

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 Woodshop 9:00 Badminton 9:00 Move & Tone*(Z) 9:30 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 WOW Stretch & Relax*(Z/T) 12:00 pFIT* 12:15 Hatha Yoga* 12:30 Duplicate Bridge 1:00 Carpet Bowling 1:00 Mah-Jongg 1:30 Snooker League 1:30 Stretch & Tone*(H) 3:00 Mixed Pickleball 3:15 WOW 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 10:15 WOW Chair Exercise*(Z/T) 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) 4:00 Badminton 6:00 Poker 6:30 Movie 7:00 Sunset Mat Yoga*	9:00 Woodshop 9:00 Get Fit* (H) 9:45 Conversational German 10:00 Men's Shed Billiards 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 WOW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 10:00 Men's Shed Walking Group 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 WOW Stretch & Relax*(Z/T) 7:00 Restorative Yoga*	9:00 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 WOW Fun/Games *(T) 7:00 Fun Night
November 20 1:00 ASA Board of Directors		November 8 and 22 12:00 Bistro		November 3 and 17 7:00 Dance
		November 8 11:00 York Region Fall Prevention Committee 1:00 Pole Walking Seminar		November 10 7:00 Wines of Niagara Event
		November 15 Learn to Fall Seminar		
		November 22 10:30 Blood Pressure Clinic 1:00 Balance Exercise Seminar		

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)