



AURORA SENIORS ASSOCIATION
THE EVERGREEN CHOIR
INVITES YOU TO THEIR

SPRING CONCERT

SATURDAY MAY 27, 2023
AT 2 P.M.
(DOORS OPEN AT 1:30 P.M.)

TICKETS \$5

TICKETS AVAILABE FOR SALE AT THE
AURORA SENIORS CENTRE
90 JOHN WEST WAY, AURORA
905 726 4767
SENIORSCENTRE@AURORA.CA

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▶ Board of Directors

Here are the latest updates from the Board of Directors meeting held on Monday, April 24.

The Annual General Meeting will be held on June 14th at 1:00 PM. Everyone is encouraged to attend either in person or virtually. There will soon be updates on our website and all pertinent information will be in the May newsletter. On June 1st. The AGM Agenda will be posted on the bulletin board at the Centre as well as being on the website. There will also be hard copies available at Reception. We hope to see a large turn out of our members. It is a wonderful opportunity to see how the ASA runs. We will be having a B.B.Q. following the meeting at a cost of \$2:00. A great chance to socialize with members you don't get to see all the time.

As you are probably aware the election for our new Board will take place in May. There are three openings for 3 year terms available. We have five candidates running. Voting will take place from Friday, May 5 until Thursday, May 11. See the newsletter or website for exact times. The candidates biographies are available for viewing in the lobby of the Centre or on the website under Election information. We strongly encourage you to read up on the candidates and vote for your choice at one of the times available. It is so important to the ASA to have a strong Board of Directors.

The following is a list of upcoming events you can look forward to:

- Brandie is inviting our members to a walking challenge that will begin on Saturday May 6. Everyone is invited to participate. See further information in this newsletter, our website or speak to Brandie at the Centre.
- Don't forget the Silver Stars will be performing a Cabaret of Comedy on May 6th and 7th. Tickets are available at reception.
- June 1 is Blue Jay Day in the Lounge. (FREE popcorn!)
- June 21 we will host the 4 String Uke Band.
- August 18 – Dance that will feature the Pacemakers.
- September 29 is Trivia night.
- October 27 will be Superstitions featuring Lianne Harris

See the newsletter and website for more information as these dates approach.

Lastly, we are very pleased to announce the Garden Committee, headed by Stella Henderson, is now in full swing ready make our Centre's gardens beautiful once more and for that we thank them!

Thanks. Dave LeGallais

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>

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.



2023 ANNUAL GENERAL MEETING (A.G.M.)
John Scherrer, Secretary

Our **2023** Annual General Meeting will be held **WEDNESDAY, JUNE 14,**
starting at **1 p.m.**

This is your opportunity to hear and comment on the year's progress and participate in decisions affecting your Association.

The 2023 A.G.M. will mark 19 years of operation by the Aurora Seniors Association as an incorporated, non-profit organization.

The June 14th, 2023 A.G.M. will be a hybrid version – including in-person and virtual (ZOOM) attendance.

Members must have a current (2023) membership.

Virtual (ZOOM) attendance will require pre-registration by 4:00p.m. Friday, June 9th. Members can pre-register by phone (905-726-4767) or by Email (asa@auroraseniors.ca)

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

We are happy to report that as in previous years, barbecue refreshments will follow the A.G.M. for a cost of \$2 for members who attend the meeting.

Complete agenda packages will be posted on the Centre's bulletin board, available at the Seniors' Centre Reception desk and on the ASA website - www.auroraseniors.ca - on **Thursday, June 1st, 2023.**

Questions may be put in writing using the Let Us Know form handed to Reception and by e-mail to the ASA President (drdavelegallais@gmail.com) ahead of the A.G.M. Questions regarding ASA Financial Reports should be emailed to: asatreasurer@outlook.com. Questions received by June 9th will be addressed at the meeting. Questions received after June 9th and during at the AGM will be addressed and responded to at the first meeting of the 2023-2024 Board.

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

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

Acceptance of Officers

The Report of the Directors

The Financial Statements

Report from the Auditors

Auditors appointment for the ensuing year and their remuneration

New Business

Town of Aurora Spring/Summer Programs

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	July 6	9am - 9:30am	\$20.00/4	28464

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	July 6	9am - 9:30am	\$20.00/4	28465

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	July 4	9am - 9:45am	\$25.00/4	28451
Tue	August 8	9am - 9:45am	\$25.00/4	28452

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	July 7	10am - 10:45am	\$50.00/8	28453

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	July 5	10am - 11am	\$50.00/8	28466

DRAWING FUNDAMENTALS

Age: 55+ years Location: ASC

Anyone can learn to draw. You will be introduced to technical and creative exercises that will help develop your skills. Note: Material costs extra, list available at the ASC or AFLC.

Day	Date	Time	Fee/Class	Code
Wed	July 5	9am - 10:30am	\$100.00/8	28454

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

Shawls rose to the top of every knitters' to-do list about 15 years ago and remain one of the most popular knitting projects. Age of Brass and Steam is a beginner friendly formula style design which allows you to be creative with your own colours, yarn weight/type and size. This design is a gentle introduction to knitting triangular shaped shawls that requires only basic knitting skills. 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	2:30pm - 3:45pm	\$45.00/4	28448

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	Date	Time	Fee/Class	Code
Mon	July 10	9am - 10am	\$45.00/8	28455

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

Day	Date	Time	Fee/Class	Code
Mon	July 10	12pm - 12:30pm	\$85.00/8	28456

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.

Day	Date	Time	Fee/Class	Code
Mon	July 10	1:30pm – 2:30pm	\$45.00/7	28460
Thu	July 6	10am – 11am	\$50.00/8	28461
Fri	July 7	11am – 12pm	\$50.00/8	28461

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.

Day	Date	Time	Fee/Class	Code
Mon	July 10	1:30pm – 2:30 pm	\$45.00/7	28459

WATERCOLOUR – COTTAGE – NEW!

Age: 55+ years Location: ASC

This class is for participants with some experience with watercolours. It will concentrate on landscape scenes inspired by cottage country. It will incorporate watercolour skills used for interpreting rocks, lakes, reflections and trees. (Please see supply list for suggested colours.) Lists available at the Seniors Centre.

Day	Date	Time	Fee/Class	Code
Tue	Aug 8	9:30am – 12pm	\$76.00/4	28470

WATER COLOUR – FLORALS NEW!

Age: 55+ years Location: ASC

This class is for participants with some experience with watercolours. It will concentrate on watercolour florals and will use transparent watercolours to produce luminous watercolour projects. The class will explore both realistic and expressionistic versions of watercolour florals. (Please see supply list for suggested colours.)

Day	Date	Time	Fee/Class	Code
Tue	July 4	9:30am – 12pm	\$76.00/4	28469

Registration for all 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.

**Saturday,
May 13
1 - 5 p.m.**

\$60 fee includes:

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

Registration forms available at the Centre.

Spring Paint & Sip





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



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:

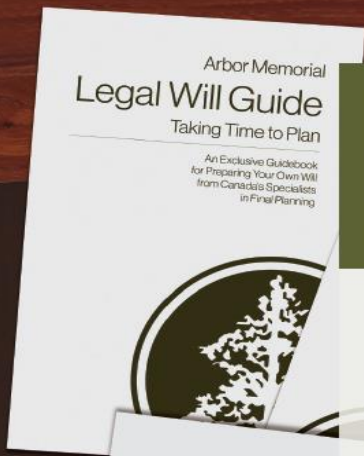
365-500-3161



scww@aurora.ca



TOWN OF AURORA
SENIORS' CENTRE
IN THE MAIL



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2nd Annual Seniors Centre

WALKING CHALLENGE



EVERY STEP COUNTS

*RECEIVE A FREE BAG AND WATER BOTTLE
limited quantities

Weekly draw
for prizes

STARTS
SATURDAY MAY 6
ENDS
FRIDAY JUNE 2

To register contact Brandie
byorg@aurora.ca
365-500-3161



Join us on Wednesday, May 3 at 1 p.m. in the Lounge or over Zoom for a seminar with Brandie "Get your steps in" to learn some tips on movement and making Every Step Count as well as get more information on our 2nd annual Walking Challenge.

► Special Events Committee

The Special Events Committee had a wonderful, appreciative audience for the James Brown Trio who performed at the Aurora Seniors Centre on Friday, April 14. There were pictures of the Trio and audience posted on Facebook.

Our next event will be on June 21 at 2 p.m. in the West McKenzie room when the "Newmarket 4 String Ukelele Band will come to entertain us. Refreshments will be available for you when you arrive to sit at a table while enjoying the concert. Tickets will be \$8.00 each and will be available at the Reception Desk on May 23.

We hope to see you then.

The Special Events Committee would like some members to join our very active committee to help with the events that we have booked for future months. Please let me know that you will attend our next meeting on Thursday May 4 at 12:30 p.m. in the library to meet up with us and find out what we do. Please email Joan at: jdbrownlow@bell.net if you would like to join us.

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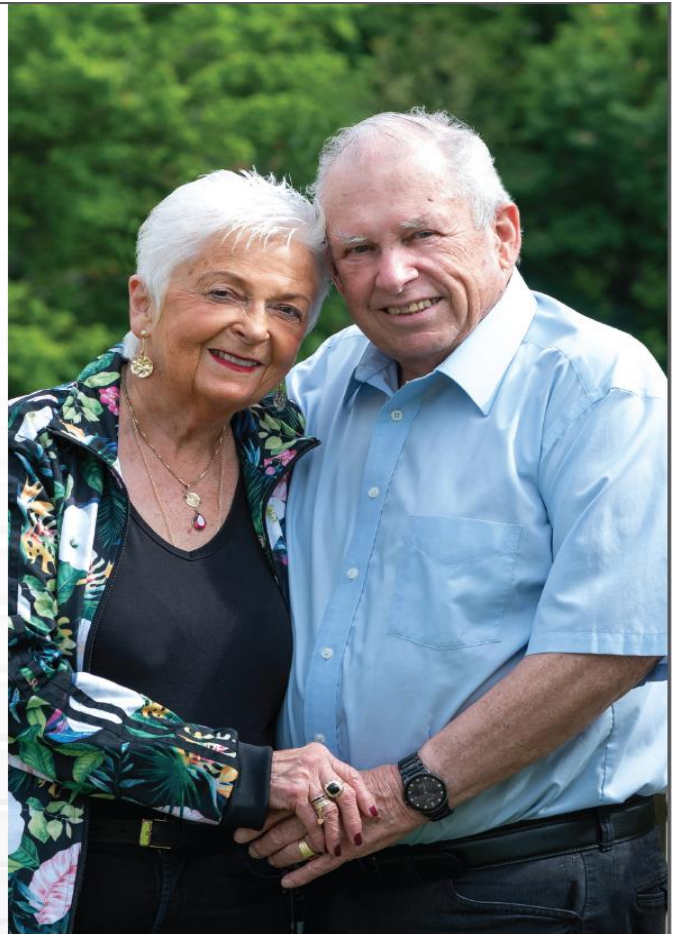
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Aurora Seniors Presents

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

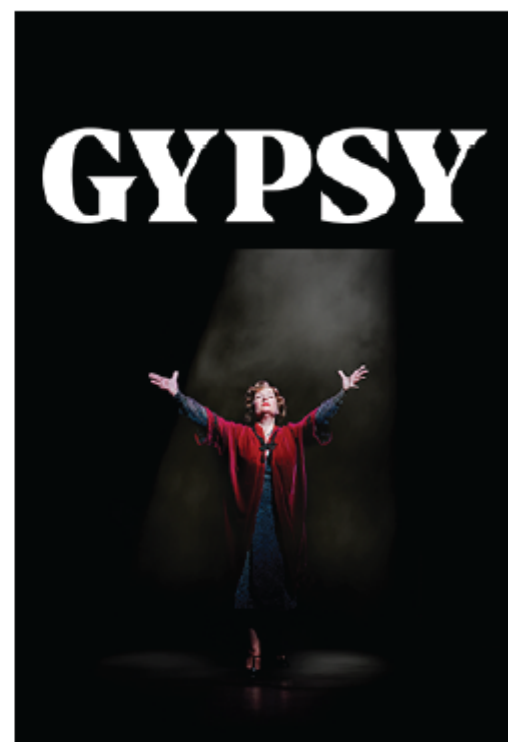
Return: Arrival Aurora approx. 7:00 p.m.

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**



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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, July 5, 2023
Wednesday, August 23 2023
- Depart:** 8:45 a.m. Stornach Recreation Complex
1400 Wellington St. East
- Casino:** 11:00 a.m. - 4:00 p.m.
Enjoy a five hour visit to **Niagara Fallsview Casino** & receive \$35.00 in slot play
- Return:** Arrival in Aurora approx. 6:00 p.m.
- Inclusions:** Return transportation via deluxe coach,
5 hour visit to Fallsview Casino, \$35.00 slot play, and all taxes.
- Price:** Members: \$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



FALLSVIEW.
CASINO RESORT



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

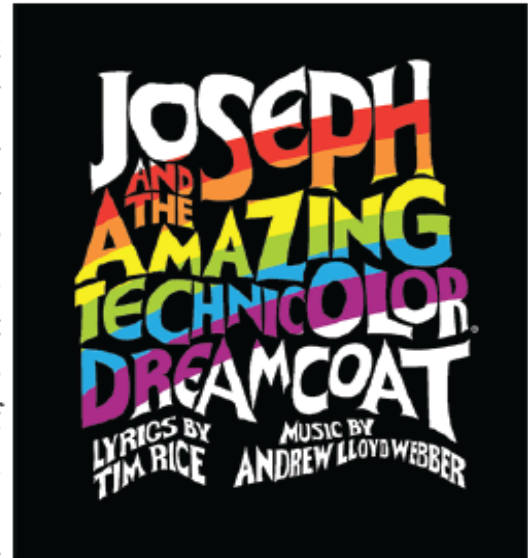
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Aurora Seniors Presents

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 | Price: | Members: \$195.00 per person
Non Members: \$210.00 per person |
| Market: | 10:00 a.m. - 11:30 a.m.
Visit to St. Jacobs Market | To Book: | Sign up at reception or for more information call Andrew Bailey at 365-500-3160 |
| Lunch: | 11:45 a.m. - 1:15 p.m.
Enjoy a delicious meal at Golf’s Steak House | | |
| 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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► Upcoming Spring Gardening Sessions at the Centre

How to prepare your container Garden on Wednesday, May 10 at 1 p.m.
Join us in the lounge for this informative seminar. Bring your questions.

Gardening for pollinators on Tuesday May 30 1 – 2 p.m.
Join us in the lounge for a virtual presentation by the Royal Botanical Gardens.

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.

► Save the Date

On Wednesday, June 28 at 1p.m. we will welcome YRP Seniors Safety officers for an informative presentation where you will learn about World Elder Abuse Awareness Day, different types of elder abuse, barriers on why people don't report and how to get help as well as the latest scams and ways to stay safe. This session will include, a PowerPoint, videos and interactive component.

ASA FRIDAY SOCIAL DANCES

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

Free tea, coffee, pizza slice, and cookies with a Cash Bar

Singles Welcome

Dance style: ballroom (foxtrott, rumba, 2-step, waltz, chacha, jive, and more) with several line dance sets.

Hope to see you at our next Dance

Friday Night social dances have been a long tradition at the Aurora Senior Centre. Unfortunately, due to the covid situation, in February 2020 the dances at Centre stopped.

We re-started the Friday dances again in August 2022 and continued with one to two dance events every month. Our dancers, ASA members and non-members, come from many surrounding towns, and we always love having new attendees.

Regular social dancing can improve both your muscular and cardiovascular health. It is an enjoyable way to be more physically active and stay fit, and a great way to meet new friends. You'll tone up, have more stamina, and enjoy better lung capacity, body balance, circulation, and joint health. Dancing uses movements and neural connections in the brain that are different from your regular activities. When you are involved in a free and happy dance movement, the body releases happy hormones which help to lift your mood and alleviate the symptoms of anxiety and depression.

There are many forms of dance, from ballroom to country and square dancing to line dancing. You can dance alone, with a partner or in a group.

Our Dances are semi formal. As a man, for ballroom dancing you can wear a sport shirt and dress pants and preferably shoes with leather soles, and if you are a lady you can wear a skirt and blouse, a pant suit or an evening dress with comfortable low heel shoes or high heels. For line dancing you can dress in casual outfits or fancy western outfits and wear loafers or sneakers. However, many forms of dance do not require special equipment or footwear.

Come and try our dances or just sit, have a glass of wine and enjoy the dance show and great music. If you are a beginner, you can start dancing a 2-step, slow foxtrot or a free-style rock'n roll. Hope to see you at the Next Dance.

Les Palenik (Dance Committee Co-Chair)

Aurora Senior Centre's own



Silver Stars
Presents

LIVE PERFORMANCE

CABARET OF COMEDIES

2 SHOWS ONLY

Saturday, May 6 at 2 p.m.
Sunday, May 7 at 2 p.m.

Tickets \$10 each includes Refreshments

At the Aurora Seniors Centre
90 John West Way

ENJOY THE SHOW



The cast and crew of the Aurora Senior Centres own SILVER STARS Theatre group are putting the finishing touches on their upcoming show The CABARET OF COMEDY. There are still a few tickets left for both shows and can be purchased at the reception for \$10 and includes refreshments. This is the feel-good show of the year show please join us!!

▶ Chat with Mayor Mrakas

We are pleased to invite members of the Aurora Seniors Association to join us in the lounge on Wednesday May 31 from 10:30 a.m. to 11:30 a.m. with Mayor Mrakas. Have a coffee, a sweet treat and meet our mayor! RSVP is not required.

▶ Blue Jays Day at the Centre

On Thursday, June 1 we will celebrate Our Toronto Blue Jays at the Centre. Wear your Blue Jays gear with pride and enjoy popcorn in the lounge. We will have the Game between our Blue Jays and they face off against the Milwaukee Brewer's at 1 p.m.

▶ Stroll in the Arboretum

Join us on Wednesday, May 24 at 10 a.m. for a stroll and chat through the beautiful Aurora Arboretum behind the Centre. We will meet in the Seniors Centre Lounge at 9:45 a.m. and be joined by Arboretum volunteers for the walk.



Cancer Thriving and Surviving Self-Management Program

Cancer: Thriving and Surviving (CTS) is a 6-week workshop developed to help individuals who are cancer survivors to better manage their health and daily lives. This program includes highly interactive sessions focusing on building skills, where mutual support and success build confidence to manage your health, and maintain an active and fulfilling life.

The workshop runs for 6 consecutive weeks for 2.5 hours and is led by trained leaders.

The workshops are free and run in communities throughout the region. Caregivers, support persons and family members are welcome.

Subjects covered include:

- Setting Priorities
- Relationships
- Nutrition
- Communication skills
- Managing chronic pain, fatigue, poor sleep
- Decision making
- Difficult emotions
- Appropriate exercise for regaining and maintaining flexibility and endurance

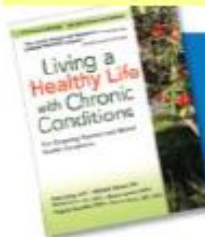
For more information or to register for a group closest to you:

365 500 3159

seniorscentre@aurora.ca

UPCOMING WORKSHOPS

Aurora Seniors Centre
Thursdays, May 18—June 22, 2023
10:00am—12:00pm



AS PART OF THE WORKSHOP YOU WILL RECEIVE A FREE BOOK



AURORA SENIORS CENTRE

CELEBRATE GREECE

Wednesday June 7 at 12:45 p.m.

Lunch & Sing-a-long



FOOD.MUSIC.SONG

MENU:

CHICKEN KABOB, GREEK SALAD, RICE,
POTATOES, PITA AND TZATZIKI

MOVIE & SING-A-LONG START AT 1:30 P.M.

DOORS OPEN
12:30 P.M.

TICKET \$15
AVAILABLE MAY 1 AT RECEPTION

ASA May Bistro

\$7.00 MEMBERS
\$10 NON-MEMBERS



Menus:

Wednesday, May 3 (Sold out)

Lasagna, salad, baguette and dessert

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

Wednesday, May 17

Chicken Noodle Soup, Quiche, Salad, Dessert


Wednesday, May 31

Chili, Dinner Roll, Dessert

Tickets on sale May 3 at 1 p.m. for the May 17 bistro until Friday, May 12 at 3 p.m.

Tickets on sale May 17 at 1 p.m. for the May 31 bistro until Friday, May 26 at 3 p.m.

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



**OPENING
SUMMER
2023**
RESERVE YOUR SUITE TODAY!

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RESIDENCES
ON YONGE

IN THE HEART OF AURORA



TAILORED LIVING & PERSONALIZED CARE

The Residences on Yonge provides residents and families peace of mind through high-quality, personal care services in an elegant, dignified environment.

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- Assisted Living
- Memory Care
- Respite & Convalescent Stays

For more information and to learn more call or visit
905.724.3211 | theresidencesonyonge.ca

▶ 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 Tuesday afternoons 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 May:

- May 2 – General Q&A M
- May 9 – Firefox and Thunderbird as an option (Mozilla products) (Bob)
- May 16 – Apple (Herb & Susan)
- May 23 – OneDrive/Google Drive backups (Bob/Doug)
- May 30 – Streaming with a focus on Chromecast (Doug)

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.

▶ 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.

▶ 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).

May 2 – 80 For Brady (2023): Jane Fonda, Lily Tomlin (Pg-13, 98 min, Comedy)

Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. A star cast in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.

May 9 – Living (2022): Bill Nighy, Aimee Lou Wood (PG-13, 102 min, Drama)

In 1950s London, a humorless bureaucrat decides to take time off work to experience life after receiving a grim diagnosis.

May 16 – Whitney Houston: I Wanna Dance with Somebody (2022): Naomi Ackie (PG-13, 144 min, Biography, Drama) **6 p.m. Start time

A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B vocalists of all time, tracking her journey from obscurity to super stardom.

May 23 – Everything Everywhere All at Once (2022): Michell Yeoh (R, 139 min, Action, Drama) **6 p.m. Start time

A middle-aged Chinese immigrant is swept up into an insane adventure in which she alone can save existence by exploring other universes and connecting with the lives she could have led.

May 30 – Going in Style (2017): Morgan Freeman, Michael Caine (PG-13, 96 min, Comedy, Drama)

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

Movies! \$1.50 includes movie, refreshments, and popcorn! Movies are open for Members Only.

<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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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

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.

Tips for a good call

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:
Telephone: 365 500 3161
Email: scww@aurora.ca

MAY 2023 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
April 30 12:30 Chair Exercise (Z)	May 1 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	May 2 3:15 Chair Exercise (Z/T)	May 3 3:15 Stories and Games (T)	May 4 3:15 Stretch and Relax (Z/T)	May 5 3:15 Fun and Games (T)
May 7 12:30 Chair Exercise (Z)	May 8 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	May 9 3:15 Chair Exercise (Z/T)	May 10 3:15 Stories and Games (T)	May 11 3:15 Stretch and Relax (Z/T)	May 12 3:15 Fun and Games (T)
May 14 12:30 Chair Exercise (Z)	May 15 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	May 16 3:15 Chair Exercise (Z/T)	May 17 3:15 Stories and Games (T)	May 18 3:15 Stretch and Relax (Z/T)	May 19 3:15 Fun and Games (T)
May 21 No Programs	May 22 No Programs	May 23 3:15 Chair Exercise (Z/T)	May 24 3:15 Stories and Games (T)	May 25 3:15 Stretch and Relax (Z/T)	May 26 3:15 Fun and Games (T)
May 28 12:30 Chair Exercise (Z)	May 29 10:15 Stretch and Relax(Z/T) 3:15 Jeopardy (Z/T)	May 30 3:15 Chair Exercise (Z/T)	May 31 3:15 Stories and Games (T)	<p><u>This legend indicates how each SCWW program will be available for this month!</u> T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference</p>	

▶ May 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 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 Mixed 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 1:00 Wood Carving 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) 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 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 9:30 Quilt 'n Sew 9:30 Writers Circle 9:30 Mandarin Singing 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 (May 15) CLOSED May 22	1:00 Seminar: Gardening for pollinators (May 30)	1:00 Seminar: How to get your steps in (May 3) 12:00 Bistro (May 3, 17, 31) 1:00 Seminar: Container gardening (May 10) 10:30 Blood Pressure Clinic (May 31) 10:30 Coffee with the Mayor (May 31)		7:00 Social Dance (May 19)

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)