



**ANNUAL GENERAL MEETING  
WEDNESDAY, JUNE 14, 2023  
at 1:00 p.m. - West McKenzie Room**

**This is your opportunity to participate in decisions affecting your association.**

The June 14, 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 p.m. Friday, June 9. Members can pre-register by phone (905-726-4767) or by email ([asa@auroraseniors.ca](mailto:asa@auroraseniors.ca))

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

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](mailto:drdavelegallais@gmail.com)) ahead of the A.G.M. Questions regarding ASA Financial Reports should be emailed to: [asatreasurer@outlook.com](mailto:asatreasurer@outlook.com). Questions received by June 9th will be addressed at the meeting. Questions received after June 9 and during the AGM will be addressed and responded to at the first meeting of the 2023-2024 Board.

**Agenda packages will be available at the Reception Desk  
from Thursday, June 1  
and on the ASA website  
[www.auroraseniors.ca](http://www.auroraseniors.ca)**

**A BARBECUE will follow for those attending the meeting at a  
cost of \$2.**

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# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM

15105 YONGE STREET, SUITE 100  
AURORA, ONTARIO L4G 1M3

WWW.LINDREALTY.CA

## ▶ Board of Directors

As mentioned last month, the AGM will be held on June 14 at 1 p.m. On June 1, the agenda for the meeting will be posted on the bulletin board at the ASC as well as appearing on the website. Hard copies will be available at Reception.

At the close of the AGM a BBQ will be held at a cost of \$2 per person. We hope to see you there. It will be a great time to mix and mingle with fellow members. If you are unable to attend, you can view the meeting online. Details will soon be available on our website.

The Elections for our new Board of Directors is now complete. Glen Sharp, Vern Cunningham and Rob Gaby were all elected to 3-year terms. Rob Ishoj and Louis Gambino were Acclaimed for 2-year terms and Dave LeGallais and Percy Surti were Acclaimed for 1-year terms. John Scherrer and Jim Abrams will continue in their terms.

A caucus meeting of the Directors Elected will take place on the morning of June 14 to elect the President, Vice President, Treasurer and Secretary. The 2023 - 2024 Board and the Executive will then be ratified at the AGM later that day.

Our current membership has now reached 1,300 and we continue to grow. Our next "Let's Get Acquainted" event will be held at the Centre on September 27 at 11:15 a.m. We encourage all our new members to attend. You will learn more about the Centre and the ASA, our activities, and programs, and hear about opportunities to volunteer. You are also invited to ask any questions you may have while enjoying coffee and pastries.

We're excited about a new program we are working on. We hope to introduce the "Men's Shed" in the next few months. It is a program geared at just the men as an encouragement to come out to the Centre and interact with other men. This exciting program was developed in Australia and has now gone Global. This is a new and exciting venture for us. Keep an eye on the web site and newsletter for further updates.

There are many special events planned for the next few months at the Centre. Here are a few.

Wednesday, June 21 at 2 p.m. - Four String Uke Band (Tickets available at Reception)

Friday, August 18 - Dance with the Pacemakers (Tickets available at a later date)

Friday, September 29 - Trivia Night (Tickets available at a later date)

In closing the Board of Directors would like to thank the following members of the Board who will be stepping down. They are Carol Hedenberg, Ann Overington, Cheryl Rines and Nick Sinick. We sincerely thank them for their hard work and dedication to the Aurora Seniors Association.

## 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**

Description above\*

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

### 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	July 4	9:30am-10:15am	\$75.00/12	29503
Tue	July 4	10:30am-11:15am	\$75.00/12	29504

### 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



**NEW!**

## 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.

Join us for two FREE fitness classes at the Seniors Centre for JRPM:  
Wednesday, June 21 at 1 p.m. – **Happy Hips and Core on the Floor**  
Wednesday, June 28 at 1 p.m. – **Get Strong**  
Pre-registration required, sign-up binder at Reception (limited space available)

# JUNE IS RECREATION AND PARKS MONTH

Get out and explore our great parks and trails, recreation facilities, pools and more!

## Get out and play!

 [aurora.ca/JRPM](https://aurora.ca/JRPM)

 #AuroraJRPM23    

## ▶ ASA Library News

Another note to inform you of recent changes within the library.

### Changes in May to the Library

- The Biography section has been moved to the new bookcase and is now sorted by the subject of the book.
- The Romance section now occupies the majority of the two bookcases by the return box.
- Sports books are on the bottom shelf of the of the second Romance bookcase.
- The puzzles are now stored but limited to the bottom two shelves of the new bookcase. We have added two new sections (**see below**).
- The library has been redecorated. The little used bulletin board and the old pictures have been removed. After discussion with a volunteer consultant, four pictures were chosen from the Garage Sale Diamond Room and are now in place on the library walls.
- A reminder that an adjustable swivel/roller chair is available to help you to comfortably look at books and puzzles on the lower shelves.
- Finally, we have a new wall clock in the library. It is an 'Atomic Time' analog battery clock. The batteries supposedly last up to three years. The interesting part is that it adjusts itself every night according to the super accurate atomic clock in Colorado, USA.

### New Sections

- We have added a Large Print section in the new bookcase. To date, there are only a few books in it but we are hopeful that you will donate a few more large print Murder/Mystery/Mayhem or Romance novels
- The Science Fiction/Fantasy section is now set up. There are only a few books, but more are welcome.
- Of note in the Science Fiction/Fantasy section is a hard cover book containing the first three novels of the John Carter Martian series by Edgar Rice Burroughs. A classic for science fiction lovers.

### Book and Puzzle Donations

- After the success of the Garage sale, Murder/Mystery/Mayhem and Romance books are now welcome in the library.
- **A note of caution.** Available space is limited so please be selective in the number of books and puzzles you donate.

### General Administration

- Please continue to return your books in the slot of the return box by the door. Leave them on the top of the box only if they are too thick for the slot.
- All ideas about the library are most welcome.
- Send your idea/comment to [Kevin.Griffiths4881@Gmail.Com](mailto:Kevin.Griffiths4881@Gmail.Com) or even better, see me whenever I am around.

Kevin Griffiths



**Menu:**

Hamburger  
Sausage on a bun  
Chicken on a bun  
Salad, Dessert  
Cash bar



**Dates:**

Wednesday, June 14 &  
Wednesday, June 28

Date	# of tickets available	Tickets on sale:
June 14, 2 p.m. (limited menu)	100	Tickets \$2 and on sale June 14, at 1 p.m. (Annual General Meeting)
June 28, 12 p.m.	65	Tickets \$8 on sale Monday June 19 to Friday June 23

Limit of 2 tickets per member





## The 4 String Uke Band

**WEDNESDAY JUNE 21  
FROM 2 - 3 P.M.**

This energetic group of Ukulele  
Players will entertain you with  
tunes from the 40's, 50's 60's and 70's.  
Come and join us for a fun filled hour.



**Tickets \$8 and available at Reception starting Wednesday May 24**

## ► Special Events Committee

Our next "SPECIAL" event will be on Wednesday, June 21 at 2 p.m. when the Newmarket 4 String Ukelele Band will come to entertain us, while you will be enjoying some tea, coffee, and refreshments in the West McKenzie Room. Tickets are \$8.00 each and available at the Reception Desk. Buy a ticket now.

The Special Events Committee is planning a "Song and Dance" night on August 25 from 7 to 9 pm. The wonderful Pacemakers Band is coming to play all kinds of songs for you to sing and/or dance. The bar will be open for you to buy wine, beer or pop. Delicious refreshments will be available at Intermission. It will be another great evening so make sure you put this August Special Event on your calendar. Tickets will be \$18.00 and available at the Reception Desk on July 17.

We are a great Special Events Committee which books speakers and entertainers, sets up refreshments, tea, coffee, the Bar, decorations, welcomes people with tickets at the door, cleans up after the event. If you are interested in planning and organizing Special Events and taking part in some of our social activities, please come and join us at our next meeting on August 3 at 12:30 p.m. in the Library.

Please let **Joan** know that you will come at: [jdbrownlow@bell.net](mailto:jdbrownlow@bell.net)

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Aurora Seniors Presents

# FALLSVIEW CASINO

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

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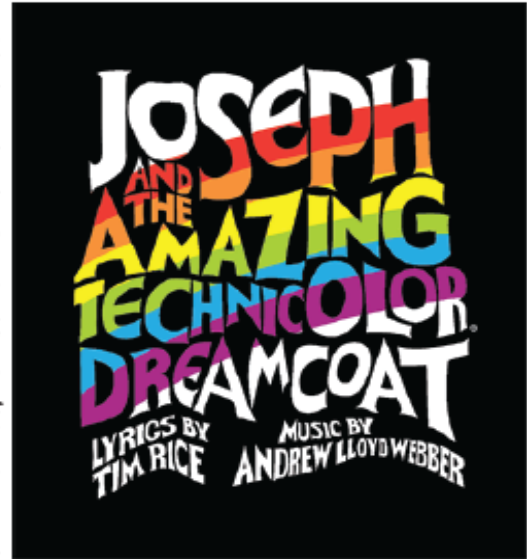
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Arbor Memorial Inc.

**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
- Depart:** 8:30 a.m. - Stronach Recreation Complex
- Market:** 10:00 a.m. - 11:30 a.m. Visit to St. Jacobs Market
- 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.
- Inclusions:** Return transportation via deluxe coach, lunch, reserved orchestra seating, gratuity on meal, driver gratuity, and all taxes.
- Price:** **Members:** \$195.00 per person  
**Non Members:** \$210.00 per person
- To Book:** Sign up at reception or for more information call Andrew Bailey at 365-500-3160



**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

# A Day In Niagara

The heritage district of Niagara-on-the-Lake present a diverse shopping experience. Whether it's antique shops, specialty foods, wines, apparel or unique gifts. The Merchants of Niagara-on-the-Lake deliver shopping options for visitors of all ages. Next, we will have a delicious meal at the Queenston Heights Restaurant, just steps from Brock's Monument. This elegant restaurant is located in picturesque Queenston Heights Park, just ten minutes north of the falls at the edge of the Niagara Escarpment. Savour the delicious culinary creations of Chef Bill Greenan while enjoying a sophisticated setting with one-of-a-kind views of the winding Niagara River from the restaurant's elegant dining room. After lunch, we will visit Niagara College Winery & Chocolate F/X. Learn about the history of Canada's only commercial Teaching Winery. We "go back to school" and learn all about the processes of producing wine. You will have the chance to sample three VQA Niagara College Wines.

- |                   |  |                    |  |
|-------------------|--|--------------------|--|
| <b>Date:</b>      | Thursday, August 17, 2023  | <b>Price:</b>      | Member: \$150.00 per person<br>Non Member: \$160.00 per person   |
| <b>Depart:</b>    | 8:30 a.m. Stronach Recreation Complex  | <b>Inclusions:</b> | Return transportation via deluxe coach, wine tasting at Niagara Teaching College, lunch, visit to Niagara-on-the-Lake, gratuity on meal, driver gratuity, & all taxes. |
| <b>NOTL:</b>      | 10:30 a.m. - 12:00 noon<br>Free time in Niagara-on-the-Lake  | <b>To Book:</b>    | Sign up at reception or for more information call Andrew Bailey at 365-500-3160  |
| <b>Lunch:</b>     | 12:15 p.m. - 2:00 p.m.<br>Enjoy a delicious meal at Queenston Heights<br>Choice of 1) Grilled Breast of Chicken<br>2) Baked Rainbow Trout<br>3) Angus Sirloin au Jus<br>4) Pan Seared Polenta<br><b>NOTE: GUESTS MAY SELECT ENTREE WHEN SEATED</b> |                    |  |
| <b>College:</b>   | 2:15 p.m. - 3:15 p.m.<br>Wine tasting at the Niagara Teaching College  |                    |  |
| <b>Chocolate:</b> | 3:30 p.m. - 4:15 p.m.<br>Visit to Chocolate F/X  |                    |  |
| <b>Return:</b>    | Arrival in Aurora approx. 6:30 p.m.  |                    |  |



*Sign up for our monthly Email Newsletter at [www.yearroundtravel.com](http://www.yearroundtravel.com)*



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Aurora Seniors Presents

# CANADIAN CASINO GETAWAY

**November 1 to 4, 2023**

Step right up and try your luck! Join Year Round Travel on this gambling extravaganza, visiting three different casinos including the 1000 Island Casino, Casino Lac Leamy, and Rideau Carleton Casino. Our group stays for three nights at the ultra deluxe Five Star Hilton Lac Leamy, a fabulous property attached to the Lac Leamy Casino, overlooking a beautiful man made lake. Room appointments are of the highest quality, and other facilities include indoor/outdoor swimming pool, health club, six restaurants, three bars, spa & more.

**Tour Includes:**

- \* Return transportation via deluxe coach
- \* 3 nights accommodation at the 5 Star Hilton Lac Leamy
- \* 3 breakfasts & 1 dinner
- \* \$40.00 coin bonus at Casino Lac Leamy
- \* \$30.00 food coupons
- \* \$10.00 slot play at the 1000 Island Casino
- \* \$10.00 slot play at the Rideau Carleton Casino
- NOTE: CASINO INCENTIVES SUBJECT TO CHANGE WITHOUT NOTICE**
- \* Day trip to Mont Tremblant
- \* Ottawa city tour
- \* Visit to Byward Market
- \* All hotel taxes, service charges
- \* Baggage handling
- \* Tour escort

Price per person in Canadian Dollars

**TWIN \$739.00 SINGLE \$979.00**

To book sign up at reception or for more information  
call Andrew Bailey at 365-500-3160 or call  
Year Round Travel at 416-499-1444

Deposit \$200.00 per person. Balance due by September 2, 2023

Optional Cancellation Insurance \$55.00 per person



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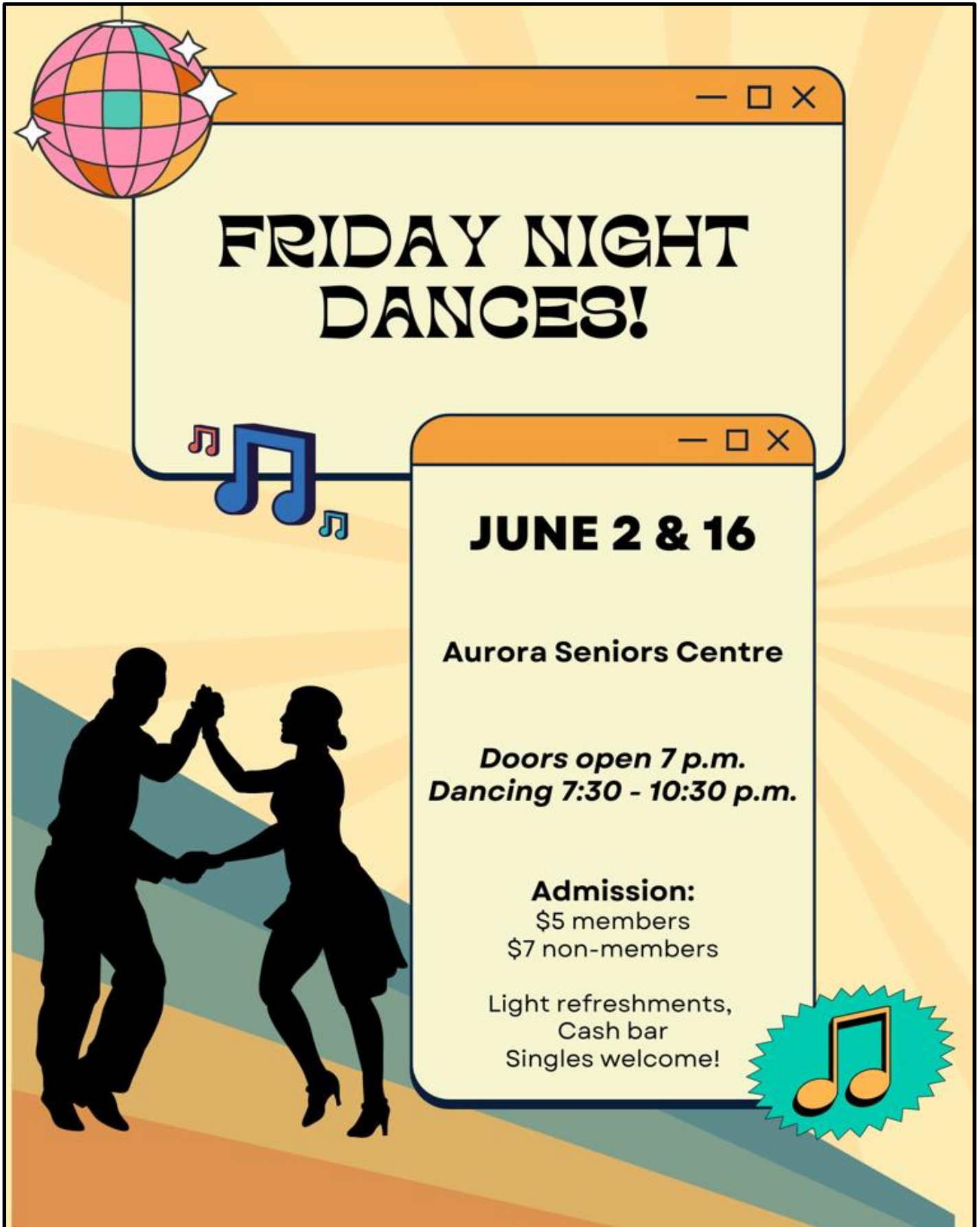
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[www.yearroundtravel.com](http://www.yearroundtravel.com)

**Registration Forms available at Reception**



**FRIDAY NIGHT  
DANCES!**

**JUNE 2 & 16**

**Aurora Seniors Centre**

*Doors open 7 p.m.  
Dancing 7:30 - 10:30 p.m.*

**Admission:**  
\$5 members  
\$7 non-members

Light refreshments,  
Cash bar  
Singles welcome!



# SCAM AWARENESS

## Internet Scams

Join members of our computer club to learn about internet scam, and how to identify them and what to do.

**Tuesday June 13 at 10:00 a.m.**

## Exploited!

Are you in danger? What about a friend or neighbour? Learn about the common ways older adults are exploited. What are the warning signs, how to report it and what to do about. Our York Regional Police Senior Safety Officers will educate you to keep you, and your loved ones safe.

**Wednesday June 28 at 1 p.m.**

**Thursday June 15 from 2 - 2:45 p.m. York Regional Police will have a table in the lobby to answer your questions**

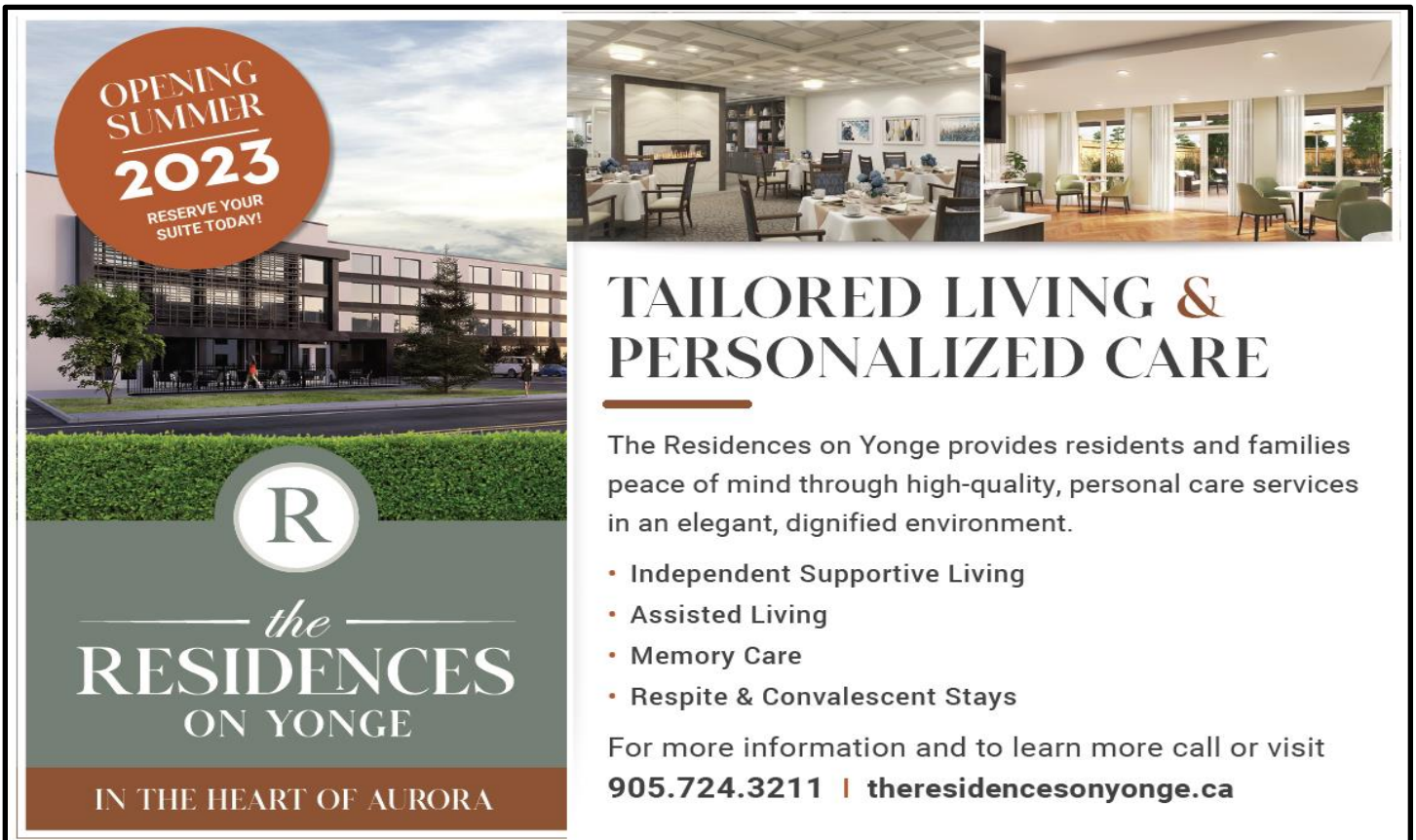




▶ ASA Bocce Resumes Wednesday, June 7 at 9:30 a.m.

ASA bocce is set to resume this summer and will begin on Tuesday, June 7 at 9:30 a.m. and will be available for play every Wednesday at 9:30 a.m.

THANK YOU to our amazing garage sale volunteers. Their efforts made this year's sale a HUGE success for the Association raising over \$16,000.



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SUMMER  
2023**  
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**905.724.3211 | [theresidencesonyonge.ca](http://theresidencesonyonge.ca)**

## ▶ Computer Club Information and Activities

We are offering open drop-in help Tuesday afternoons between 1 p.m. and 3 p.m. 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.

If you are interested in attending over Zoom you can reach out to Doug at the email provided below.

Tuesday morning seminar schedule for May:

- June 6 – General Q&A
- June 13 – Dealing with Internet scams (All)
- June 20 – Apple (Herb & Susan) – Accessibility features
- June 27 – Libre Office – Intro to a free alternative to Microsoft Office (Bob)

The Internet Scams session to be held on June 13 is designed to compliment the session the Town has arranged with the York Region Police and will focus on scams using the computer and how to recognize and deal with them.

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 will be taking a break in July and August, returning to our regular session schedule in September.

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](mailto:bobhed65@gmail.com) or Doug Cooper at [techspeakr@gmail.com](mailto:techspeakr@gmail.com).

THANK YOU to our amazing Bistro volunteers for all their hard work shopping, preparing, and serving delicious lunches!!  
BBQ will start on June 28.

## ▶ ATTENTION ASA Activity coordinators

Please let Karie or Andrew know if you are planning to take the summer off for your activity by Friday, June 16 as we are preparing the summer schedule for the Centre.

## ▶ Tuesday Night Movies at the Centre

We are pleased to be offering our Tuesday Night Movies beginning at 6:30 p.m.

**June 6 – Paint (2023): Owen Wilson (Pg-13, 96 min, Drama, Comedy)**

Carl Nargle, Vermont's #1 public television painter, is convinced he has it all: a signature perm, custom van, and fans hanging on his every stroke - until a younger, better artist steals everything Carl loves.

**June 13 – Last Vegas (2022): Morgan Freeman, Michael Douglas (PG-13, 105 min, Comedy)**

Four friends take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal.

**June 20 – Jesus Awakening (2023): Joel Courtney, Kelsey Grammer (14A, 120 min, Drama)**

The true story of a national spiritual awakening in the early 1970s and its origins within a community of teenage hippies in Southern California.

**June 27 – The Intern (2015): Robert De Niro, Anne Hathaway (R, 121 min, Comedy, Drama)**

Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.

**Movies: \$1.50 includes movie, refreshments, and popcorn! Movies are open for members only.**

<p><b><u>ASA Board of Directors:</u></b>  <b>President</b>                  Dave LeGallais</p> <p><b>Vice President</b>                  Jim Abram</p> <p><b>Treasurer</b>                  Cheryl Rines</p> <p><b>Secretary</b>                  John Scherrer</p> <p><b>Directors</b>                  Vern Cunningham                  Carol Hedenberg                  Ann Overington                  Nick Senick                  Glen Sharp</p>	<p><b><u>ASA Committees:</u></b>  <b>Finance</b>                  Cheryl Rines—Chair</p> <p><b>Membership &amp; Volunteers</b>                  Sylvia Gilchrist—Chair</p> <p><b>Special Events Committee</b>                  Joan Brownlow—Chair</p> <p><b>Operations &amp; Activities Committee</b>                  Dave LeGallais—Chair</p> <p><b>By-Law Review Committee</b>                  John Scherrer—Chair</p> <p><b>Social Committee</b>                  Don Keel—Chair</p> <p><b>Community Development Committee</b>                  Shirley Petrie—Chair</p> <p><b>Seniors Related Issues Committee</b>                  Jim Abram—Chair</p>	<p><b><u>Aurora Seniors Centre Staff:</u></b>                  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 &amp; SCM)                  byorg@aurora.ca                  (365) 500 3161</p> <p>Bill Hawke                  Primary Facility Operator                  bhawke@aurora.ca</p>
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Please note: your new board of directors will be inducted at the Wednesday, June 14 Annual General Meeting.



**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. SCWW Programs are FREE to join, are 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:**

**Tuesday, June 6- MINDFULNESS MEDITATION**

We will talk about how mediation works and why it is an exceptional tool for mental and emotional wellness then be guided through mediation exercises that you can use in your daily life.

**Tuesday, June 13 - BACKSTAGE AT THE VINYL CAFÉ**

Backstage at the vinyl café is a podcast that features favourite vinyl café stories and narrated by the longtime producer, Jess Milton.

**Tuesday, June 27 - HISTORY OF PETS**

Let's learn more about the history of our furry friends! We will hear stories of unique pets and heroic animals and get a chance to share stories of our own pets!

**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:**

**For further information please contact:**

Telephone: 365 500 3161

Email: [scww@aurora.ca](mailto:scww@aurora.ca)

TOWN OF AURORA  
**SENIORS' CENTRE**  
WITHOUT WALLS

The Banner  
**READERS' CHOICE 2022**  
DIAMOND WINNER

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](http://aurora.ca/scww) or call 365-500-3161

AURORA

# JUNE 2023 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 *NEW – Telephone Tapestry (See previous page for more information)				June 1 3:15 Stretch and Relax (Z/T)	June 2 3:15 Fun and Games (T)
June 4 12:30 Chair Exercise (Z)	June 5 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	June 6 *NEW 1:30 Telephone Tapestry 3:15 Chair Exercise (Z/T)	June 7 3:15 Stories and Games (T)	June 8 3:15 Stretch and Relax (Z/T)	June 9 3:15 Fun and Games (T)
June 11 12:30 Chair Exercise (Z)	June 12 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	June 13 3:15 Chair Exercise (Z/T)	June 14 3:15 Stories and Games (T)	June 15 3:15 Stretch and Relax (Z/T)	June 16 3:15 Fun and Games (T)
June 18 No Programs	June 19 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	June 20 *NEW 1:30 Telephone Tapestry 3:15 Chair Exercise (Z/T)	June 21 3:15 Stories and Games (T)	June 22 3:15 Stretch and Relax (Z/T)	June 23 3:15 Fun and Games (T)
June 25 12:30 Chair Exercise (Z)	June 26 10:15 Stretch and Relax(Z/T) 3:15 Jeopardy (Z/T)	June 27 *NEW 1:30 Telephone Tapestry 3:15 Chair Exercise (Z/T)	June 28 3:15 Stories and Games (T)	June 29 3:15 Stretch and Relax (Z/T)	June 30 3:15 Fun and Games (T)

## ▶ June 2023 Calendar

<b>Monday</b> 8:30 a.m. to 4:30 p.m.	<b>Tuesday</b> 8:30 a.m. to 9 p.m.	<b>Wednesday</b> 8:30 a.m. to 4:30 p.m.	<b>Thursday</b> 8:30 a.m. to 4:30 p.m.	<b>Friday</b> 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/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) 9:30 Bocce 10:00 Chair Yoga* 11:00 Conversational French 1:00 Let's Create 1:30 Bridge 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
<b>June 19</b> 1:00 ASA Board of Directors		<b>June 7</b> 12:30 Celebrate Greek Event  <b>June 14</b> <b>1:00 Annual General Meeting</b>  <b>June 21</b> 9:00 Mandarin Sing-along 2:00 Ukulele Band Event  <b>June 28</b> 10:30 Blood Pressure Clinic 12:00 BBQ 1:00 York Regional Police Seminar		<b>June 2 &amp; 16</b> 7:00 Social Dance

**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)