

ASA FRIDAY NIGHT DANCE!

JULY 14

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!

Our July Dance will be a special evening with a variety of ballroom and line dance music, managed by three volunteer DJs. We will also play a few Country Western and West Coast Swing songs, so if you'll feel like it, bring your cowboy hat and boots. The line dance practice starts at 7 p.m. and the main ballroom event unfolds at 7:30 p.m. We look forward to seeing you there.

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▶ ASA Presidents Message

Hello, my name is Glen Sharp, and I am the new President of the Board of the Aurora Seniors' Association. I am looking forward to the opportunity of working with the wonderful volunteers and staff at the Seniors' Centre to continue to offer a variety of programs and activities for all of our members.

We started out at our Annual General Meeting which was held on June 14 where we saw record attendance of 115 members. Afterwards we were treated to a BBQ lunch and had some social time. Thank you to everyone who attended. We welcomed Louis Gambino, Percy Surti, Rob Ishoj, and Rob Gaby as new members of the Board, which will be a great mix with Past-President Dave Legallais, Secretary John Scherer, Vice-President Jim Abram, and Director Vern Cunningham returning. Cheryl Rimes, Nick Senick, Carol Hedenberg, and Ann Overington have completed their terms on the Board, and we thank them for their invaluable time and effort on behalf of the Aurora Seniors' Association.

It is time once again to renew our agreement with the Town for the use of space and to set our lease rates for the next five years. A committee of the Board has been meeting with staff for a few months, and we are near completion. We have a great partnership with the Town and the discussions have gone very smoothly.

Summer BBQs are back for the following dates- July 12, July 26, August 9, and August 23. Be sure to get your tickets for a nice lunch and a time to chat with friends. Bocce is back on Wednesday mornings and from what I have seen it seems to be quite popular. Some activities have shut down for the summer months but there is still a lot going on, so try and make a point to get out and enjoy your centre.

The members of the Board welcome your comments and suggestions because by listening to your ideas we can make the Centre even better. Thank you for your support. Glen Sharp

▶ Computer Club Information and Activities

We are taking a break from sessions of the Computer Club during July and August. 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.

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	\$20.00/8	28464

BASIC CARDIO*

Age: 55+ years Location: ZOOM

Description above*

Day	Date	Time	Fee/Class	Code
Thu	July 6	9am - 9:30am	\$20.00/88	28465

BOOT CAMP GOLD

Age: 55+ years Location: ATH Courtyard

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	Full
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 12	10am - 11am	\$50.00/8	FULL

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	Full

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	Full
Thu	July 6	10am – 11am	\$50.00/8	Full
Fri	July 7	11am – 12pm	\$50.00/8	28461

FALL 2023 Program Registration

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	Full

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

FALL 2023 Town Program Registration will begin:

Residents – Monday, August 14

Non-Resident – Monday, August 21

▶ ASA Library News

I am proud to notify you that we have 3 members in the Centre who are published authors:

- David C. Brownlow has published 2 books. Muskoka Cottage Retreat – Hunting, Fishing and Stories around Bala and the Moon River and Whistle Stop Dentist -Stories about his father. A dentist on the Ontario C.P.R. dental car – 1933 to 1935.
- David McKee has published 'Bala Boy' – recollections of boyhood in Bala Cottage country.
- Heather Morrison Trusler published 'Granny Tales' – Stories of her childhood. Written during the Covid Epidemic.

A copy of each book has been donated to our library and is available for you to enjoy. The Whistle Stop Dentist has been on loan for several weeks and should be returned shortly.

Book and Puzzle Donation update:

- Murder/Mystery/Mayhem, Romance, Biography and Science Fiction books are always welcome in the library.
- Special consideration is given to large print books.

Shelf space is limited so please be selective in the number of books and puzzles you donate.

General Administration:

- Please continue to place your returns in the return box by the door. Leave them on the top of the box only if they are too thick for the slot.
- All ideas about the library are most welcome.

Send your idea/comment to Kevin.Griffiths4881@Gmail.Com or even better, see me whenever I am around. Kevin Griffiths

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 go on sale Monday July 17
Cash Bar Available

▶ We Walked Across North America

We held our 2nd Annual Walking Challenge in May and it was a great success! Our goal this year was to make it across North America.

With 44 participants over 4 weeks we walked a total of 8,044 kilometres. Participants could submit time, steps, or distance. All movement counted! We started at the Aurora Seniors Centre and ended our journey in **Maricopa, Arizona**.

Walking Challenge Map Recap



- Week 1 – 1538 kilometers Aurora Seniors Centre to Portland Main
- Week 2 – 1,792 kilometres Portland Maine to Montgomery Alabama
- Week 3 – 1,916 kilometers Montgomery Alabama to Acapulco Mexico
- Week 4 – 2, 798 kilometers Acapulco Mexico to Maricopa Arizona

EVERY STEP COUNTS

▶ Conversational Italian and French Activities

Don't miss out on the fun. If you have some knowledge of Italian and French, this is a chance to practice it with a great group of members who are helpful and very welcoming. Conversational Italian meets every Monday at 10:00 a.m. and Conversation French meets every Wednesday at 11 a.m. These activities are led by an ASA volunteer and lots of fun.

► Special Events Committee

Joan Brownlow, Chair

The 4 String Uke Band gave a wonderful performance for a wonderful audience on Wednesday, June 6 at the Seniors Centre. The band sang the songs that they played and invited the audience to join in singing with them which most of us did and we had a fun afternoon. Thanks to all the people who came.

The Special Events Committee is now planning a “Summer Fling” to be held on Friday, August 25. The doors will open at 7 p.m. with the Pacemakers Band of 6 Musicians playing as you enter the West McKenzie Room. They will be playing all kinds of wonderful music for you to join in singing and dancing for great entertainment until 9:30 p.m. There will be an open bar with wine, beer, and pop. We will have delicious refreshments at Intermission. Tickets will be \$18.00 available at the Reception Desk on July 17. We encourage you to buy them right away and put the time on your August calendar. This will be a wonderful event planned just for you.

► Service Canada Presentation

On Wednesday, July 12 at 10 a.m. we will welcome a representative from Service Canada for an informative seminar on their programs and services including Canada Pension Plan (CPP), and Old Age Security (OAS) Hope to see you then.

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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

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.



Toronto Blue Jays Days

**THURSDAY, JULY 20
THURSDAY, AUGUST 10**

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

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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

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

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

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.

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

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.



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Email: craiglugsdin@bellnet.ca
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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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P: 416 499 1444
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TF: 1 888 804 8841

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

Registration Forms available at Reception



Menu:

- Hamburger
- Sausage on a bun
- Chicken on a bun
- Salad, Dessert



Dates:

- Wednesday, July 12 &
- Wednesday, July 26

Date	# of tickets available	Tickets on sale:
July 12, 12 p.m.	65	Tickets \$8 on sale Tuesday, July 4 to Friday July 7
July 26, 12 p.m.	65	Tickets \$8 on sale Monday, July 17 to Friday, July 21

Limit of 2 tickets per member

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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2023 Trip Update:

Our Thursday, July 27 St. Jacob "Joseph and the Technicolour Dreamcoat" is on a Waitlist status. If interested, please leave your name and phone number in the Trip folder at Reception and you will be notified if space becomes available. Thank you.

▶ Tuesday Night Movies at the Centre

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

July 4 – Chevalier (2022): Kelvin Harrison Jr., Samara Weaving (PG-13, 108 min, Biography)

Based on factual story of composer Joseph Bologne, Chevalier de Saint-Georges, the illegitimate son of an African enslaved and a French plantation owner, who rises to heights in French society as a composer before an ill-fated love affair.

July 11 – Champions (2023): Woody Harrelson (PG-13, 124 min, Comedy, Drama)

A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.

July 18 – The First Wives Club (1996): Goldie Hawn, Bette Midler (PG, 103 min, Comedy)

Reunited by the death of a college friend, three divorced women seek revenge on the husbands who left them for younger women.

July 25 – Book Club (2018): Diane Keaton, Jane Fonda (Pg-13, 104 min, Drama, Comedy)

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

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

The ASA Silver Stars Theatre Group is looking for a couple of male actors to perform in the future Christmas show. If interested contact Paul Wells At pwellsie1@gmail.com

<p><u>ASA Board of Directors:</u> President Glen Sharp</p> <p>Vice President Jim Abram</p> <p>Treasurer Rob Ishoj</p> <p>Secretary John Scherrer</p> <p>Directors Vern Cunningham Rob Gabby Luis Gambino Dave LeGallais Percy Sarti</p>	<p><u>ASA Committees:</u> Finance Rob Ishoj—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><u>Aurora Seniors Centre Staff:</u> 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. 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 (Two Dates in July):**

Tuesday, July 11- Backstage at the Vinyl Cafe

Have you ever wondered where the inspiration of the Vinyl Café stories come from? Wonder no more! Backstage Vinyl Café stories and is narrated by the long-time producer, Jess Milton. Jess shares rare behind the scenes stories from her 15 years touring, travelling, laughing and recording with her close friend Stuart.

Tuesday, July 25 – Hidden Figures

Hidden figures will introduce us to people that have shaped our society: scientists, musicians, political activists and more. We'll hear about life, contributions, and legacy. In 1944, Chien-Shing Wu interviewed at the division of war research at Colombia University for her work in nuclear physics. At the end of the day, they asked if she had any idea what they were working on. Smiling, she replied "I'm sorry, but if you wanted me not to know what you're doing, you should have cleaned the blackboards." She started work the next day.

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

TOWN OF AURORA
SENIORS' CENTRE
 WITHOUT WALLS

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

AURORA

JULY 2023 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
July 2 No Programs	July 3 No Programs	July 4 3:15 Breath and Stretch (Z/T)	July 5 3:15 Stories and Games (T)	July 6 3:15 Stretch and Relax (Z/T)	July 7 3:15 Fun and Games (T)
July 9 12:30 Chair Exercise (Z)	July 10 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	July 11 *NEW 1:30 Telephone Tapestry 3:15 Breath and Stretch (Z/T)	July 12 3:15 Stories and Games (T)	July 13 3:15 Stretch and Relax (Z/T)	July 14 3:15 Fun and Games (T)
July 16 12:30 Chair Exercise (Z)	July 17 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	July 18 3:15 Breath and Stretch (Z/T)	July 19 3:15 Stories and Games (T)	July 20 3:15 Stretch and Relax (Z/T)	July 21 3:15 Fun and Games (T)
July 23 12:30 Chair Exercise (Z)	July 24 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	July 25 *NEW 1:30 Telephone Tapestry 3:15 Breath and Stretch (Z/T)	July 26 3:15 Name That Tune (T)*	July 27 3:15 Stretch and Relax (Z/T)	July 28 3:15 Fun and Games (T)
July 30 12:30 Chair Exercise (Z)	July 31 10:15 Stretch and Relax(Z/T) 3:15 Jeopardy (Z/T)	<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 *NEW – Telephone Tapestry (See previous page for more information)			

*Brandie is excited to be hosting a Name that Tune program over the phone on Wednesday, July 26 at 3:15 p.m. If you are interested, please email or call Brandie at byorg@aurora.ca or 365 500 3161.

▶ July 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.
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 (July 12) 3:15 SCWW Stories/Games (T)	9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:00 Boot Camp* 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)	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
July 3 Centre Closed		July 12 10:00 Service Canada Presentation 12:00 BBQ	July 20 1:00 Toronto Blue Jays Viewing party	July 14 7:00 Social Dance
July 17 1:00 ASA Board of Directors		July 26 10:30 Blood Pressure Clinic 12:00 BBQ		

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

- The Billiards Room is available for play during all operating hours.
- All ASA activities have a daily activity fee of \$1.00 (loonies preferred please)
- *Town of Aurora pre-registered programs **(Z)** Zoom **(T)** Teleconference **(H)** Hybrid (In-person and Zoom)

Aurora Seniors Centre
 90 John West Way, Aurora
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