

THE AURORA SENIORS ASSOCIATION
THE EVERGREEN CHOIR'S 2023

CHRISTMAS CONCERT

SATURDAY NOVEMBER 25 | **DOORS OPEN**
2:00 PM | **AT 1:30 PM**

UNDER THE DIRECTION OF
DR. RICHARD HEINZLE

Tickets \$5, available November 1

Aurora Seniors Centre, 90 John West Way, Aurora
905 726 4767 | www.auroraseniors.ca

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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


LAKEVIEW
wine co


QUEENSTON MILE
VINEYARD


Aurora Seniors Association


CREEKSIDE


SHINY
Apple Cider
HOME OF FRESH

▶ ASA Board of Directors

We are into the second month of fall and have enjoyed the fall colours and a few warm days to remind us of the past summer. It won't be long until we start preparing for the holiday season and to help you get in the spirit early, we are hosting a Holiday Bazaar on Sunday November 5 from 9 a.m. to 1:30 p.m. There will be a wide variety of gift ideas including woodworking, sewing, local artisans and other crafts. This year we are also holding a silent auction for items that have been donated by various businesses and individuals from the community. It will be a great event so come out and get started on your holiday shopping. We are also hosting a Wines of Niagara holiday tasting event on Friday, November 10 from 7 to 9 p.m. This is a fund-raiser for your association, and it promises to be a great evening.

We are pleased to report that the wood shop is up and running in full operation, and the wood carvers are busy on their latest projects. If you are interested in learning some of these skills, there are volunteers ready to assist. Following up on the success of Conversational French and Italian we have introduced a Conversational German program with a good response. Many of our members enjoy walking, and as the weather starts to get colder, a great option is the Walking Club which starts at 1:30 on Tuesdays on the track at the Leisure Complex. Following the walk there is always a very interesting talk about matters relevant to older adults. Admission is free.

The Men' Shed program continues to move forward. So far, we have had guest speakers, exercise classes, and have started a walking group which meets at the Centre at 9:30 a.m. on Thursday mornings. We are also introducing snooker as an activity on Wednesdays at 10 a.m. On Friday, October 27, members of the Men's Shed delivered poppy boxes to businesses in Aurora in support of the Legion Poppy drive. New members are welcome, but you must be a member of the Aurora Seniors' Association.

Our pickle ball players recently held a potluck evening which was a big success and by looking in on the various card games being played at the Centre they seem to be going very well. There are also lots of opportunities for trips to keep us all busy. Have you seen the Art Display kiosk near the entrance? Local artists can put their work inside and everyone is welcome to take a piece home and enjoy it. You could even bring it back and take home a different selection.

I continue to be amazed by all that goes on at the Centre so please take a minute to check out the bulletin boards on upcoming events. I hope to see you at our upcoming fund-raising events.

▶ ASA Finance Committee Volunteer Needed

Are you looking to volunteer? Do you have an accounting or financial background? We would like to meet you!

The Aurora Seniors Centre is looking for an experienced individual to help in our finance group. Depending on your experience, interests, time availability and desire to be a part of the team, we need volunteer assistance in monthly reporting and analysis, bank reconciliations, month-end and year-end adjusting entries and back-up on day-to-day processing when required. We use QuickBooks, Excel, Outlook. Please contact our treasurer, Rob Ishoj at rob.ishoj@outlook.com if you want to learn more (or leave a note at reception).



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



NOVEMBER IS FALL PREVENTION MONTH

Wednesday, November 8
11 a.m. - 12 p.m.

York Region Fall Prevention Committee will have a table in the lounge, come ask any questions and get some valuable information.

Wednesday, November 8
1 - 2 p.m.

Nordic Pole Walking with Shawn Nesbit in the lounge. You will learn many of the wonderful health benefits of Nordic Pole walking from how it can enhance upper body strength, reduce impact on you joints while improving your posture, balance and stability. Shawn will also give a demonstration of the easy technique of Nordic Pole walking while discussing the difference between Nordic Poles and Trekking poles.

Wednesday, November 15
11 a.m. - 12 p.m.

Learn How to Get up From a Fall, join Brandie West McKenzie room to learn how to get up from a fall and beneficial fall prevention tips and tricks to help keep you on your feet

Wednesday, November 22
1 - 2 p.m.

Join Lucy in the lounge for a seminar on Simple Exercises to improve your balance.

WATCH FOR TIPS AND TRICKS ALL MONTH LONG

▶ ASA Membership Renewals 2024

Your membership in the Aurora Seniors Association expires on December 31, but we keep you active until January 31. Membership renewals will take place during December and January. **New** this year – **everyone** is required to complete a **new** application form. This means this year you will be unable to renew online.

The cost for renewal is the same as last year, \$35 if you live in Aurora, and \$50 for everyone else.

You may renew in person on the following days between 9 am and 3 pm:

Monday, December 4 to Friday, December 8, 2023

Monday, December 11 to Friday, December 15

Tuesday, January 2 to Friday, January 5, 2024

Monday, January 8 to Friday, January 12

Remember to leave yourself **extra time** to complete and sign the application form. It is to be completed on both sides. Please write clearly.

There will be NO on-line renewals this year.

▶ Volunteers wanted for 2024 Renewals

We need many volunteers to help with membership renewals – four people each day.

If you are able to help, would you please write your name in the binder that is available at Reception for the day(s) and time(s) you are able to help.

An **orientation meeting** will be held for all volunteers on **Tuesday, November 28** at 11 am in the Priestley Rooms.

▶ Fundraising Donations

Please consider making a financial donation to help the Aurora Seniors Association provide so many wonderful activities. The money is used for purchasing equipment (billiard cues and balls, pickle ball net and paddles, sewing machines, computers) and supplies (cards, board games, chips and tiles, crafts).

You can make a donation in person at the Centre or online using the DONATE page of the ASA website. Tax receipts are issued for all donations of \$20 or more. The Association has partnered with Canada Helps to process our online donations in a safe, secure and seamless way. In order to get a tax credit on your 2023 tax return, the donation must be made on or before December 31, 2023. Please accept a sincere Thank You to all who have contributed!

Rob Ishoj, Treasurer of your Aurora Seniors Association

▶ Town of Aurora Fall 2023 Programs

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	Dec 1	10am - 10:45am	\$25.00/4	30381

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	Dec 1	11am - 12pm	\$25.00/4	30382

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	FULL

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

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

Winter 2024 Program Registration will be:

Resident Monday, December 11

Non-Resident – Monday, December 18

Indoor WALKING CLUB



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

Seminars

- November 7** - Frauds & Scams with Ontario Securities Commission
- November 14** - The Art of Downsizing & Decluttering with Downsizing Diva
- November 21** - Financial Literacy with Manulife Securities
- November 28** - Feet Fitness with Brandie

Seminars available in person or over Zoom
Please email byorg@aurora.ca for the zoom link.

Walk. Stretch. Learn.

Aurora Family Leisure Complex
wow@aurora.ca
365-500-3161



The Silver Stars present

A TRIBUTE TO CHRISTMAS

A FUN MIX OF
STORIES & SONGS TO GET YOU
IN THE CHRISTMAS SPIRIT

-----◆

Saturday, December 2 at 2 p.m.
Sunday, December 3 at 2 p.m.

Tickets are \$5 and can be purchased at
Reception starting November 1.

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

BACK BY POPULAR DEMAND

FOOT CARE CLINICS IN AURORA!

Starting Tuesday November 21st and ongoing each month, Memories+ Home Healthcare will be hosting Nursing foot care clinics at Sparkle Pharmacy in Aurora.

IF YOU OR A LOVED ONE HAVE ANY OF THE FOLLOWING ISSUES, A VISIT WITH OUR FOOT CARE NURSE WILL HELP!

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▶ ASA Activity News

Men's Shed

The ASA's newest activity, Men's Shed has been launched and the first month has been very encouraging. Men's Shed is a place for retired men to congregate, to enjoy a variety of activities, listen to various presentations, perhaps partake in some light exercise and primarily to meet with other retired men in a place of companionship, even if it's just to share a cup of coffee and chat. It is a safe and welcoming environment for men to socialize in and perhaps make new friends.

As of this date we have a total of 45 gentlemen who have joined Aurora Men's Shed. This is a grassroots organization where the members dictate the direction, they want the organization to take. Currently we are meeting every Monday and Friday morning from 9:30 till 11 a.m. at the Aurora Seniors Centre. We also have drop in Snooker every Wednesday at 10 a.m. and a walking group each Thursday at 10 a.m. Hopefully this is just the beginning. We are always looking for input from our members as to the types of activities they would like to see started.

We are also proud to participate in community projects. Our first venture into this area was to assist the Legion in the distribution of Poppy Boxes to various local businesses. Several of our members participated in this.

The bond that unites us is that we are retired men who still have much to contribute. We often find we have time on our hands since retirement and "The Shed" provides us with a place to meet, socialize, learn, contribute and simply be with friends.

For further information please contact Dave LeGallais - drdavelegallais@gmail.com

Woodcarvers

The workshop has been open for two weeks and we have had a good selection of our members participating in our Tuesday and Thursday sessions.

The group meeting that was arranged for Oct 04 was well addended. The intent of the meeting was to discuss the opening of the workshop, the new liability waiver form and the associated rules for the workshop. We had active and positive discussions and everyone that attended signed the forms. Group members that could not attend can contact Mel who will discuss the forms and rules requirements. Please note everyone who wishes to enter the workshop must sign the forms.

We will arrange another group meeting to discuss the carving group plans for the Fall and Winter season.

Tuesday evening sessions have started. Mel will use the time to plan for the upcoming training sessions. The evening is open to all members for the first two weeks. Please note the room maximum occupancy is eight (8).

Mel will begin the training sessions on Nov 5 and will continue over the Winter. The course will cover the basics of wood carving and the participants will be given several project to complete. There will be a small charge to cover a knife, a sharpening device and basswood. There will be a sign- up sheet on the notice board and a brief description of the course plan. Mel will contact each person to discuss the course and any requirements that should be addressed.

The carving group uses the workshop on Tuesday mornings, afternoons and evening and on Thursday morning and afternoons. Power tools are not used with the exception of Tuesday afternoon 12 to 4 p.m. and Thursday afternoon from 12 to 1 p.m.

Mel James is the carving group coordinator and can be reached at 416 565 4059 and at meljames@rogers.com.

Art Drop-in

The Aurora Seniors Group of Artists (aka Art Dropin) would like to thank Nichole Campsall, of the Town of Aurora, for the new structure built beside the front entrance to the Seniors Center. What is it? Why, it is a Free Art Gallery. The name will be "Your Free Art Gallery" A sign will be fashioned and secured to the Gallery. How does it work? If you have any Art you wish to give away, put it in the case, where anyone can take it home and enjoy. Examples of Art would be Paintings, Wood Carvings, Needle work , Knitting just to name a few. Don't throw it out, give it away so others can enjoy your work for years to come. That's a novel idea! Yes it is, we are on the cutting edge, let's keep going!

Please be aware that the Seniors' Centre is a **Scent Free Zone**. Help us keep the air we share healthy and fragrance-free. Please be respectful of fellow members

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

► Special Events Committee

The Committee plans Special Events for members to enjoy and Trivia Night on October 6 and Superstitions on October 27 were two good events for those who attended them. The Committee has not planned an event for November as there are several other events in place. We do have a FREE EVENT coming up on Wednesday, December 20 at 2 p.m. when the 4 String Ukelele band will return to play and sing some Christmas songs and music for an hour. You can join in with them. Refreshments will be offered as you enter the West McKenzie Room to sit at a table. The FREE tickets will be available on Monday, November 20 at Reception. Please get a ticket or two so we will know have many seats to set up. Joan Brownlow, Chair of Special Events.

Quilt 'N Sew Christmas Sale

Our Quilt 'N Sew group will be holding a Christmas Sale on the following Fridays from 9:30 a.m. to 3:30 p.m.:

Friday, November 24, December 1, December 8, December 15, December 22.

Get Hand crafted gift ideas for friends and family. Come in to see us in the Craft Room. You'll be happy you did

**HOLIDAY SING-A-LONG
AT THE CENTRE**

JOIN THE FIVE STRING UKE BAND
Tickets free and available
Monday, November 20 at Reception
Wednesday, December 20
2 p.m. - 3 p.m.



Coffee, Tea and Cookies too!



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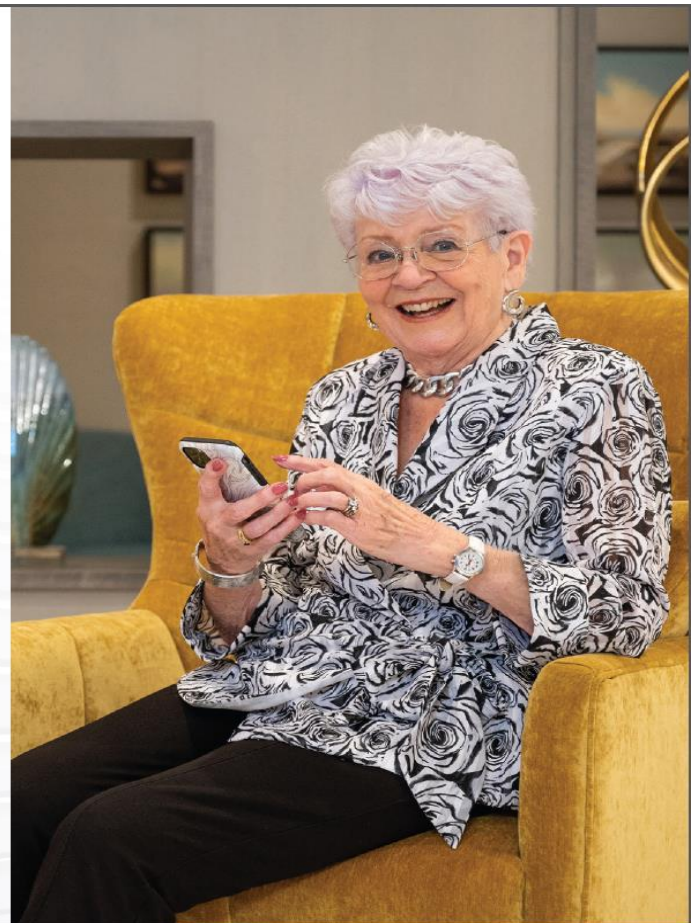
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ASA FRIDAY NIGHT DANCE!

**NOVEMBER 3
NOVEMBER 17**
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!

In November, we will hold two dances - on November 3rd and 17th. The dance event will start at 7:00pm with the Line Dance Lesson, and switch to Ballroom at 7:30 p.m. In the Line Dance section, we will repeat the "Despacito Cumbia" and "Stand By Me" line dances which we learned on October 13th and then we'll introduce "Cowboy Charleston". If you want to look up this line dance prior to our lesson, here is the link to a good video lesson by Jo Thompson Szymanski, she shows both the Canadian and US versions. <https://www.youtube.com/watch?v=OxS8PQLQauM>

On November 3rd, we will also honour Charles Sequeira, the past president and founder of ASA with an 18-year-old record as the DJ at the Aurora Friday Social dances. All friends of Charles, come and join us in giving him the recognition for all his contributions to ASA and the Friday dances.



Bistro Lunch

Wednesday, November 8 at 12 pm
Wednesday, November 22 at 12 pm

Tickets \$10, pre-sale only.

November 8
Chicken Noodle Soup,
Sub Sandwich, Chips, Dessert

Tickets on sale:
October 30 - November 3

November 22
Lasagna with Dinner Roll,
Salad and Dessert

Tickets on sale:
November 13 - 17

▶ **ASA Library News**

Changes in October

We have expanded the General Fiction and Biography sections from 2 to 3 shelves each. The General Fiction section has been very well received.

Puzzle Donations and Space Considerations

We request that you temporarily suspend donation of puzzles to the library. Expansion of the 2 sections mentioned above resulted in less shelf space available for the puzzles. We are examining at the best way to add another bookcase without affecting the friendly, comfortable atmosphere. So stay tuned for future updates.

Book Donations

Mystery, Adventure, Romance, Biography, General Fiction, Large Print and Science Fiction books are always welcome in the library however please contact me at Kevin.Griffiths4881@gmail.com or drop by the library before you donate any books.

Borrowing Books

The process is straight forward as 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

Aurora Seniors Presents

Christmas at Casa Loma & the Distillery Winter Village

Every December experience the magic of the season at Casa Loma's Christmas at the Castle. You will be surrounded by magic throughout the castle interior, resplendent with festive décor including a 40ft tall tree in the Great Hall, and a stunning collection of other signature holiday trees decorated by renowned Canadian designers. After our self guided tour of Casa Loma, we will visit the Distillery District. Amongst the Historic District's 65+ local shops, restaurants and cafés, you'll find outdoor Distillery Winter Village vendor cabins offering specially curated seasonal items and gifts, plus delicious, can't-miss food cabins. Enjoy strolling the cobblestone streets while you select the perfect gift for that special someone.

Date: Thursday, December 7, 2023

Price: Member: \$155.00 per person

Non-Member: \$162.00 per person

Depart: 11:30 a.m. Stronach Recreation Complex
1400 Wellington St. E.

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

Lunch: 12:45 p.m. - 2:15 p.m.
Enjoy a delicious meal at the Hot House Cafe. Choice of:
1) Chicken Parmesan
2) Cannelloni
3) Pork Loin

Casa Loma: 2:30 p.m. - 4:00 p.m.
The castle is a showcase of holiday magic in a beautiful historic setting

Market: 4:30 p.m. - 6:00 p.m.
Visit to the Distillery Winter Village

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

Inclusions: Return transportation via deluxe coach, lunch at the Hot House Cafe, admission to Casa Loma, visit to the Distillery District, driver gratuity, gratuity on meal, and all taxes.



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▶ Remembrance Day Service

Since 1919, Canadians have taken time to pause and remember those who have served and continue to serve Canada during times of conflict and peace. Ceremonies are held across Canada to mark the Armistice agreement that ended the First World War on November 11, 1918, at 11 a.m. In Aurora, these ceremonies have been centered around the Aurora War Memorial in Peace Park since 1925.

The Remembrance Day service is hosted by the Aurora's Royal Canadian Legion: Colonel Fred Tilston VC - Br. # 385.

The Remembrance Day service will take place on **Saturday, November 11, 2023, at 10:50 a.m. at the Aurora Cenotaph** (East side of Yonge Street, just North of Allaura Blvd).

Everyone is welcomed back to the branch after for Chili and comradeship.

Lest we Forget.

▶ Attention Travelers

We are currently planning our 2024 Day trip schedule. Please fill out a Ballot, available at Reception stating your top 3-day trip destinations. All suggestions will be reviewed and considered for next year.

We are also looking at the possibility of an overnight trip (2-4 days) if you have 1 overnight suggestion, please write them on the ballot too.

Thanks and look forward to travelling with you soon.



PAINT & SIP PROGRAM

Saturday,
November 18
1 p.m. - 5 p.m.

\$60

Register at
Reception.

Get ready for the Holidays!

Join local artist Eva Folks to paint this lovely picture. All supplies included.

Tea, coffee and a holiday treat too.

▶ Computer Club Information and Activities

We are offering open drop-in help by appointment Tuesday afternoons between 1p and 3p. 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.

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:

- November 7 – General Q&A
- November 14 – Bluetooth headphones and earbuds (Doug)
- November 21 – iOS Basics (Cary)
- November 28 – Passkeys for security (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 or Doug Cooper at techspeakr@gmail.com.

FAIR ACCESS

Fee Assistance in Recreation

F.A.I.R. Access (Fee Assistance in Recreation) is a confidential fee assistance program for residents of Aurora to use for meaningful access to recreation programs and memberships. Qualifying Town of Aurora residents may receive up to \$250 per person per calendar year to use towards a recreation program or drop-in activity of their choice. Residents qualify based on their L.I.M. (Low Income Measure) as per Statistics Canada.

The Town of Aurora will begin accepting 2024 F.A.I.R. Access applications online and in-person as of November 13, 2023. All applications must be resubmitted annually with appropriate supplementary documentation to verify eligibility. Please complete an application form for 2024 even if you have successfully received funding for 2023.

For Further information <https://www.aurora.ca/en/recreation-arts-and-culture/fair-access.aspx>

▶ Tuesday Night Movies at the Centre

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

November 7 – 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.

November 14 – Asteroid City (2023): Jason Swartzman (PG-13, 105 min, Comedy, Action)

Following a writer on his world famous fictional play about a grieving father who travels with his tech-obsessed family to small rural Asteroid City to compete in a junior stargazing event, only to have his world view disrupted forever

November 21 – Christopher Robin (2018): Ewan McGregor (PG, 104 min, Comedy)

A working-class family man, Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him to rediscover the joys of life.

November 28 – Are You There God? It's Me, Margaret (2023): Rachel McAdams (PG-13, 106 min, Comedy, Action)

When her family moves from the city to the suburbs, 11-year-old Margaret navigates new friends, feelings, and the beginning of adolescence.

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

Thanks for your input for our Holiday Movie Selections. Ballots and an E-flash will be sent out this Month to further decide our December lineup.

<p>ASA Board of Directors:</p> <p>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 Gaby Louis Gambino Dave LeGallais Percy Surti</p>	<p>ASA Committees:</p> <p>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>Aurora Seniors Centre Staff:</p> <p>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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NOVEMBER 2023 W.O.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Telephone Tapestry: Tuesday November 7 at 1:30 - 2:30 p.m. HAMILTON PHILHARMONIC ORCHESTRA (HPO) Join Composer-in-Residence Abigail Richardson-Schulte as she takes listeners on a journey through the life and music of celebrated Czech composer Antonin Dvorak. Learn about his personal and musical influences and hear his stunning String Quintet No. 2 recorded by HPO			November 1 3:15 Stories and Games (T)	November 2 3:15 Stretch and Relax (Z/T)	November 3 3:15 Fun and Games (T)
November 5 12:30 Chair Exercise (Z)	November 9 No Programs (Centre Closed)	November 7 10:15 Stretch & Relax (Z/T) 1:30 Telephone Tapestry	November 8 3:15 Stories and Games (T)	November 9 3:15 Stretch and Relax (Z/T)	November 10 3:15 Fun & Games (T)
November 12 12:30 Chair Exercise (Z)	November 13 10:15 Breathe & Stretch (Z/T) **4:00 All Ages Fun with Mississippi Mills Youth Centre (T)	November 14 10:15 Stretch & Relax (Z/T)	November 15 3:15 Stories and Games (T)	November 16 3:15 Stretch and Relax (Z/T)	November 17 3:15 Fun & Games (T)
November 19 12:30 Chair Exercise (Z)	November 20 10:15 Breathe & Stretch (Z/T) 3:15 Fun and Games (T)	November 21 10:15 Chair Yoga (Z/T)	November 22 3:15 Stories and Games (T)	November 23 3:15 Chair Yoga (Z/T)	November 24 3:15 Fun and Games (T)
November 26 12:30 Chair Exercise (Z)	November 27 10:15 Breathe & Stretch(Z/T) 3:15 Jeopardy (Z/T)	November 28 10:15 Chair Yoga (Z/T)	November 29 3:15 Fall Proof Your Home (T)	November 30 3:15 Chair Yoga (Z/T)	

For further information please contact:

Telephone: 365 500 3161

Email: wow@aurora.ca

Monday 8:30 a.m. to 4:30 p.m.	Tuesday 8:30 a.m. to 9 p.m.	Wednesday 8:30 a.m. to 4:30 p.m.	Thursday 8:30 a.m. to 4:30 p.m.	Friday 8:30 a.m. to 10 p.m.
8:30 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*	8:30 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*	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 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)