

May 2022



2022 ANNUAL GENERAL MEETING (A.G.M.) John Scherrer, Secretary

Our 2022 Annual General Meeting will be held WEDNESDAY, JUNE 8, starting at 1 p.m.

This is your opportunity to participate in decisions affecting your Association.

The 2022 A.G.M. will be the first A.G.M. since June 12, 2019, and will mark 18 years of operation by the Aurora Seniors Association as an incorporated, non-profit organization.

The June 8th, 2022, A.G.M. will be different in that it will be a hybrid version including in-person and virtual (ZOOM) attendance. Virtual (ZOOM) attendance will require pre-registration. Members can pre-register by phone (905-726-4767) or by email at (<u>asa@auroraseniors.ca</u>) by 4 p.m. Friday, June 4.

A link to the meeting will be e-mailed to pre-registered members prior to the meeting.

Complete agenda packages will be available at the Seniors' Centre Reception desk and posted on the ASA website www.auroraseniors.ca on **Wednesday**, **June 1st**, **2022**.

Any questions may be put in writing and handed to Reception or by e-mail ahead of the A.G.M. Questions received by June 6th will be addressed at the meeting. Questions received after June 6th and during at the AGM will be addressed and responded to at the first meeting of the 2022-23 Board.

Questions related to Finance are to be directed to the Treasurer at (<u>asatreasurer@outlook.com</u>). All others are to be directed to the President at (<u>drdavelegallais@gmail.com</u>).

Following is a general outline of the Agenda for the A.G.M. as detailed in **By-Law #1** Clause 1.17.02 Annual General Meeting

At the A.G.M., in addition to all other member and Board of Director's business that may be transacted, the agenda will include the following:

- Acceptance of Officers
- > The Report of the Directors
- The Financial Statements
- Report from the Auditors
- > Auditors' appointment for the ensuing year and their remuneration
- New Business

Aurora Seniors Centre – 90 John West Way, Aurora, ON L4G 6J1 Tel: 905-726-4767 • Email: <u>asa@auroraseniors.ca</u> <u>www.auroraseniors.ca</u> • www.aurora.ca/scww







ASA Board of Directors May 2022

Greetings Everyone,

I am happy to announce that we will be holding our Annual General Meeting, the first since June 2019, on Wednesday, June 8 2022 at 1 p.m. This will be a hybrid meeting so members will have the option to attend in person or virtually. Further information on our AGM on the front cover of our newsletter

As you know we formed a re-opening committee in the spring of 2020 and this committee has been meeting once a month to navigate the various issues and protocols since we were forced to close for Covid. It was decided that it was time to disband this committee as we are now open and running fairly smoothly. Our last meeting was April 14, 2022. I would like to thank all members of the committee for their hard work and the great job they did.

The Operations and Activities group had their meeting for the first time in two years. Their greatest objective is to get as many of the former activities that have not restarted, up and running again, as soon as possible.

In other news the Silver Stars have been busy rehearsing for their latest production, "A Cabaret of Comedies". There will be three performances, a Matinee and an evening performance on May 14, and a Matinee on the 15. Tickets are available from Reception at \$5 per ticket. It promises to be a great show!

To celebrate June is Seniors Month, The Board of Directors has approved the motion that the Movie Night held on Tuesday, June 7 at 6:30 p.m. will be free!

A Go-Vaxx Mobile Clinic will be held on May 11th from 10 a.m. – 6 p.m. in the ASA parking lot.

Hope to see you all at the Centre. We have dropped the mask mandates following Ont. Government protocols and it is now a matter of personal choice, however, we highly encourage you to continue to wear a mask while in the Seniors Centre.

Thank You, Dave LeGallais



The Aurora Seniors Association has acquired several COVID-19 Rapid Antigen test kits for our members. If you would like one, please ask Reception and you will receive 1 kit. While supplies last.

ASA Membership

Have you renewed your membership yet? If you have, we thank you. If you have not, we certainly hope that you will. Membership Renewal this year have been slow coming in, but we miss you and hope you will rejoin as soon as possible. Your membership is the only way of ensuring that the Seniors Centre continues to offer the wide range of activities for all of us.

You can Renew your membership by one of the following options:

- In-person at Reception
- Dropping off a cheque in the mailbox in-between the front doors
- You can also mail your cheque payment for your ASA membership. Mail to: Aurora Seniors Centre
 90 John West Way
 Aurora ON, L4G 6J1
 Mark ATTN: ASA Membership on envelope and include any changes to address and/or phone number along with cheque made out to the Aurora Seniors Association.

COST: ASA Membership fees remain Resident \$25 Non-Resident \$35

ASA membership forms are available for NEW members in-person at Reception or in between the front doors of the Centre. A digital copy can be emailed to you by emailing <u>seniorscentre@aurora.ca</u> for you to print and then bring it into the Centre for processing.

ASA Activities not yet resumed

There are some ASA activities that have not returned to the Centre. Some are just on hold until enough members are ready to return to the activity and some do not have coordinators to arrange the activity. The activities are: (***indicates no activity coordinator, all days subject to change**)

Duplicate Bridge (Monday afternoon) Rummikub* (Friday afternoon) Keep Singing (Thursday morning) Bocce* (May – September) Weather permitting Canasta* (Friday afternoon) Friday Night Dances* (Friday nights) Scrabble* (Tuesday afternoons) Tai Chi* (Wednesday mornings) Walking Club* (Wednesday mornings) Keep Singing (Thursday mornings)

Please let us know if you would like your activity back and if so would you like to coordinate the group to get it started up again or if you know a member of the group that would like to. Please contact either Dave at <u>drdavelegallais@gmail.com</u> or Andrew at <u>abailey@aurora.ca</u>.

Town of Aurora Summer 2022 Programs

BALANCE IMPROVEMENT

Age: 55+ years Location: ASC

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	Jul 5	9:30am-	\$48.00/	23884
		10:15am	8	

BOOT CAMP GOLD

Age: 55+ years

Location:

*ASC

^Town Hall Courtyard

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. This program will move indoors in the case of inclement weather.

Day	Date	Time	Fee/Class	Code
Tue	Jul 5	9am - 9:45am	\$48.00/8	23885*
Thu	Jul 7	9am – 9:45am	\$24.00/4	23886^

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	Jul 8	10:05 - 10:50am	\$48.00/8	24317

DRAWING FUNDAMENTALS

Age: 55+ years Location: ASC

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	Jul 6	9am –	\$99.00/	23887
		10:30am	8	

KNITTING: LOG CABIN BLANKETS (NEW)Age: 55+ yearsLocation: 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

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: Aug 1

Day	Date	Time	Fee/Class	Code
Mon	Jul 4	9am - 10am	\$48.00/8	23888 *

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: Aug 1

Day	Date	Time	Fee/Class	Code
Mon	Jul 4	12pm - 12:30pm	\$92.00/8	23889*

PILOGA

Age: 55+ years

Location: Zoom (Mon), 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: Aug 1

Day	Date	Time	Fee/Class	Code
Mon	Jul 4	10:15am – 11am	\$48.00/8	23890*
Tue	Jul 5	10:30am - 11:15am	\$48.00/8	23891

REBOUNDING

Age: 55+ years

Location: ASC Deck

Remember the joy of jumping on a backyard trampoline? Using a mini-trampoline (or rebounder as they are also called), is one of the best forms of exercise for seniors known today. Rebounding is a unique low-impact form of exercise that provides all of the healthful benefits of traditional exercise, but without the stress on joints and muscles that can sometimes make traditional exercising uncomfortable. All rebounders will be equipped with a stability bar for additional support. This program will move indoors in the case of inclement weather

Day	Date	Time	Fee/Class	Code
Thu	Aug 4	9am - 9:30am	\$20.00/4	23899

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: Aug 1

Day	Date	Time	Fee/Class	Code
Mon	Jul 4	1:30 – 2:30 pm	\$48.00/8	23892*
Thu	Jul 7	10am – 11am	\$48.00/8	23893
Fri	Jul 8	11am – 12pm	\$48.00/10	23894

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	10:45am –	\$5.00/1	23873
	17	11:45am		
Tue	Jun	10:45am –	\$5.00/1	23879
	21	11:45am		
Tue	Jul	10:45am –	\$5.00/1	23897
	19	11:30am		
Tue	Aug	10:45am –	\$5.00/1	23898
	23	11:30am		

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	Jul 5	1pm – 1:45pm	\$48.00/8	23895

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-andeffective 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	Jul 8	9am – 9:45am	\$48.00/8	23896



Seniors Centre in the Mail

Sharpen your mind!

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, May 6 and Friday, May 20.

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

Garden Boxes Available!



We are very excited to announce a new program at the Aurora Seniors Centre this summer!

We will have 19 garden boxes available for members to use on the back deck. We will provide the box, soil, garden tools, and water. You will need to provide the plants and/or seeds, and creativity.

Applications will be available at reception Monday May 9, and if necessary, a draw will be held for the planters on Friday May 13. Boxes are only available to members of the association, and

priority will be given to those without access to greenspace (i.e. back yard). Boxes will be available for planting between Victoria Day and Thanksgiving. Questions? Contact Karie at kpapillon@aurora.ca or 365-500-3159.

Funded by the Government of Canada | Canada



Congratulations to our Walkers

We held our first walking challenge, and it was a huge success!



There were 77 participants and as a group we walked a total of **11,360 kilometers** collectively across Canada. The challenge occurred over 4 weeks starting on March 19 and ended April 15.

Week one we started out at the Aurora Seniors Centre and walked a total of 2950.59 kilometers getting us to Saskatoon, Saskatchewan. Week two we traveled from Saskatoon, to Smithers, British Columbia with 2873.96 kilometers. Week three had us heading into the Northwest Territories and ending in Baker Lake, Nunavut with 2873.96 kilometers. We ended our challenge in Halifax, Nova Scotia with 2779.80 kilometers. Way to Go!

Special Events Committee

The Special Events Committee meets monthly to plan future events (online or in-person) for members of the Aurora Seniors Centre. In May we are supporting the Silver Stars with their live production of Cabaret of Comedies on May 14 and May 15 for which you can buy tickets at the Reception Desk. See Poster included in this newsletter for more information.

The Committee is also looking ahead for another event. Committee Member Helen Stohr is planning and organizing a 2022 Mini Summer Hoedown at which there will be an entertainer for this live and in-person event. (All being well!). Further information is to come in the June Newsletter, but you can Save-the-date on your calendar - Friday, July 22, 2022 at 7:00 pm.



May 2022

ASA Silver Stars Cabaret of Comedies

ASA SILVER STARS THEATRE GROUP





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 Reception. (limited tickets for each performance)

What good is sitting alone in your room? Come to the <u>Cabaret of Comedies</u>. Life is a Cabaret, old chum, You, and I will have some fun, Come to the **Cabaret of Comedies**

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

May 2022 SCWW Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:15 Stretch and Relax (Z/T) 3:15 Fun & Games (T)	3 3:15 Chair Exercise (Z/T)	4 3:15 Stories & Games (T)	5 3:15 Stretch and Relax (Z/T)	6 3:15 Fun & Games (T)
9 10:15 Stretch and Relax (Z/T) 3:15 Fun & Games (T)	10 3:15 Chair Exercise (Z/T)	11 3:15 Stories & Games (T)	12 3:15 Stretch and Relax (Z/T)	13 3:15 Fun & Games (T)
16 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	17 3:15 Chair Exercise (Z/T)	18 3:15 Stories & Games (T)	19 3:15 Stretch and Relax (Z/T)	20 3:15 Fun & Games (T)
23 No Programs (Victoria Day)	24 3:15 Chair Exercise (Z/T)	25 3:15 Stories & Games (T)	26 3:15 Stretch and Relax (Z/T)	27 3:15 Fun & Games (T)
30 10:15 Stretch and Relax (Z/T) 3:15 Jeopardy (Z/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				
1	8	15	22	29
12:30	12:30	12:30	12:30	12:30
Chair Exercise (Z)				

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.		ach Recreation Complex 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: Non Membe	ers:	\$45.00 per person \$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 	YAXEES
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.	SHAW
Price:	Members: \$195.00 per person Non Members: \$210.00 per person	FESTIVALO 2022 SEASON
To Book:	Sign up at reception or for more information call Andrew Bailey at 365-500-3160	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 M21 1P9

P: 416 499 1444 F: 416 499 1448 TF: 1 888 804 8841 Ontario Registration #4281143 Email: craiglugsdin@bellnet.ca www.yearroundtravel.com

Follow us to stay up to date



facebook.com/auroraseniors



You Tube

Town of Aurora Rec at Home

https://www.instagram.com/auroraseniorsassociation

For more information on the Aurora Seniors' Centre and any updates, members are encouraged to visit the web site <u>www.auroraseniors.ca</u> and check your e-mail inbox for e-flash communications! If you do not receive our E-flashes email Karie at <u>kpapillon@aurora.ca</u> or Andrew at <u>abailey@aurora.ca</u> and we will add you to our email list.

ASA Let us know

Do you have a comment to share abut the Centre? "Let Us Know" forms are available at Reception. Please include your name so we can follow up with you.

ASA Ladies Monday morning billiards

Would you like to meet other ladies and learn to play Billiards? Join us in the Billiards room on Monday mornings from 9 a.m. to 12 p.m. for lots of fun and laughter. Beginners welcome and encouraged to come out and try it. See full ASA activity schedule on back page for further Billiards drop-in times.

Centre Etiquette

- Please allow staff time and space to set-up your activity prior to entering the room. This is both for your safety and to allow staff the time to set-up efficiently.
- Please be patient at Reception if it is busy and say thank you.
- Please clean up after yourself whether it be in the lounge or in your activity/program room at the Centre.

Computer Club Information and Activities

The computer club is continuing to do the Tuesday morning seminars via Zoom but will open for in-person sessions in the computer room Tuesday, May 3 at 10 a.m.. These with be hybrid (Zoom + in-person) sessions. We are offering online help for members that request it. Starting May 3, we will offer in-person drop-in but only if you book ahead of time with either Bob or Doug. Their email addresses are below.

Tuesday morning seminar schedule:

- May 3 Q&A
- May 10 Uninstalling programs on Windows, Mac, iPhone, iPad, and Android devices
- May 17 Apple Day with Herb and Susan
- May 24 Self-education sources Doug will provide examples and tips for using online learning resources
- May 31 Home security Bob will discuss security cameras, doorbells, etc.

The Aurora Seniors Association website at <u>http://www.auroraseniors.ca</u> 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. Recordings of the past years' Zoom sessions are being maintained at <u>http://www.auroraseniors.ca</u>. 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 <u>bobhed65@gmail.com</u> or Doug Cooper at <u>techspeakr@gmail.com</u>.

ASA Carpet Bowling at the ASC

We carpet bowl at the Centre every Monday afternoon at 1 p.m. in the Craft Room.

Carpet bowling is a team game, two or three persons on each team. The object of the game is for each team member to gently roll special biased bowling balls down a 30 ft. long carpet, so that they stop as close as possible to the small white ball called the jack, the team who get the closest to the jack scores points.

If you have never played the game before, we will tell you all about it and teach you the basics.

It is a great game, good exercise, and a lot of fun! Stop by and say hello, and we hope to see you soon.

May 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. and excited to be back in the Lounge.

May 3 – Mr. Holmes (2015) Ian McKellen (PG, 104 min, Drama)

An aged, retired Sherlock Holmes tries to remember his final case, and a mysterious woman, whose memory haunts him. He also befriends a fan, the young son of his housekeeper, who wants him to work again.

May 10 – Death on the Nile (2022): Tom Bateman (PG-13, 127 min, Drama) While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress.

May 17 – Knives Out (2019): Daniel Craig, Chris Evans (PG-13, 130 min, Drama) A detective investigates the death of the patriarch of an eccentric, combative family.

May 24 – Queen Bees (2021): Ellen Burstyn, Jane Curtin (P-13, 100 min, Comedy) After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower.

May 31 – On the Basis of Sex (2018): Felicity Jones (PG, 120 min, Drama)

The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Justice.

(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.

ASA Woodcarvers

Welcome back carvers. Your return has been a pleasure to see. We have begun to implement changes we have talked about in our previous newsletters. We will announce each change in advance and keep members of our group informed.

We have assigned our Thursday sessions for the planned group activities. If we have not assigned you to a group session then the Thursday sessions can be considered drop-in. We will keep the Tuesday sessions for the normal drop - in carving sessions. Tuesday evenings will be used for beginner training if there is sufficient interest. See times we meet on the back page Calendar.

Vic Lovegrove started our planned group activities by introducing members to the fundamentals of wood burning. Vic had spent a lot of time preparing for this which turned out to be great and very informative. Vic, we thank you and look forward to the follow up sessions.

John Saville brought in several of his carvings. John specializes in carving of human forms in hardwood. John demonstrated the process he follows and offered to teach the group to carve one in a group session.

Mel and Ana have planned a group session to carve masks. We have several blocks of red cedar available for members to use. Please contact Ana at <u>anakwellness@gmail.com</u> and she will organize the date.

We would like your suggestions for group carving or training. We want your visits with us to be enjoyable as well as informational. If you would like more information on the wood carver group at the Centre, please email Mel James at <u>meljames@rogers.com</u>.

ASA Board of Directors:	ASA Committees:	Aurora Seniors Centre Staff:
President	Finance	Karie Papillon, Adult Program
Dave LeGallais	Cheryl Rines—Chair	Coordinator
Vice President Jim Abram	Membership & Volunteers Sylvia Gilchrist—Chair	kpapillon@aurora.ca (365) 500 3159
Treasurer Cheryl Rines	Special Events Committee Joan Brownlow–Chair	Andrew Bailey, Adult Program Assistant abailey@aurora.ca
Secretary John Scherrer	Operations & Activities Committee Dave LeGallais—Chair	(365) 500 3160 Brandie Yorg, Program Leader
Directors	By-Law Review Committee	(SCWW & SCM)
Ron Coe	John Scherrer–Chair	byorg@aurora.ca
Jeanne Chislett	Social Committee	(365) 500 3161
Carol Hedenberg Ann Overington	Don Keel–Chair	Bill Hawke
Nick Senick	Community Development Committee Shirley Petrie—Chair	Primary Facility Operator
	Seniors Related Issues Committee Jim Abram-Chair	

May 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. to 4:30 p.m.	8:30 a.m. to 9 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 4:30 p.m.	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 SCWW Stretch and Relax* (Z/T) 10:15 Piloga*(Z) 10:30 Learn to Knit* 12:00 pFIT* 1:00 Woodshop 1:00 Carpet Bowling 1:30 Billiards 1:30 Stretch & Tone* 1:30 Silver Stars 3:15 SCWW Fun and Games* (T)	8:30 Wood Carving 9:00 Boot Camp* 9:00 French* (Z) 9:30 Balance* (Z) 10:00 Computer Club (Z) 10:00 Snooker League 10:30 Piloga* 12:30 Pickleball (Women's) 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 Chair Exercise* (Z/T) 4:00 Badminton 6:00 Poker 6:30 Movie	8:30 Woodshop 10:00 Billiards 10:30 Knitting* 12:00 Let's Create 1:00 Woodshop 1:30 Bridge 1:30 Billiards 1:45 Choir 2:30 Knitting* 3:15 SCWW Stories & Games* (T)	8:30 Wood Carving 9:00 Art 9:00 Basic Cardio*(Z) 9:00 Stamp Club 10:00 Snooker League 10:00 Stretch & Tone* 12:30 Pickleball (Men's) 12:30 Poker 1:00 Wood carving 1:00 Bid Euchre 1:00 Table Tennis (May 17) 1:30 Silver Stars 2:15 Pickleball (Women's) 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) 7:00 Bid Euchre

Please note: Pickleball (PB) times are subject to change. Please refer to the Pickleball schedule (available at the Centre or on the click this link: May 2022 Pickle ball schedule to view on the ASA website).

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

Aurora Seniors Centre 90 John West Way, Aurora (905) 726 4767 seniorscentre@aurora.ca



