

Aurora Seniors Association Newsletter January 2022: Edition 3

IMPORTANT SENIORS CENTRE CLOSURE UPDATE:

The Aurora Senior Association (ASA) will remain closed for in person activities at the senior centre until the Town of Aurora opens their in person activities at the centre.

The ASA and the Town of Aurora are hoping to re-open in person activities at the Aurora Seniors Centre on Monday February 14.

Information regarding registration for in person activities will be provided closer to the proposed re-opening date.

Town of Aurora in person fitness programs have new start dates, please refer to pages 4 – 9.

If you have further questions, please contact Karie or Andrew:

Karie Papillon

Adult Program Coordinator

905 727 3123 ext. 3610

kpapillon@aurora.ca

Andrew Bailey

Adult Program Assistant

905 727 3123 ext. 3611

abailey@aurora.ca

We appreciate your understanding in this matter,

Your ASA Board of Directors and Town Staff.

Aurora Seniors Centre – 90 John West Way, Aurora, ON L4G 6J1

Tel: 905-726-4767 • Email: asa@auroraseniors.ca

www.auroraseniors.ca • www.aurora.ca/scww



AURORA SENIORS CENTRE WELLNESS SERIES

WEDNESDAYS AT 12:30 p.m. on Zoom

JANUARY 5

DEEP BREATHING & RELAXATION

Learn the benefits and techniques of proper deep breathing to lower stress, high blood pressure and help you fall and stay asleep longer.

Enjoy a short, guided meditation at the end.

This program will offer continued learning monthly. Join us for one, or for all the sessions.

JANUARY 12

MOVEMENT IS MEDICINE

Have you heard the saying Motion is Lotion and Rest is Rust?

This seminar will teach you simple movements you can do daily to decrease pain, lower stress, breath better and give you an overall feeling of wellness

JANUARY 19

DEEP BREATHING & RELAXATION

Learn the benefits and techniques of proper deep breathing to lower stress, high blood pressure and help you fall and stay asleep longer.

Enjoy a short, guided meditation at the end.

This program will offer continued learning monthly. Join us for one, or for all the sessions.

JANUARY 26

FEET FITNESS

Our feet are so important and are so forgotten! They hold our entire bodies up – how well we walk, squat, sit all have to do with our ankle and foot strength.

Learn some simple daily exercises to keep your ankles and feet strong and happy!

Email Brandie to register at byorg@aurora.ca or call 905-727-3123 x3614



Funded by the government of Ontario



▶ Board of Directors – Holiday Greetings

Greetings ASA Members:

I sincerely hope that most of you had a pretty good 2021, despite the continuing challenges of COVID-19. Let's all look forward with hope, to a better 2022. I assume most of you have had your booster vaccine or are scheduled to receive it soon. As this year begins, we find ourselves in an all too familiar good news/bad news situation. I think we've become accustomed to that.

Let me start with the good news! We all have the opportunity to receive the important 3rd booster vaccine. I think it is also good that we live in York Region and are members of the Aurora Seniors Association. The Centre has been opened for three months now and has been expanding both our activities and capacity numbers. We are hoping to be back to full operations as soon as possible, in the New Year.

The bad news of course is the new Covid variant Omicron. As you know it is spreading rapidly, causing the Covid numbers to rise. The Ontario Government continues to add more protocols and restrictions to our lives, in an effort to halt the spread. As a result, the Board of Directors has decided to extend our Christmas closure. Instead of opening on January 4, we will delay the opening to Monday, February 14. This date is tentative based on the situation at that time. This was decided to ensure that when we do reopen our members will be entering as safe an environment as possible. Keep an eye out for E-flashes and visit our website for the most current news, as things are constantly changing.

As you may be aware our 2022 membership renewals are now due. You can get information on how to renew and information on the drop-in times by consulting the website or the newsletter. If you prefer you can send in a cheque to the Centre and Reception will complete your form. The fee is staying the same at \$25 for Aurora residents and \$35 for those outside Aurora.

We are also looking for ways to increase our membership. If you have friends or neighbours who are not yet members, we encourage you to invite them to join. We have had several new members join recently. Also, we would encourage you to consider volunteering at the Centre. There are many roles that you may find you would enjoy. As well as meeting good people you will experience the satisfaction of being a part of a wonderful volunteer community. If you think you might like to join our volunteers please leave your name and contact information with Reception.

Lastly, on behalf of the Board of Directors I would like to wish all of you a safe and Happy New Year!
Dave LeGallais, President

Town of Aurora Winter 2022 Programs

PLEASE NOTE NEW DATES FOR IN PERSON CLASSES

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
Thu	Feb 17	9am - 11am	\$120.00/8	23371

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
Thu	Feb 17	11:30am - 1:30pm	\$120.00/8	23372

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	Jan 11	9:30am-10:15am	\$60.00/10	23373

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	Jan 12	8:40pm-9:40pm	\$90.00/9 per person	CXL

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	Jan 12	7:30pm-8:30pm	\$90.00/9 per person	CXL



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 beginner’s class or previous dance experience are preferred prerequisites for this class. Partners are required.

*No class on: Feb 21

Day	Date	Time	Fee/Class	Code
Mon	Jan 10	7:30pm-8:30pm	\$90.00/9 per person	CXL

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: Feb 21

Day	Date	Time	Fee/Class	Code
Mon	Jan 10	8:40pm-9:40pm	\$90.00/9 per person	CXL

BASIC CARDIO

Age: 55+ years **Location: ZOOM**

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

Day	Date	Time	Fee/Class	Code
Thu	Jan 13	9am - 9:30am	FREE	23374

Funded by the government of Ontario



BOOT CAMP GOLD

Age: 55+ years **Location: 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.

Day	Date	Time	Fee/Class	Code
Tue	Feb 15	9am - 9:45am	\$36.00/6	23375

CHAIR STRETCH

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

This is a gentle exercise class. Learn how to gently stretch and strengthen, mobilize your joints & use your breath to relax, all with the aid of a chair. This is a great class for those new or returning to exercise or for individuals who suffer from arthritis, joint tightness, chronic pain or other conditions. Breathe deeper, stretch farther and grow stronger.

Day	Date	Time	Fee/Class	Code
Fri	Feb 18	10:05 - 10:50am	\$36.00/6	23788

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	Feb 16	9am – 10:30am	\$99.00/8	FULL

INTERMEDIATE FRENCH

Age: 55+ **Location: Zoom**

If you have a basic knowledge of French, you can communicate a lot more than you think! All you need is a little self-confidence. This class will help you assert and improve your verbal skills in a fun and relaxed atmosphere.

Day	Date	Time	Fee/Class	Code
Tue	Jan 11	9am – 11am	\$130.00/9	23380

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 advance beginner.

Day	Date	Time	Fee/Class	Code
Wed	Jan 19	2:30pm - 3:45pm	\$45.00/4	CXL

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 LEARN TO KNIT class, you will learn several necessary basic skills to get started knitting; understanding yarn & 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 but 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 they have learned.

Day	Date	Time	Fee/Class	Code
Mon	Jan 17	10:30am - 11:45am	\$0/4	CXL

KNITTING: MITTENS

Age: 55+ years Location: ASC

Everyone enjoys the cozy warmth of a pair of hand knitted wool mittens. In this class you will learn a good basic mitten. You will also learn adjustments and techniques which will allow you to create various styles of mitts - gauntlet, fingerless, felted, thrummed. This is an advanced beginner class - Students must be proficient in basic knitting skills. Please download the supply list(it is available at the ASC), and bring all supplies to the first class.

Day	Date	Time	Fee/Class	Code
Wed	Feb 23	10:30pm - 11:45pm	\$45.00/4	24852

KNITTING: SOCKS

Age: 55+ years Location: ASC

Hand knit socks are one of life's little luxuries that everyone should experience. As complicated as they appear when you read a sock pattern, they are really quite simple! Sock yarns are some of the most fun yarns available today - hand paints, self-patterning, self-stripping and more!. You will learn a basic top down sock. This is an advanced beginner class. Students need to pick up a supply list from the registration desk and bring these supplies to your first class. You can also download the supply list from the menu here.

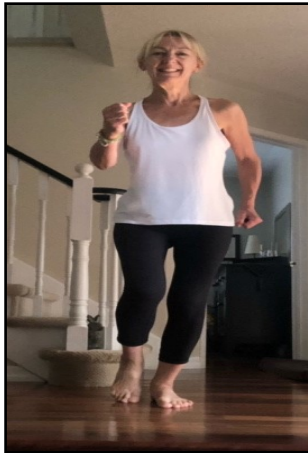
Day	Date	Time	Fee/Class	Code
Wed	Feb 23	2:30pm - 3:45pm	\$56.00/5	23383

KNITTING: STITCH TECHNIQUE

Age: 55+ years Location: ASC

In this class you will learn various techniques (increases, decreases, bias knitting, reading charts) and stitches (cables, lace, slip stitches, ribs, knit & 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. This class is suitable for the advance beginner and would be an excellent follow up to learn to knit class.

Day	Date	Time	Fee/Class	Code
Mon	Feb 28	10:30am - 11:45am	\$45.00/4	23384



Ilona Kiss -
Piloga Instructor

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
Thu	Jan 20	11:15am - 12:15pm	\$60.00/10	23385

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	Jan 19	7pm – 8:30pm	\$90.00/8	23404

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: Feb 21

Day	Date	Time	Fee/Class	Code
Mon	Jan 10	9am - 10am	\$60.00/10	23386 *

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.

Day	Date	Time	Fee/Class	Code
Mon	Feb 14	12pm - 12:30pm	\$92.00/8	23387

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: Feb 21

Day	Date	Time	Fee/Class	Code
Mon	Jan 10	10:15 – 11am	\$60.00/10	23388*
Tue	Feb 15	10:30am – 11:15am	\$36.00/6	22389
Fri	Jan 14	9:30am – 10:15am	\$60.00/10	23390



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

STRETCH & TONE

Age: 55+ years

Location: ASC (Mon/Thu) ZOOM (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: Feb 21

Day	Date	Time	Fee/Class	Code
Mon	Jan 17	1:30 – 2:30 pm	\$24.00/4	TBA – Zoom
Mon	Feb 14	1:30pm – 2:30pm	\$36.00/6	FULL*
Thu	Feb 17	10am – 11am	\$36.00/6	FULL
Fri	Jan 14	11am – 12pm	\$60.00/10	23394

Please note our lockdown Stretch and Tone on Mondays for January!

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. 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)

*No Class: Feb 21, March 14

Day	Date	Time	Fee/Class	Code
Mon	Feb 14	9:30am – 12pm	\$105.00/7	23395*

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 ASC, or the AFLC).

*No Class: March 15

Day	Date	Time	Fee/Class	Code
Tue	Feb 15	9:30am – 12pm	\$150.00/10	23396*

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: Feb 21

Day	Date	Time	Fee/Class	Code
Mon	Jan 17	12:15pm – 1:15pm	\$36.00/6	23397*

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	Jan 11	1pm – 1:45pm	\$60.00/10	23398

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	Feb 18	9am – 9:45am	\$36.00/6	23399

TOWN OF AURORA PROGRAM REGISTRATION:

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. If you have any questions about this

process, please contact Karie at (905) 727-3123 x3610 or kpapillon@aurora.ca

TOA FITNESS PROGRAMS – 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.

Town of Aurora SCWW

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, on ZOOM video conferencing.

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.

Fun & Games: Activities to make us laugh and stay connected.

Stories & Games: Stories from a variety of genres.

Stretch & Relax: Fully body stretch with deep breathing.

See January Calendar for additional programming this month as well as our wellness seminars which are featured on page 2 of the newsletter.

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.



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

▶ January 2022 SCWW Schedule

COVID LOCKDOWN EDTITION

Monday	Tuesday	Wednesday	Thursday	Friday
3 No Programs	4 3:15 Fun & Games (T)	5 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	6 3:15 Stretch & Relax (Z/T)	7 3:15 Fun & Games (T)
10 3:15 Chair Exercise (Z/T)	11 12:30 Name That Tune (Z) 3:15 Fun & Games (T)	12 10:15 Stretch and Relax (Z/T) 3:15 Stories & Games (T)	13 12:30 Zoom Help (Z) 3:15 Chair Exercise (Z/T)	14 10:15 Chair Stretch (Z/T) 3:15 Fun & Games (T)
17 3:15 Chair Exercise (Z/T)	18 10:15 Zoom Help (Z) 3:15 Jeopardy (Z/T)	19 10:15 Stretch and Relax (Z/T) 3:15 Stories & Games (T)	20 3:15 Chair Exercise (Z/T)	21 10:15 Chair Stretch (Z/T) 3:15 Card Bingo (Z/T)
24 3:15 Chair Exercise (Z/T)	25 3:15 Fun & Games (T)	26 10:15 Stretch and Relax (Z/T) 3:15 Stories & Games (T)	27 3:15 Chair Exercise (Z/T)	28 10:15 Chair Stretch (Z/T) 3:15 Fun & Games (T)
31 3:15 Chair Exercise (Z/T)	This legend indicates how each SCWW program will be available for this month! T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference			

Sunday				
2 12:30 Chair Exercise (Z)	9 12:30 Chair Exercise (Z)	16 12:30 Chair Exercise (Z)	23 12:30 Chair Exercise (Z)	30 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.



▶ Seniors Centre in the Mail



The Town of Aurora is excited to offer you the Seniors Centre in the **mail** 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 packages? Each package will include something different from puzzles and sudoku to trivia and recipes. This package is full of so many fun activities, your only challenge may be deciding which activity to start with.

What is the cost? FREE! We are pleased to provide you with this program at no cost.

When are the mailings and pickups this month? Mail out dates and pick-ups of the packages will be Friday, January 7 and Friday, January 21.

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

▶ Special Events and Silver Stars

The Special Events Committee will meet virtually in the early months of 2022 to continue planning interesting events for the members of the Aurora Seniors Centre to enjoy on Zoom. We are so fortunate to have Karie and Andrew provide us with a link for speakers and entertainers to connect with us on Zoom. With the winter months keeping most of us safely inside our homes it is good to be able to enjoy events with other members.

Our next event will be in February, and we hope that you will participate in the presentations that we plan. We look forward to a world finished with Covid 19 and all the variants that keep rising. Until then, stay safe and well and **Happy New Year** to all.

ASA Silver Stars Theatre group

Our Christmas production of "**Christmas Stories and Songs**" had nearly 200 viewers at: **Aurora Seniors Association - YouTube**.

The cast of this program enjoyed performing it and we thank Bill Hawke for filming us and then putting it together so well for you to watch and enjoy. It's still on YouTube if you haven't seen it yet. The Silver Stars are looking forward to shining again as we begin rehearsing in January 2022 (we hope!!) the production of "**Cabaret of Comedies**" that we had started in January 2020 and then everything was cancelled in March 2020 due to the pandemic. The pandemic is still with us so we shall see what happens as time goes on. We hope for the best.

We will let you know if there will be a performance in May 2022.

▶ January Tuesday Night Movies at the Centre

Due to the delay in Reopening the Centre to Monday January 31, Tuesday Night movies for February will be announced in the February newsletter

▶ Computer Club Information and Activities

By the time you read this the holidays will be over. As I write this we have just gone into tighter restrictions as the Omicron variant plays Scrooge with our holiday plans. We had all hoped that this year we would be able to enjoy a more festive celebration with family and friends. I know we all hope that 2022 brings an end to the pandemic and we can start to return to our normal lives.

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 doing drop-in sessions remotely. 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. Their email addresses are below.

Tuesday morning seminar schedule:

January 4 – Backups. Do you backup your PCs and mobile devices? Are you aware of the tools built into our devices that help with this? Have you considered the cloud as a viable backup strategy? You will get the answers here and bring your questions.

January 11 – Q&A, our question-and-answer session. Do you have questions about the new technology that you may have received over the holidays? We will attempt to answer your questions here. Please send them to Doug or Bob in advance so that we can do the research if necessary.

January 18 – Apple day, Susan and Herb always have the answers to what is new with Apple products. If your Apple questions were not answered on the 18th and they have anything to do with Apple devices this is a good day to ask.

January 25 – We will share the device survey results with you. How old your devices are and what that might make you think about in terms of support and function. We think we will also have time in this session to talk about why your system might be slow. Might it be your hard drive, what else?

The Aurora Seniors Association website at 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.

▶ 2022 ASA Memorial Service

Each year we take time to honour the members of the Aurora Seniors Association who have passed away and celebrate their lives and contributions.

We unfortunately will be unable to hold our Annual Memorial Service at the Centre this year. A slide presentation will be E-flashed and available on our website on Monday, January 24 to remember these members.

<p><u>ASA Board of Directors:</u></p> <p>President Dave LeGallais</p> <p>Vice President Jim Abram</p> <p>Treasurer Cheryl Rines</p> <p>Secretary John Scherrer</p> <p>Directors Ron Coe Jeanne Chislett Carol Hedenberg Ann Overington Nick Senick</p>	<p><u>ASA Committees:</u></p> <p>Finance Cheryl Rines—Chair</p> <p>Membership & Volunteers Sylvia Gilchrist—Chair</p> <p>Special Events Committee Joan Brownlow—Chair</p> <p>Operations & Activities Committee Dave LeGallais—Chair</p> <p>By-Law Review Committee John Scherrer—Chair</p> <p>Social Committee Don Keel—Chair</p> <p>Community Development Committee Shirley Petrie—Chair</p> <p>Seniors Related Issues Committee Jim Abram—Chair</p>	<p><u>Aurora Seniors Centre Staff:</u></p> <p>Karie Papillon, <i>Adult Program Coordinator</i> kpapillon@aurora.ca (905) 727 3123 x3610</p> <p>Andrew Bailey, <i>Adult Program Assistant</i> abailey@aurora.ca (905) 727 3123 x3611</p> <p>Brandie Yorg, <i>Program Leader (SCWW & SCM)</i> byorg@aurora.ca (905) 727 3123 x3615</p> <p>Bill Hawke <i>Primary Facility Operator</i></p>
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The Aurora Seniors Centre Team would like to wish you all a Happy New Year and all the best in 2022!

Sincerely,

Karie, Brandie, Bill & Andrew