

AURORA SENIORS' CENTRE

# 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](http://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](mailto: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.

**Full Schedule for the Fairs Seminars and fitness demos on the next page.  
Available in-person and over Zoom!**

Aurora Seniors Centre – 90 John West Way, Aurora, ON L4G 6J1  
Tel: 905-726-4767 • Email: [asa@auroraseniors.ca](mailto:asa@auroraseniors.ca)  
[www.auroraseniors.ca](http://www.auroraseniors.ca) • [www.aurora.ca/scww](http://www.aurora.ca/scww)



# THE LIND

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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-  3D FLOORPLAN & VIRTUAL TOUR
-  PROFESSIONAL FEATURE BOOKLETS
-  LISTED ON MLS THROUGH TRREB
-  ONLINE & SOCIAL MEDIA EXPOSURE
-  EXPERIENCED REAL ESTATE TEAM

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### MEMBER AFFILIATIONS & DESIGNATIONS



**LENARD LIND**  
BROKER OF RECORD & OWNER

OFFICE: 905-841-0000  
TOLL FREE: 888-727-8223  
LENARD@LINDREALTY.CA



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# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM

BROKERAGE

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AURORA, ONTARIO L4G 1M3

[WWW.LINDREALTY.CA](http://WWW.LINDREALTY.CA)

## ▶ ASA Board of Directors

The weather may be starting to cool down, but things are certainly heating up at the Centre over the next few weeks. Here is just some of what is coming up:

- Open House- September 5-8
- Seniors' Active Living Fair- September 9 from 9 a.m. to 1 p.m.
- Try it Week- September 11-15
- Stroll and Chat with the Aurora Arboretum- September 20 from 10 to 11 a.m.
- Aurora Seniors' Centre Town Hall meeting on Wednesday September 27 from 1 to 2 p.m. Chat with Karie, Glen, and other Board members
- Coffee chat with the Mayor- Wednesday, October 25- 11 a.m.- 12 p.m.
- Plans are under way for the re-opening of the wood shop with a target date in September.
- Some ASA activities took a summer break, but things will be back in full swing in September.

Did you know that as of August 21 we have 1422 members in the Aurora Seniors' Association? That's the number of people in some of the small towns I go through on the way to the cottage. Amazing! It's great to see so many people and feel the energy throughout the building. There are so many activities, programs, and adventures available, and the fall looks like its going to be a good one so come out and enjoy your Centre.

## ▶ Seniors Active Living Fair Details

**Our seminars and fitness demos have been confirmed for our Saturday, September 9 Active Living Fair. Join us in-person or over Zoom. Zoom link will be emailed out to ASA members the day prior to the event. If you are not a member email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) for the details**

**Seniors Safety seminar with YRP** from 9:20 a.m. – 9:50 a.m.

York Regional Police Community Services-Seniors Safety Officers will discuss and answer questions on all the latest and most common frauds/scams and learn about the Seniors Safety unit as well and what they offer.

**Chair Yoga Demo with Diane** from 9:55 a.m. to 10:15 a.m.

**Blood Pressure Clinic** from Chartwell Retirement Residence from 10 a.m. to 11 a.m. in the library.

**Humps Are for Camels, Not Humans Seminar** from 10:20 a.m. to 11 a.m.

Join Dr. Dean McClelland DC, and Dr. Tina Canto ND for a discussion on chiropractic and naturopathic approaches to improving your slouched posture and strengthening your bones.

**Get Strong Demo with Lucy** from 11:05 a.m. to 11:25 a.m.

**Senior's Transit Options with YRT** from 11:30 a.m. to 12 p.m.

York Region Transit, an Orientation for Seniors, presenting an overview of YRT programs and services while providing senior focused information such as Mobility On-Request 65+, Travel Training, Senior Bus Fare and Mobility On-Request Paratransit.

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](mailto:seniorscentre@aurora.ca)

## TRY SOMETHING NEW FOR FREE AT THE AURORA SENIORS' CENTRE

### Monday, September 11

- Move & Tone ..... 9 a.m.
- Chair Yoga ..... 10 a.m.
- pFIT..... 12 p.m.

### Tuesday, September 12

- Billiards & Snooker ..... 9 a.m.
- Colouring ..... 10 a.m.
- Core on the Floor..... 1:15 p.m.
- Get Strong ..... 2 p.m.

### Wednesday, September 13

- Get Fit..... 9 a.m.
- Silver Stars..... 9:30 a.m.
- Chair Yoga ..... 10 a.m.
- Hand & Foot Canasta ..... 1 p.m.

### Thursday, September 14

- Basic Cardio..... 9 a.m.
- Learn Keyboard ..... 10 a.m.

### Friday, September 15

- Get Fit..... 9 a.m.
- Men's Shed..... 9:30 a.m.
- Chair Stretch ..... 10 a.m.
- Get Strong ..... 11 a.m.
- Fun Night ..... 7 p.m.



Other Try-it options available , check the binder at Reception for full details. Space is Limited.

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](http://aurora.ca/activeseniors)

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

▶ Walking Club Returns

Indoor

# WALKING CLUB

Aurora Family  
Leisure Complex



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

**Walk. Stretch. Learn.  
Starts Tuesday September 26**

## Town of Aurora Fall 2023 Programs

**Registration for Fall 2023 programs is currently available:**

Here's how to register:

1. Online using the Town of Aurora's E-play system. You can access E-play by visiting <http://www.aurora.ca/eplay>
2. Registration Forms available at Reception.

### 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	<del>\$75.00/12</del>	Full
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 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	\$46.00/13	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	\$46.00/13	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	FULL

## 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	<del>\$125.00/10</del>	FULL

## GET FIT

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

Welcome to all around fitness! This class includes a warmup 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	<del>9am – 9:45am</del>	<del>\$82.00/13</del>	FULL

## 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

# SAVE THE DATE

The ASA Holiday Bazaar will be returning and will be held on **Sunday, November 5**



## 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, buttonholes, 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 1	2:30pm - 3:45pm	\$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](mailto: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](mailto: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: ASC**

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 – 2:30pm	\$75.00/12	FULL
Thu	Sept 21	10am – 11am	\$82.00/13	FULL

## WATER COLOUR – Level 1

**Age: 55+ years Location: AFLC**

This watercolour class will be of interest to participants who are new to watercolours as well as those who have some experience. Participants will learn how to mix colours, watercolour techniques such as washes and dry brushing, and how to plan a watercolour project from start to finish. Some drawing will be incorporated into the project preparation. Material costs are extra (a list is available at the ASC or, the AFLC)

Day	Date	Time	Fee/Class	Code
Tue	Sept 19	1pm – 3:30pm	\$151.00/8	FULL

## WATER COLOUR – Level 2

**Age: 55+ years Location: AFLC**

This watercolour class will be of interest to participants who have experience with watercolours and want to develop their style and learn new techniques. Participants will learn techniques such as mixing colours on their paper, using negative space, and loosening up their style using larger brushes. Drawing will be incorporated into the project preparation. Material costs are extra (a list is available at the ASC, or the AFLC).

Day	Date	Time	Fee/Class	Code
Tue	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	FULL

## 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
Mon	Sept 18	12:15pm - 1:15pm	\$63.00/10	29350

## YOGA: RESTORATIVE MAT - **NEW**

**Age: 18+ years Location: ASC**

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 your 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: ASC**

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	Oct 3	10:30am - 11:15am	\$63.00/10	29553



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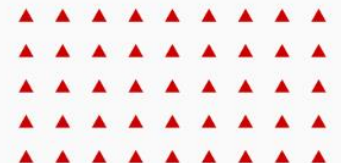
**WELCOME**



**SOPHIE STEWART**

Hi there, my name is Sophie Stewart and I am going into my second year of Recreation Management In Gerontology at George Brown College. I love animals, especially dogs because I have one of my own - a 6 year old Westie named Sherlock. I also love horses because I learned to ride at age 8. I love to read lots of books, especially romance. I love to bake too - my favourite thing to bake are cookies. In addition to my current schooling, I received a diploma from Georgian Collage in Travel and Tourism. I'm excited to work at Aurora Senior Centre because I love helping others and enjoy listening to all your stories about the good old days. I can't wait to spend time with you all!

**SOPHIE'S FIRST DAY AT THE CENTRE  
WILL BE MONDAY SEPTEMBER 25**



**WEDNESDAY SEPTEMBER 27 AT 12 P.M.**

# BISTRO

HAM & CHEESE ON A CROISSANT, POTATO SALAD,  
CRUDITE, DESSERT



Tickets: \$10 (members) \$12 (non-members)

Tickets on Sale Monday September 18 - Friday September 22

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We Held a great informational Men's Shed breakfast in August and and pleased to be offering two Try-it sessions on during try-it week. Session will be held:  
**Monday, September 11 from 9 to 11 a.m.**  
**Friday, September 15 9:30 to 11:30 a.m.**  
Please join us to continue growing this new activity at the Centre.



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**LADIES, LAUGH, LEARN**

WEDNESDAYS  
10:30 A.M - 12 P.M.

**STARTING  
OCTOBER 18**

**Ladies, let's connect!**

Join us on Wednesday mornings to meet new friends and try different activities. Each week will have social time, light refreshments, and some fun. Something different every week.

Wednesdays 10:30 a.m. - noon  
\$12/10 weeks  
October 18 - December 20  
Register at reception

friends



## ► Special Events Committee

Two great Special Events are coming up soon. The first one is TRIVIA on Friday, October 6 from 6:30 to 9 p.m. Tickets are \$15.00 per person and will be available at the Reception Desk on Friday, September 1. There will be 4 rounds of 20 Trivia questions. Prizes will be given to each table of 6 who won the round. Thank you to Elfriede Greupner who has planned all the questions and Sabrina Greupner will MC the Event. There will be delicious refreshments at Intermission. Always a fun evening! A Cash Bar will open for your choice of beer, wine, pop, water.

The Special Events Committee is planning a HALLOWE'EN Event to be held on Friday, October 27 from 7 to 9 p.m. so start planning the costume that you will wear for a fun night. Lianne Harris, an outstanding speaker, will start the night off with pictures and the topic "Superstitions" around the world. Tickets will be \$15.00 on sale at the Reception Desk on October 2.

## Have a Question or something to share about the Centre?

September is a great time to Let us know. Two ways this month:

Anytime you can fill out a Let us know form available at Reception or join us for our first Town Hall at 1 p.m. on Wednesday September 27 in the Lounge at the Centre with Town Staff and ASA Board of Directors to answer any questions you have and exciting updates.



## ▶ ASA Evergreen Choir

The first rehearsal of the Evergreen Choir is Wednesday, September 13 and you can sign-up now at Reception. We always welcome new members and are particularly interested in bass, tenor, and alto, although all singers are very welcome.

### Membership Fee

To be a member of the Evergreen Choir you must first be a member of the Aurora Seniors Association. Once you are a member of ASA, you may join the Evergreen Choir. No audition is required. You just have to love to sing. The fee is \$50 if you join in September and \$25 if you join in January or later. Your membership in the choir expires every June.

### Rehearsal Times

The choir, under the direction of Dr. Richard Heinzle, meets every Wednesday in the McKenzie Room from September to June, with a short break at Christmas. You may enter the McKenzie room any time from 1:45 to 2 p.m. We sing from 2 to 3:30 p.m. without a break, and then have 15 minutes, until 3:45 p.m., to exit the room. Our accompanist is Craig Garnham.

### Music

You will be loaned the music, which is the property of the Aurora Seniors Association. You may pickup our music on September 13 from 1:45 p.m. in the West McKenzie Room  
If you have any questions, please talk to Sylvia Gilchrist, the choir co-ordinator, and the music librarian, who will be available every choir Wednesdays from 1:30 to 1:45 p.m.



## 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: \$60 for the session

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



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



**TOUR DESIGNED BY YEAR ROUND TRAVEL INC.**

250 Consumers Road #715  
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 F: 416 499 1448  
 TF: 1 888 804 8841

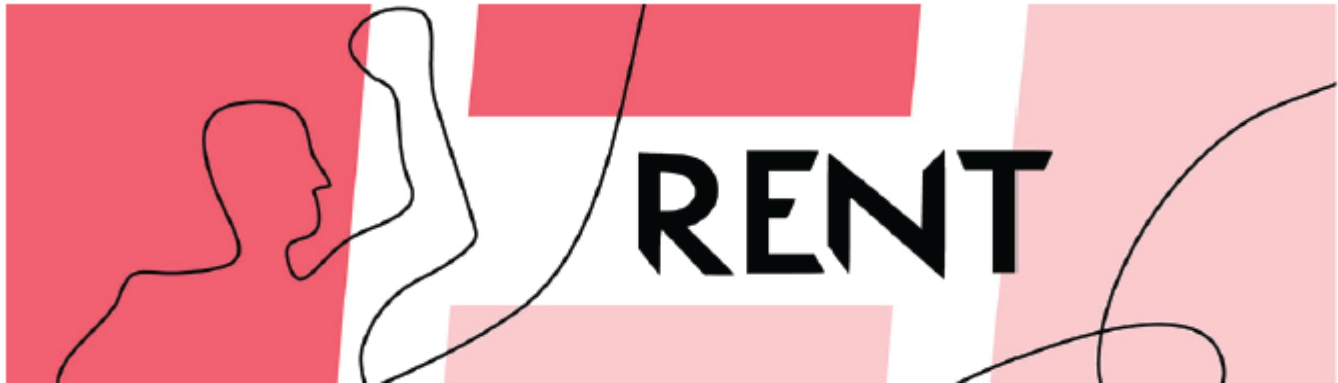
Ontario Registration #4281143  
 Email: [yearroundtravel@on.aibn.com](mailto:yearroundtravel@on.aibn.com)  
[www.yearroundtravel.com](http://www.yearroundtravel.com)

**Registration Forms and Full trip itineraries available at Reception.  
 Limited space remains!**

**ASA Drop-in Art**

The Aurora Seniors Group of Artists (aka: Art Drop in) would like to thank all the people that stopped by in the month of August to see what we are doing, it was great to see your interest. We would also thank Terry Todd and Joan Brownlow for their generous donations to the group, all donations are greatly appreciated. As summer is gone and we are looking at the Fall Art Shows, we will be busy preparing to show our best works. Want to get an early showing, come in for a visit.

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

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

## ▶ ASA Activity News

### **Canasta**

Welcome to September and a NEW Schedule for Hand & Foot Canasta. We are looking for new players and ready to help if you are new to the game. Friday canasta is no longer available, so we have moved to Wednesday's at 1 pm until 3 pm or when the game is over.

Hand and Foot Canasta resumes Wednesday, September 6 at 1 p.m.

If you have never played Canasta or not for a long time, no problem, we can help you. We will have instructors ready at 1 p.m. Wednesday September 13 to teach you or refresh your skills.

---

### **Friday Fun Nights**

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

Come join us Friday nights from 7 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.

---

### **Mah Jong Lessons – Sign-up sheet**

We will have Mah Jongg Lessons beginning on 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 the Mah Jongg Table on Wednesday, September 6 at the Hobby & Volunteer Expo where you can sign up. If space is still available, the sheet will be at Reception.

---

### **Woodcarving Group**

We have had a very interesting Summer at the ASC. I want to thank Karie and Andrew for setting up the temporary location for our carving group. It was successful and everyone enjoyed getting together.

We have challenged our members over the last few months with a few group carving projects. The first we called the dancing ladies. The project was led by John Saville who provided the mahogany, the design, instruction, and supervision. This was challenging as the wood is hard and different techniques were required. Eight of our members participated. We are all very pleased with the results and we hope to display the ladies in the cabinet in the coming months. Thank you, John, for your efforts, they were and are very much appreciated.

The second challenge to our members is a wood carving mosaic which is to be donated to the ASC and displayed in the lounge. The mosaic will consist of 20 carvings with various Canadian themes. This project is ongoing, and we hope to have completed later this Fall. Danielle Brunet suggested the idea and has coordinated our group to complete the work. Thank you, Danielle, we know it has been a time-consuming task.

We will be organizing a group meeting in September to discuss and plan our activities for the Fall and Winter. If any ASC member is interested in joining us please contact us and we would be pleased to give you more information about our group.

We intend to start the beginner carving sessions in October with more information coming soon.

Mel James ASC Carving Group Coordinator

## ▶ ASA Library Update

### Recent Changes

- Based upon numerous suggestions we have set up a new category – **General Fiction**. It currently occupies the 2 middle shelves in the bookcase beside the wing back chairs. Please come in and let us know what you think about it.
- We are trying a new display format for the books on the bottom shelves. It was suggested that we lay the bottom shelf books on their back to make reading the titles easier. The bottom shelf books in the last bookcase by the sofa have been rearranged on a trial basis. Please let us know if this is beneficial.

### Help Has Arrived

Please welcome Donna. She is reinvolving herself at the Senior Centre and has graciously volunteered to help in the library. She is an avid reader and consequently has a multitude of fresh ideas. She is the prime motivator for the new General Fiction section.

### Book and Puzzle Donations

- Murder/Mystery/Mayhem, Romance, Biography, General Fiction, Large Print and Science Fiction books are always welcome in the library.
- Please contact me at [Kevin.Griffiths4881@gmail.com](mailto:Kevin.Griffiths4881@gmail.com), get the front desk to contact me or drop by the library if you want to donate any books as shelf space is limited.
- Special consideration is given to large print books.

### Borrowing Books

- The process is straight forward. It is an honour system as there is no sign-out. You can borrow as many as you wish. We only ask you to return them when you have finished reading them.

### 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.
- ideas about the library are most welcome.
- Send your idea/comment to [Kevin.Griffiths4881@Gmail.com](mailto:Kevin.Griffiths4881@Gmail.com) or even better, drop in.

Kevin

Aurora Seniors' Centre  
**OPEN HOUSE**

**SEPTEMBER  
5-8**

Aurora Seniors' Centre  
90 John West Way, Aurora  
[aurora.ca/activeseniors](http://aurora.ca/activeseniors)

**ASA FRIDAY  
NIGHT DANCE!**

**SEPTEMBER 22  
SEPTEMBER 29**

**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 first Friday Dance event of the fall season will take place on September 22, starting at 7 p.m. with the Line Dance Practice, and switching to Ballroom at 7:30pm. As usual, we will feature a great mix of Country, Traditional Ballroom, Latin and Line Dancing. This year, we will attempt every month to briefly describe a different dance style for our new dancers. Let's start with the simplest of them, a 2-step dance.

This simple dance, also called the Texas Two-step is similar to foxtrot and is usually danced to country music. Danced to music with 4/4-time signature, it consists of four steps with timing **quick, quick, slow, slow**, where the pattern of movement is often referred to as "**Step-together, walk, walk**", so basically an easy rhythmical straight-line walk. In 1939 the Cowboy Dances book stated that, "The real two-step should be smooth and beautiful to watch. But in a Western dance it is quite in kind to make it joyous and bouncy." Modern styles however, continued with the smooth style and added a slight "lilt". To watch a short 2-step dance tutorial, see the following link: [https://www.youtube.com/watch?v=lgMy5Gn84\\_c](https://www.youtube.com/watch?v=lgMy5Gn84_c)



## Cancer Thriving and Surviving Self-Management Program

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

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

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

**Subjects covered include:**

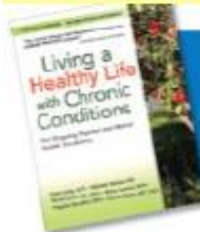
- Setting Priorities
- Relationships
- Nutrition
- Communication skills
- Managing chronic pain, fatigue, poor sleep
- Decision making
- Difficult emotions
- Appropriate exercise for regaining and maintaining flexibility and endurance

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

- 📞 905 726 4767
- 🌐 [Aurora.ca/activeseniors](http://Aurora.ca/activeseniors)

**UPCOMING WORKSHOPS**

Aurora Seniors Centre  
 90 John West Way Aurora  
 Thursdays, September 28—November 2  
 10:00am—12:00pm  
 Please pre-register at Reception



AS PART OF THE WORKSHOP YOU WILL RECEIVE A FREE BOOK



## ▶ Computer Club Information and Activities

We are moving back to offering open drop-in help by appointment Tuesday afternoons between 1 and 3 p.m. If you are looking for help, you can send a request in an email to Bob or Doug. Their email addresses are below.

If you are attending in person and have a short question you will be able to ask one of the helpers (pending availability) after the Tuesday morning session at 11 a.m.

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

Tuesday morning seminar schedule for September:

- Sept 5 – General Q&A
- Sept 12 – Joplin (free, open source organizing software), Intro to the new HP all-in-one printer (Doug)
- Sept 19 – Apple Scan to PDF (Susan), What's new at Apple (Herb)
- Sept 26 – AI Basics (Book review) (Bob), ChatGPT Demo (Ronen)

The Aurora Seniors Association website at <http://www.auroraseniors.ca/> is your best source for information about any of our programs or use one of the email addresses below.

We have covered many topics of general interest. Recordings of the past years' Zoom sessions are being maintained at <http://www.auroraseniors.ca/>. We now have a Quick Link to these recordings available on the ASA homepage. Review the list and see if you might learn something new!

Your suggestions and comments about what you might like the computer club to do or what topics you would like to see in the Tuesday sessions is always welcome. Send your suggestions to Bob Hedenberg

**CREATE.  
SHARE.  
CELEBRATE.**

**CULTURE DAYS**  
SEPTEMBER 22 - OCTOBER 15

[aurora.ca/culturedays](http://aurora.ca/culturedays)

**AURORA**



## ▶ Tuesday Night Movies at the Centre

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

**September 5 – Book Club: The Next Chapter (2023): Diane Keaton (PG-13, 107 min, Comedy)**

Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip, they never had.

**September 12 – About My Father (2023): Robert De Niro (PG-13, 90 min, Comedy)**

When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her tony parents.

**September 19 – You Hurt My Feelings (2023): Julia Louis-Dreyfus (14A, 93 min, Comedy)**

A novelist's longstanding marriage is suddenly upended when she overhears her husband giving his honest reaction to her latest book.

**September 26 – Chariots of Fire (1981): Ben Cross (Pg-13, 125 min, Biography, Drama)**

Two British track athletes, one a determined Jew and the other a devout Christian, are driven to win in the 1924 Olympics as they wrestle with issues of pride and conscience.

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

**If you have any Movie suggestions, please let staff know.**

<p><b><u>ASA Board of Directors:</u></b>  <b>President</b>                  Glen Sharp  <b>Vice President</b>                  Jim Abram  <b>Treasurer</b>                  Rob Ishoj  <b>Secretary</b>                  John Scherrer  <b>Directors</b>                  Vern Cunningham                  Rob Gaby                  Louis Gambino                  Dave LeGallais                  Percy Surti</p>	<p><b><u>ASA Committees:</u></b>  <b>Finance</b>                  Rob Ishoj—Chair  <b>Membership &amp; Volunteers</b>                  Sylvia Gilchrist—Chair  <b>Special Events Committee</b>                  Joan Brownlow—Chair  <b>Operations &amp; Activities Committee</b>                  Dave LeGallais—Chair  <b>By-Law Review Committee</b>                  John Scherrer—Chair  <b>Social Committee</b>                  Don Keel—Chair  <b>Community Development Committee</b>                  Shirley Petrie—Chair  <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                  Andrew Bailey                  Adult/Older Adult Programmer                  abailey@aurora.ca                  (365) 500 3160                  Brandie Yorg                  Program Lead (SCWW &amp; 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

**Telephone Tapestry:**

**Tuesday September 12 at 1:30-2:45 CANADIAN MUSEUM FOR HUMAN RIGHTS**

Listen in on a tour of their exhibits and powerful human rights stories. We'll be led by our own guide through the Museums' amazing galleries and leave feeling inspired.

**Tuesday September 19 at 1:30-2:15 BACKSTAGE AT THE VINYL CAFÉ**

This features our favourite 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 September 26 at 1:30-2:15 SABLE ISLE: ISLE OF WONDER with Zoe Lucas President of Sable Island**

Zoe has been working on Sable Island for almost 50 years conducting research on its marine life, unique geography, and its long-time residents: the Wild Horses!

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)

**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

# SEPTEMBER 2023 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					September 1 3:15 Fun and Games (T)
September 3 No Program	September 4 No Program (Centre Closed)	September 5 3:15 Breath and Stretch (Z/T)	September 6 3:15 Stories and Games (T)	September 7 3:15 Stretch and Relax (Z/T)	September 8 3:15 Fun and Games (T)
September 10 12:30 Chair Exercise (Z)	September 11 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	September 12 *NEW 1:30 Telephone Tapestry 3:15 Breath and Stretch (Z/T)	September 13 3:15 Stories and Games (T)	September 14 3:15 Stretch and Relax (Z/T)	September 15 3:15 Fun and Games (T)
September 17 12:30 Chair Exercise (Z)	September 18 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	September 19 *NEW 1:30 Telephone Tapestry 3:15 Breath and Stretch (Z/T)	September 20 3:15 Stories and Games (T)	September 21 3:15 Stretch and Relax (Z/T)	September 22 3:15 Fun and Games (T)
September 24 12:30 Chair Exercise (Z)	September 25 10:15 Stretch and Relax(Z/T) 3:15 Jeopardy (Z/T)	September 26 *NEW 1:30 Telephone Tapestry 3:15 Breath and Stretch (Z/T)	September 27 3:15 Stories and Games (T)	September 28 3:15 Stretch and Relax (Z/T)	September 29 3:15 Fun and Games (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

## ▶ September 2023 Calendar

**Saturday September 9, Seniors Active Living Fair!**  
9 a.m. – 1 p.m.

<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.
9:00 Badminton 9:00 Move & Tone*(Z) 9:00 Men's Shed 9:30 Knotty Knitters 10:00 Ladies Billiards 10:00 Conversational Italian 10:00 Chair Yoga* 10:15 SCWW Stretch & Relax*(Z/T) 12:15 Hatha Yoga* 12:30 pFIT* 12:30 Carpet Bowling 12:30 Duplicate Bridge 1:00 Mah-Jongg 1:30 Stretch & Tone*(H) 3:00 Mixed Pickleball 3:15 SCWW Fun/Games *(T)	8:30 Woodcarving 9:00 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour and Chat 10:00 Computer Seminars 10:30 Balance* 10:35 Piloga* 11:30 QiGong* 11:30 Zumba Gold*(H) 12:30 Pickleball (Women) 12:30 Table Tennis 1:00 Bid Euchre 1:15 Core on the Floor* 1:30 Snooker League 2:00 Get Strong* 2:15 Pickleball (Men) 3:15 SCWW Chair Exercise*(Z/T) 4:00 Badminton 6:00 Poker 6:30 Movie 7:00 Sunset Mat Yoga*	9:00 Get Fit* (H) 9:30 Bocce 10:00 Chair Yoga* 10:30 Learn to Knit* 11:00 Conversational French 1:00 Let's Create 1:00 Canasta 1:30 Bridge 1:30 Snooker League 1:45 Evergreen Choir 3:15 SCWW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:00 Boot Camp* 9:30 Bocce 10:00 Snooker League 10:00 Stretch & Tone*(H) 10:30 Keep Singing 11:15 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:30 Snooker League 2:30 Pickleball (Women) 3:15 SCWW Stretch & Relax*(Z/T) 7:00 Restorative Yoga*	9:00 Get Fit* (H) 9:30 Quilt 'n Sew 9:30 Writers Circle 9:30 Mandarin Singing 9:30 Men's Shed 10:00 Chair Stretch* 11:00 Get Strong* (H) 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
<b>September 4</b> <b>Closed</b>		<b>September 6</b> 10:00 Leisure and Hobby Expo		
<b>September 18</b> 1:00 ASA Board of Directors		<b>September 20</b> 10:00 Arboretum Stroll & Chat		
		<b>September 27</b> 12:00 Bistro 1:00 Seniors Centre Town Hall Meeting with your president and coordinator		<b>September 22</b> 7:00 Social Dance
				<b>September 29</b> 7:00 Social Dance

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

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

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

