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UKE BAND

Wednesday, December 20
2 p.m. - 3 p.m.

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Now at Reception



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THE LIND

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▶ ASA Board of Directors

Well, November was certainly a busy month, but I guess you could say that about every month at the Centre. I have talked with many of you, and I know how much we all appreciate the many opportunities available to us. Here are a few highlights. The Halloween event, Superstition, was a great evening and very well attended. Our fund-raising committee organized two fantastic events this month starting with the Christmas Bazaar. Members and local artisans displayed and sold their creations and many of us took the opportunity to pick up some early Christmas gifts. Later that same week, we held a Taste of Niagara wine tasting which was a wonderful and educational evening. These events promote fellowship within the Centre and help raise funds to support the programs offered by the ASA. Speaking of fund-raising, you may have seen the e-blast reminding members that now is the time of year to make your donation to the ASA. Any amount is greatly appreciated.

I had the opportunity to sit in at reception for a couple of hours and got a real taste of what a busy spot it is. It is the hub of our Centre, and we thank the volunteers who make it work.

I know many of you have participated in the Seniors' Centre Without Walls (SCWW) program. It is open to everyone, and the name has been changed to simply Without Walls or WOW. There are a wide variety of activities available to join from home, either on-line or by telephone. A listing of the different programs is included in the newsletter so as winter takes hold this is a great option for members. The program has really taken off, and there are participants from across Canada. Amazing!

The ASA has a partnership/lease agreement with the Town and that is coming up for renewal. We are in the latter stages of getting a new agreement signed and there will be more news on that next month. I want to send a shout out to all the facility staff for the great work they do in preparing rooms for us and keeping the Centre running smoothly. Special recognition to Bill who is doing all this while wearing a sling on one arm. Thank you.

By the time our next newsletter comes out Christmas will be here so I hope everyone will be able to spend time with friends and family and enjoy the holiday season.

▶ 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

HearCANADA will be offering complimentary Hearing Health Checks at the Centre on Thursday, January 4 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.



▶ ASA Membership Renewals 2024

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; however, you may pick up your new membership form from Reception at any time and complete it before renewing your membership. If you don't pick up a blank membership form ahead of renewing your membership, the volunteers will hand you one to complete when you come into the Seniors Centre to renew. **please write clearly.**

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 a.m. and 3 p.m.:

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

Your membership in the Aurora Seniors Association expires on December 31, but we keep you active until January 31 when you will be unable to check in without renewing your membership.

There will be NO on-line renewals this year.



MEMBERSHIP ASSISTANCE

Are you an older adult who needs assistance with your 2024 membership or activity fees?

HELP IS HERE

Contact Karie to have a confidential conversation.

FOR MORE INFORMATION:
✉ kpapillon@aurora.ca
☎ 365 500 3159



Town of Aurora Winter 2024 Programs

Registration for Winter 2024 programs will be available:

Resident - Monday, December 11

Non-Resident – Monday, December 18

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.
3. ***On Monday, December 11, two Town staff will be on-site at the Seniors Centre from 9 a.m. to 1 p.m. in the Lounge to assist**

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.

*No class on: March 14

Day	Date	Time	Fee/Class	Code
Thu	Jan 18	9am – 11am	\$153.00/10	29924*

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.

*No class on: March 14

Day	Date	Time	Fee/Class	Code
Thu	Jan 18	11:30am - 1:30pm	\$155.00/10	29925*

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	Jan 16	9:30am-10:15am	\$63.00/10	29926
Tue	Jan 16	10:30am-11:15am	\$63.00/10	29927

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 March 6

Day	Date	Time	Fee/Class	Code
Wed	Jan 17	7:30pm-8:30pm	\$95.00/9 per person	29970*

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: February 19 and March 4

Day	Date	Time	Fee/Class	Code
Mon	Jan 15	7:30pm-8:30pm	\$97.00/9 per person	29971*

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: February 19 and March 4

Day	Date	Time	Fee/Class	Code
Mon	Jan 15	8:30pm-9:30pm	\$99.00/9 per person	29972*

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	Jan 11	9am - 9:30am	\$42.00/12	29928

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	Jan 11	9am - 9:30am	\$42.00/12	29929

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	Jan 9	9am - 9:45am	\$76.00/12	29930

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	Jan 12	10am - 10:45am	\$63.00/10	29931

CHRONIC PAIN MANAGEMENT **NEW!**

Age: 55+ years Location: ASC

The Healthy Living Now program offers tips and techniques to manage chronic conditions and emotions, including how to improve physical activity, breathing, muscle relaxation, healthy eating, problem solving skills, positive thinking, medication usage, and planning for the future. This program is offered in conjunction with Southlake Regional Health Centre.

Day	Date	Time	Fee/Class	Code
Wed	Jan 24	1:30pm – 3:30pm	\$Free/6	30360

CORE ON THE FLOOR

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	Jan 16	1pm – 1:30pm	\$35.00/10	29937

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. *No Class on: March 13

Day	Date	Time	Fee/Class	Code
Wed	Jan 17	9am – 10:30am	\$127.00/10	29932

FIT MIND, BODY & SOUL **NEW!**

Age: 55+ Location: ASC

Fit Mind, Body & Soul enhances your cognitive, physical and spiritual well-being. We take a holistic approach on strengthening the connection between our minds, body and soul. All three of which when working together, can have powerful internal and external results. Exercising our minds is crucial for maintaining cognitive function and overall brain health. Mental exercise helps keep our minds sharp and resilient. Movement, functional fitness, rest and recovery are all key components in the body segment of our program. The soul segment can help provide a better understanding when navigating life's transitions, and the challenges that come with aging. Self reflection, mindfulness and meditation, gratitude practice and creative expression will be explored throughout the course of the program.

Day	Date	Time	Fee/Class	Code
Wed	Jan 24	11:15am - 12:45pm	\$99.85/8	30386

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	Jan 10	9am - 9:45am	\$70.00/11	29934
Fri	Jan 12	9am - 9:45am	\$70.00/11	29938

GET FIT

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Wed	Jan 10	9am - 9:45am	\$70.00/11	29933
Fri	Jan 12	9am - 9:45am	\$70.00/11	29935

GET STRONG **NEW!**

Age: 55+ Location: ASC

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
Tues	Jan 16	1:45pm - 2:45pm	\$63.00/10	29939

GET STRONG

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	Jan 19	11am - 12pm	\$63.00/10	29941

GET STRONG

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Fri	Jan 19	11am - 12pm	\$63.00/10	29940

KNITTING: AS MEDITATION **NEW!**

Age: 55+ years Location: ASC

Life can be stressful and many experts recommend meditation to help manage your stress. If you follow a few simple guidelines regarding project choice and environment in which you knit, knitting can become a very effective meditation practice. In this class we will briefly discuss the guidelines and you will be given written materials providing more detail. There is no specific class project but we will practice a few stitch patterns recommended for knitting meditation. Just bring a bit of whatever yarn you have and the appropriate needles.

Day	Date	Time	Fee/Class	Code
Wed	Mar 27	10:30am - 11:45am	\$5.00/1	29353

KNITTING: BABY BLANKET SAMPLER **NEW!**

Age: 55+ years Location: ASC

This class will offer you the opportunity to design your own baby blanket or lap afghan. We will start with a basic sampler style baby blanket, learn the stitches included with it and then practice a few other stitch pattern you might wish to include. This project can be as simple or as detailed as you wish, so can accommodate even the advanced beginner. Please obtain and review the supply list prior to the first class.

Day	Date	Time	Fee/Class	Code
Wed	Feb 7	2:30pm - 3:45pm	\$45.00/4	29942

KNITTING: LEARN TO KNIT

Age: 55+ years Location: ASC

A simple knit square or rectangle can become a button cowl, fingerless gloves or hat. In this LEARN TO KNIT class, you will learn several necessary basic skills to get started knitting, understanding yarn & gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practiced 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
Mon	Jan 10	2:30pm - 3:45pm	\$10.00/3	29944

KNITTING: PET BED **NEW!**

Age: 55+ years Location: ASC

Pamper your cat or dog with their own bed. This class is suitable for advanced beginner. A sample is available for viewing. The bed size can be altered to accommodate sizes from cat to small dog. Please obtain supply list in advance and bring all supplies to first class.

Day	Date	Time	Fee/Class	Code
Wed	Mar 13	2:30pm - 3:45pm	\$34.00/3	29960

KNITTING: SHRUG **NEW!**

Age: 55+ years Location: ASC

A shrug is a cross between a blanket and a cardigan. The result is a comfortable, easy to wear garment. Knitters will be offered a choice of four basic styles of shrug, options available even for the advanced beginner. Please obtain and review the supply list prior to class.

Day	Date	Time	Fee/Class	Code
Wed	Jan 10	10:30am - 11:45am	\$45.00/4	29961

KNITTING: SOCKS

Age: 55+ years Location: ASC

Hand knit socks are one of life's little luxuries that everyone should experience. As complicated as they appear when you read a sock pattern, they are really quite simple when someone shows you. In addition, sock yarns are some of the most fun yarns available today - hand paints, self-patterning, self-striping – you will not believe the possibilities available. In this class, you will learn a basic top down sock and allow you to treat yourself and those you love to the cozy comfort of hand-knit socks. This is an advanced beginner class. Students need to pick up a supply list from the registration desk and bring these supplies to your first class.

Day	Date	Time	Fee/Class	Code
Wed	Feb 14	10:30am - 11:45am	\$56.00/5	29943

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: March 6

Day	Date	Time	Fee/Class	Code
Wed	Jan 17	8:30pm - 9:30pm	\$95.00/8	29974*

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 to arrange the rental.

Day	Date	Time	Fee/Class	Code
Thur	Jan 18	10:00am - 10:45am	\$135.00/10	29945

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 to arrange the rental.

Day	Date	Time	Fee/Class	Code
Thur	Jan 18	11:00am - 11:45am	\$137.00/10	29946

LADIES, LAUGH & LEARN

Age: 55+ years Location: ASC

Ladies, let's connect! Join us to meet new friends and try different activities. Each week will have social time, light refreshments, and some fun. Something different every week.

Day	Date	Time	Fee/Class	Code
Wed	Feb 7	10:30am - 12pm	\$12.00/8	30376

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: February 19

Day	Date	Time	Fee/Class	Code
Mon	Jan 15	9am - 10am	\$75.00/12	*29948

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: February 19

Day	Date	Time	Fee/Class	Code
Mon	Jan 15	12pm - 12:30pm	\$94.00/8	29949*

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	Jan 16	10:35am - 11:20am	\$63.00/10	29951

PILOGA

Age: 55+ years

Location: Zoom (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.

Day	Date	Time	Fee/Class	Code
Tue	Jan 16	10:35am – 11:20am	\$63.00/10	29950
Fri	Jan 19	9:00am – 9:45am	\$63.00/10	29952

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: February 19

Day	Date	Time	Fee/Class	Code
Mon	Jan 15	1:30pm – 2:30 pm	\$63.00/10	29956*
Thu	Jan 11	10am – 11am	\$75.00/12	29953

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: February 19

Day	Date	Time	Fee/Class	Code
Mon	Jan 15	1:30pm – 2:30pm	\$63.00/10	29954*
Thu	Jan 11	10am – 11am	\$75.00/12	29955

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	Jan 23	1pm – 3:30pm	\$153.00/8	29957

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	Jan 23	9:30am – 12pm	\$155.00/8	29958

WATER COLOUR THE BASICS NEW!

Age: 55+ years Location: AFLC

This class is designed for people who have no experience with watercolours and want to learn the basics. It will cover the importance of supplies, the basics of mixing colours, and the basics of watercolour techniques. The class will create colour charts as well as completing simple images from start to finish with the assistance of demos by the instructor. Upon completion of Watercolours: The Basics, participants will have the confidence to continue with the Level 1 Watercolour program.

Day	Date	Time	Fee/Class	Code
Mon	Jan 22	1pm – 3:30pm	\$151.00/8	30359

YOGA - CHAIR

Age: 55+ years

Location: ASC (Wed), AFLC (Fri)

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	Jan 17	10am - 11am	\$63.00/10	29962
Fri	Jan 12	10am - 11am	\$63.00/10	31215*

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	Jan 15	10am - 1am	\$63.00/10	29963

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.

*No Class Feb 19

Day	Date	Time	Fee/Class	Code
Mon	Feb 5	12:15pm - 1:15pm	\$44.00/7	29964

YOGA: RESTORATIVE MAT

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	Jan 18	6:30pm - 7:30pm	\$63.00/10	29965

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	Jan 16	6:30pm - 7:30pm	\$63.00/10	29966

Registration for Winter 2024 programs will be available:

Resident - Monday, December 11

Non-Resident - Monday, December 18

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.
3. ***On Monday, December 11, two Town staff will be on-site at the Seniors Centre from 9 a.m. to 1 p.m. in the Lounge to assist**

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	Jan 16	11:30am - 12:15pm	\$63.00/10	29967

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	Jan 16	11:30am - 12:15pm	\$63.00/10	29969

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>



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



Paint in the GeoDome

Would you like to try acrylic painting? Join us at the GeoDome in Aurora Town Park! Local artist Eva Folks to paint this lovely picture! A great holiday gift. All supplies, coffee, tea & hot chocolate included!

Tuesday December 12
12:30 - 3:30 p.m.
\$60
Town Park GeoDome
(off the Armoury Patio)



Photo shows a likeness of the GeoDome that will be in Town Park. It will be heated, but we advise you dress in layers. Washroom will be available.



Program Location: Aurora Town Park
aurora.ca/wow
365 500 3159

Chair Yoga in the GeoDome



Join Yoga Instructor Diane Delli-Colli for a chair class in the heated Geodome in Town Park! Registration is not required. \$5 drop in at the door.

Friday December 15
10 - 11 a.m.

*While the GeoDome is heated, we recommend you dress in layers.



Location: Aurora Town Park
aurora.ca/scww
365 500 3159

FESTIVE, FIT & FABULOUS

THURSDAY
DECEMBER 21
10 A.M. - 11 A.M.
\$5 AT THE DOOR

A STRETCH & TONE STYLED CLASS WITH A FESTIVE TWIST
REGISTRATION IS NOT REQUIRED.

Holiday Bootcamp

WEDNESDAY	JANUARY 3	9:00 A.M.
FRIDAY	JANUARY 5	9:00 A.M.

GET YOUR SWEAT ON WITH BRANDIE!
REGISTRATION IS NOT REQUIRED

\$5 AT THE DOOR

Indoor WALKING CLUB



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

Seminars December

December 5 - Stress Awareness and Techniques with Brandie

December 12 - Senior Drivers & The Licence Renewal Process with Ministry of Transportation

**Please note this seminar will be 45min*

December 19 - Holiday Trivia & Draw

Walking Club will re-start January 9, 2024

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
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

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Seminar

Seniors Drivers license and Renewal Process



By attending this presentation, attendees will learn about:

- Trends and statistics for older drivers
- The testing requirements for those 80 years and older
- The Over 70 At-fault Collision Program
- Signs of aging or medications as it relates to driving ability
- Driving tips and some more recent rules of the road.

Event Date: Tuesday December 12

Event Time: 2:00 to 2:45

How to Watch: Email byorg@aurora.ca for the zoom link or join us in the lounge at the Seniors Centre to watch on the big screen.

PRESENTATION BY:
Ministry of Transportation
Government of Ontario



▶ ASA Activity News

Woodcarvers

We can describe the last three years as difficult, frustrating and hectic but above all that, I feel proud of our carving group. We have survived and more importantly our membership has grown and we are enjoying ourselves. We are addressing our need to have more space which would allow us to increase our ability to provide more service and different experiences. We will keep you informed as we introduce changes. Recently we received a large shipment of basswood from an ASA member. The Basswood has been donated to us and it will keep us supplied for many years. We also have access to Butternut which will require delivery to a saw mill to be cut into boards. We will require help to transfer the wood so I will send out notice early in the New Year.

Our beginner training session started in November and is at present full. If anyone is interested to learn how to carve, please contact us as we could have openings in January.

We would like to reach out to members we have not seen in a while. We will be changing our programs which will allow more variety of carving and introduce more artistic styling in the carvings being produced. Your experience will be needed to help us create these programs and help you teach our members. I am sure it will not take you long to fit in and enjoy the comradeship and rekindle your love for carving.

We hope to complete the wood mosaic in December and plan to mount it in the ASC Lounge in January.

The carving group uses the workshop on Tuesday mornings, afternoons, and evenings 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 and

The Aurora Seniors Group of Artists (Art Drop-in) would like to wish everyone a Happy and Safe Festive season. We would like to bring to the members' attention that there is an Artist wall in the Main Lounge. Please take the time to look at the different artworks and enjoy what you see. If anything catches your interest, of these one-of-a-kind works, contact the artist.

Artist Art Wall in the Lounge

The Art Wall is open to ALL ASA members. Those that wish to participate in displaying their art, please fill out the necessary request form that are available at Reception now. You will include the size, the medium and your name. Forms can be handed in at Reception.

Our Let's Create group would like to thank everyone that stopped by and enjoyed all our creations at our Sale in November. Feel free to join any Wednesday in the New Year at 1 p.m. Wishing everyone a Merry Christmas.

► Special Events Committee

The Committee has a FREE EVENT coming up on Wednesday, December 20 at 2 p.m. when **the 4 String Uke Band** will return to the Aurora Seniors Centre to play Christmas music for you to enjoy and sing-along with them. The free tickets are available at the Reception Desk. Please pick your ticket(s) up as we will be having refreshments.

We thank the Board of Directors who will pay for the refreshments - for you!!

Refreshments will be set up in the West McKenzie for you to pick up and enjoy the sing along.

The committee has another wonderful event booked for Saturday, January 20, 2024, at 2 p.m. when a "Fantastic" Magician, Scott Dietrich, will come to do "magic" things for you and your grandchildren, if you would like to bring them. Tickets are available at the Reception Desk. Tickets are FREE for children. Adult tickets are \$12.00 each. Refreshments will be served following the show.

Please mark December 20, 2023, and January 20, 2024, at 2 p.m. for each show on your calendars.

Merry Christmas 🎄 and a Happy New Year to everyone from the Special Events Committee.

AURORA SENIORS ASSOCIATION PRESENTS:

MAGIC SHOW

FOR ALL AGES

Saturday, January 20, 2024
Aurora Seniors Centre
1:30 p.m. doors open
2:00 p.m. show time
Adult tickets: \$12
Children 10 & under: Free with ticket
light refreshments available

Scott Dietrich
Award Winning Magician, Speaker, Author, & former YTV Personality

▶ Library News

Changes in November

- In celebration of winter, Donna has set up a special collection of romance novels with Christmas and winter themes. It is located on the top of the return box for easy access.

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 large number of books. Shelf space is always a consideration.

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.

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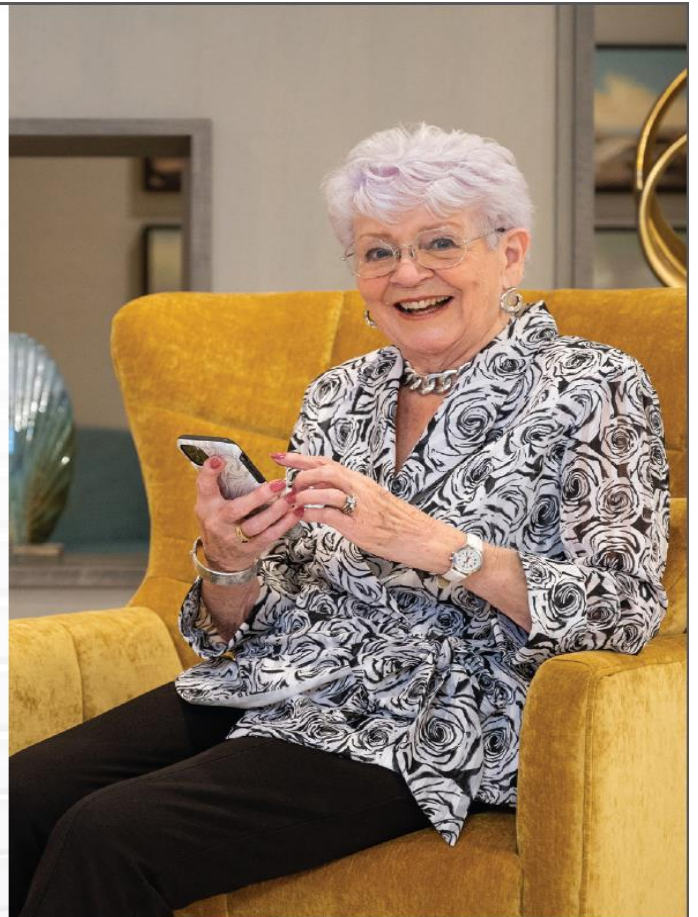
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This month, our Friday dances will take place on December 8 and 22, starting at 7 p.m. with the Line Dance lessons and practice, and switching to Ballroom at 7:30 p.m. As usual, we will feature a great mix of Traditional Ballroom, Latin, Country, and Line Dancing, including our favourite Christmas songs. The December 22 will be our Christmas dance for which you can dress up in your finest Christmas regalia (or not).

Monday Knotty Knitters Holiday Sale

Our Knotty Knitters group will be holding a Sale on Monday mornings from 9am to 12pm with their hand knitted items!

Be sure to stop by.

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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▶ Computer Club Information and Activities

We are 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 and Doug. Their email addresses are below. If you are attending in person and have a short question you may 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. We will have an informal session on December 19. There will be no presentation, but you are welcome to bring your questions. After this we will break until January 9, 2024.

Tuesday morning seminar schedule for December:

- December 5 – General Q & A
- December 12 – Scanning to PDF using Mac tools (Susan)
- December 19 – Coffee & Donuts

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.



The Aurora Seniors Centre Team would like to wish all our members a safe and happy holiday season—whichever holiday you celebrate! It's been such a great year and we have been so happy to see you all throughout the year at the Centre.

Thank you for supporting us this year. All the Best in 2024.

Sincerely, *Karie, Brandie, Bill, Joe-Anne, Jody, John & Andrew.*

Quilt 'N Sew Christmas Sale

Our Quilt 'N Sew group will be holding a Christmas Sale on the Fridays from 9:30 a.m. to 3:30 p.m. in December:
Get Hand crafted gift ideas for friends and family. Come in to see us in the Craft Room. You will be happy you did

▶ Holiday Tuesday Night Movies at the Centre

Thanks for your input for our Holiday Movie Selections, we are excited to announce December's line-up.

Our Tuesday Night Movies begin at 6:30 p.m.

(3rd place) December 5 – White Christmas (1954): Bing Crosby, Danny Kaye (PG, 120 min, Comedy)
 A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

(2nd place) December 12 – Miracle on 34th Street (1947): Maureen O'Hara (PG-13, 96 min, Drama)
 After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article. When his sanity is questioned, a lawyer defends him in court by arguing that he's not mistaken.

(1st Place) December 19 – It's a Wonderful Life (1946): James Stewart (PG-13, 121 min, Drama)
 An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

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

<p><u>ASA Board of Directors:</u> President Glen Sharp Vice President Jim Abram Treasurer Rob Ishoj Secretary John Scherrer Directors Dave LeGallais Louis Gambino Percy Surti Rob Gaby Vern Cunningham</p>	<p><u>ASA Committees:</u> By-Law Review Committee John Scherrer—Chair Community Development Shirley Petrie—Chair Finance Committee Rob Ishoj—Chair Fundraising Committee Vern Cunningham—Chair Membership & Volunteers Committee Sylvia Gilchrist—Chair Operations & Activities Committee Dave LeGallais—Chair Seniors Related Issues Committee Jim Abram—Chair Social Committee Don Keel—Chair Special Events Committee Joan Brownlow—Chair</p>	<p><u>Aurora Seniors Centre Staff:</u> 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 & SCM) byorg@aurora.ca (365) 500 3161 Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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Without Walls (WOW) 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:

Breathe & Stretch: Using breathing techniques for relaxation and seated stretch

Card Bingo: All you need is a standard deck of cards.

Chair Exercise: Light cardio and strength exercises. Weights are optional.

Chair Yoga: Simple yoga moves anyone can do from a chair

Fun & Games: Activities to make us laugh and stay connected.

Jeopardy: Trivia questions "Jeopardy" style, all you need is pen and paper

Stories & Games: Stories and music from a variety of genres.

Name That Tune: Test how well you know your Christmas music. We will play the song and you guess!

Telephone Tapestry:

Tuesday, December 5 at 11:30 a.m. - 12:15 p.m. SLEUTHING WITH SHERLOCK

A whodunnit style mystery. Join as Adrienne reads an abridged Sherlock Holmes story, and we try to solve the mystery ourselves!

Tuesday, December 19 at 1:30 - 2:15 p.m. VINYL CAFE

Backstage at the Vinyl Cafe is a new podcast that features our favourite Vinyl Cafe 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.

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.

For further information please contact:

Telephone: 365 500 3161

Email: wow@aurora.ca

DECEMBER 2023 W.O.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
This legend indicates how each WOW program will be available for this month! * - Time Change T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference Telephone Tapestry see previous page for description. Pre-registration required.					December 1 3:15 Fun and Games (T)
December 3 12:30 Chair Exercise (Z)	December 4 10:15 Breathe & Stretch (Z/T) 3:15 Card Bingo (Z/T)	December 5 10:15 Chair Yoga (Z/T) *11:30 Telephone Tapestry	December 6 3:15 Stories and Games (T)	December 7 3:15 Chair Yoga (Z/T)	December 8 3:15 Fun & Games (T)
December 10 12:30 Chair Exercise (Z)	December 11 10:15 Breathe & Stretch (Z/T) 3:15 Fun and Games (T)	December 12 10:15 Chair Yoga (Z/T)	December 13 3:15 Stories and Games (T)	December 14 3:15 Chair Yoga (Z/T)	December 15 3:15 Fun & Games (T)
December 17 12:30 Chair Exercise (Z)	December 18 10:15 Breathe & Stretch (Z/T) 3:15 Jeopardy (Z/T)	December 19 10:15 Chair Yoga (Z/T) 1:30 Telephone Tapestry	December 20 3:15 Christmas Name That Tune (T)	December 21 3:15 Chair Yoga (Z/T)	December 22 3:15 Fun and Games (T)
December 24 12:30 No Programs	December 25 Merry Christmas! No programs	December 26 Boxing Day No Programs	December 27 3:15 Fun and Games(T)	December 28 3:15 Chair Yoga (Z/T)	December 29 No Programs
December 31 No Programs	January 1 Happy New Year No Programs				

For further information please contact:

Telephone: 365 500 3161

Email: wow@aurora.ca

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. to 4:30 p.m.	8:30 a.m. to 9 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 4:30 p.m.	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) 12:15 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* 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	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)	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
December 18 1:00 ASA Board of Directors	December 12 2:00 Seminar: License Renewal Process	December 6 12:00 Christmas Lunch* SOLD OUT December 20 2:00 Holiday Sing-along		December 8 and 22 7:00 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)