

Indoor Garage Sale



**Sunday
April 30**

**8:30am to
1:00pm**

**Aurora Seniors Centre
90 John West Way, Aurora**



auroraseniors.ca
seniorscentre@aurora.ca
905 726 4767

Donation Drop off at the Seniors Centre will be:
Friday, April 28 from 9 a.m. to 4 p.m.
Saturday April 29 from 9 a.m. to 12 p.m.

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▶ Board of Directors

The Board met on Monday, March 20th. The following are updates and information for our members.

The Annual General Meeting will be held on Wednesday, June 14, at 1 p.m. It will be presented in a Hybrid form for so all members can attend either in person or by Zoom. Following the meeting there will be a B.B.Q. Enjoy a Hamburger or Sausage, salad, chips and dessert while you mingle with friends. There is a \$2.00 fee for the B.B.Q. payable at the door. Hope to see you there.

Volunteer Appreciation Week will be held from April 17 to the 21st at the Centre. To show our appreciation for our wonderful volunteer's coffee and tea service will be available at no charge to everyone. Come in and enjoy a cup while chatting with friends.

Here are a few of our upcoming events to mark on your calendar:

- Wednesday, April 5 at 10 a.m. – Purse Sale
- Wednesday, April 12, 19 & 26 at 9:30 a.m. - Accident Awareness Program
- Friday, April 14, at 7 p.m. - James Brown Jazz Trio
- Wednesday, April 26 12 p.m. - Heart to Home Lunch and Learn presentation.
- Saturday, May 6 and Sunday, May 7 - Silver Stars, Cabaret of Comedy
- Wednesday, June 21 at 2 p.m. - 4 string UKE Band

For further information on all upcoming events check the newsletter or the ASA website.

On behalf of the ASA the Board has agreed to two donations of \$500- each. One will be going to Chats and the other to the Southlake Regional Hospital. The ASA believes in supporting our local community.

Elections for the Board of Directors are quickly approaching. Here is some of the latest information on the candidates:

One-year term: Acclaimed - Dave LeGallais and Percy Surti

Two-year term: Acclaimed - Louis Gambino and Robert Ishoj

Three-year term: There have been 5 nominations for 3 Three-year positions on the Board.

Vern Cunningham Glen Sharpe Robert Gabey Joyce Latimer Kevin Griffiths

Please see all the candidates Biographies on the ASA bulletin board and on the website. Please read about your nominees and attend the All Candidates Meeting on April 12th at 11:30 in the lounge. Each candidate will introduce themselves to the members and you will have the opportunity to ask them questions.

Our website continues to improve. Linda LeGallais has joined the website team of Jo-Anne Bartholomew, Jane Snape, and Doug Cooper. She will act as liaison between the Town Staff and all our Activities Coordinators to the Website Manager. If you are a coordinator with news or updates you would like to see on the website, please contact her at linda.legallais@gmail.com.

That's it for now. Enjoy the warm days that are starting to appear. The upcoming season at the Centre is going to be a busy one with something for everyone. Enjoy!

Dave LeGallais

Aurora Senior Centre's own



Present their 2nd Annual

CABARET OF COMEDIES SHOW

2 SHOWS ONLY

Saturday, May 6 at 2 p.m.

Sunday, May 7 at 2 p.m.

Tickets \$10 each includes Refreshments

TICKETS ON SALE STARTING MONDAY, APRIL 3 AT RECEPTION



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AURORA SENIORS CENTRE
90 JOHN WEST WAY



BOARD OF DIRECTORS ELECTION

In accordance with ASA By-laws, these members have been nominated for a three (3) year term and are eligible to stand as candidate for election to the Board of Directors

Vern Cunningham

Robert Gaby

Kevin Griffiths

Joyce Latimer

Glen Sharp

Their photograph and biography are posted in the lobby & on the ASA Website at <https://www.auroraseniors.ca>

An All-Candidates Meeting will be held on Wednesday, April 12 at 11:30am followed by an ADVANCE POLL on Tuesday, April 25

Voting will take place from Friday, May 5 to Thursday, May 11 inclusive. The elected candidates will be confirmed at the Annual General Meeting on Wednesday, June 14.

VOLUNTEERS will be needed to assist with the balloting and voting process at the polling station. As a volunteer you will be confirming membership of the voting member from a list and providing them with a ballot and verbal instructions.

This is an opportunity for you to take an active part in your ASSOCIATION. Any member that can volunteer for a 3-hour shift in the morning or afternoon on any of the polling dates can select a day and shift from the schedule at the Front Reception desk. The morning schedule is from 9:30 a.m. to 12:30 p.m. and the afternoon schedule is from 12:30 p.m. to 3:30 p.m. There are 2 evening shifts. There are 24 shifts in total so please if you are able, **volunteer**. The dates are April 25: and May 5 to May 11 inclusive.

Nomination & Election Committee

Town of Aurora Spring 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).

Day	Date	Time	Fee/Class	Code
Thu	April 13	9am – 11am	\$151.00/10	28418

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	April 13	11:30am - 1:30pm	\$153.00/10	28419

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	April 11	9:30am-10:15am	\$75.00/12	28420
Tue	April 11	10:30am-11:15am	\$75.00/12	28437

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: May 24, May 31

Day	Date	Time	Fee/Class	Code
Wed	April 12	7:30pm-8:30pm	\$95.00/8 per person	28412*

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: May 22 & May 29

Day	Date	Time	Fee/Class	Code
Mon	April 10	7:30pm-8:30pm	\$95.00/8 per person	28413*

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 22 & May 29

Day	Date	Time	Fee/Class	Code
Mon	April 10	8:30pm-9:30pm	\$95.00/8 per person	28414*

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	April 13	9am - 9:30am	\$42.00/12	28438

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	April 13	9am - 9:30am	\$42.00/12	28439

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	April 11	9am - 9:45am	\$75.00/12	28421

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.

*No Class: April 28

Day	Date	Time	Fee/Class	Code
Fri	April 14	10am - 10:45am	\$63.00/10	28422*

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	April 12	10am - 11am	\$63.00/10	28423

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	April 12	9am - 10:30am	\$125.00/ 10	FULL

GET FIT NEW!

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

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. 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	April 12	9am - 9:45am	\$63.00/10	28504

GET FIT NEW!

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Wed	April 12	9am - 9:45am	\$63.00/10	28505

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.

Day	Date	Time	Fee/Class	Code
Fri	April 14	11:15am - 12pm	\$63.00/10	28506

KNITTING: LEARN TO KNIT PART 1

Age: 55+ years Location: ASC

A simple knit square or rectangle can become a button cowl, fingerless gloves or hat. In this 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 practised while knitting three small projects – a dishcloth, fingerless mitts and a cowl. Participants need no prior experience knitting. Note: 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.

Day	Date	Time	Fee/Class	Code
Wed	April 12	10:30am - 11:45am	\$10.00/3	28425

KNITTING: LEARN TO KNIT PART 2

Age: 55+ years Location: ASC

In this class you will learn various techniques (increases, decreases, seaming, bias knitting, reading charts) and stitches (cables, lace, slip stitches, ribs, knit & purl combos) which will enable you to go on and create your own designs. For each new stitch or technique you will also be given a pattern for a simple project you can knit using that new skill. This class is suitable for the advanced beginner. It would be an excellent follow up to the Learn to Knit Class. Please pick up a supply list at the Seniors Centre and bring all supplies to the first class.

Day	Date	Time	Fee/Class	Code
Wed	May 10	10:30am - 11:45am	\$45.00/4	28440

KNITTING: SPRING SHAWL

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-striping 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	May 10	2:30pm - 3:45pm	\$45.00/4	28448

LATIN DANCE FOR SINGLES **NEW!**

Age: 55+ years Location: ASC

Come out for a fun-filled evening, learning the basic steps of Latin Dancing. This stress-free class will soon have you moving on the dance floor with easy steps of Cha-Cha, Merengue, Bachata, Mambo, Cumbia, Salsa and more. No partner or previous dance required.

*No Class May 24, May 31

Day	Date	Time	Fee/Class	Code
Wed	April 12	8:30pm - 9:30pm	\$95.00/8	28415*

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!

Day	Date	Time	Fee/Class	Code
Thur	Apr 27	10:00am - 10:45am	\$135.00/10	28765

We are unable to offer a Piloga Program this Spring Session. It will return in the Fall.

LEARN TO PLAY KEYBOARD TOO NEW!

Age: 55+ years Location: ASC

This is a follow up to "Learn to Play Keyboard" going beyond the basics. It is recommended participants have basic playing skills.

Note: Keyboards will be available for rental, \$50 payable to the instructor. Please contact Karie Papillon at kpapillon@aurora.ca to arrange the rental

Day	Date	Time	Fee/Class	Code
Thur	Apr 27	11:00am - 11:45am	\$137.00/10	28764

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 May 22

Day	Date	Time	Fee/Class	Code
Mon	April 10	9am - 10am	\$63.00/10	28426*

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 May 22

Day	Date	Time	Fee/Class	Code
Mon	April 10	12pm - 12:30pm	\$94.00/8	28427*

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: May 22

Day	Date	Time	Fee/Class	Code
Mon	April 10	1:30pm - 2:30pm	\$63.00/10	28432*
Thu	April 13	10am - 11am	\$75.00/12	FULL
Fri	April 14	11am - 12pm	\$63.00/10	28443

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 May 22

Day	Date	Time	Fee/Class	Code
Mon	April 10	1:30pm - 2:30pm	\$63.00/10	FULL

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	April 18	1pm - 3:30pm	\$151.00/8	FULL

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	April 18	9:30am - 12pm	\$153.00/8	28445

YOGA: TRULY FOR BEGINNERS NEW

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	April 11	6pm -7pm	\$63.00/10	28434

YOGA: SUNDOWN, MAT YOGA NEW

Age: 18+ 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.

Day	Date	Time	Fee/Class	Code
Tue	April 11	7:15pm - 8:15pm	\$63.00/10	28417

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	April 11	11:30am - 12:15pm	\$76.00/12	28446

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	April 11	11:30am - 12:15pm	\$76.00/12	28435

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	April 14	9am – 9:45am	\$63.00/10	28436

Registration for Spring 2023 programs is currently available:

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>
2. Registration Forms available at Reception.

▶ Computer Club Information and Activities

We are back with Hybrid Sessions in 2023! You can choose to attend in person or over Zoom. You can now purchase access to the Computer Club Hybrid sessions online. You can email Doug for instructions. The fee is \$40 for the year, which is typically 42 sessions. You can continue to pay your \$1 at the door if you prefer. We are offering open drop in help without an appointment after the Tuesday sessions from 11a – noon and in the afternoon between 1p and 3p. If you are looking for help with something specific, you can send a request in an email to Bob or Doug. Their email addresses are below.

Tuesday morning seminar schedule for April:

- April 4 – General Q&A
- April 11 – VOIP (Internet) Phones (Doug)
- April 18 – Apple Day – iPad Tips and Tricks (Herb & Susan)
- April 25 – Photo editing and Printing (Ronen)

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.

We have covered many topics of general interest. Recordings of the past years' Zoom sessions are being maintained at <http://www.auroraseniors.ca/>. We now have a Quick Link to these recordings available on the ASA homepage. 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.

Free tickets for Wednesday, April 26
Lunch and Learn available at Reception now!
Pizza, Caesar Salad, and refreshments will be served. Thanks to Heart to Home Meals.
(limited tickets available)



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Aurora Senior Centre
Wednesday, April 26th, 2023
11:45 am

Made for Seniors

905-713-5718
HeartToHomeMeals.ca



*Some conditions may apply.



SENIORS CENTRE IN THE MAIL

Seniors Centre in the Mail is a free program.

Twice a month activity kits are mailed to you (or you can pick them up at the Aurora Seniors Centre). Each package will include puzzles, sudoku, trivia and more!

Contact us:

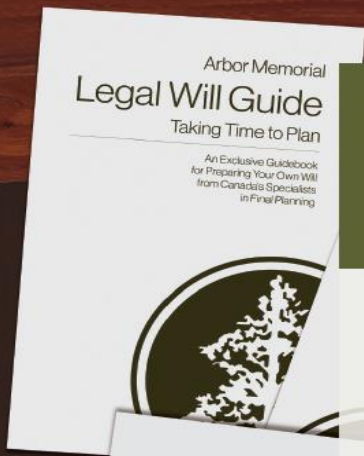
365-500-3161



scww@aurora.ca



TOWN OF AURORA
SENIORS' CENTRE
IN THE MAIL



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Arbor Memorial Inc.

Indoor WALKING CLUB



Tuesdays:
1:30 p.m. Walk
1:50 p.m. Stretch
2:00 p.m. Seminar

Upcoming Seminars:

April 4 – Navigating Your Home Transition: From Start to Finish with Keisha from Transitions Realty

April 11 -Red Cross Emergency Preparedness with Brandie

April 18 - Three Steps to Build Happy, Healthy Feet with Dr. Dean from Elevate Chiropractic

April 25 - Wrap Up Party

Seminars available in person or over Zoom.

Walk. Stretch. Learn.

Aurora Family Leisure Complex
seniorscentre@aurora.ca
365-500-3161



► Special Events Committee

"Tea in the Garden" which was held on Sunday, March 12, was a wonderful Special Event. Thanks to Ann Overington and Joan Fellows who planned and organized the event and thanks to all the volunteers who made it a "delicious" afternoon.

The next Special Event is the April Jazz Appreciation Month in which the James Brown Trio will perform for us on April 14 at 7 p.m. You will enjoy jazz standards, and tunes by Joni Mitchell, Neil Young, The Beatles, and original compositions by James Brown. The doors will open at 6:30 p.m.

A limited number of FREE tickets for this event are still available at the Reception.

If you would like to do so, you can make a donation to the Aurora Seniors Association at the beginning or the end of the performance.

The Special Events Committee are looking for members to join the Committee to assist with all the Events that have been planned. Please notify Joan Brownlow at jdbrownlow@bell.net that you would like to attend our next meeting on April 6 at 12:30pm. in the library.

A PLACE TO
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JOIN US FOR A TOUR
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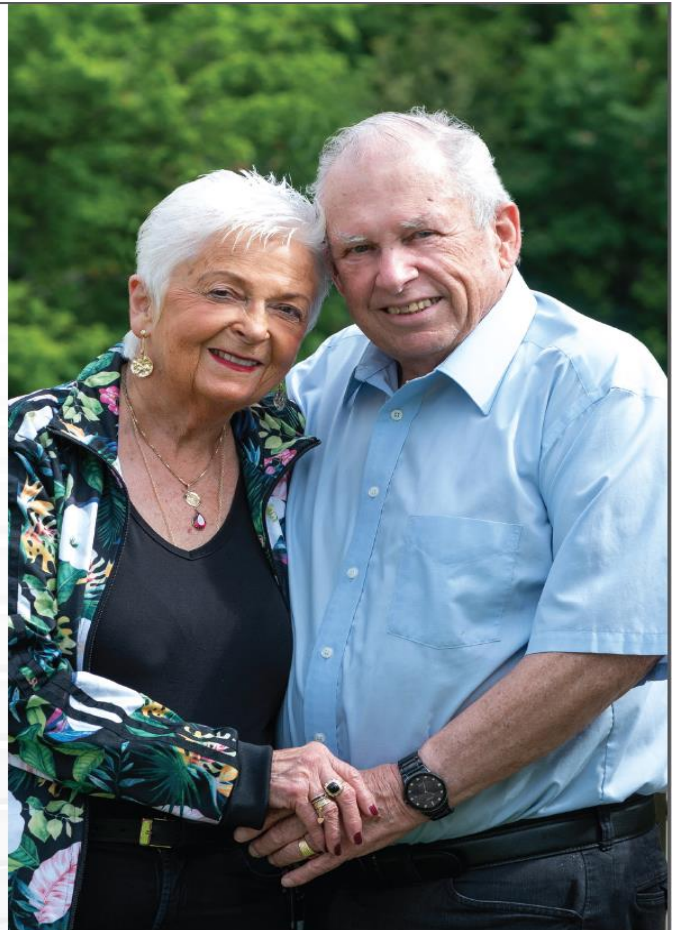
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Aurora Seniors Presents

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:** Wednesday, April 19, 2023
- Depart:** 8:45 a.m. Aurora Community Centre
1 Community Centre Ln,
Aurora, ON L4G7B1
- 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: \$51.00 per person
Non Members: \$60.00 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



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F: 416 499 1448
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www.yearroundtravel.com

Aurora Seniors Presents

GYPSY

Gypsy Rose Lee was the world's most famous striptease artist; Momma Rose the ultimate stage mother. Follow their extraordinary story in Stephen Sondheim's timeless musical about sex, power and longing. With legendary songs, including "Let Me Entertain You" and "Everything's Coming up Roses," Gypsy remains the greatest American musical.

Date: Thursday, June 22, 2023
Depart: 9:00 a.m. Stronach Recreation Complex
 1400 Wellington St. E.

Lunch: Enjoy a delicious meal at the Queenston Heights Restaurant. Choice of 1) Grilled Breast of Chicken 2) Baked Rainbow Trout 3) Angus Striploin us Jus 4) Pan Seared Polenta
MEAL SELECTION MADE UPON ARRIVAL

Show: 2:00 p.m. - 4:30 p.m.
 Reserved orchestra seating for Gypsy at the Festival Theatre

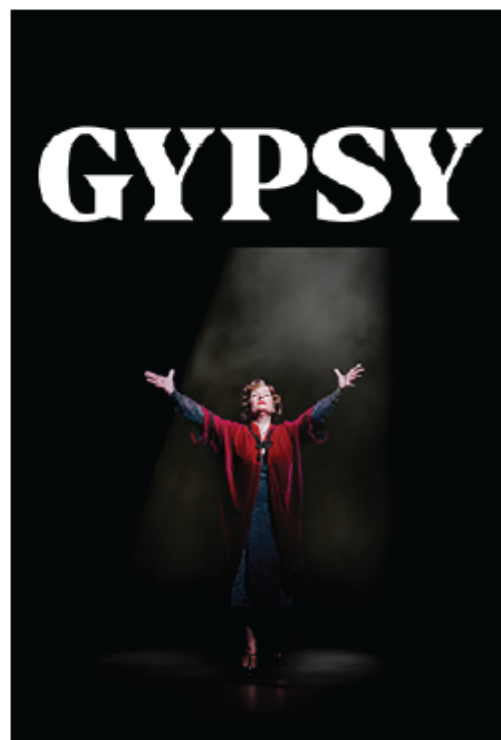
Return: Arrival Aurora approx. 7:00 p.m.

Price: Member: \$215.00 per person
 Non Member: \$225.00 per person

Inclusions: Return transportation via deluxe coach, lunch at Queenston Heights, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.

To Book: Sign up at reception or for more information call Andrew Bailey at 365-500-3160

**SHAW 20
 FESTIVAL 23**



Sign-up for our monthly E-Newsletter at yearroundtravel.com



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

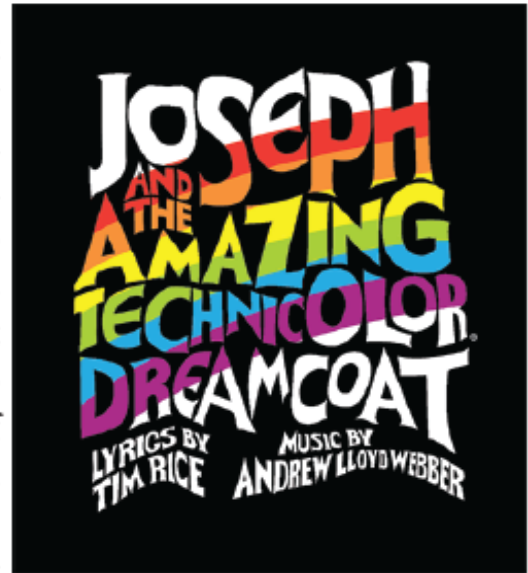
250 Consumers Road #715
 North York ON
 M2J 4V6

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

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

Aurora Seniors Presents

By turns dazzling, explosive, and electrifying, Joseph is truly a technicolor triumph! Journey back to the ancient land of Canaan for an enchanting story of faith and forgiveness as the biblical tale of Joseph is chronicled with sparkling wit, irreverence, and imagination. When Joseph’s father gives him a fabulous coat of many colors, his 11 jealous brothers hatch a devious scheme to sell him into slavery. But Joseph rises above his bleak circumstances due to his ability to interpret dreams, and becomes one of the most powerful men in Egypt. Don’t miss this rollicking musical masterpiece packed with incredible dance numbers, plenty of laughter, and catchy tunes like “Go, Go Joseph,” “Any Dream Will Do,” and “Close Every Door.”



- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Date: Thursday, July 27, 2023 | Inclusions: Return transportation via deluxe coach, lunch, reserved orchestra seating, gratuity on meal, driver gratuity, and all taxes. |
| Depart: 8:30 a.m. - Stronach Recreation Complex | |
| Market: 10:00 a.m. - 11:30 a.m. Visit to St. Jacobs Market | Price: Members: \$195.00 per person
Non Members: \$210.00 per person |
| Lunch: 11:45 a.m. - 1:15 p.m. Enjoy a delicious meal at Golf’s Steak House | To Book: Sign up at reception or for more information call Andrew Bailey at 365-500-3160 |
| Show: 2:00 p.m. - 4:30 p.m. Reserved orchestra seating for the performance of Joseph and the Amazing Technicolor Dreamcoat at the St. Jacobs Country Playhouse | |
| Return: Arrival in Aurora approx. 6:30 p.m. | |



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ASA SOCIAL DANCE

FRIDAY, APRIL 21

FRIDAY, MAY 19

FRIDAY, JUNE 2 AND JUNE 16

AT THE AURORA SENIORS CENTRE

DOORS OPEN 7:00 P.M.

DANCING 7:30 - 10:30 P.M.



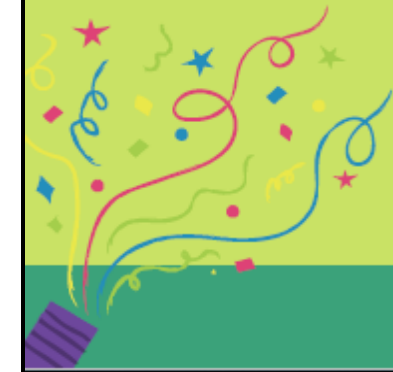
Admission \$5 per member

\$7 per non-member

Light refreshments available

Cash Bar

Singles Welcome



► Upcoming information Sessions at the Centre

Accident Awareness “You and the Road” 3-week workshop

Wednesday, April 12, 19 and 26 at the Centre each running from 9:30 – 11 a.m.

We will welcome retired police officers Robert Annan, John Hinds and Phil Mapley for this comprehensive 3-week workshop on the everchanging landscape of staying safe on our busy roadways as a pedestrian and as a driver.

You are welcome to join 1, 2 or all 3 sessions.

April 12 - The Pedestrian Impact

April 19 - Continuing to Drive

April 26 Walking to Drive

Making Housing Decisions that Work for you

Wednesday, April 19 at 1 p.m. in the Lounge

We will welcome Lenard Lind from Lind Realty Team Inc. You will learn tip on how to stay longer in your home, transition to a new/smaller home or move to a facility that provides additional care/services

Other topics to be covered:

- Preparing to Age in Place "Right Sizing" (providing "Accessibility for your Home")
- Moves from One Location to Another - Market update, available product/New Listings i.e., bungalow-one floor gated community and/or condo apartments
- Locations that will accept excess furniture, personal items such as Furniture Bank, Millionaire's Daughter, Mission Thrift Store etc., (Cleanslate/Grief Relief)
- Home Equity Bank Loan - "reverse mortgages", offering consumers access to a pool of funds - using equity in the home as a security (can bring representative from Institution)
- Legal counselling for Power of Attorney for Property and Personal Care and "Living Wills."

► ASA Evergreen Choir

The Evergreen Choir will be holding a Spring Concert on Saturday, May 27. This will be their first Spring Concert in three years. Tickets will be \$5 each and will be available for sale beginning on Monday, May 1. The concert starts at 2 p.m. with the doors open at 1:30 p.m.

Our Christmas Concert was a huge success and we hope you will come out and support the choir once again. Dr. Richard Heinzle is our Choir Director, and Craig Garnham is our accompanist. As usual, Jim Gilchrist will be the choir's Master of Ceremonies. The Evergreen Choir looks forward to seeing you on May 27.

Sylvia Gilchrist



Purse Sale!

Wednesday April 5

10 a.m. - 2 p.m.

Purses available for as low as \$3

Designer purse silent auction

Wednesday April 5 - Thursday April 6.

(brands include: Michael Kors, Coach, Bottega Venetta, Danier, Pixie Mood, Adrienne Vitadini, Halston, Dooney & Burke)

Aurora Seniors Centre

905 726 4767

Thank you to everyone that has donated purses and jewelry.

We have some outstanding items for sale.

The donated jewelry will be available to purchase at the Garage sale on Sunday, April 30 from 8:30a.m. to 1p.m.

▶ ASC Library Update

A short note to make you aware of changes within the library and a few thoughts for the future.

Changes to the Library

- All books have been reorganized and sorted by author hopefully making it easier for you to find an interesting book.
- Another bookcase has been added and the puzzle table relocated slightly to make better use of the space.
- The spare puzzles are now stored at the bottom of the new bookcase.
- The Romance section has been given more shelving to accommodate an increasing interest.
- The Mystery/Murder/Mayhem section will be expanded now that the bookcase has been added.
- Finally, to help you to comfortably look at books on the lower shelves, a swivel/roller chair is now available.

Thoughts for the Future

- I hope to add a Large Print section in light of the number of requests.
- A special interest of mine is Science Fiction. If you have any Science Fiction books to donate, I will start a new section for them.

Book Donations

- For the moment, save them for the upcoming Indoor Garage Sale on April 30. Donations accepted on Friday and Saturday - April 28 & 29.

General Administration

- Please place your returns in the return box by the door. Leave them on the top of the box only if they are too thick for the slot.
- Any and all ideas about the library are welcome.
- Send your idea/comment to Kevin.Griffiths4881@gmail.com or even better, see me whenever I am around.

Kevin Griffiths

▶ ASA Bingo

Our bingo occurs every Friday at the Centre and starts at 12:45 p.m. sharp. Players are asked to arrive prior to this time and be ready to play as we cannot stop for late comers as it disturbs the caller and the volunteer taking the money and delay members who have timed transportation to go home. we only take Toonies, Loonies and quarters to pay for your cards.

All are welcome to join us anytime.

ASA bingo coordinator Jane Young.

ASA April Bistro's

LUNCH SERVED AT 12 P.M.
DOORS OPEN AT 11:45 A.M.

\$7.00 MEMBERS
\$10 NON-MEMBERS



Menus

WEDNESDAY, APRIL 5

ORANGE CRANBERRY CHICKEN,
RICE, SALAD AND DESSERT

WEDNESDAY, APRIL 19

COUNTRY VEGETABLE SOUP
TURKEY SANDWICH ON
CROISSANT AND DESSERT



Tickets Sold Out for the April 5 Bistro.

Tickets for the April 19 Bistro on sale at 1 p.m. following the
April 5 Bistro and on sale until Friday, April 14 at 3 p.m.

Please Note: refunds are not allowed after the last date of sales.

Saturday,
May 13
1 - 5 p.m.

Spring Paint & Sip

\$60 fee includes:

- all paint supplies,
- instruction,
- coffee, tea,
- sweet treats

Registration forms available
at the Centre.



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

► Etiquette around the Centre

The Seniors Centre is a busy place!

With the increase in membership, there has been an increase in activities and programs offered at the Senior Centre as well as other Town facilities such as the Aurora Family Leisure Complex. We would appreciate your understanding and cooperation on a few things moving forward.

- There are many set-up transitions throughout the day, so for your safety and our facility operator's team, please adhere to the start time of your program/activity and wait until the room is set-up before entering, even if you are the coordinator of your activity.
- If your program/activity room is set-up early you may enter, but please understand that this may not always be the case.
- Please read the Town of Aurora's Community Code of Conduct located between the double doors of the Seniors Centre. Our goal is to always to create a safe and inclusive environment whether participating in a program, activity or just stopping by for a visit.

If you have any questions or feedback to share, please see Andrew, Karie, or Brandie.
Thank you.

GARDEN BOXES

Applications available
Monday May 1



We have 20 garden boxes available for members to use on the deck. We provide the box, soil, garden tools, and water. You provide the plants and/or seeds, and creativity. Boxes are only available to members, 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.

Aurora Seniors
Centre

Volunteers

THANK YOU!

"We value
everything you do"

With Thanks

Aurora Seniors Centre staff
and Board of Directors

Join us in the lounge for a virtual
appreciation presentation.

**Optimizing Mental Health through Art
Monday April 17 from 1:30 - 2:30 pm.**

Participants will be taken through grounding
meditation through music, connectivity
exercises, and creative writing facilitated using
Cognitive Behaviour Therapy and Dialectical
Behaviour Therapy techniques.

Explore reframing negative thoughts through
arts-based practices, create interconnected
visual and musical landscapes through shared
feelings, and learn how to turn their life
experiences into art and music.

RSVP is not required.

Coffee, tea, sweet treats too.

▶ Tuesday Night Movies at the Centre

We are pleased to be offering our Tuesday Night Movies beginning at 6:30 p.m. (*6 p.m. if specified).

April 4 – Maybe I Do (2023): Diane Keaton, Richard Gere (Pg-13, 95 min, Comedy)

A young couple decide to invite their parents to finally meet and to offer some understanding of why marriage works.

April 11 – Women Talking (2022): Rooney Mara, Claire Foy (PG-13, 104 min, Drama)

Women Talking' follows a group of women in an isolated religious colony as they figure out how they might move forward to build a better world for themselves and their children.

April 18 – A Man Called Otto (2022): Tom Hanks (PG-13, 126 min, Comedy, Drama)

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

April 25 – The Whale (2022): Brendan Fraser, Sadie Sink (R, 97 min, Drama)

A reclusive, morbidly obese English teacher attempts to reconnect with his estranged teenage daughter.

Movies start at 6:30 p.m. sharp! \$1.50 includes movie, refreshments, and popcorn!

Movies are open for Members Only.

Thank you.

<p>ASA Board of Directors:</p> <p>President Dave LeGallais</p> <p>Vice President Jim Abram</p> <p>Treasurer Cheryl Rines</p> <p>Secretary John Scherrer</p> <p>Directors Vern Cunningham Carol Hedenberg Ann Overington Nick Senick Glen Sharp</p>	<p>ASA Committees:</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>Aurora Seniors Centre Staff:</p> <p>Karie Papillon Adult Program Coordinator kpapillon@aurora.ca (365) 500 3159</p> <p>Andrew Bailey Adult/Older Adult Programmer abailey@aurora.ca (365) 500 3160</p> <p>Brandie Yorg Program Lead (SCWW & SCM) byorg@aurora.ca (365) 500 3161</p> <p>Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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Town of Aurora SCWW

Seniors Centre Without Walls (SCWW) is just like attending a fitness class, seminar or playing a game at the Seniors Centre but from the comfort of your home. Join us over the phone, and with Chair Exercise and Stretch and Relax programs, also on ZOOM video conferencing.

All SCWW Programs are FREE to join, our offered 6 days a week, 30 minutes regular programs include:

Chair Exercise: Light cardio and strength exercises. Weights are optional.

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

Stories & Games: Stories and music from a variety of genres.

Stretch & Relax: Full body stretch with deep breathing.

Card Bingo: All you need is a standard deck of cards.

Jeopardy: Trivia questions "Jeopardy" style, all you need is pen and paper

***NEW Telephone Tapestry:**

Monday, April 3 BACKSTAGE AT THE VINYL CAFÉ

Backstage at the vinyl café is a podcase that features favourite vinyl café stories and narrated by the long time produce, Jess Milton.

Tuesday, April 11 HUMAN LIBRARY

Joining this month is Yvonne Bahlangene. Yvonne will share her story of growing up in Zimbabwe and her many adventures around the globe including working on the Great Barrier Reef and a Safari.

Tuesday, April 18 SLEUTHING WITH SHERLOCK

A Whodunnit style mystery. Join as Adrienne reads an abridged Sherlock Holmes story and try to solve the mystery!

Monday, April 24 COMPOSER-IN-RESIDENCE

Join the Hamilton Philharmonic Orchestra and their composer-in-residence as they interview one of their musicians! Hear stories about they got their start, what is like to be a professional musician and why they chose the instrument they play.

If you know someone who may be interested in this program, please let us know, a member of our team will be happy to reach out to make the first connection.

Contact Information:

Telephone: 365 500 3161

Email: scww@aurora.ca



Thanks for voting us
#1 Adult Day Services for Aurora!

Seniors' Centre Without Walls (SCWW) is a free community outreach program that allows adults and older adults to participate in seminars, fitness classes and games over the phone or through Zoom.

For more information, please visit

aurora.ca/scww or call 365-500-3161



APRIL 2023 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
April 2 12:30 Chair Exercise (Z)	April 3 10:15 Stretch and Relax(Z/T) *New 1:30 Telephone Tapestry 3:15 Fun and Games (T)	April 4 3:15 Chair Exercise (Z/T)	April 5 3:15 Stories and Games (T)	April 6 3:15 Stretch and Relax (Z/T)	April 7 No Programs (Good Friday)
April 9 No Programs (Easter Sunday)	April 10 10:15 Stretch and Relax(Z/T) 3:15 Card Bingo (Z/T)	April 11 *New 1:30 Telephone Tapestry 3:15 Chair Exercise (Z/T)	April 12 3:15 Stories and Games (T)	April 13 3:15 Stretch and Relax (Z/T)	April 14 3:15 Fun and Games (T)
April 16 12:30 Chair Exercise (Z)	April 17 10:15 Stretch and Relax (Z/T) 3:15 Fun and Games (T)	April 18 *New 1:30 Telephone Tapestry 3:15 Chair Exercise (Z/T)	April 19 3:15 Stories and Games (T)	April 20 3:15 Stretch and Relax (Z/T)	April 21 3:15 Fun and Games (T)
April 23/30 12:30 Chair Exercise (Z)	April 24 *New 1:30 Telephone Tapestry 10:15 Stretch and Relax(Z/T) 3:15 Jeopardy (Z/T)	April 25 3:15 Chair Exercise (Z/T)	April 26 3:15 Stories and Games(T)	April 27 3:15 Stretch and Relax (Z/T)	April 28 No Programs

NEW Telephone Tapestry programs see information page for description. Pre-registration required.

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

▶ April 2023 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 p.m.
8:30 Woodshop 9:00 Badminton 9:00 Move & Tone*(Z) 9:30 Knotty Knitters 10:00 Ladies Billiards 10:00 Conversational Italian (NEW) 10:15 SCWW Stretch & Relax*(Z/T) 12:00 pFIT 12:30 Duplicate Bridge 12:30 Carpet Bowling 1:00 Mah-Jongg 1:30 Stretch & Tone*(H) 1:45 Carpet Bowling 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 Seminars(H) 10:00 Snooker League 10:30 Balance* 11:30 Zumba Gold*(H) 12:30 Pickleball (Women) 12:30 Table Tennis 1:00 Bid Euchre 1:30 Snooker League 2:15 Pickleball (Men) 3:15 SCWW Chair Exercise*(Z/T) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Wood Carving 7:15 Sunset Mat Yoga*	8:30 Woodshop 9:00 Get Fit*(H) 9:30 Accident Awareness 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)	8:30 Wood Carving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 10:00 Stretch & Tone* 10:00 Learn Keyboard* 10:00 Snooker League 11:00 Learn Keyboard Too* 10:30 Keep Singing 11:15 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Wood Carving 1:00 Bid Euchre 1:30 Snooker League 2:30 Pickleball (Women) 3:15 SCWW Stretch & Relax*(Z/T)	8:30 Woodshop 9:00 Zumba Gold Toning*(H) 9:30 Quilt 'n Sew 9:30 Writers Circle 10:00 Chair Stretch* 11:00 Stretch & Tone*(Z) 11:15 Get Fit* 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 Canasta 1:00 Mah-Jongg 1:30 Book Club 2:30 Pickleball (Mixed) 3:15 SCWW Fun & Games*(T) 7:00 Fun Night
1:00 ASA Board of Directors (April 24)		10:00 Purse Sale! (April 5) 10:30 Bloor Pressure Clinic (April 19) 11:00 Author Book Signing (April 19) 11:30 All Candidate Meeting (April 12) 12:00 Bistro's (April 5 & 19) 1:00 Housing Seminar (April 19)		CLOSED Good Friday (April 7) 9:30 Mandarin Singing (April 14 & 21) 7:00 Social Dance (April 21) 7:00 Jazz Event (April 14) PLEASE NOTE: All activities cancelled April 28 for Garage Sale set up

Please note: Pickleball (PB) times and registration are subject to change. Refer to the Pickleball schedule (at the Centre or auroraseniors.ca)

- 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

