



# HOLIDAY TREATS

 **WEDNESDAY DECEMBER 21**   
**2 - 4 P.M.**  
**COME & JOIN US!**

Yummy Treats & Christmas Trivia  
A viewing of the animated "How the Grinch Stole Christmas"  
A visit from Santa with a special gift for everyone!

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**TICKETS \$3**

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**AURORA SENIORS CENTRE**  
**90 JOHN WEST WAY AURORA**  
**905 726 4767**

[auroraseniors.ca](http://auroraseniors.ca)

# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM

BROKERAGE

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### MEMBER AFFILIATIONS & DESIGNATIONS

A collection of logos for various real estate and professional organizations, including CERC (Leadership for Workforce Mobility), SRES, CRS, TARION, FRI, BILD, CAAMP, ACCHA, FIABCI (International Real Estate Federation), CMBA, and The Institute for Luxury Home Marketing.



**LENARD LIND**  
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# THE LIND

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## ▶ Board of Directors – Holiday Greetings

Here we are entering another Holiday Season. This will be the first Christmas since 2020 that I feel somewhat back to normal. We can actually, with some caution, enjoy gathering with family and friends to enjoy the many special holidays this season brings us.

Unfortunately with the triple threats of Covid, RSV and Influenza we still have to exercise some common sense as we gather. The Board is recommending that we wear masks while at the Centre for everyone's sake. I know, Ba Humbug!

It's been a long two years since the start of Covid but look how far we've come. So often now when I come to the Centre, I have to look for a parking spot. I remember, pre-Covid, when the parking situation would really frustrate me. Now when I see the lot full it warms my heart. How our priorities can change. Last New Years Eve rather than make a resolution I made a wish. I wished that 2022 would see our Centre begin to return to the vibrant, active hub of activity and fun it once was and that soon we would be reunited with friends. When I'm there now I honestly believe my wish is coming true! Is it okay to make the same wish again this year? This time I'll wish for the good times to continue.

This may sound strange but with all the heartache and disruption Covid brought us, it did, perhaps, leave us with one gift. I know that I for one am appreciating several things I was taking for granted. Grandkids on my lap, sitting in a theatre to watch a good movie, evenings spent with good friends and family and most certainly life returning to the Aurora Seniors Centre.

In closing I would like to wish everyone the best of the season! Whether it's Christmas, Hanukkah, Kwanzaa, or Omisoka you're celebrating or you're just enjoying the joy of the season I wish you happiness, health and good company from my family to yours.

Happy Holidays, Dave LeGallais.

Thank you to all of the volunteers, committee members, town staff and all others who have made it possible for the Aurora Seniors Association to deliver programs, events and activities to make life better for older adults living in Aurora and those older adults visiting from surrounding communities. Our Seniors Centre is a best-in-class, not-for-profit oasis, for which we all are proud. Some difficult decisions needed to be made in 2022 and I commend the Finance Committee and the Board of Directors for their leadership in enabling our Association to survive financially during these trying times. Our balance sheet is sound and you can be assured the Finance Committee and Board of Directors review our financials in detail monthly. Good job. My family and I wish to extend a heartfelt Merry Christmas to all of our members, town staff and our families and friends and may 2023 be the best year ever! Jim L. Abram, Vice President.

Due to the Pandemic, we saw a slow start to some of our Activities earlier in the year. The good news is, that thankfully in recent months our members are back enjoying the many activities the Seniors Centre has to offer. Wednesday lunches and our favourite events are back, as well as gathering with friends for coffee in the lounge. The future is looking bright! Wishing you a joyous Holiday season and a Happy and Peaceful New Year. Cheryl Rines, Treasurer.

Wishing everyone a very merry Christmas, good health and a great year ahead.  
Merry Christmas, Carol Hedenberg.

This time of year, for some of us: is enjoying the sights and sounds, spiritual reflection, family get togethers, or simply closing out one year and starting a new one. Whatever the reason, let us all celebrate the holidays and ring in the New Year with a renewed purpose.

This is also the time when we sincerely thank and acknowledge our volunteer team and staff here at the Centre for their enormous contributions in keeping our Centre the perfect place. But mostly, we are indebted to each and everyone of you for returning to our center. Without your commitment and presence, we would not have a strong and active Centre. Thank you!!

Now is the time to take a break, throw a blanket over the computer, turn off you cell... rent a movie. To all my fellow members, I wish you the richest of blessings, a happy holiday and prosperous New year. Nick Senick

I am new to the Board, having been a Director for the past six months, I continue to be amazed by the commitment by the many volunteers who contribute so much to the success of the Seniors' Centre. Town of Aurora staff, Karie, Brandie and Bill are very supportive, and it is the partnership with the Board and all the volunteers that make the Aurora Seniors' Centre the vibrant, dynamic place that it is. I wish everyone a safe and happy Holiday season and look forward to a great New Year. Glen Sharp

As a new board member for the Aurora Seniors Association, my first thoughts go to the volunteers that make this association such a well organized and smooth-running organization. It is difficult to operate this type of facility and would be impossible to accomplish without the dedicated volunteers that make everything run so efficiently. We all appreciate the centre's volunteers and thank them.

The Town Staff assigned to the Aurora Seniors Association are a gift from Heaven. They are so committed to the welfare of our senior's community that I consider them the glue that keeps everything together. Their organizational and creative skills make this centre the envy of our community.

In closing, I'd like to stress that the only way to move forward and continue to offer the best events and activities to all is for the Association to have a strong and effective board of directors. This cannot be accomplished if members do not step up and participate in the governance of the Association. We can only grow and be stronger if everyone contributes. Best Wishes for the holiday season and for 2023, Vern Cunningham.

We are so fortunate to have the amazing Aurora Seniors Association in our lives. We owe the success of this Centre to so many. Thank you to the incredible town employees who keep everything together for us, always accommodating our many needs with smiles. Success would not be possible without all the volunteers who sit on the numerous committees and all those who co-ordinate activities such as: pickleball, cards, knitting, sewing, crafts, woodshop, library, Evergreen Choir, Silver Stars and so many others. The recently created Fundraising Committee accomplished the incredible. The Special Events Committee kept us entertained on Zoom when we were not able to be at the Centre and this year they have provided two successful live events. The Bistro team is back working hard to provide delicious lunches. When we arrive, it is always a pleasure to be greeted at the door with a warm welcome from the receptionists. The volunteers who sit on committees and co-ordinate activities not mentioned here are not forgotten. We would not be able to brag about the wonderful facility to which we belong without each and every volunteer. Thank you all!

I wish everyone peace, health and happiness in the new year. Ann Overington

# ASA ELECTIONS

Our last election was in 2019. Three years later we are pleased to again begin the process for the Aurora Seniors Association Board of Directors.

The election process begins in March with the nomination of candidates.

The elections committee is optimistic that members will support the ASA and stand for election to fill the vacancies.

There currently are five positions that will be vacated and open for election.



Make a difference in your Seniors Centre as part of the board of directors.

ASA Nomination & Elections Committee

## Town of Aurora Winter 2023 Programs

### ACRYLIC PAINT - BEGINNER

**Age: 55+ years Location: AFLC**

This course will introduce students to the unique "forgiving" qualities of acrylic paint and allow them to experiment with a variety of techniques. Start at the very beginning and learn about choosing paints and painting surfaces and how to make the most of your paint and brushes as you work. Basic colour theory and colour mixing will be explored as well as creating glazes and textures. Material costs are extra (a list is available at the Seniors Centre, the Aurora Family Leisure Complex and for download - please click the download in the extra details box).

\*No class on: Mar 16

Day	Date	Time	Fee/Class	Code
Thu	Jan 19	9am – 11am	\$151.00/10	26501*

### 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.

\*No class on: Mar 16

Day	Date	Time	Fee/Class	Code
Thu	Jan 19	11:30am - 1:30pm	\$153.00/10	26502

### 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	Jan 10	9:30am-10:15am	\$75.00/12	26503
Tue	Jan 10	10:30am-11:15am	\$75.00/12	27038

### BALLROOM & LATIN DANCE – LEVEL 1

**Age: 18+ years Location: ASC**

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.

\*No class on: Feb 22

Day	Date	Time	Fee/Class	Code
Wed	Jan 11	7:30pm-8:30pm	\$90.00/8 per person	26534*

### BALLROOM & LATIN DANCE – LEVEL 2

**Age: 18+ years Location: ASC**

Focusing on "dancing for fun", this program will develop dance skills and steps. New dances will be introduced, such as the waltz, swing, samba, quickstep, salsa, cumbia or bachata. The course will be taught by a couple so that participants may fully benefit from both perspectives of leading and following. The beginners class or previous dance experience are preferred prerequisites for this class. Partners are required.

\*No class on: Feb 20

Day	Date	Time	Fee/Class	Code
Mon	Jan 9	7:30pm-8:30pm	\$90.00/8 per person	26535*

### 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 20

Day	Date	Time	Fee/Class	Code
Mon	Jan 9	8:30pm-9:30pm	\$90.00/8 per person	26536*

## BASIC CARDIO

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

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

Day	Date	Time	Fee/Class	Code
Thu	Jan 12	9am - 9:30am	\$42.00/10	26504

## BASIC CARDIO – HYBRID (in person & Zoom)

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

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

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Thu	Jan 12	9am - 9:30am	\$42.00/10	26520

## 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	Jan 10	9am - 9:45am	\$75.00/12	26505

## BREATHING GYM, LET YOUR BREATH RISE **NEW!**

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

Our breathing is intricately connected with the nervous and other systems, impacting our emotions and wellbeing. Yogic breathing techniques over centuries have helped us to regulate our breath to either calm us down or energize us to respond to the occasion. This course will introduce and guide the practices of various breathing techniques for instant stress reduction, calmness, and energizing.

Day	Date	Time	Fee/Class	Code
Tues	Jan 24	7pm - 9:pm	\$68.00/6	26543

## 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	Jan 13	10am - 10:45am	\$75.00/12	26506

## CHAIR YOGA

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

Would you like to start a yoga practice but feel intimidated or do not know where to start? Grab a chair! Chair Yoga is also for someone who has movement limitation or is recovering from an injury and would like to start moving, or to be more active. A varied series of focused poses and movement flows, incorporating breath awareness and proper alignment, will help to develop strength, flexibility and balance. Enjoy the benefits of a rejuvenated mind, body and spirit while you sit!

Day	Date	Time	Fee/Class	Code
Wed	Jan 18	10am - 10:45am	\$62.00/10	26521

## 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	Jan 18	9am - 10:30am	\$125.00/11	26507

## GET FIT **NEW!**

**Age: 55+ Location: ASC**

Welcome to all around fitness! This class includes a warm up and 20 minutes of cardiovascular conditioning with easy to follow steps and upbeat music. There will be strength training with weights or bands, balance exercise, and flexibility training. Increase your fitness and have fun. Join us for a free class on Friday January 13. Sign up at Reception for this free class.

Day	Date	Time	Fee/Class	Code
Fri	Jan 20	11:15am – 12:15pm	\$63.00/10	27588

## GET FIT **NEW!**

**Age: 55+ Location: Hybrid (In-Person and Zoom)**

See description above.

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Wed	Jan 18	9am – 9:45am	\$63.00/10	27587

## GET FIT **NEW!**

**Age: 55+ Location: Zoom**

See description above.

Day	Date	Time	Fee/Class	Code
Wed	Jan 18	9am – 9:45am	\$63.00/10	28409

## HATHA YOGA **NEW!**

**Age: 55+ Location: ZOOM**

These classes will greatly benefit for those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Please note this class will involve floor work. \*No class on: Feb 20

Day	Date	Time	Fee/Class	Code
Mon	Jan 23	12:15pm – 1:15pm	\$62.00/10	27190*

## Four Step Meditation for Integrating Mindfulness **NEW!**

**Age: 18+ Location: ZOOM**

Mindful meditation, as used in stress reduction programs, cultivate awareness in four areas of our experience—breath, Body, Feelings, and Thoughts. With regular practice, such mindfulness spreads into all areas of life. This course aims to integrate mindfulness into everyday life that grows from the fundamental mindfulness meditation practice. It includes didactic material and instructions for practices led in the class for participants to use between the sessions.

Day	Date	Time	Fee/Class	Code
Wed	Jan 25	7pm – 8:30pm	\$90.00/8	26542

## 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	Jan 11	2:30pm - 3:45pm	\$45.00/4	26522

## KNITTING: SIMPLE BABY CARDIGAN

**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	Mar 15	10:30am – 11:45am	\$45.00/4	26523

## 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 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

Day	Date	Time	Fee/Class	Code
Wed	Feb 8	10:30am - 11:45am	\$55.00/5	26524

## KNITTING: TWIDDLEMAT

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

Twiddle matt - A twiddle matt (sometimes called a fidget matt) is a small knitted lap blanket. It incorporates a few textured stitches with embellishments such as ribbons and beads attached. For many people with dementia, there are developments and changes to their personalities, one of which is to become increasingly agitated. Twiddle matts help to ease agitation and calm the person's mood, as they can keep their hands and minds occupied. Many hospital wards have found that the matts have a positive effect on patients by keeping them comforted, as well as encouraging movement and brain stimulation. In this class students will knit a basic Twiddle matt with textured stitches and add variety of attachments and embellishments. It will make a great gift for a loved one or as a charity donation. \*The class is FREE but students will be required to pay instructor \$20 for supplies at the first class. This will include all yarn and embellishments needed to create a twiddle matt. Knitters should bring their own 4 to 5mm needles, scissors and tapestry needles.

Day	Date	Time	Fee/Class	Code
Wed	Feb 15	2:30pm - 3:45pm	\$FREE/3	26529

## KNITTING: LEARN TO KNIT

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

While knitting three small projects (fingerless gloves, button cowl, hat), 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. Participants need no prior experience knitting.

There will be a \$5 fee, payable to the instructor, at the first class for supplies.

Day	Date	Time	Fee/Class	Code
Wed	Jan 11	10:30am - 11:45am	\$FREE/3	26508

## LEARN TO PLAY KEYBOARD

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

Learn the fundamentals of piano playing in 10 weeks or less! Welcome to Fundamentals. During this 10 week class, you will learn how to sit at the keyboard, position your hands, play the appropriate keys and chords with your left hand, and quite simply, play some of your favourite melodies (with both hands!). In addition, you will learn some basic theory, including reading music and understanding basic harmony – just enough to launch your own creativity!

Note: Keyboards will be available for rental \$50 for a 10-week period, payable to the instructor. Please contact Karie Papillon at [kpapillon@aurora.ca](mailto:kpapillon@aurora.ca) to arrange the rental.

Day	Date	Time	Fee/Class	Code
Thur	Jan 19	10:00am - 10:45am	\$135.00/10	27091

## 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. This class is designed for the active and independent adult.

\*No class: Feb 20

Day	Date	Time	Fee/Class	Code
Mon	Jan 9	9am - 10am	\$62.00/10	26525*

## pFIT

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

pFIT is a group strength training program that incorporates the clinically-proven p44 Stepper portable resistance device that is specially designed for older adults to be used from a chair. pFIT is a fun, social and safe way to increase lower body strength, improve range of motion, maintain balance and tone up muscles. The innovative p44 Stepper allows each leg to work on its own separate pace and resistance level and digitally monitors strength improvement with a hard copy print out for each participant

\*No class: Feb 20

Day	Date	Time	Fee/Class	Code
Mon	Jan 16	12pm - 12:30pm	\$94.00/8	26510*

## PILOGA

**Age: 55+ years**

**Location: Zoom (Mon/Tue), AFLC (Fri)**

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 20

Day	Date	Time	Fee/Class	Code
Mon	Jan 9	10:15am - 11am	\$62.00/10	26511*
Tue	Jan 10	10:35am - 11:20am	\$75.00/12	26512
Fri	Jan 13	9:00am - 9:45am	\$75.00/12	26526

## PILOGA – HYBRID (in person & Zoom)

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

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.

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Tue	Jan 10	10:35am - 11:20am	\$75.00/12	26531

## POUND, SWEAT, SCUPLT & ROCK

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

Sweat. Sculpt. ROCK in this cardio jam session inspired by drumming. You won't just listen to music-you'll become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Join us for a free class on Thursday January 12. Sign up at Reception to join this free class.

Day	Date	Time	Fee/Class	Code
Mon	Jan 16	11:15Am - 12pm	\$63.00/10	27589

## STRETCH & TONE

**Age: 55+ years**

**Location: ASC (Thur) ZOOM (Mon, Fri)**

This class is designed to strengthen and tone muscles to facilitate everyday living activities and improve appearance. A variety of light equipment will be used. The muscles will then be stretched to maintain or increase flexibility.

\*No class on: Feb 20

Day	Date	Time	Fee/Class	Code
Mon	Jan 9	1:30pm - 2:30pm	\$62.00/10	26513*
Thu	Jan 12	10am - 11am	\$75.00/12	26514
Fri	Jan 13	11am - 12pm	\$75.00/12	26515

## STRETCH & TONE – HYBRID (in person & Zoom)

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

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.

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

\*No class on: Feb 20

Day	Date	Time	Fee/Class	Code
Mon	Jan 9	1:30pm - 2:30 pm	\$62.00/10	26527*

## 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)

Day	Date	Time	Fee/Class	Code
Tue	Jan 17	1pm – 3:30pm	\$151.00/8	26516

## 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	Jan 17	9:30am – 12pm	\$153.00/8	26517

## YOGA: TRULY FOR BEGINNERS

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

This class is for the true beginner. It is never too late to learn and enjoy the practice of yoga. You will be introduced to a series of stretches, poses and breathing techniques. Since yoga is gentle, almost anyone can do it, regardless of their age or fitness level. It is not only a rewarding physical activity, but it also promotes emotional well-being and good mental health. Let's get started!

Day	Date	Time	Fee/Class	Code
Tue	Jan 17	6pm -7pm	\$63.00/10	27585

## Yoga: Sundown, Mat Yoga NEW

**Age: 55+ years Location: Zoom**

This practice will use the support of the earth to cradle your body. While on your mat you will move through yoga postures and stretches that help to calm the mind, improve flexibility, reduce stress and increase strength. It's the perfect way to end your day. This practice ends with a short meditation. Please bring a mat and a blanket. Join us for a free class Tuesday January 10. Limited space, sign up at Reception.

Day	Date	Time	Fee/Class	Code
Tue	Jan 17	7:15pm - 8:15pm	\$63.00/10	27586

## 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 10	11:30am - 12:15pm	\$75.00/12	27039

## ZUMBA GOLD – HYBRID (in person & Zoom)

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

*See description above.*

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Tue	Jan 10	11:30am - 12:15pm	\$75.00/12	26518

## ZUMBA GOLD TONING\*

**Age: 55+ years Location: Zoom**

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	Jan 13	9am – 9:45am	\$68.00/11	26927

## ZUMBA GOLD TONING - HYBRID (in person & Zoom)

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

*See Description above*

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Fri	Jan 13	9am – 9:45am	\$68.00/11	26519

**TOWN OF AURORA PROGRAM REGISTRATION FOR WINTER 2023 PROGRAMS WILL BE AVAILABLE BOTH ONLINE AND IN-PERSON ON THE FOLLOWING DATES:**

**RESIDENTS - DECEMBER 12**

**NON-RESIDENTS – DECEMBER 19**

HERE'S HOW TO REGISTER:

1. ONLINE USING THE TOWN OF AURORA'S E-PLAY SYSTEM. YOU CAN ACCESS E-PLAY BY VISITING [HTTP://WWW.AURORA.CA/EPLAY](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 365 500 3159 OR [KPAPILLON@AURORA.CA](mailto:KPAPILLON@AURORA.CA)

### Aurora Seniors Centre Trip Cancellation Procedure:

All refunds must be requested in writing ten (10) days in advance of the trip date. All requests must be directed to, Andrew Bailey, the Adult Program Assistant at the Centre, or via email at [abailey@aurora.ca](mailto:abailey@aurora.ca)

If a request comes in within 10 days of a trip, a refund will only be issued if your trip is resold. (Please note a \$23.25 admin fee will be applied)

\*\*A Credit is applied to Town of Aurora account unless a cheque refund or credit card refund is requested\*\*

If a trip is cancelled due to low registration, a full refund will be issued.

**All Trips under \$25.00 will be nonrefundable if submitted within 10 days of the trip.**

Please allow 4—6 weeks to receive your cheque, all cheques are mailed. Effective April 2022.

## Town of Aurora Walking Club

Occurs Every Tuesday at the Aurora Family Leisure Complex Chartwell Indoor Walking Track.

1:30 p.m. Walk

1:50 p.m. Stretch

2:00 p.m. Seminar

Upcoming Seminars:

December 6: Holiday posture

December 13: Holiday games & treats

December 20: Learn how to get and stay strong

December 27: NO WALKING CLUB

Seminars available in person or over Zoom.

Walking Club starts back up January 2, 2023

**Receive a free bag and water bottle**

**Walk. Stretch. Learn.**



# ORDER



Many of you have been asking for FRAKTALS for Christmas.

We are going to put in a Final order!

**You may order from December 1st to December 7th only.**

**Pick up and payment on Monday, December 19 from 10 a.m. to 2 p.m.**

There will be order forms at reception, fill them out and drop them in the black box by Reception.

Small bag milk or dark chocolate. \$5.00

Medium bag milk or dark chocolate. \$10.00

Clear Gift Box milk or dark chocolate \$15.00

There will be samples in the display case at Reception

Should you have any questions you can call Carol Palmer at 905-898-7075 or 289-796-8489

## ▶ Wednesday Wellness Series



Every Wednesday at 1 p.m. join us in the Lounge at the Centre or over Zoom for a weekly wellness topic. December's topics are:

**“SET BOUNDARIES FOR STRESS RELIEF”** on Wednesday, December 7

This seminar will help you how to say “No” and set healthy boundaries for your mental health, physical health and lower your stress.

**“DEEP BREATHING & RELAXATION”** on Wednesday, December 14

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.

**“LAUGHTER IS MEDICINE”** on Wednesday, December 21

This seminar will teach why laughter is so important for our overall wellness and health. End the session with some laughter yoga lead by one of our yoga instructors.

**No program** - December 28

**“DEEP BREATHING & RELAXATION”** on Wednesday, January 4

See Description on December 14

## ▶ ASA 2023 Membership Renewals

A reminder that your membership expires on December 31. The membership fees for 2023 are \$35 if you live in Aurora, or \$50 if you live outside Aurora.

You may renew either on-line by typing [auroraseniors.ca](http://auroraseniors.ca) and following the links (See Below), or by renewing your membership in person on the following days between 9:00 am and 3:00 pm:

2022	2023
December 1, December 2	January 3 to January 6
December 5 to December 9	January 9 to January 13
December 12, 13, 14	

You may pay by debit card, credit card, cash, or cheque (made payable to the Aurora Seniors Association).

On December 1st we will add the ability for people to renew their membership at the Aurora Senior Association online. This will not currently support new memberships because there are documents that need to be completed at the Centre for the staff to set up your account for the first time.

To be ready to process your renewal online with your credit or debit card **you will need to create an account at MyActiveCenter**. You will need to have your ASA key card or key FOB with you when you create your account as the registration process uses the number on the back to link your new account with the account maintained at the Centre.

The details are in a **News and Updates** item recently posted on [auroraseniors.ca](http://auroraseniors.ca)

Enjoy! Please let me know if you have trouble with the process.

Doug Cooper, [techspeakr2@gmail.com](mailto:techspeakr2@gmail.com)

## ► Fundraising Committee

We are leaving the fundraising committee; we are snowbirds and are off to sunny Arizona. We want to thank you, the members, for your support the last five months. We have thrown a lot your way and you have responded.

You have bought our chocolate bars, contributed to the bottle drive, joined us on Muffin Thursdays, enjoyed our monthly dinners and bought our 50/50 tickets.

You have made the Centre one of the charitable organizations you now support for taxable receipts and met new members at Friday games nights. You have supported the parking lot garage sale and book sale. You have learned about the "group of seven" son of JEH MacDonald and his life, and joined us meeting Ted Barris, the author. You have bought Fraktals, which wasn't a hard sell, delicious.

We have also learned a lot being on this committee, mostly the value of our fellow members. That saying "Volunteers aren't paid because they are worthless, but because they are priceless" is so true. It doesn't take but a quick look to see their value. Thank you to the receptionists for your additional help/support selling our dinner tickets and chocolate bars. You have been the ambassadors for our fundraisers.

We thought it might be a hard sell to get our volunteers to not only help us with the dinners but to pay for their dinner. We underestimated them and was no problem at all. Many of our volunteers are behind the scenes, the boards and financial part. It takes a lot of unpaid hours and members to make our Centre great but worth the good times we have. Hope you agree.

Carol Palmer and Pat Varney



### CHRISTMAS SING-A-LONG

JOIN OUR KEEP SINGING GROUP

**Thursday, December 15**  
**10:30 a.m. - 11:30 a.m.**

Coffee, Tea and Cookies too!



## ▶ ASA Activity News

### **ASA Conversational French for beginners**

This fun social activity is led by an ASA volunteer. The group Discuss a different topic each week such as food or travel and engage in different fun activities. The goal of this group is to learn to speak French and have fun doing it. The group meets every Wednesday at from 11 a.m. to 12 p.m. at the Centre. The group will be in until December 21, taking off December 28 returning on January 4. Hope to see you there.

### **ASA Woodshop**

The ASA woodshop is open for woodworking to members on Monday, Wednesday, and Friday from 9 a.m. to 12 p.m. The woodshop will be available Wednesday afternoons beginning Wednesday, December 14 by appointment only from 1 – 3 p.m. Please call Reception to book this. If there is a sign-up for the current week a volunteer will be onsite Wednesday afternoon. If not, the woodshop will be closed.

### **ASA Snooker League**

The Snooker League is a mixed league made up of players of all levels from beginner on up. We play on Tuesdays and Thursday with both a morning and afternoon session. Our next session begins in January and if we get enough players will also add a Wednesday game. Each session lasts for two months. You are welcome to play once a week or more depending on the number of players we have. This is a fun, "No Stress" league. We are there to have fun, shoot some snooker and enjoy meeting other members and socializing. You are welcome to bring your own pool cue, but there are cues available for your use in the pool room.

If you are interested, you can sign up in the book at Reception. For further information please contact Andrew or myself, Dave LeGallais (905-751-6911) Chair of the Snooker League. . Thanks. Dave

### **Writers Circle**

Share your stories, poems, and memoirs in a casual and encouraging atmosphere! Take turns leading sessions. Start with a 10-minute power write (topic chosen by leader of the day), and then read your pieces and assignments. Enjoy writing styles ranging from humour and poetry to memories and social commentaries. While there will be no critiquing of member submissions, we will enjoy lively discussion. No instructor, volunteer led. At the beginning of the year people suggest writing topics and each week at the end of the session one is picked out of a hat for the next assignment. This will be on Fridays from 9:30 a.m. – 11:30 starting January 13 in Activity Room C. Sign up is not required, please join us.

# COME PAINT WITH US!

SATURDAY DECEMBER 10  
1 P.M. - 4 P.M.  
AURORA SENIORS CENTRE



*With local  
artist  
Eva Folks*

\$60 fee includes all paint supplies,  
coffee, tea and some sweet treats.

Sign up at Reception.

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



# Enjoy A Winter Staycation At Kingsway Place

## Book by January 15th & get the 4th month **FREE\***



\*terms and conditions apply

Beat the Winter Blues with a stay in one of our fully furnished studio suites.

Enjoy delicious meals, daily activities, and most importantly meet new friends!

 *Kingsway Place*

by **FIELDGATE**  
Retirement Living



**Call 905-841-2777 or  
visit [kingswayaurora.com](http://kingswayaurora.com)**

# KARAOKE NIGHT AT THE CENTRE



**FRIDAY, JANUARY 20**

TICKETS \$8 | LIGHT REFRESHMENTS | CASH BAR  
7:00 P.M. – 9:00 P.M.

TICKETS ON SALE MONDAY, DECEMBER 12

JOIN US FOR A FUN EVENING WITH TERRY TODD  
WHO HAS A MULTIPLE NUMBER OF SONGS FOR YOU  
TO CHOOSE TO SING.

AURORA SENIORS CENTRE  
90 JOHN WEST WAY

Aurora Seniors Association invites you to



## CHRISTMAS WITH THE STARS

CHRISTMAS PLAY, STORIES, SONGS

SATURDAY DECEMBER 3 & SUNDAY DECEMBER 4  
SHOWS AT 2 P.M.

TICKETS - ADULTS \$10 CHILDREN \$5

Tickets are available at Reception and limited tickets at the door  
Refreshments available at intermission  
Aurora Seniors Centre  
90 John West Way, Aurora 905 726 4767

# SOCIAL DANCE

FRIDAY, DECEMBER 9

DOORS OPEN: 7 PM  
DANCING: 7:30 - 10:30 PM

Aurora Seniors Centre  
Members: \$5 per person  
Non-Members - \$7 per person

Light refreshments available  
Cash Bar



We are currently looking for volunteers to assist with running the Friday Night Dances. Please email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) if you are interested.

**NEWMARKET CITIZENS BAND**

**Presents**

*Sounds of the Season*

**A FREE Holiday Concert**

All are welcome to join the Band for an evening of seasonal favourites. Dust off your vocal chords.

*Singing may be required!*

**Tuesday, December 20, 2022**

**Aurora Seniors Centre**

**90 John West Way, Aurora**

**7:30 – 9:00 pm**

**We hope you will be able to join us!**



**Free tickets will be available at Reception limited tickets available.**

SEWING SALE!  
**FRIDAYS IN  
DECEMBER  
10 A.M. - 3:30 P.M.**



KNITTING SALE  
**MONDAYS IN  
DECEMBER  
9 A.M. - 12 P.M.**

All proceeds support your Aurora Seniors Association



**CONTACT US**

Aurora Seniors Centre  
90 John West Way

905 726 4767  
auroraseniors.ca

## ▶ Computer Club Information and Activities

We will be taking a few weeks break over the holidays. Sessions and drop-ins will be run on December 6, 13 and cancelled for December 20, 27. The sessions will be hybrid, you can choose to attend in person or over Zoom. We are offering open drop in help without an appointment after the Tuesday sessions from 11 a.m. – noon. Afternoon drop-in sessions will still be by appointment. You can request help by sending an email to Bob or Doug. Their email addresses are below. These can be virtual help sessions if members need them to be.

Tuesday morning seminar schedule for November:

- Dec 6 – General Q&A
- Dec 13 – Tips and Tricks (search, Outlook & Gmail in the browser, iPad contacts & gadgets)
- Dec 20, Dec 27 and Jan 3 – Cancelled

We have covered many topics of general interest. Recordings of the past years' Zoom sessions are being maintained at <http://www.auroraseniors.ca/>. Review the list and see if you might learn something new!

The Aurora Seniors Association website at <http://www.auroraseniors.ca/> is your best source for information about any of our programs or use one of the email addresses below.

Your suggestions and comments about what you might like the computer club to do or what topics you would like to see in the Tuesday sessions is always welcome. Send your suggestions to Bob Hedenberg at [bobhed65@gmail.com](mailto:bobhed65@gmail.com) or Doug Cooper at [techspeakr@gmail.com](mailto:techspeakr@gmail.com).

**The Meadows of Aurora**

### 65+ RESORT STYLE LIVING

The Meadows of Aurora is a Christian Seniors Lifestyle Community. **Book your tour today.**

THREE LIFESTYLE OPTIONS	INDEPENDENT LIVING	<b>Act now</b> to secure your suite in our next phase, Park Tower.
	ASSISTED LIVING	<b>A carefree lifestyle</b> with daily gourmet meals and a range of personal care options.
	MEMORY CARE	<b>Around-the-clock loving care</b> delivered by a team of expert health care professionals.

905 503 5560 | 440 William Graham Drive, Aurora, ON L4G 1X5 | sales@tmoa.ca | www.tmoa.ca

## ▶ Tuesday Night Movies at the Centre

We are pleased to be offering our Tuesday Night Movies 6:30 p.m. December showings will be:

**December 6 – Christmas Vacation (1989): Chevy Chase (PG-13, 97 min, Comedy)**

The Griswold family's plans for a big family Christmas predictably turn into a big disaster.

**December 13 – Irving Berlin's Holiday Inn (1941): Bing Crosby, Fred Astaire (PG, 116 min, Drama)**

At an inn which is open only on holidays, a crooner and a hoofer vie for the affections of a beautiful up-and-coming performer.

Movies are \$1.50, refreshments included.

## ▶ Silver Stars Theatre Group

Our "**Christmas With The Stars**" performance had our audiences on December 3 and 4 involved as guests in the play "**In Bethlehem Inn**" in which our cast acted the story of where Jesus was born - and now we have Christmas Day. Children in the audience enjoyed hearing the three Christmas stories that were read and acted by our cast. Everyone joined in singing carols and are now ready for Christmas Day to arrive.

The Silver Stars Theatre Group - Ed, Jane, Joan, John and John, Joy, Lise, Lori, Mary, Paul, Ruth, Zara, send **Merry Christmas wishes to all.**

## ▶ Special Events Committee

The Special Events Committee has a wonderful "FREE" performance by the **Newmarket Citizens Band** which will get you ready for Christmas with "**Sounds of the Season**" - an evening of seasonal favourites. This is a great band who have offered to come to the Aurora Seniors Centre. Get your free tickets at the Reception Desk and a chair will be set up for you on **Tuesday, December 20**. The doors will open at 7:00pm. The performance is from 7:30 to 9:00pm.

The Special Events Committee - Ann, Cecile, Don and Don, Ellie, Helen, Joan, Linda, Lori - wish everyone a **Merry Christmas.**

Coming up on **Friday, January 20, 2023 at 7 p.m.** will be a **Karaoke Night** with Terry Todd who has a multiple number of songs for you to choose to sing. Put the date on your January calendar and you can pick up tickets at \$8.00 each at the reception starting on Monday, December 12. Cash Bar and Light refreshments will be served.

FROM OUR  
DELMANOR FAMILY  
TO YOURS,

*happy  
holidays!*

**DELMANOR**  
*Aurora*  
*Inspired Retirement Living™*

25 BUTTERNUT RIDGE TRAIL  
AURORA

**905-503-9505**  
**DelmanorAurora.com**



**A Board of Directors:**

**President**

Dave LeGallais

**Vice President**

Jim Abram

**Treasurer**

Cheryl Rines

**Secretary**

John Scherrer

**Directors**

Vern Cunningham  
Carol Hedenberg  
Ann Overington  
Nick Senick  
Glen Sharp

**ASA Committees:**

**Finance**

Cheryl Rines—Chair

**Membership & Volunteers**

Sylvia Gilchrist—Chair

**Special Events Committee**

Joan Brownlow—Chair

**Operations & Activities Committee**

Dave LeGallais—Chair

**By-Law Review Committee**

John Scherrer—Chair

**Social Committee**

Don Keel—Chair

**Community Development Committee**

Shirley Petrie—Chair

**Seniors Related Issues Committee**

Jim Abram—Chair

**Fundraising Committee**

Carol Palmer and Pat Varney – Co-Chairs

**Aurora Seniors Centre Staff:**

Karie Papillon

Adult Program Coordinator

kpapillon@aurora.ca

(365) 500 3159

Andrew Bailey

Adult Program Assistant

abailey@aurora.ca

(365) 500 3160

Brandie Yorg

Program Lead (SCWW & SCM)

byorg@aurora.ca

(365) 500 3161

Bill Hawke

Primary Facility Operator

bhawke@aurora.ca

## 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.

**Jeopardy:** Play on Zoom over the phone all you need is a pen an paper

**Card Bingo:** Play this classic game with a deck of cards over the phone or on Zoom

**If you or you know someone who may be interested in this program, let us know, and a member of our Team will be happy to reach out.**

### 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](mailto:scww@aurora.ca)

# DECEMBER 2022 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>This legend indicates how each SCWW program will be available for this month!</b> T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference				December 1 3:15 Stretch and Relax (Z/T)	December 2 3:15 Fun and Games (T)
December 4 12:30 Chair Exercise (Z)	December 5 10:15 Stretch and Relax(Z/T) 3:15 Jeopardy (Z/T)	December 6 3:15 Chair Exercise (Z/T)	December 7 1:00 Wellness Series (Z/T) 3:15 Stories and Games (T)	December 8 3:15 Stretch and Relax (Z/T)	December 9 No Programs
December 11 12:30 Chair Exercise (Z)	December 12 10:15 Stretch and Relax (Z/T) 3:15 Fun and Games (T)	December 13 3:15 Chair Exercise (Z/T)	December 14 1:00 Wellness Series (Z/T) 3:15 Stories and Games (T)	December 15 3:15 Stretch and Relax (Z/T)	December 16 3:15 Fun and Games (T)
December 18 12:30 Chair Exercise (Z)	December 19 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	December 20 3:15 Chair Exercise (Z/T)	December 21 1:00 Wellness Series (Z/T) 3:15 *NEW Name That Tune (T)	December 22 3:15 Stretch and Relax (Z/T)	December 23 3:15 Fun and Games (T)
December 25 January 1 No Programs	December 26 January 2 No Programs	December 27 3:15 No Programs	December 28 3:15 Fun and Games (T)	December 29 No Programs	December 30 3:15 Fun and Games (T)



Packages are mailed out to residents or can be picked up at the Seniors Centre twice a month. The packages are filled with activities that will keep you entertained and will boost brain function, memory, and focus. Interested? Contact Brandie either via email [byorg@aurora.ca](mailto:byorg@aurora.ca) or by phone 365 500 3161.

## ▶ December 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 10:30 p.m.
8:30 Woodshop 9:00 Badminton 9:00 Move & Tone*(Z) 9:00 Knotty Knitters 10:00 Ladies Billiards 10:15 SCWW Stretch and Relax*(Z/T) 10:15 Piloga*(Z) 11:15 pFIT* 12:14 Hatha Yoga* 12:30 Duplicate Bridge 1:00 Carpet Bowling 1:00 Mahjongg 1:30 Stretch & Tone*(H) 1:30 Silver Stars 3:00 Beginner Pickleball 3:15 SCWW Fun and Games*(T)	8:30 Wood Carving 9:00 Boot Camp* 9:30 Balance* 10:00 Colour and Chat 10:00 Computer Club Seminars 10:30 Snooker League 10:30 Piloga*(H) 11:30 Zumba Gold*(H) 12:30 Pickleball (Women) 1:00 Bid Euchre 1:00 Wood carving 1:00 Table Tennis 1:30 Snooker League 2:15 Pickleball (Men) 3:15 SCWW Chair Exercise*(Z/T) 4:00 Badminton 6:00 Poker 6:30 Movie	8:30 Woodshop 9:00 Drawing 10:00 Chair Yoga* 10:30 Knitting* 11:00 Conversational French 1:00 Let's Create 1:30 Bridge 1:45 Choir 2:30 Knitting* 3:15 SCWW Stories & Games*(T)  <b>December 7</b> 12:00 Christmas Lunch* pre-purchased tickets. SOLD OUT*	8:30 Wood Carving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:00 Muffin Morning 10:00 Stretch & Tone* 10:00 Learn to play Keyboard* 10:30 Snooker League 10:30 Keep Singing 12:30 Pickleball (Men) 12:30 Poker 1:00 Wood carving 1:00 Bid Euchre 1:00 Table Tennis 1:30 Snooker League 2:15 Pickleball (Women) 3:15 SCWW Stretch and Relax*(Z/T)	8:30 Woodshop 9:00 Zumba Gold Toning*(H) 9:30 Quilt 'n Sew 9:30 Silver Stars 10:00 Chair Stretch* 11:00 Stretch & Tone*(Z) 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 Canasta 1:00 Mah-Jongg 1:30 Book Club 3:15 SCWW Fun & Games*(T) 7:00 Bid Euchre 7:00 Fun Night

**Please note:** Pickleball (PB) times are subject to change. Pre-registration required for pickleball, please call Reception at 905 726 4767 to book your space. Refer to the Pickleball schedule (available at the Centre or on the ASA website.)

**The Billiards Room is available for play during all operating hours.**

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

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

