

IMPORTANT SENIORS CENTRE REOPENING UPDATE:

The Aurora Senior Association (ASA) is pleased to announce its further reopening of the Aurora Seniors Centre that take affect Friday, April 1 2022.

- Face coverings are no longer required in the Centre but encouraged by the ASA Board of Directors. Please be respectful of everyone's individual choices
- No pre-registration for ASA activities, Drop-in now available and activities resume to %100 capacity (Participants still need to register for pickleball)
- Please self-screen prior to entering this facility and do not enter this facility if you are unwell or have symptoms of COVID-19

Please review the next page for ASA Presidents Report with more information.

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

Karie Papillon
Adult Program Coordinator
365 500 3159
kpapillon@aurora.ca

Andrew Bailey
Adult Program Assistant
365 500 3160
abailey@aurora.ca

We appreciate your understanding in this matter,

Your ASA Board of Directors and Town Staff.

▶ ASA Board of Directors April 2022

Happily, Spring is finally here. Along with its welcome arrival, is the relaxing of most Covid restrictions. Things are certainly looking brighter.

As you probably know the Ontario Government and the Town of Aurora have decided to remove many of the Covid mandates. As a result, when the ASA Board of Directors had their meeting on March 21st it was decided that we should follow their recommendations. The following is an update on the new protocols that will be in effect.

1. As of Friday, April 1, the capacity limit in the Centre will be raised to 100%. As a result, there will no longer be a need for members to pre-register for in person activities.
2. There will be no Covid Screening at the Centre. Upon entry, to the Centre, please review the Welcome Back poster posted and act accordingly.
3. The vaccine mandate and the liability waiver will be discontinued as of Monday, April 4. Beginning this date, you will no longer have to prove proof of vaccination to renew or join the ASA.
4. As of Friday, April 4, the ASA Mask mandate will also be lifted and wearing a mask will be optional to all who enter the Seniors Centre. On that note the Board highly recommends and encourages you continue to wear a mask for the time being, but it will be an individual choice. We urge all to respect everyone's right to that choice.

Annual membership fees are due as of March 31, 2022. After that date you will no longer be able to participate in ASA activities, either in person or on-line, until they are paid. Please Renew your membership if you have yet to do so.

In other news we are trying to bring back as many activities as possible to return to our pre Covid schedule. There are still a few activities that have not returned but we are working hard to reinstate them. If you find an activity you enjoyed in the past that is not offered and you would like to participate in it, please contact me at (905-751-6911) or Andrew at the Centre.

We would like to update our website and are looking to form a committee to look after that. If you have any knowledge of Websites and would like to join the committee, please call me at 905-751-6911.

I sincerely hope this is the last Board Page where I will have to discuss Covid and all the frustrations associated with it! Of course, there are no guarantees, but we can all keep our fingers collectively crossed! Let's hope next month's page is all about our programs and the fun everyone is having.

See you at the Centre, Dave LeGallais

► Seniors Centre in the Mail



Work on your Memory!

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 will keep you entertained and will boost brain function, memory and focus.

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, April 1 and Thursday, April 14.

Interested in Participating? Reach out to Brandie either via email byorg@aurora.ca or by phone 365 500 3161 to register.

► Town of Aurora F.A.I.R. Access

FAIRACCESS

Fee Assistance In Recreation

F.A.I.R. Access (Fee Assistance in Recreation) is a confidential fee assistance program for residents of Aurora to use for meaningful access to recreation programs and memberships. Qualifying Town of Aurora residents may receive up to \$250 per person per calendar year to use towards a recreation program or drop-in activity of their choice. Residents qualify based on their L.I.M. (Low Income Measure) as per Statistics Canada.

Visit: <https://www.aurora.ca/en/recreation-arts-and-culture/fair-access.aspx> for more information and how to apply. Application are available at the Seniors Centre upon request. Please contact Karie at kpapillon@aurora.ca or 365 500 3159.

Town of Aurora Spring 2022 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
Thu	Apr 21	9am – 11am	\$150.00/10	23854

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	Apr 21	11:30am - 1:30pm	\$150.00/10	23855

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	Apr 5	9:30am- 10:15am	\$72.00/12	23856

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	Apr 13	8:40pm- 9:40pm	\$90.00/9 per person	23883

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	Apr 13	7:30pm- 8:30pm	\$90.00/9 per person	FULL



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: May 23

Day	Date	Time	Fee/Class	Code
Mon	Apr 11	7:30pm-8:30pm	\$90.00/9 per person	23881

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: May 23

Day	Date	Time	Fee/Class	Code
Mon	Apr 11	8:40pm-9:40pm	\$90.00/9 per person	23882

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	Apr 7	9am - 9:30am	\$35.00/10	23876

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	Apr 5	9am - 9:45am	\$72.00/12	23857

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	Apr 8	10:05 - 10:50am	\$60.00/10	24309

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	Apr 20	9am – 10:30am	\$124.00/10	23858

INTERMEDIATE FRENCH

Age: 55+ **Location: AFLC**

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	Apr 5	9am – 11am	\$117.00/9	23859

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	Apr 20	10:30am - 11:45am	\$45.00/4	23860

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
Wed	Apr 20	2:30pm - 3:45pm	Free/3	FULL

KNITTING: LOG CABIN BLANKETS (NEW)

Age: 55+ years

Location: ASC

Knitting meets Quilting, a beginner style knit blanket that mimics the popular traditional log cabin quilt design. The blanket is a modular knit (knit all in one piece, join as you go, no seaming) in garter stitch (knit every row) and great for using up stash. It is a formula style design which allows you to be creative with your own colours, yarn weight and size. The final colour selections for your blanket can be made later. This class will acquaint you with the techniques and construction and give you a chance to practise. Relaxing and addictive knitting. Students should be proficient in basic knitting skills of casting on and simple knit stitch but the class does not require advanced skills.

Day	Date	Time	Fee/Class	Code
Wed	May 18	2:30pm - 3:45pm	\$45.00/4	24135

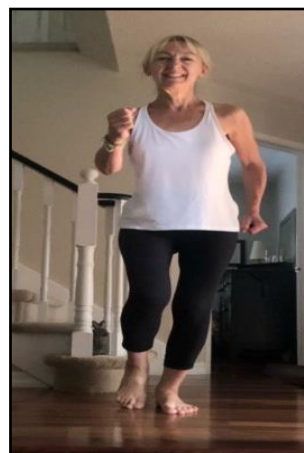
KNITTING: SPRING SHAWL (NEW)

Age: 55+ years

Location: ASC

Shawls rose to the top of every knitters' to-do list about 15 years ago and remain one of the most popular knitting projects. Age of Bass and Steam is a beginner friendly formula style design which allows you to be creative with your own colours, yarn weight/type and size. This design is a gentle introduction to knitting triangular shaped shawls that requires only basic knitting skills.

Day	Date	Time	Fee/Class	Code
Wed	May 18	10:30am - 11:45am	\$34.00/3	24136



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	Apr 21	11:15am - 12:15pm	\$48.00/8	23862

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: May 23

Day	Date	Time	Fee/Class	Code
Mon	Apr 4	9am - 10am	\$72.00/12	23863*

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: May 23

Day	Date	Time	Fee/Class	Code
Mon	Apr 18	12pm - 12:30pm	\$92.00/8	23864*

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: May 23

Day	Date	Time	Fee/Class	Code
Mon	Apr 4	10:15am - 11am	\$72.00/12	23865*
Tue	Apr 5	10:30am - 11:15am	\$72.00/12	23866
Fri	Apr 8	9:30am - 10:15am	\$60.00/10	23867

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: May 23

Day	Date	Time	Fee/Class	Code
Mon	Apr 4	1:30 - 2:30pm	\$72.00/12	FULL*
Thu	Apr 7	10am - 11am	\$60.00/10	FULL
Fri	Apr 8	11am - 12pm	\$60.00/10	23871

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: May 23

Day	Date	Time	Fee/Class	Code
Mon	Apr 18	9:30am – 12pm	\$150.00/9	23877*

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).

Day	Date	Time	Fee/Class	Code
Tue	Apr 19	9:30am – 12pm	\$150.00/8	23878*

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: May 23

Day	Date	Time	Fee/Class	Code
Mon	May 2	12:15pm – 1:15pm	\$48.00/8	23872*

YOGA STRETCH

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

This class is for those who want to improve their overall flexibility, relieve the day's stress and leave feeling relaxed. This class focuses on basic stretching techniques and does not specifically follow the Hatha, Ashtanga, Lyengar or Vinyasa principles. Portions of this class involve lying on a mat. This program will move indoors in the case of inclement weather

This	Date	Time	Fee/Class	Code
Tue	May 17	10:45am – 11:45am	\$5.00/1	23873
Tue	Jun 21	10:45am – 11:45am	\$5.00/1	23879

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	Apr 5	1pm – 1:45pm	\$72.00/12	23874

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	Apr 8	9am – 9:45am	\$60.00/10	23875

▶ April Tuesday Night Movies at the Centre

We are pleased to be offering our Tuesday Night Movies at the Centre every Tuesday beginning at 6:30 p.m. (*April 26 movie will start at 6 p.m.) and excited to be back in the Lounge.

April 5 – Age of Adeline (2015): Blake Lively (PG, 112 min, Drama)

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.

April 12 – Belfast (2021): Judy Dench (PG-13, 98 min, Drama)

A young boy and his working-class Belfast family experience the tumultuous late 1960s

April 19 – Murder on the Orient Express (2017): Kenneth Branagh (PG-13, 114 min, Drama)

When a murder occurs on the train on which he's travelling, celebrated detective Hercule Poirot is recruited to solve the case.

April 26 – Westside Story (2021): Ansel Elgort (P-13, 156 min, Drama) *Start time 6 p.m.

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

(Limited space for each Movie) Movies are \$1.00, no refreshments served at this time.

▶ Town Program and Trip registration process

There are a few steps when registering for a Town Program or Trip at the Centre:

- Pick up a Town Program or Trip registration form at Reception or in between the double doors
- Fill out the Registration form onsite or at home and ensure with all areas filled out
- Two areas of importance are the **Waiver Signature** and the **Credit Card Authorization Signature**. We need both of these areas signed to process the form and get you registered!
- When completed please double check your registration form and ensure everything is filled out correctly, especially your payment method and that you have signed both areas.
- Once completed, simply drop in the Black mailbox by Reception
- Registration Forms are collected by Seniors Centre staff daily and stored securely at the Centre.
- Forms are processed at the Town's Stronach Aurora Recreation Centre

Please note: you may receive a call from a Town of Aurora Customer Service Representative if further information is needed or necessary information is incorrect.

Any questions please see Andrew or Karie at the Centre.

Niagara Fallsview Casino Day Trip

Aurora Seniors Presents

FALLSVIEW CASINO

Get dealt into the action at Fallsview Casino Resort! Whether your game is slots or tables, you'll find it all on one of the largest Casino gaming floors in the world. With over 3,000 slots and video poker machines there's countless ways to win. Try your luck on reel, video reel and video poker machines or take a shot on the progressives – the action is non-stop! From Blackjack to Baccarat, Poker, Craps, Roulette and Pai Gow Poker to Caribbean Stud and more, Niagara Fallsview Casino has something for everyone. Pull up a chair at one of over 100 tables and try your luck!

- Date:** Thursday, May 12, 2022
- Depart:** 8:45 a.m. Stronach Recreation Complex
1400 Wellington St. East
- Casino:** 11:00 a.m. - 4:00 p.m.
Enjoy a five hour visit to **Niagara Fallsview Casino** & receive \$35.00 in slot play
- Return:** Arrival in Aurora approx. 6:00 p.m.
- Inclusions:** Return transportation via deluxe coach,
5 hour visit to Fallsview Casino, \$35.00 slot play, and all taxes.
- Price:** Members: \$45.00 per person
Non Members: \$55.00 per person
- To Book:** Sign up at reception or for more information
call Andrew Bailey at 365 500 3160
- NOTE:** Passengers must be 19 years of age or older
with valid government photo I.D. in order to
receive casino incentive



Please note: Some Covid-19 safety protocols may be in place at the time of departure



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

150 Consumers Road #509
North York ON
M2J 1P9

P: 416 499 1444
F: 416 499 1448
TF: 1 888 804 8841

Ontario Registration #4281143
Email: craiglugsdin@bellnet.ca
www.yearroundtravel.com

▶ Shaw Festival "Damn Yankees" Day Trip

Aurora Seniors Presents

DAMN YANKEES

at the Shaw Festival, Niagara-on-the-Lake

Joe Boyd is an out of shape, middle-aged man who has the misfortune to be a Washington Senators fan. One deal with the devil later, he is Joe Hardy, a young ball player with a knack for hitting home runs. Can he help his favourite team finally beat the powerhouse New York Yankees? The final score: a delightful, fast-paced, crowd-pleasing, romantic musical.

- Date:** Thursday, June 9, 2022
- Depart:** 9:00 a.m. Stronach Recreation Complex
- Lunch:** 11:30 a.m. - 1:00 p.m.
Queenston Heights Restaurant
1) Grilled Breast of Chicken
2) Baked Atlantic Salmon
3) Slow Roasted Canadian Cut Sirloin
4) Pan Seared Polenta with Wild Mushrooms
NOTE: GUESTS MAY SELECT ENTREE WHEN SEATED
- Show:** 2:00 p.m. - 4:30 p.m.
Reserved orchestra seating for Damn Yankees
- Market:** 4:45 p.m. - 5:30 p.m.
Visit to a Farmers' Market
- Return:** Arrival in Aurora approx. 7:30 p.m.
- Inclusions:** Return transportation via deluxe coach, lunch, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.
- Price:** Members: \$195.00 per person
Non Members: \$210.00 per person
- To Book:** Sign up at reception or for more information call Andrew Bailey at 365-500-3160



SHAW FESTIVAL 60
2022 SEASON

Please note: Some Covid-19 safety protocols may be in place at the time of departure



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Email: craiglugsdin@bellnet.ca
www.yearroundtravel.com

▶ ASA April Virtual Special Event

April in Paris

On Zoom

Featuring

Jay Franco's One-Man Big Band



Friday, April 22, 2022, at 1 p.m.

Registration required by Wednesday, April 20, 12 p.m. Noon

Email: seniorscentre@aurora.ca

Phone: 365-500-3160

ASA. SPECIAL EVENTS COMMITTEE

April in Paris. Oh yes, wouldn't we all like to be there in April. Well, we will be with songs sung to us by **Jay Franco and his One Man Big Band!** Jay is a trained violinist who plays the piano and sings with tremendous dynamism. Jay will be sharing his musical talents with us on **Friday, April 22 at 1 p.m.** To enjoy his musical performance please register by 12 p.m. on Wednesday, April 20. Please Email: seniorscentre@aurora.ca or phone: 365-500-3160.

The Special Events Committee will welcome any member who would like to join this committee and be part of upcoming Special Events. Please Email Karie at: kpapillon@aurora.ca - or - Andrew at: abailey@aurora.ca with your information.

▶ ASA Silver Stars “Cabaret of Comedies”

ASA SILVER STARS THEATRE GROUP



Presents
“Cabaret of Comedies”



Live in person at the Seniors Centre on
Saturday, May 14 at 2 p.m.
Saturday, May 14 at 7 p.m.
Sunday, May 15 at 2 p.m.

\$5.00 (No refreshments served)
Tickets on sale at ASA Reception on Monday, April 4
(limited tickets for each performance)

► 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 comfort 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 6 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.

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.



Contact Information:
For further information or if you have questions,
you can reach us via:
Telephone: 365 500 3161
Email: scww@aurora.ca

▶ April 2022 SCWW Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
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				1 3:15 Fun & Games (T)
4 3:15 Stretch and Relax (Z/T)	5 3:15 Card Bingo (Z/T)	6 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	7 3:15 Stretch and Relax (Z/T)	8 3:15 Fun & Games (T)
11 3:15 Stretch and Relax (Z/T)	12 3:15 Fun & Games (T)	13 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	14 3:15 Stretch and Relax (Z/T)	15 No Programs (Good Friday)
18 3:15 Stretch and 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 and Relax (Z/T)	22 3:15 Fun & Games (T)
25 3:15 Stretch and 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 and Relax (Z/T)	29 3:15 Fun & Games (T)

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)	

Zoom Help

Interested in Trying ZOOM? Need some help?

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



▶ Computer Club Information and Activities

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:

- April 5 – Q&A – Send questions to Bob or Doug, bring them to the call or put them in the chat
- April 12 – Now that Windows 11 is out and members have it installed, it makes sense to look at the differences between Windows 10 & 11 - Bob
- April 19 – Apple Day with Susan and Herb
- April 26 – Favorite apps and sites – We will share our favorite finds and members are encouraged to bring their picks.

The Aurora Seniors Association website is your best source for information about any of our programs or use one of the email addresses below. We have covered many topics of general interest and recordings of the past years' Zoom sessions are being maintained at the ASA website <http://www.auroraseniors.ca/>. Review the list and see if you might learn something new!

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.

▶ Mah Jongg at the ASC

Since the Aurora Senior Centre reopened February 14, 2022 our Mah Jongg Group have been playing every Monday and Friday at 1 p.m.

I must admit at first it was a challenge to remember how to start and the rules of the game but we soon got back into the swing of things!

In the coming weeks we look forward to having all of our group return to play and the 2022 Maj Jongg card will be here soon!

June May
Convenor of Mah Jongg

▶ ASA Woodcarvers

What a welcome relief, we are back in the ASC again. It was great to see members in the workshop and their carvings. Thank you to all the ASC staff and volunteers.

We are in the process of planning for the upcoming months. We would like to invite ASC members to join the wood carving club. We meet at the Centre on Tuesday and Thursday mornings 9 a.m. to 12 p.m. and afternoons 1 to 4 p.m. Pre-registration required for all ASA activities.

Our club members have a vast experience with wood carving and would be a great resource in your journey to learn new skills and to continue your interest in creating art. We will be introducing several courses and will announce these over the upcoming months

Please take the time to review the display of carvings at the lobby cabinet. The displayed items cover a range of carvings, including animals, birds, ornaments and children's toys. The opportunities are endless all it takes is your imagination.

We are a sociable group and love to discuss our projects, visit carving shows, assist and support each other. When the weather gets warmer, we will also have the opportunity to carve outdoors at one our members country property. We would love to talk to you and hopefully make you a fan of wood carving. If interested please email Mel via meljames@rogers.com

Mel James, ASA Woodcarving co-ordinator

<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 (365) 500 3159</p> <p>Andrew Bailey, <i>Adult Program Assistant</i> abailey@aurora.ca (365) 500 3160</p> <p>Brandie Yorg, <i>Program Leader (SCWW & SCM)</i> byorg@aurora.ca (365) 500 3161</p> <p>Bill Hawke <i>Primary Facility Operator</i></p>
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▶ April 2022 Calendar

Monday 8:30 a.m. to 4:30 p.m.	Tuesday 8:30 a.m. to 9 p.m.	Wednesday 8:30 a.m. to 4:30 p.m.	Thursday 8:30 a.m. to 4:30 p.m.	Friday 8:30 a.m. to 4:30 p.m.
8:30 Woodshop 9:00 Badminton 9:00 Move & Tone*(Z) 9:30 Knotty Knitters 10:00 Ladies Billiards 10:15 Piloga*(Z) 10:30 Learn to Knit* 12:00 pFIT* 1:00 Woodshop 1:00 Mahjongg 1:00 Carpet Bowling 1:30 Billiards 1:30 Stretch & Tone* 1:30 Silver Stars 3:15 SCWW Stretch and Relax* (Z/T)	8:30 Wood Carving 9:00 Boot Camp* 9:30 Balance* (Z) 10:00 Computer Club (Z) 10:00 Snooker League 10:30 Piloga* 12:30 Pickleball (Ladies) 1:00 Bid Euchre 1:00 Wood carving 1:00 Zumba Gold*(Z) 1:30 Table Tennis 2:15 Pickleball (Men's) 3:15 SCWW Fun & Games* (T) 4:00 Badminton (April 5) 6:00 Poker (April 5) 6:30 Movie	8:30 Woodshop 10:00 Billiards 10:15 SCWW Chair Exercise* (Z/T) 12:00 Let's Create 1:00 Woodshop 1:30 Bridge 1:30 Billiards 1:30 Choir 2:30 Knit: Socks* 3:15 SCWW Stories & Games* (T)	8:30 Wood Carving 9:00 Art 9:00 Basic Cardio*(Z) 9:00 Stamp Club (April 7) 10:00 Snooker League 10:00 Stretch & Tone* 10:30 Keep Singing (April 7) 11:15 Mindfulness* (Z) 12:30 Pickleball (Men's) 12:30 Poker 1:00 Wood carving 1:00 Bid Euchre 1:30 Silver Stars 2:15 Pickleball (Ladies) 3:15 SCWW Stretch and Relax* (Z/T)	8:30 Woodshop 9:00 Zumba Gold Toning* 9:30 Quilt 'n Sew 9:30 Piloga*(Z) 10:00 Billiards 10:05 Chair Stretch* 11:00 Stretch & Tone*(Z) 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 Mah-Jongg 1:30 Book Club (Z) 1:30 Billiards 3:15 SCWW Fun & Games* (T)

Please note: We encourage you to arrive 15 minutes prior to your Program/Activity.

- All ASA activities have a daily activity fee of \$1.00 (loonies preferred please)
- *Town of Aurora pre-registered programs **(Z)** Zoom **(T)** Teleconference

If you don't see your activity on the calendar, continue to monitor E-flashes and www.auroraseniors.ca for further announcements.