and practical to do so.

Please see below the ASA requirements to attend In Person Activities.

1. Proof of COVID-19 vaccination. You must show proof of full Covid 19 vaccines to attend in person activities at the centre. To view the policy go to our Website <https://www.auroraseniors.ca>, click on reopening (near top of page) and it will give you the link to see the policy. You will also find a link there with instructions on how to obtain your Vaccine receipt if you have misplaced it. Also here is another helpful link for instructions on how to download official receipts from the Ontario Ministry of health and instructions for adding vaccine certificates to apple iPhones <https://grassroots.vaccine-ontario.ca>. Proof of vaccine will only be requested once.
2. COVID-19 Liability Waiver. You can download a copy of the waiver on the ASA Website. A signed copy must be brought to the Centre before your first activity. These forms will also be available between the double doors at the Centre. This will also only be required only once.
3. ASA Screening Form. These are also available for download on the Website or are available between the double doors at the Centre. Please bring a signed copy with you to your first activity. This form may be changed periodically in compliance with the Ontario Government regulations and therefore may require another signature.
4. Photo I.D. Please bring photo I.D. to comply with Ontario Government Regulations.

If it is not possible to download these forms or pick them up between the double doors, you will have to request them from Reception when you arrive for your first in person activity. The forms must be filled out before you can participate. Therefore, we encourage you to do it ahead of time to avoid delays at Reception.

I realize that this may be a lot to process but your Reopening Committee and the Board of Directors, with assistance from the Town of Aurora, have concluded that these requirements will make it safer to attend in person programs at the Centre and will make us all feel more comfortable. We will also all be required to follow all health and safety protocols once we are inside the building. These protocols will be posted in the Centre including activity rooms. For more information on safety protocols contact your activity coordinator.

If you don't see your activity on the list, continue to monitor E-flashes and the Website for further announcements. We are all working very hard to introduce further activities as soon as it is deemed safe to do so. Hopefully this will be in the near future! I would like to thank all our members for their patience and loyalty through this whole ordeal. With any luck and our continued diligence, we will soon be near the end of it and can get back to enjoying each other's company again.

See you soon,  
Dave LeGallais (ASA President)  
Aurora Seniors' Centre October 2021 Newsletter



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, 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 another installment of Card Bingo and 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.

## October SCWW Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
4 Stretch & Relax (Z/T)	5 3:15 Fun & Games (T)	6 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	7 3:15 Stretch & Relax (Z/T)	8 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
11 Stretch & Relax (Z/T)	12 3:15 Card Bingo (Z/T)	13 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	14 3:15 Stretch & Relax (Z/T)	15 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
18 3:15 Stretch & Relax (Z/T)	19 3:15 Fun & Games (T)	20 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	21 3:15 Stretch & Relax (Z/T)	22 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)
25 3:15 Stretch & Relax (Z/T)	26 3:15 Jeopardy (Z/T)	27 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	28 3:15 Stretch & Relax (Z/T)	29 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)

## Saturday

2 10:15 Chair Zumba (Z)	9 10:15 Chair Zumba (Z)	16 10:15 Chair Zumba (Z)	23 10:15 Chair Zumba (Z)	30 12:30 Chair Zumba (Z)
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## Sunday

3 12:30 Chair Exercise (Z)	10 12:30 Chair Exercise (Z)	17 12:30 Chair Exercise (Z)	24 12:30 Chair Exercise (Z)	31 12:30 Chair Exercise (Z)
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## Zoom Help

Interested in Trying ZOOM? Need some help?

Please email [abailey@aurora.ca](mailto:abailey@aurora.ca), and we would be happy to assist.



# 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, October 1, and Friday, October 15.

**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.



# ASA Tuesday Night Movies

We are pleased to be offering Tuesday Night Movies at the Centre every Tuesday with a NEW start time of 5:30 p.m. New safety measures are in place for all ASA activities to ensure your safety as well as your peers.

## **October 5 – My Fellow Americans (1996): Jack Lemmon, James Garner (PG, 101 min, Comedy)**

Two former U. S. Presidents, hated rivals, join forces to expose the current, corrupt President at the risk of their lives.

## **October 12 – A Walk in the Woods (2015): Robert Redford, Nick Nolte (14A, 106 min, Adventure)**

After spending two decades in England, Bill Bryson (Robert Redford) returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends, Stephen Katz (Nick Nolte).

## **October 19 – The out-of towners (1970): Jack Lemmon, Sandy Dennis (PG, 97min, Comedy)**

An Ohio sales executive accepts a higher position within the company and travels to New York City with his wife for his job interview, but things go wrong from the start.

## **October 26 – Nights in Rodanthe (2008): Diane Lane, Richard Gere ((PG-13, 97min, Drama)**

A doctor, who is travelling to see his estranged son, sparks with an unhappily married woman at a North Carolina inn.

Call ASA Reception at 905 726 4767 from 9am to 3:30pm Monday to Friday or email [asa@auroraseniors.ca](mailto:asa@auroraseniors.ca) to reserve your space. (Limited space for each Movie) Movies are Free, no refreshments served.

**\*\*Please note:** The doors to the Aurora Seniors Centre front doors will remain locked and will open 15 minutes prior to the movie start time.

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## ASA Virtual Trivia Challenge



A photo from our Virtual Trivia Challenge. Thanks to all who joined us and a Big Thank you to Sabrina, for MCing and leading the afternoon and our Quiz master Elfrieda who has been challenging our members for over 10 years with amazing trivia questions!

# ASA Computer Club Information and Activities October 2021

The computer club will continue to do the Tuesday morning seminars via Zoom until the centre can reopen for computer room sessions. We are also going to get started again with drop-in sessions. 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:

- October 5 – Our favourite websites and apps. Let us know what yours are.
- October 12 – Android day. More discussion about Android devices and how to best utilize them.
- October 19 – Working with your Apple devices.
- October 26 – Q&A, we try and answer your technology questions. We will ask you at the close of the October 19 Apple session to send us your questions so we have time to research them if necessary.

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](mailto:bobhed65@gmail.com) or Doug Cooper at [techspeakr@gmail.com](mailto:techspeakr@gmail.com).

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## Follow Us. Stay Up to Date.



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



[Town of Aurora Rec at Home](#)



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](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.

## Upcoming Seminars on ZOOM

Email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) to register to attend this seminar.

### 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

### **Haunted places throughout the world on FRIDAY, OCTOBER 29 at 1 p.m.**

Just in time for Hallowe'en, Jennifer Merrick from Circles Enrichment, has travelled the world to find all the haunted places that she will "Show and Tell" us about.

Several of these places are in Canada, in fact right in Toronto and Fort Kingston: perhaps The Most Haunted Place in Canada. Also in the Banff Springs Hotel and on Sable Island. But none here in Aurora!!

Jennifer has won several awards as a freelance travel writer and her stories have been published in more than 30 newspapers, magazines, and on websites.

So, get ready to hear all about these haunted places by signing up by 12 p.m. on October 27

at: [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) or. **Phone: 905-727-3123, Ext. 3611**

### **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](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*

<b>Monday</b> 8:30 a.m. to 4 p.m.	<b>Tuesday</b> 8:30 a.m. to 7 p.m.	<b>Wednesday</b> 8:30 a.m. to 4 p.m.	<b>Thursday</b> 8:30 a.m. to 4 p.m.	<b>Friday</b> 8:30 a.m. to 4 p.m.
8:30 Woodshop 9:00 Move & Tone* (Z) 9:30 Knotty Knitters 10:00 Ladies Billiards 10:15 Piloga* (Z) 10:30 Knitting: Learn to Knit* 12:00 pFIT* 12:15 Yoga Beg* (Z) 1:00 Woodshop 1:30 Stretch & Tone* 1:30 Billiards 3:00 Silver Stars 3:15 SCWW Stretch & Relax* (Z/T)	8:30 Wood Carving 9:00 Boot Camp Gold* 9:00 Int French* (Z) 9:15 Qi-Gong* (Z) 9:30 Balance* (Z) 10:00 Computer Club (Z) 10:00 Snooker League 10:30 Piloga* 12:30 Pickleball (Ladies) 1:00 Zumba Gold* (Z) 1:00 Wood carving 2:15 Pickleball (Men's) 3:15 SCWW Fun & Games* (T) 5:30 Movie	8:30 Woodshop 10:00 Billiards 10:15 SCWW Chair Fitness* (Z/T) 12:00 Let's Create 1:00 Woodshop 1:30 Billiards 2:30 Knitting: Baby Cardigans* 3:15 SCWW Stories & Games* (T)	8:30 Wood Carving 9:00 Art Drop In 9:15 Basic Cardio* (Z) 10:00 Stretch & Tone* (Z) 10:00 Snooker League 11:15 Mindfulness* (Z) 12:30 Pickleball (Men's) 2:15 Pickleball (Ladies) 3:00 Silver Stars 3:15 SCWW Stretch & Relax* (Z/T)	8:30 Woodshop 9:00 Zumba Gold Toning* 9:30 Quilt 'n Sew 10:00 Billiards 11:00 Stretch & Tone* (Z) 12:30 Pickleball (Mixed) 12:45 Bingo 1:30 Book Club (Z) 1:30 Billiards 2:15 Pickleball (Mixed) 3:15 SCWW Fun & Games* (T)

**Please note:**

- Doors to the Centre will open 15 minutes prior to your Program/Activity.
- The library is available, by appointment.
- **To attend any program or activity you must either be registered by calling (905) 726 4767 between 9am–3pm or email [asa@auroraseniors.ca](mailto:asa@auroraseniors.ca). Drop-in is unavailable.**
- \*Town of Aurora pre-registered programs.
- (Z) This program or activity is offered using Zoom
- (T) This program or activity is offered using Teleconference