



SENIORS CENTRE SEWING, WOODWORKING  
& KNITTING, LOCAL VENDORS AND  
ARTISANS, SILENT AUCTION, TEA ROOM

# HOLIDAY BAZAAR

**Sunday November 5, 2023**  
**9 a.m. - 1:30 p.m.**

AURORA SENIORS CENTRE  
90 JOHN WEST WAY, AURORA  
905 726 4767, SENIORSCENTRE@AURORA.CA



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## ▶ ASA Board of Directors

Fall has arrived and there is still time to get out and enjoy the pleasant weather by going for a walk or just sitting with friends over a coffee. September has been a busy and exciting month at the Centre. We started off with the Volunteer and Hobby Expo and a few days later the Seniors' Active Living Fair and the place was bustling with so many in attendance. This was followed by Try-it week where we had an opportunity to check out some programs of interest.

The Fall program schedule is in full swing. The Men's Shed program has been introduced and many activities are planned to include walking, snooker, aqua-fit and having a coffee and chatting together. We meet on Monday and Friday mornings beginning at 9:30 a.m. so come out and join us. Conversational French and Italian have been very successful, and this fall we are hoping to launch Conversational German. You don't have to be fluent to join these programs, just interested in learning and having fun. Trivia Night is coming on Friday; October 6 and this popular event is already sold out. We held our first Town Hall meeting on Wednesday, September 27 between 1-2pm which was well attended. Members were able to share their thoughts with Karie and members of the Board.

We have been busy meeting with Town staff working out the details to re-open the Wood Shop and we expect this will happen in October. Over the next few weeks, you may see members of the Board sitting in with the volunteers at reception so we can try to learn a little about the variety of questions they deal with every day. We really owe a great vote of thanks to everyone who helps at the reception desk. It is a huge part of the success of our centre.

Bistro lunches have started up again, so we hope to see you there for a great meal and friendly conversation.

Don't forget that we are always happy to hear from you, to share your ideas on how we can make our wonderful centre even better.

## ▶ Complimentary Hearing Checks

HearCANADA will be offering complimentary Hearing Health Checks at the Centre on Thursday, October 26 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.



Are you looking to make some new friends at the Centre?  
Join us every Thursday at 10 a.m. for our NEW activity "Coffee with Friends"  
Bring your coffee or tea and come prepared to chat!

## Town of Aurora Fall 2023 Programs

### 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

### 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 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

### 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	Nov 27	12pm - 12:30pm	\$47.00/4	29338

More Mini Town program sessions are currently being planned for November/December so make sure to see to keep an eye for more information

## WATERCOLOUR FOR THE HOLIDAYS – LEVEL 1 **NEW!**

**Age: 55+ years Location: ASC**

This class will focus on images that may be used for holiday greeting cards. Participants will be able to choose from a selection of images that will focus on holiday themes. Finished paintings can be taken to a copy store for reproduction into holiday cards or gift tags.

Day	Date	Time	Fee/Class	Code
Tues	Nov 21	1pm – 3:30pm	\$38.00/2	29494

## WATERCOLOUR FOR THE HOLIDAYS – LEVEL 2 **NEW!**

**Age: 55+ years Location: ASC**

This class will focus on images that may be used for holiday greeting cards. Participants will be able to choose from a selection of images that will focus on holiday themes. Finished paintings can be taken to a copy store for reproduction into holiday cards or gift tags.

Day	Date	Time	Fee/Class	Code
Tues	Nov 21	9:30am – 12pm	\$39.00/2	29495



## SENIORS CENTRE IN THE MAIL

**Seniors Centre in the Mail is a free program.**

Twice a month activity kits are mailed to you (or you can pick them up at the Aurora Seniors Centre). Each package will include puzzles, sudoku, trivia and more!

### Contact us:

☎ 365-500-3161

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





Our Men's Shed meets every Monday and Friday from 9:30 to 11:30 a.m.

Please join us to continue growing this new activity at the Centre.



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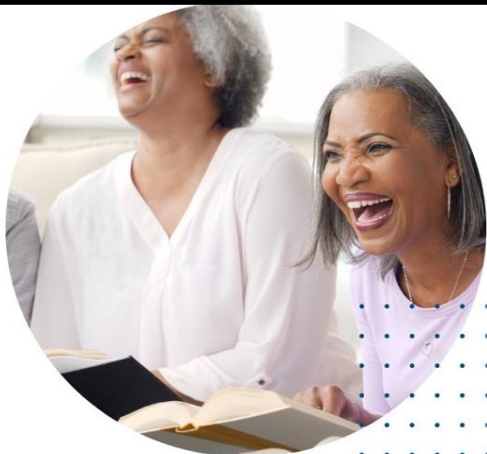
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LADIES, LAUGH, LEARN

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

Indoor

# WALKING CLUB



Every Tuesday:  
1:30 p.m. Walk  
1:50 p.m. Stretch  
2:00 p.m. Seminar

## October Seminars

- October 3 - Foot Care with Memories Plus
- October 10 - 5 Reasons to Get a Hearing Test with Hear Canada
- October 17 - Healthy Aging with Senior Helpers
- October 24 - Understanding Arthritis with Home Instead
- October 31 - Let's Hydrate! with Brandie

Seminars available in person or over Zoom  
Please email [byorg@aurora.ca](mailto:byorg@aurora.ca) for the zoom link.

## Walk. Stretch. Learn.

Aurora Family Leisure Complex  
[scww@aurora](mailto:scww@aurora)  
365-500-3161





**Friday, Oct. 27 - 7:00 - 10:30 p.m.**

**Doors open at 6:30pm.**

**Lianne Harris 7 - 8 p.m.**

**Refreshments & Dance 8:30 - 10:30 pm**

**Prizes & Cash bar**

**Tickets available October 2**

Tickets:

\$13 members

\$15 non-members

Wear a costume (optional)



Thanks to

Lianne Harris and our Sponsor  
Roxborough Retirement Residence



AURORA SENIORS ASSOCIATION'S  
**TRIVIA NIGHT**  
Tease Your Brain

Prizes & light refreshments  
Cash Bar Available

Friday, October 6 \$15

Aurora Seniors Centre  
Doors open at: 6:00pm  
Game starts at: 6:30pm

Tickets on sale starting September 1  
Each table of 6 will make up a team!

**Sold Out**

## ► Special Events Committee

Hallowe'en is a great night of the year, and the Special Events Committee is planning a great event for You to enjoy on Friday night, October 27 from 7 - 10:30pm. Doors will open at 6:30pm. Costumes are optional but fun to wear and prizes will be given to a woman and a man who are wearing the best costumes. The room will be decorated with lots of Hallowe'en items. Lianne Harris, an outstanding speaker, will begin the evening at 7:00pm. with a talk and pictures about Superstitions. Delicious refreshments will be offered at Intermission and a cash bar will be open during the event. And after Intermission you can Dance!! Tickets are \$13.00 for members of the Seniors Centre and \$15.00 for non-members. 80 tickets are available at the Reception Desk on October 2. No tickets will be available at the door. Come and have some Hallowe'en Fun!

## ► ASA Silver Stars

Aurora Senior Centre's own theatre group, the SILVER STARS is currently in rehearsals for their upcoming Christmas show called a TRIBUTE TO CHRISTMAS. Please mark the dates of December 2nd and 3rd in your calendars, as tickets for these shows always go quickly and seating is limited. Tickets for this great show will go on sale Wednesday, November 1, and can be Purchased at the reception desk. This is a show you don't want to miss.

## ▶ ASA Evergreen Choir

We are in 'full swing' practicing for the Christmas Concert, which will be held on Saturday, November 25. We had six new people sign up on the first day of choir, September 13, but there is still room for many more, particularly men or altos. So, why not give it a try. You do not have to audition. We meet in the West McKenzie Room from 1:45 every Wednesday. We hope to see you there.



# FREE LUNCH & LEARN WITH BELLY DANCING

WEDNESDAY, OCTOBER 18th

11:00AM-1:00PM

AURORA SENIORS CENTRE

90 John West Way, Aurora, ON L4G 8A2

Join the Amica team and enjoy tasteful and fun Belly Dancing Entertainment, a delicious lunch, and learn about the different types of retirement living Amica Senior Lifestyles has to offer. Free tickets available at Reception. Limited tickets available.

AMICA

SENIOR LIFESTYLES

  
AURORA  
*You're in Good Company*

Aurora Seniors Presents

# Fall Colours In Southern Georgian Bay

Come fall, Ontario's landscape bursts into colour. From fiery reds to bright yellows, photo-ops abound from the side of the road. We will drive along the Niagara Escarpment and connect with Hockley Valley Road, where the colours are usually quite grand. After a delicious lunch at Mylar & Loreta's in Springhampton, we'll travel to Blue Mountain Village. The weather may be cooler but the spectacular scenery will warm your heart. Next, Ravenna Country Market. Hand-made baked goods, including over a dozen pie flavours, butter tarts, cakes, muffins, squares and more! Our colour tour will come to an end as we drive down Airport Road and then across Hwy 9 to Horseshoe Hill Road which offers spectacular view of downtown Toronto from the top of the escarpment. Take advantage of the opportunity to witness the fall colours at their best.

- Date:** Thursday, October 12, 2023
- Depart:** 8:30 a.m. Stronach Recreation Complex
- Museum:** 10:00 a.m. - 11:15 a.m.  
Enjoy a 45 minute guided tour at the Museum of Dufferin. Three galleries and four historic buildings that host long-term and short-term exhibitions.
- Lunch:** 12:00 noon - 1:30 p.m.  
Enjoy a delicious meal at Mylar & Loreta's. Lunch includes a garden salad, roast turkey with vegetables, apple crisp, and tea or coffee
- Village:** 2:30 p.m. - 3:30 p.m.  
Visit to Blue Mountain Village. Blue Mountain has a number of shops and stores to suit all tastes and styles. The mountain transforms to a natural canvas painted with spectacular colour.
- Market:** 3:45 p.m. - 4:30 p.m.  
Visit to Ravenna Country Market
- Return:** Arrival in Aurora approx. 7:00 p.m.
- Price:**

Members:	\$155.00 per person
Non Members:	\$162.00 per person
- Inclusions:** Return transportation via deluxe coach, lunch, sightseeing, gratuity on meal, driver gratuity, & all taxes.
- To Book:** Sign up at Reception or for more information contact Andrew Bailey at 365-500-3160



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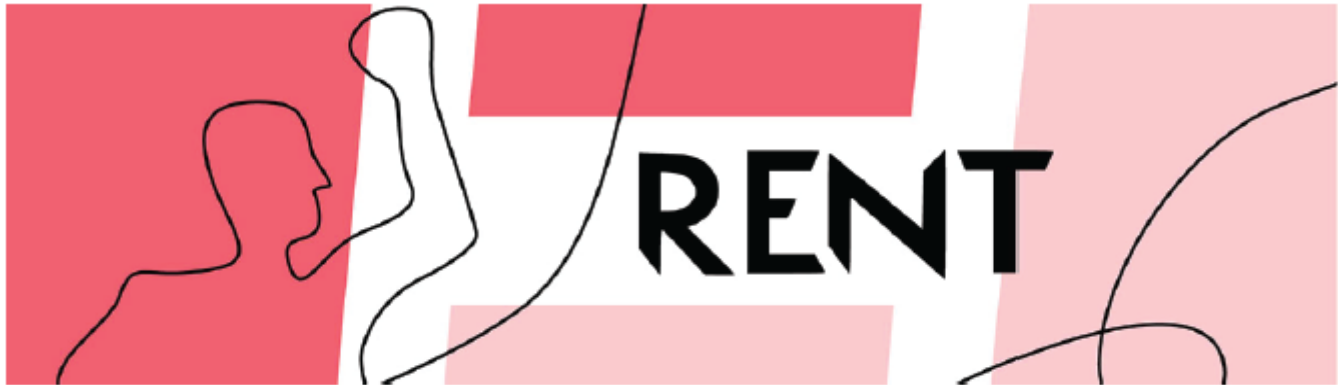
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Aurora Seniors Presents



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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## ▶ ASA Activity News

### **Bingo Information**

You can play as many cards as you want. We meet every Friday, and our first game starts at 12:45pm, so please be seated and ready to play. One double card costs \$.75 cents - \$.50 cents goes to regular bingo and \$.25 cents goes to the jackpot & consolation. Please bring only Toonies, Loonies, and Quarters. No paper money or nickels & dimes. You may play as many cards you feel comfortable with. We have printed programs with pictures of some of the games illustrated. Also, we have bingo chips that you can use but they must be returned. To keep our games running smoothly we ask that conversations stop when Bingo's are being verified. We have 2 breaks during the afternoon, one 15 minutes and one 5 minutes with our game finishing around 3 p.m. For those who have problem with their hand, wrists & shaky movements, we have slide cards. Cards are easier to use, with no chips needed and cards are cleared in one simple movement. These cards do not leave the Centre. If you are interested, come just after 12 p.m. & give it a try.

Jane – Bingo Coordinator

### **Drop-in Art**

The Aurora Seniors Group of Artists (Art Drop-in) would like to thank all of the members that came in to see, inquire or just chat. To all those that said that they can't draw, you don't know until you try, your talent may be hidden, we can help you find that spark.

### **NEW Conversational German**

Don't miss out on the fun. If you have some knowledge of German or would like to learn, this is your chance to practice with a great group of members who are helpful and very welcoming. Conversational German will meet Wednesdays from 9:45 – 10:45 a.m. beginning Wednesday, October 11. This activity is led by an ASA volunteer.

## ▶ Upcoming information sessions at the Centre

### **Cancer Screening and Prevention**

Wednesday, October 18 at 1 p.m.

Join us in the lounge for this seminar in partnership with Southlake Regional Cancer program to learn about screening, symptoms, and risk factors. Bring your questions.

### **Transform Memories into Legacies**

Wednesday, October 25, 1 p.m.

On Zoom and broadcasted in the lounge.

We all have years of stories, experiences, and life lessons. Join Sean Mitton over Zoom at home, or in the lounge at the Seniors Centre. Learn why it is important to share your memories and how it can strengthen communities. He will introduce memory recall through Question Based Mapping and the use of nostalgia for memory triggers. If you would like the Zoom link for this seminar, please email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)



**Bistro Lunch**

Wednesday October 11 at 12 pm  
 Wednesday October 25 at 12 pm

Tickets \$10, pre-sale only.

**October 11**  
 Salad, chili,  
 dinner roll, dessert

**Tickets on sale:**  
 October 2 - 6

**October 25**  
 Country vegetable soup,  
 sausage on a bun, sauerkraut,  
 potato salad, dessert

**Tickets on sale:**  
 October 16 - 20

Aurora Seniors Presents

**FALLSVIEW CASINO**

- Date:** Wednesday, November 8, 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



# WINES OF NIAGARA

**Holiday Tasting Event**  
**Friday November 10, 2023**

**7pm - 9pm**

**Aurora Seniors Centre**  
**90 John West Way**

Individually Chef prepared  
Charcuterie plates for each  
person to pair with wines

**TICKETS:**  
**\$ 60**

Available Starting September 18th  
Available at Reception - Aurora Seniors  
Association

**Contact Us: Thank you for supporting  
our fundraising event.**

 **905-726-4767**

 **seniorscentre@aurora.ca**





Our October Friday Dance event will take place on October 13, 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 Traditional Ballroom, Latin, Country and Line Dancing. This will be our only regular dance event in October, but starting in November, we will hold our Friday dances twice each month.

On October 27, we teamed up with the ASA Special Events Committee hosting a Halloween Superstition event to which we are adding the music and dance component. This dance evening will be a little bit different from our regular Ballroom style. The music and dancing will start around 8:15pm and end at 10:30pm. To chase all the ghosts away, we will play a lot of upbeat Rock n Roll, Country, some Disco, a few slow waltzes and rumbas, and of course also several popular line dance tunes.



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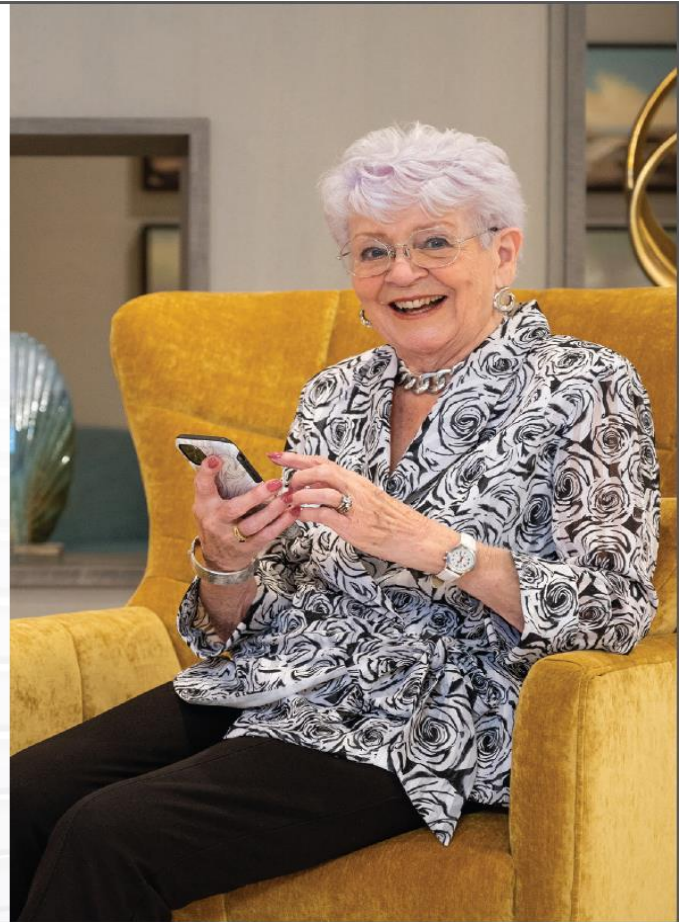
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## ▶ ASA Library News

### Recent Changes

- Alphabetic tabs for the Mystery section. We have placed tabs identifying the start of each group of mystery authors. We hope this will simplify your search for new titles.

### Book and Puzzle Donations

- Mystery, Adventure, 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.

### Borrowing Books

- The process is straight forward. There is no sign-out. You can borrow as many as you wish and then return them when you have finished reading them.

### General Administration

- Please place your returns in the return box by the door. Leave them on the top of the box should they be too thick to fit through the slot.
- Kevin

## ▶ Computer Club Information and Activities

We are offering open drop-in help by appointment Tuesday afternoons between 1 p.m. and 3 p.m. If you are looking for help, you can send a request in an email to Bob and 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 11a.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:

- October 3 – General Q&A
- October 10 – System backup basics (Bob)
- October 17 – Intro to the new Windows 11 and Apple MacMini (Doug)
- October 24 – Video editing basics (Ronen)
- October 31 – Tips for speeding up your computer (Doug and Bob)

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



**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.

**October 3 - Ocean's Eight (2018): Sandra Bullock (PG-13, 110 min, Comedy, Action)**

Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City's annual Met Gala.

**October 10 – Jules (2023): Ben Kingsley, Jane Curtin (PG-13, 87 min, Comedy, Sci-Fi)**

Milton lives a quiet life of routine in a small western Pennsylvania town, but finds his day upended when a UFO and its extra-terrestrial passenger crash land in his backyard.

**October 17 – Instant Family (2018): Mark Wahlberg, Rose Byrne (PG-13, 110 min, Comedy, Action)**

A couple find themselves in over their heads when they foster three children.

**October 24 – Battle of the Sexes (2018): Emma Stone (PG-13, 121 min, Biography, Drama)**

The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.

**October 31 – Notting Hill (1999): Julia Roberts (PG-13, 124 min, Comedy)**

The life of a simple bookshop owner changes when he meets the most famous film star in the world.

**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, October 17 at 1:30-2:30 MAUDE LEWIS**

Join Chad Brown who calls Nova Scotia Home and is Atlantic Canada's largest buyer and seller of original Maud Lewis paintings to learn about how despite having to live with painful disabilities and in extreme poverty she was able to stay happy and humble with what little she had. Maud Lewis's paints are renowned for being joyful and happy.

**Tuesday, October 31 at 1:30-2:15 HUMAN LIBRARY**

This month we will meet Ahmad Meree, an award-winning Syrian Canadian actor, playwright, and producer. He'll share his experiences and tell us about his play "Adrenaline" which tells the story of a Syrian refugee, spending his first New Years's Even in Canada.

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



# OCTOBER 2023 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
October 1 12:30 Chair Exercise (Z)	October 2 10:15 Breath and Stretch (Z/T) 3:15 Card Bingo (Z/T)	October 3 10:15 Stretch and Relax (Z/T)	October 4 3:15 Stories and Games (T)	October 5 3:15 Stretch and Relax (Z/T)	October 6 3:15 Fun and Games (T)
October 8 No Program	October 9 No Programs (Centre Closed)	October 10 10:15 Stretch and Relax (Z/T)	October 11 3:15 Stories and Games (T)	October 12 3:15 Stretch and Relax (Z/T)	October 13 3:15 Fun and Games (T)
October 15 12:30 Chair Exercise (Z)	October 16 10:15 Breath and Stretch (Z/T) 3:15 Card Bingo (Z/T)	October 17 10:15 Stretch and Relax (Z/T) <b>*NEW 1:30 Telephone Tapestry</b>	October 18 3:15 Stories and Games (T)	October 19 3:15 Stretch and Relax (Z/T)	October 20 3:15 Fun and Games (T)
October 22 12:30 Chair Exercise (Z)	October 23 10:15 Breath and Stretch (Z/T) 3:15 Fun and Games (T)	October 24 10:15 Stretch and Relax (Z/T)	October 25 3:15 Stories and Games (T)	October 26 3:15 Stretch and Relax (Z/T)	October 27 3:15 Fun and Games (T)
October 29 No Program	October 30 10:15 Breath and Stretch (Z/T) 3:15 Jeopardy (Z/T)	October 31 10:15 Stretch and Relax (Z/T) <b>*NEW 1:30 Telephone Tapestry</b>			

**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

## October 2023 Calendar

<b>Monday</b> 8:30 a.m. to 4:30 p.m.	<b>Tuesday</b> 8:30 a.m. to 9 p.m.	<b>Wednesday</b> 8:30 a.m. to 4:30 p.m.	<b>Thursday</b> 8:30 a.m. to 4:30 p.m.	<b>Friday</b> 8:30 a.m. to 10 p.m.
8:30 Woodshop 9:00 Badminton 9:00 Move & Tone*(Z) 9:00 Men's Shed 9:30 Knotty Knitters 9:30 Learn Bid Euchre 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 Qi-Gong* 11:30 Zumba Gold*(H) 12:30 Pickleball (Women) 12:45 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*	8:30 Woodshop 9:00 Get Fit* (H) 9:30 Bocce (Weather Permitting) 9:45 Conversational German (Oct 11 - NEW) 10:30 Ladies, Laugh and Learn* 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 9:30 Bocce (Weather Permitting) 10:00 Snooker League 10:00 Coffee with Friends (NEW) 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*	8:30 Woodshop 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>October 9</b> <b>Closed</b>		<b>October 11 and 25</b> 12:00 Bistro		<b>October 6</b> 7:00 Trivia Night
<b>October 16</b> 1:00 ASA Board of Directors		<b>October 18</b> 11:00 Amica Belly Dancing luncheon 1:00 Cancer Screening and Prevention Seminar		<b>October 13</b> 7:00 Dance
		<b>October 25</b> 10:30 Blood Pressure Clinic 1:00 Mindful Memories Seminar		<b>October 27</b> 7:00 Superstition's Event and 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)