



SUMMER
Fling

DANCE AND SING
WITH LIVE MUSIC & REFRESHMENTS
FEATURING THE PACEMAKERS

FRIDAY AUGUST 25

7:30 - 9:30 P.M.

DOORS OPEN AT
7:00 P.M.

Tickets: \$18
Tickets on sale at Reception

Cash Bar Available

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REALTY TEAM INC.

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It has been said that it's a beautiful thing when a career and a passion come together and this rings true for REALTOR® Lenard Lind who has been providing "Service with Professionalism" in Aurora and the surrounding areas for over 30 years

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THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM

BROKERAGE

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

WWW.LINDREALTY.CA

SENIORS ACTIVE LIVING FAIR

**SATURDAY
SEPTEMBER 9**
9 a.m. to 1 p.m.
FREE ADMISSION!

Aurora Seniors' Centre
90 John West Way, Aurora
aurora.ca/activeseniors

OVER 50 EXHIBITORS!

- ▶ On-site and Virtual Health Presentations
- ▶ Fitness Demonstrations
- ▶ Blood Pressure Clinic
- ▶ Grab Bags Available (limited quantities)
- ▶ Free BBQ Lunch (limited quantities)



For more information call 365-500-3161 or email seniorscentre@aurora.ca



This event is hosted by Aurora Seniors' Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Province of Ontario.

▶ ASA Presidents Message

It's hard to believe that a month has passed since my last note. Why is it that winter seems to drag on and on, but summer goes by in a flash? I hope everyone is enjoying the season and taking an opportunity to get outdoors while still enjoying the activities at the Seniors' Centre. The summer BBQs are in full swing, and they are as popular as ever. Don't forget to get your tickets early so you don't miss out.

We have not had any further meetings with the Town to finalize our lease agreement, but we hope to wrap things up in September. We continue to have a great partnership since we both share the common goal of providing a wide variety of programs and services for older adults.

In September, we will be launching a new program called Men's Shed which originated in Australia and has spread to many other countries including Canada. Men's Shed was started to help men deal with feelings of loneliness and isolation which sometimes follow retirement, and it has been very successful. Participants will set the direction the program will take so it may include cards, pool, guest speakers, art, woodworking, or just getting together for a coffee. We could even watch Monday Night football in the lounge! The program kick off will be a breakfast on **Wednesday, August 30** at the Seniors' Centre where everyone will learn more details about it, and how they can get involved. The actual start-up will be during "Try-it week" beginning September 11.

Thanks again to all the volunteers who make the Centre tick, it couldn't operate without you. Remember, if you have ideas for new programs let us know and together, we can try to make it work. Enjoy the warm weather.

Glen

▶ Computer Club Information and Activities

We are taking a break from sessions of the Computer Club during the summer. We will restart the first Tuesday in September.

Tuesday morning seminar schedule for Sept (so far):

- September 5 – General Q&A

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.

AURORA SENIORS' CENTRE

OPEN HOUSE

SEPTEMBER
5-8

Aurora Seniors' Centre
90 John West Way, Aurora
aurora.ca/activeseniors

- ▶ VISIT US AND SEE ALL WE HAVE TO OFFER!
- ▶ TAKE A TOUR AND MEET OUR VOLUNTEERS.
- ▶ REFRESHMENTS AND DRAW PRIZES WILL BE AVAILABLE!



For more information call 365-500-3161 or email seniorscentre@aurora.ca



► Upcoming Save the Dates at the Centre

AURORA SENIORS' CENTRE
**HOBBY AND
VOLUNTEER
EXPO**

**WEDNESDAY
SEPTEMBER 6**
10 a.m. to 12 p.m.

Aurora Seniors' Centre
90 John West Way, Aurora
aurora.ca/activeseniors

Join us to meet many of our Activity Leaders and learn about all that is offered at the Centre.

AURORA SENIORS' CENTRE
**TRY IT
WEEK**

90 John West Way, Aurora
aurora.ca/activeseniors

**SEPTEMBER
11-15**

FREE ADMISSION

SPACE IS LIMITED!
Sign up at reception or email
seniorscentre@aurora.ca

Sign-up starts Monday, August 21.

Town of Aurora Fall 2023 Programs

Registration for Fall 2023 programs will be:

Residents: Monday, August 14

Non-Residents: Monday, August 21

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.
3. Staff will be onsite for In-person registration on Monday, August 14 from 9 a.m. to 12 p.m.

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

Note: Material costs extra, list available at the ASC or AFLC.

Day	Date	Time	Fee/Class	Code
Thu	Sept 21	9am - 11am	\$151.00/10	29322

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	Sept 21	11:30am - 1:30pm	\$153.00/10	29323

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	Sept 19	9:30am-10:15am	\$75.00/12	29324
Tue	Sept 19	10:30am-11:15am	\$75.00/12	29349

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 October 11

Day	Date	Time	Fee/Class	Code
Wed	Sept 27	7:30pm-8:30pm	\$95.00/8 per person	29316*

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 beginner's class or previous dance experience are preferred prerequisites for this class. Partners are required.

*No class on: October 9

Day	Date	Time	Fee/Class	Code
Mon	Sept 25	7:30pm-8:30pm	\$95.00/8 per person	29317*

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: October 9

Day	Date	Time	Fee/Class	Code
Mon	Sept 25	8:30pm-9:30pm	\$95.00/8 per person	29318*

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	Sept 21	9am - 9:30am	\$46.00/12	29325

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	Sept 21	9am - 9:30am	\$46.00/12	29326

BOOT CAMP GOLD

Age: 55+ years Location: ASC

This circuit class will incorporate stations utilizing balls, Pilates balls, bands, 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	Sept 19	9am - 9:45am	\$75.00/12	29327

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	Sept 22	10am - 10:45am	\$63.00/10	29328

CORE ON THE FLOOR NEW!

Age: 55+ years Location: ASC

This class will focus on hip movement and strength and the supporting stomach muscles. Using bodyweight and bands to build strength and control to support your hips and back. All exercises will be done on the floor.

Participants must be comfortable lying on their backs.

Day	Date	Time	Fee/Class	Code
Tue	Sept 19	1:15pm - 1:45pm	\$35.00/10	29505

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	Sept 20	9am - 10:30am	\$125.00/10	29330

GET FIT

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	Sept 20	9am – 9:45am	\$82.00/13	29356
Fri	Sept 22	9am – 9:45am	\$82.00/13	29355

GET FIT

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Wed	Sept 20	9am – 9:45am	\$82.00/13	29357
Fri	Sept 22	9am – 9:45am	\$82.00/13	29535

GET STRONG NEW!

Age: 55+ Location: Zoom

Strength. Stability. Endurance. Let's build strength in your muscles to help you to move better, feel better and do more of the activities you love to do. We will use body weight, bands, weights and more to get strong and move better. Some of this class will take place on the floor.

Day	Date	Time	Fee/Class	Code
Fri	Sept 22	11am – 12pm	\$63.00/10	29534

GET STRONG NEW!

Age: 55+ Location: Hybrid

See description above. This is a hybrid class. Participants can attend in person or over zoom.

Day	Date	Time	Fee/Class	Code
Fri	Sept 22	11am – 12pm	\$63.00/10	29345

GET STRONG NEW!

Age: 55+ Location: ASC

See description bottom left of page.

Day	Date	Time	Fee/Class	Code
Tue	Sept 19	2pm – 3pm	\$63.00/10	29506

KNITTING: BABY SURPRISE JACKET

Age: 55+ years Location: ASC

Elizabeth Zimmermann's Baby Surprise Jacket has become near legendary since its conception in 1968. This one-piece jacket is knitted back and forth in garter stitch, with strategically placed increase and decreases. It is then cleverly folded and completed by weaving the shoulder seams. 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	Sept 13	2:30pm - 3:45pm	\$45.00/4	29354

KNITTING: BEADED ORNAMENT NEW!

Age: 55+ years Location: ASC

Simple to create but the final product will be a beautiful addition to your Christmas decorating. Simple knitting incorporating a variety of shiny glass beads. Sample projects can be viewed in the lobby display cases. There is a \$10 supply fee payable to the instructor. You will receive enough materials to create 3 ornaments.

Day	Date	Time	Fee/Class	Code
Wed	Oct 18	2:30pm – 3:45pm	\$5.00/1	29353

ASA Mah Jong Lessons (Coming Soon)

We will have Mah Jongg Lessons Wednesday, October 18 from 9 a.m. to 12 p.m.

We will meet once a week for 6 weeks with our last lesson on Wednesday, November 30.

There will be a sign-up sheet at Reception the first week of September and we will have a Table at the Hobby & Volunteer Expo where you can also sign up.

KNITTING: CHRISTMAS GNOME

Age: 55+ years Location: ASC

In this class you will knit a 6" gnome which will become a treasured addition to your Christmas decorations. Knitting small projects like this in the round can be very challenging, this gnome will be knit flat and seamed. Once the knitting is done, a few embellishments are added, and the result is adorable. Sample projects can be viewed in the ASC lobby display cases. This is an intermediate to advanced class and requires good basic knitting skills. Note: All the needed supplies will be provided for a \$15 fee payable to the instructor, at the first class.

Day	Date	Time	Fee/Class	Code
Wed	Oct 11	10:30am - 11:45am	\$45.00/4	29331

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	Sept 13	10:30am - 11:45am	\$10.00/3	29332

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	Nov 15	10:30am - 11:45am	\$45.00/4	29334

KNITTING: SNOWMAN HAT **NEW!**

Age: 55+ years Location: ASC

In this class you will create a unique gift to share with your favorite young people – a felted snowman's top hat trimmed with holly and jingle bell berries. Picture your favorite Frosty the Snowman illustration and that is the hat you will be creating. Sample projects can be viewed in the ASC lobby display cases. This is an intermediate to advanced class and requires good basic knitting skills. Skills learned will be knitting in the round, shaping and felting. Note: A supply list is available at the ASC, please bring supplies to the first class.

Day	Date	Time	Fee/Class	Code
Wed	Nov 11	10:30am - 11:45am	\$45.00/4	29333

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: October 11

Day	Date	Time	Fee/Class	Code
Wed	Sept 27	8:30pm - 9:30pm	\$95.00/8	29320*

LEARN TO PLAY KEYBOARD

Age: 55+ years Location: ASC

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

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

Day	Date	Time	Fee/Class	Code
Thur	Sept 28	10:00am - 10:45am	\$135.00/10	29335

LEARN TO PLAY KEYBOARD TOO

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	Sept 28	11:00am - 11:45am	\$137.00/10	29358

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: October 9

Day	Date	Time	Fee/Class	Code
Mon	Sept 18	9am - 10am	\$75.00/12	*29336

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: October 9

Day	Date	Time	Fee/Class	Code
Mon	Sept 18	12pm - 12:30pm	\$94.00/8	29337*

PILOGA

Age: 55+ years

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

This class is designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to help burn fat.

*No Class: October 9

Day	Date	Time	Fee/Class	Code
Mon	Sept 18	10:15am – 11am	\$63.00/10	29339*
Tue	Sept 19	10:35am – 11:20am	\$75.00/12	29340
Fri	Sept 22	9:00am – 9:45am	\$75.00/12	29341

PILOGA – HYBRID (in person & Zoom)

Age: 55+ years

Location: ASC

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	Sept 19	10:35am – 11:20am	\$75.00/12	29511

Qi-GONG

Age: 55+ years Location: ZOOM

Qi-gong is a gentle, flowing mind body practice which helps to improve strength, co-ordination and balance; important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. All levels are welcome. Qi-gong can be practiced both standing and seated.

Day	Date	Time	Fee/Class	Code
Tue	Sept 26	11:30am – 12:15pm	\$63.00/10	29496

STRETCH & TONE

Age: 55+ years Location: Zoom

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: October 9

Day	Date	Time	Fee/Class	Code
Mon	Sept 18	1:30pm – 2:30pm	\$75.00/12	29342*
Thu	Sept 21	10am – 11am	\$82.00/13	29344

STRETCH & TONE – HYBRID (in person & ZOOM)

Age: 55+ years Location: ASC

(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.

*No Class: October 9

Day	Date	Time	Fee/Class	Code
Mon	Sept 18	1:30pm – 2:30 pm	\$75.00/12	29436*
Thu	Sept 21	10am – 11am	\$82.00/13	29434

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	Sept 19	1pm – 3:30pm	\$151.00/8	29347

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	Sept 19	9:30am – 12pm	\$153.00/8	29348

YOGA - CHAIR

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	Sept 20	10am - 11am	\$75.00/12	29329

YOGA: CHAIR, MOVEMENT & MINDFULNESS NEW!

Age: 55+ years Location: ASC

How many times is your body in one place and your mind somewhere else? Learn how to connect the two so you enjoy life being fully present. Living with awareness of the moment and not being engrossed or obsessed about the future that can sometimes make us anxious and missing precious moments. Combined with traditional Chair yoga we will turn off the autopilot, find our breath and expand our awareness. We'll put our attention and focus on noticing and feeling what the body and mind does while engaging in movement. The goal is to take this practice off the chair so you can be fully present, engaged, and fully aware while living the moments of your life.

Day	Date	Time	Fee/Class	Code
Mon	Sept 18	10am - 11am	\$63.00/10	29475

YOGA: HATHA

Age: 55+ years Location: ASC

These classes will greatly benefit those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Please note this class will involve floor work.

Day	Date	Time	Fee/Class	Code
Tue	Sept 18	12:15pm - 1:15pm	\$63.00/10	29350

YOGA: RESTORATIVE MAT - NEW

Age: 18+ years Location: Zoom

Not your traditional yoga practice. This practice treats you to conscious relaxation and healing, using props in every posture to support your muscles in gentle comfortable positions. Poses will be held for 3-10 minutes, giving your body time to relax, so your mind can enter a quiet meditative state. Just a few of benefits of restorative yoga are it deeply relaxes the body, stills a busy mind, balances the nervous system and releases muscular tension, improving mobility and flexibility. Please bring a yoga mat, bath towel, two blankets and a sleep eye mask or wash cloth. Bolsters, straps and yoga block are provided but please feel free to bring you own if you wish.

Day	Date	Time	Fee/Class	Code
Thurs	Sept 21	7pm -8pm	\$63.00/10	29474

YOGA: SUNDOWN MAT

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	Sept 19	7pm - 8pm	\$63.00/10	29359

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	Sept 19	11:30am - 12:15pm	\$63.00/10	29352

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	Sept 19	11:30am - 12:15pm	\$63.00/10	29351

ZUMBA GOLD

Age: 55+ years Location: The Meadows of Aurora

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	Sept 19	10:15am - 11:00am	\$75.00/12	29553

CHRISTMAS WREATHS



**WEDNESDAY
SEPTEMBER 20
1 P.M. TO 4 P.M.**

Limited space available
Join Let's Create for a fun afternoon

\$10.00

- Make your own wreath!
- All material supplied
- Bring your own embellishments (if you want!)

**REGISTER AT
RECEPTION
STARTING
AUGUST 1**



▶ Special Events Committee

Come and Dance and Sing at the Summer Fling with the Pacemakers Band will be on the Stage on Friday, August 25 when the doors open at 7pm. There will be refreshments, prizes, a cash bar, some line dancing. Tickets are \$18.00 at the Reception Desk. Mark your calendar.

The Pacemakers dance music covers songs that were recorded by Buddy Holly, Paul Anka, Elvis Presley, Bobby Darin, The Beatles, The Rolling Stones, Neil Diamond, Neil Young, Eric Clapton, and more!

There will be different dance varieties like The Twist and Line Dancing. Come and have some Fun!!



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Seniors Discounts.
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Aurora Seniors Presents

FALLSVIEW CASINO

Date: 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

A PLACE TO
live well.

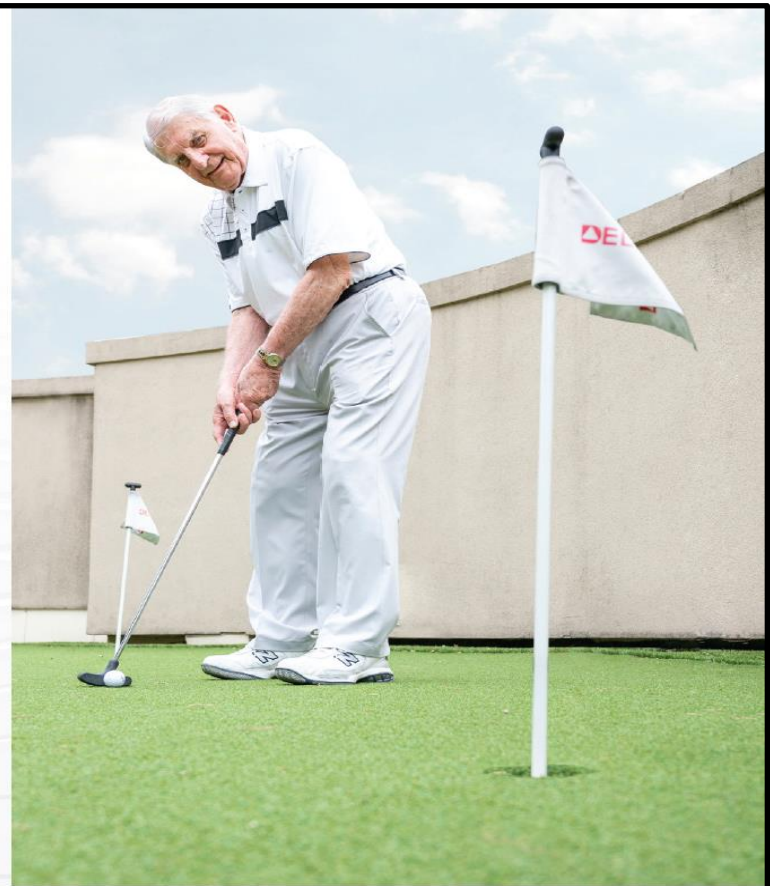
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INDEPENDENT LIVING
& ASSISTED LIVING**

Book your tour today!

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**donation
change
drive**

Help us to fill the jar in the lounge with your spare change.
Half of the funds raised will go to your Aurora Seniors Association.
The other half will be donated to Welcoming Arms and their Welcome Table.



**ASK THE
DIETICIAN**

Do you have questions about healthy eating, or anything to do with food or nutrition?

Join registered dietician Sally Kirby in the lounge Wednesday August 23 at 1 p.m. to have your questions answered!



THURSDAY, AUGUST 10

**WEAR YOUR BLUE JAYS GEAR AND JOIN US
AT 1 P.M. WATCH THE GAME IN THE LOUNGE**

FREE TO MEMBERS! ENJOY SOME POPCORN & CHEER OUR TEAM



“We want to show residents Respect, preserve their Dignity, provide Compassion and make them feel like family.”

**Call today at
905-724-3211**



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ON YONGE

info@theresidencesonyonge.ca

BOOK A TOUR

Reserve A Suite Today

Assisted Living Memory Care Independent Living

Assisted Living includes assistance for people who need more physical assistance with their Activities of Daily Living (ADLs) & **Memory Care** for people who need more support due to their memory loss and their dementia may progress. Our Assisted Living environment has been made to support both of these challenges, as individuals' needs evolve and change over time. We are here to support your needs!

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.

Date: Thursday, August 17, 2023

Depart: 8:30 a.m. Stornach Recreation Complex

NOTL: 10:30 a.m. - 12:00 noon
Free time in Niagara-on-the-Lake

Lunch: 12:15 p.m. - 2:00 p.m.
Enjoy a delicious meal at Queenston Heights
Choice of 1) Grilled Breast of Chicken
2) Baked Rainbow Trout
3) Angus Sirloin au Jus
4) Pan Seared Polenta

Price: Member: \$150.00 per person
Non Member: \$160.00 per person

Inclusions: 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.

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

NOTE: GUESTS MAY SELECT ENTREE WHEN SEATED

College: 2:15 p.m. - 3:15 p.m.
Wine tasting at the Niagara Teaching College

Chocolate: 3:30 p.m. - 4:15 p.m.
Visit to Chocolate F/X

Return: Arrival in Aurora approx. 6:30 p.m.



Sign up for our monthly Email Newsletter at www.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

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

*Sign up for our monthly
 Email Newsletter
 at www.yearroundtravel.com*



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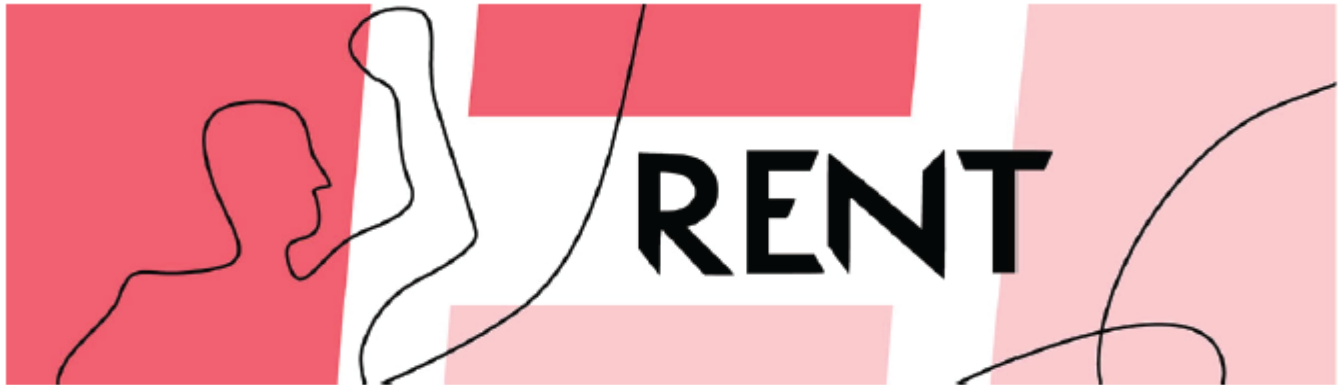
250 Consumers Road #715
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 M2J 4V6

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

Ontario Registration #4281143
 Email: yearroundtravel@on.aibn.com
www.yearroundtravel.com

Registration Forms available at Reception!
Please return registration form by Friday, August 25
to ensure your space.

Aurora Seniors Presents



Set in Manhattan in the 1990s and inspired by Puccini's opera La Bohème, this rock musical by Jonathan Larson follows a group of young East Village artists, performers and philosophers as they struggle through the hardships of poverty, societal discord and the AIDS epidemic in the search for life, love and art. With a song list that includes the iconic "Seasons of Love," Rent tells a story as relevant today as when it took Broadway by storm more than 25 years ago.

Date: Thursday, October 26, 2023

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

Depart: 8:30 a.m. Stronach Recreation Complex

Lunch: 11:30 a.m. - 12:30 p.m.
Enjoy a delicious buffet lunch at the Elmhurst Inn

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

Show: 2:00 p.m. - 5:00 p.m.
Reserved orchestra seating for Rent

Return: Arrival in Aurora by 7:30 p.m.

Price: Members: \$205.00 per person
Non Members: \$215.00 per person

Stratford
FESTIVAL

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Year Round Travel Email Newsletter
at www.yearroundtravel.com



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Ontario Registration #4281143
Email: craiglugsdin@bellnet.ca
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▶ ASA Activity News

The Evergreen Choir

The Evergreen Choir will meet again on **Wednesday, September 13** in the McKenzie Room. We gather at 1:45 each week to pick up music and socialize. We start singing, under Director Dr. Richard Heinzle, at 2 pm and sing until 3:30 pm. Our accompanist on the piano is Craig Garnham.

The choir is always interested in new singers. We need tenor, bass, and alto voices, but we welcome anybody who likes to sing. Choir registration begins Tuesday, September 5 and is \$50 for the season and available at Reception. You must be an ASA member to join the choir.

ASA Art Drop-in Activity

The Aurora Seniors Group of Artists invite YOU to join us for the Art Drop in, on Thursday Mornings from 9 a.m. to 11 a.m. for a fun session of sketching, painting or just see what we are doing. The accomplished Artists can answer questions and possibly give suggestions for what you are interested in and where to purchase what you may need.

You will never know the fun we have if you don't come in and perhaps join us.

Just follow the sounds of the laughter!

Friday Fun Nights

Do you like to socialize? Do you like to play games?

Come join us Friday nights from 7 p.m. to 9 p.m.

Fee is \$1.00 unless you attended the center earlier that day and ice cream is \$2.00.

We have a wide arrangement of games and if you don't see one the interest you bring your own. Please note we don't have a license, so betting is not allowed. Come and check us out. Can't wait to see you.

Bocce (Additional Time added)

Beginning this week, Bocce will be offered on Wednesdays and now Thursdays (NEW) from 9:30am to 11am on the Bocce courts. Pre-sign-up at Reception available each week and limited to 16 players each session on first come first serve basis. Please make sure you sign-in at Reception each day you are playing. Thank you for your understanding, and a big thank you to our volunteers who coordinate this activity.

▶ Complimentary Hearing Checks

HearCANADA will be offering complimentary Hearing Health Checks at the Centre on Wednesday, August 9 from 9 a.m. to 3:40 p.m. Staying connected to the sounds you love is a great reason to get your hearing screened. A Hearing Health Check takes approximately 20 minutes and is your first step towards better hearing.

A sign-up sheet is available at Reception. Space is limited





Our first post-Covid dance night took place on August 26, 2022, and we not only survived one year of dancing, but our last dance in July was a huge success with a record attendance. To celebrate this milestone and to transition smoothly into a new 2023/2024 season, we decided to add one more dance on August 11, and hope to see you there.

The Line Dance Practice session is held between 7 to 7:30 p.m., and the main Ballroom event starts at 7:30 p.m.

A look ahead our fall dances are planned as follows:

September 22, October 13, November 3, November 17, December 8, December 22

HIGH TEA

Aurora Seniors Centre
90 John West Way, Aurora

Wednesday, August 16
1pm to 3pm

Free to members

Entertainment by
Xinya Zhou (cellist)

TICKETS AVAILABLE AT RECEPTION MONDAY, JULY 31
LIMIT OF 2 TICKETS PER MEMBER.

THANK YOU TO OUR EVENT SPONSOR

AMICA
UNIONVILLE

Ice Cream Fundraiser



Join us for a fun afternoon with ice cream sundaes (choose your own toppings), and musical entertainment by Joe Thomson.



\$10 FOR MEMBERS & \$12 FOR NON-MEMBERS

WEDNESDAY, AUGUST 30 AT 1:00 P.M.
AURORA SENIORS CENTRE
90 JOHN WEST WAY

Tickets available at Reception

Thank you to our sponsor:



BBQ



Dates:
 Wednesday, August 9 &
 Wednesday, August 23
 Doors open 11:45am

Limit of 2 tickets per member

Menu:
 Hamburger
 Sausage on a bun
 Chicken on a bun
 Salad, Dessert

Date	# of tickets available	Tickets on sale:
August 9, 12 p.m.	65	Tickets \$8 on sale Monday, July 31 to Friday August 4
August 23 12 p.m.	65	Tickets \$8 on sale Monday, August 14 to Friday, August 18



Paint & Sip



**Saturday September 23,
 1 - 5 p.m.
 at the Aurora Seniors Centre**

Join local artist Eva Folks for an afternoon of painting!
 All supplies are included and you will leave with a completed picture.
 Light refreshments, coffee, tea and a sweet treat, will be served.

Registration is available at Reception. starting August 14.

Aurora Seniors Centre
 90 John West Way, Aurora
 905 726 4767



▶ Tuesday Night Movies at the Centre

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

August 1 – News of the World (2020): Tom Hanks (PG-13, 118 min, Action, Drama)

A Civil War veteran agrees to deliver a girl taken by the Kiowa people years ago to her aunt and uncle against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.

August 8 – The Lake house (2006): Sandra Bullock, Keanu Reeves (PG-13, 108 min, Romance)

A lonely doctor who once occupied an unusual lakeside house begins to exchange love letters with its former resident, a frustrated architect. They must try to unravel the mystery behind their extraordinary romance before it's too late.

August 15 – Love Again (2023): Priyanka Chopra Jonas, Celine Dion (PG, 114 min, Comedy)

A young woman tries to ease the pain of her fiancé's death by sending romantic texts to his old cell phone number and forms a connection with the man the number has been reassigned to.

August 22 – The Man from Toronto (2022): Kevin Hart (Pg-13, 104 min, Action, Comedy)

The world's deadliest assassin and New York's biggest screw-up are mistaken for each other at an Airbnb rental.

August 29 – Green Book (2018): Viggo Mortensen, Mahershala Ali (Pg-13, 130 min, Drama, Comedy)

A working-class Italian American bouncer becomes the driver for an African American classical pianist on a tour of venues through the 1960s American South.

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

<p><u>ASA Board of Directors:</u> President Glen Sharp Vice President Jim Abram Treasurer Rob Ishoj Secretary John Scherrer Directors Vern Cunningham Rob Gaby Luis Gambino Dave LeGallais Percy Surti</p>	<p><u>ASA Committees:</u> Finance Rob Ishoj—Chair Membership & Volunteers Sylvia Gilchrist—Chair Special Events Committee Joan Brownlow—Chair Operations & Activities Committee Dave LeGallais—Chair By-Law Review Committee John Scherrer—Chair Social Committee Don Keel—Chair Community Development Committee Shirley Petrie—Chair Seniors Related Issues Committee Jim Abram—Chair</p>	<p><u>Aurora Seniors Centre Staff:</u> Karie Papillon Adult Program Coordinator kpapillon@aurora.ca (365) 500 3159 Andrew Bailey Adult/Older Adult Programmer abailey@aurora.ca (365) 500 3160 Brandie Yorg Program Lead (SCWW & SCM) byorg@aurora.ca (365) 500 3161 Bill Hawke Primary Facility Operator bhawke@aurora.ca</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. 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.

Breathe & Stretch: Using breathing techniques for relaxation and seated stretch

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, August 8 from 1:30 to 2:15 p.m. 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, August 22 from 1:30 to 2:15 p.m. HIDDEN FIGURES: Charley Parkhurst

Come hear about the life, contributions and lasting legacy of Charley Parkhurst a woman who was one of the most celebrated of the California stagecoach drivers.

Tuesday, August 29 from 1:30 to 2:30 p.m. AMAZING MONARCHS – Karin Davidson- Taylor from Royal Botanical Gardens

Join Karin from Royal Botanical Gardens which is a living museum to explore the Monarch Butterflies amazing life cycle. Discover how you can help them along their migration route.

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

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

AUGUST 2023 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		August 1 3:15 Breath and Stretch (Z/T)	August 2 3:15 Stories and Games (T)	August 3 3:15 Stretch and Relax (Z/T)	August 4 3:15 Fun and Games (T)
August 6 No Program	August 7 No Program (Centre Closed)	August 8 *NEW 1:30 Telephone Tapestry 3:15 Breath and Stretch (Z/T)	August 9 3:15 Stories and Games (T)	August 10 3:15 Stretch and Relax (Z/T)	August 11 3:15 Fun and Games (T)
August 13 12:30 Chair Exercise (Z)	August 14 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	August 15 3:15 Breath and Stretch (Z/T)	August 16 3:15 Stories and Games (T)	August 17 3:15 Stretch and Relax (Z/T)	August 18 3:15 Fun and Games (T)
August 20 12:30 Chair Exercise (Z)	August 21 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	August 22 *NEW 1:30 Telephone Tapestry 3:15 Breath and Stretch (Z/T)	August 23 3:15 Stories and Games (T)	August 24 3:15 Stretch and Relax (Z/T)	August 25 3:15 Fun and Games (T)
August 27 12:30 Chair Exercise (Z)	August 28 10:15 Stretch and Relax(Z/T) 3:15 Jeopardy (Z/T)	August 29 *NEW 1:30 Telephone Tapestry 3:15 Breath and Stretch (Z/T)	August 30 3:15 Stories and Games (T)	August 31 3:15 Stretch and Relax (Z/T)	

This legend indicates how each SCWW program will be available for this month!

T— offered through Teleconference

Z—offered through Zoom

Z/T—offered through both Zoom & Teleconference

▶ August 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 Woodcarving 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 1:00 Mah-Jongg 1:30 Stretch & Tone*(H) 3:00 Mixed Pickleball 3:15 SCWW Fun/Games *(T)	9:00 Boot Camp* 9:30 Balance* 9:30 Watercolours* 10:00 Colour and Chat 10:30 Balance* 12:30 Pickleball (Women) 12:30 Table Tennis 1:00 Bid Euchre 2:15 Pickleball (Men) 3:15 SCWW Chair Exercise*(Z/T) 4:00 Badminton 6:00 Poker 6:30 Movie	9:00 Drawing Fundamentals* 9:30 Bocce 10:00 Chair Yoga* 11:00 Conversational French 1:00 Let's Create 1:30 Bridge 1:30 Canasta 3:15 SCWW Stories/Games (T)	9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:00 Boot Camp* 9:30 Bocce 10:00 Stretch & Tone* 10:30 Keep Singing 11:15 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 2:30 Pickleball (Women) 3:15 SCWW Stretch & Relax*(Z/T)	8:30 Woodcarving 9:30 Quilt 'n Sew 9:30 Writers Circle 9:30 Mandarin Singing 10:00 Chair Stretch* 11:00 Stretch & Tone*(Z) 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 Mah-Jongg 1:30 Book Club 2:30 Pickleball (Mixed) 3:15 SCWW Fun/Games *(T) 7:00 Fun Night
August 7 Centre Closed		August 9 12:00 BBQ	August 10 1:00 Toronto Blue Jays Viewing party	August 11 7:00 Social Dance
August 21 1:00 ASA Board of Directors		August 16 1:00 High Tea Event		August 25 7:00 Pacemakers Live music Dance Event
		August 23 10:30 Blood Pressure Clinic 12:00 BBQ		
		August 30 9:00 Men's Shed Launch Breakfast (Details to come) 1:00 Ice Cream Fundraiser		

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)