

Happy New Year!

AURORA SENIORS ASSOCIATION PRESENTS:

# MAGIC FOR ALL AGES SHOW

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

# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

It has been said that it's a beautiful thing when a career and a passion come together and this rings true for REALTOR® Lenard Lind who has been providing "Service with Professionalism" in Aurora and the surrounding areas for over 30 years

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-  PROFESSIONAL FEATURE BOOKLETS
-  LISTED ON MLS THROUGH TRREB
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 LENARD@LINDREALTY.CA



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# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

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

## ▶ ASA Board of Directors

Welcome to 2024, I hope you all had an enjoyable holiday season and were able to spend some time with family and friends. I wonder how many of us still make New Year's Resolutions and then how many keep them? Every month I comment on how much is going on at the centre and how it's just about impossible to keep track of all the programs, trips, lunches, dances, and all the other activities at the Centre. Well, a great way to keep up with events is to check out our website at [www.auroraseniors.ca](http://www.auroraseniors.ca). Thanks to Linda LeGallais for keeping the site up to date with all the latest news, photos, and upcoming events. You can also follow us on Facebook where you can view and comment on pictures and stories about our adventures at the Seniors' Centre.

Our annual budget includes a line for donations, and last week we were pleased to give \$500 to the Aurora Food Pantry and the Alzheimer's Society, and \$400 to CHATS. Thanks to Jim Abram for delivering the cheques and spreading the word on what we are all about. These organizations need our support, and we were delighted to be able to help.

I hope you have all taken a few minutes to renew your memberships for 2024. It is a simple process with no fee increase. Thanks to all the volunteers who help at the membership table and to the reception staff for processing all the renewals.

By the time you are reading this newsletter, most of the winter programs will be close to resuming, so when you can, I encourage you to brave the weather and join in. It will be worth it.

I am very thankful for all of you, for your support and for helping to make the Aurora Seniors' Centre such a happy place.

Glen Sharp, ASA President

## ▶ ASA Board of Director Volunteer Needed

Are you interested in how decisions regarding your activities at the Centre are made? Volunteering at Board of Directors Meetings provides an opportunity to observe and have input into those proceedings.

Our long serving Secretary of the Board - whose role includes the maintenance of all official Association records, contracts, etc., and our recording officer are looking for an interested individual to aid with recording the minutes of all meetings of the Board of Directors.

Time requirement - approx. 6 hours/month - includes preparation and distribution of agenda, recording, transcribing and distribution of minutes.

Internet access and computer skills in email and word processing are required. Zoom knowledge is an asset, however we are willing to train the appropriate candidate.

Please contact Board Secretary John Scherrer at [john.scherrer@hotmail.com](mailto:john.scherrer@hotmail.com) or Recording Officer Lydia Schuster at [schuster\\_lydtony@hotmail.com](mailto:schuster_lydtony@hotmail.com) to have your questions answered or to inquire about the position.

## ▶ ASA Membership Renewals 2024

If you haven't already renewed, your membership expired on December 31, but you will be given until January 31 before you will not be able to check in without renewing your membership.

As you know, everyone must renew **in person** and complete a new membership form.

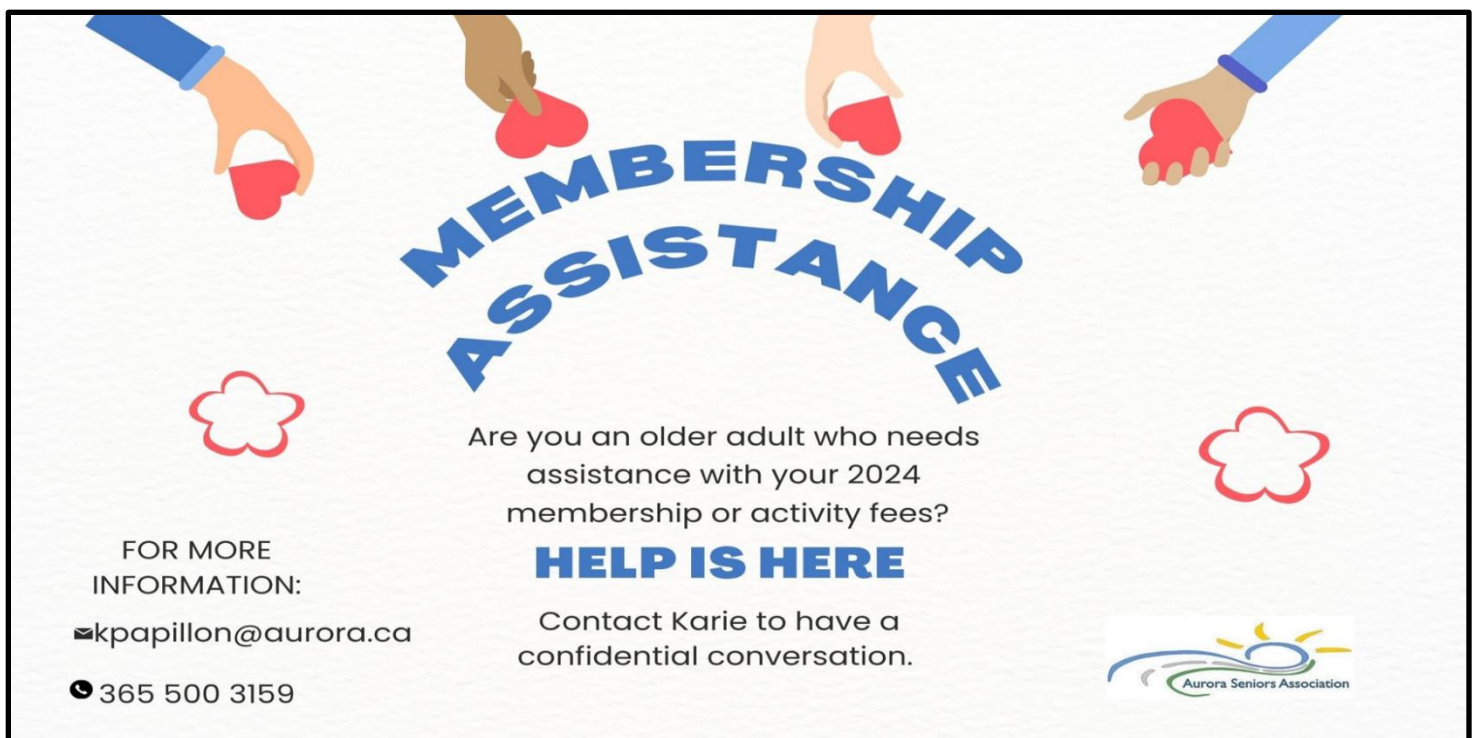
You may renew in person on the following dates from 9 a.m. to 3 p.m.:

Monday, January 2 to Friday, January 5

Monday, January 8 to Friday, January 12

After January 12 you may renew by checking with Reception.

A big, big THANK YOU to all the volunteers who have helped with membership renewals. You made the work so much easier. As you know, the Seniors Centre would not be able to run without members stepping up and volunteering. Thank you again.




**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](mailto:kpapillon@aurora.ca)  
 ☎ 365 500 3159



### **SPREAD THE WORD Our Annual Giant Garage Sale will be in 2024.**

We count on donations from members and the community to make this sale a success. Don't forget items for our Diamond Elephant Room where you will find donated higher quality items at a fraction of their value.

PLEASE NO VHS tapes, magazines, computer books or clothing

**We will be accepting items closer to the sale date. More News to come.**

## Town of Aurora Winter 2024 Programs

### Registration for Winter 2024 programs is currently available:

Here's how to register:

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

#### ACRYLIC PAINT - BEGINNER

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

This course will introduce students to the unique "forgiving" qualities of acrylic paint and allow them to experiment with a variety of techniques. Start at the very beginning and learn about choosing paints and painting surfaces and how to make the most of your paint and brushes as you work. Basic colour theory and colour mixing will be explored as well as creating glazes and textures

Note: Material costs extra, list available at the ASC or AFLC.

\*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 FULL

## CHAIR STRETCH

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

This is a gentle exercise class. Learn how to gently stretch and strengthen, mobilize your joints & use your breath to relax, all with the aid of a chair. This is a great class for those new or returning to exercise or for individuals who suffer from arthritis, joint tightness, chronic pain, or other conditions. Breathe deeper, stretch farther, and grow stronger.

Day	Date	Time	Fee/Class	Code
Fri	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 FULL

## 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 FULL

## 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 FULL

## 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	29959

## 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	\$95.00/9	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](mailto: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](mailto: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	\$63.00/10	*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

The Aurora Seniors Centre Team would like to wish you all a Happy New Year and all the best in 2024!

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

## 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 19	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 - 11am	\$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

## 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

# WELCOME

# DAVE SZYMKOWICZ

Our Newest Fitness Instructor!



I am a husband of 9 years and father of 2 girls 7 & 5. I try to be a great role model to my girls that being active is good for not only the body but for the mind. I have been a certified personal trainer since 2010 and have been working with the Town of Aurora since 2019 as a fitness instructor and personal trainer. I wear my heart on my sleeve and a big smile on my face and I am grateful I can share my passion for fitness with all of you. A few things about me that are not related to fitness. I am a diehard Toronto Maple Leafs fan (Yes, I know) chicken wings are my vice and the Backstreet Boys are the greatest band ever.

If you see me around, please say Hi.



## 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 is currently accepting 2024 applications online and in-person.

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

### Town of Aurora Program Cancellation Procedure

Town of Aurora Program Refund Procedure: All requests for refunds must be made IN WRITING. Non-medical related cancellations will only be accepted prior to the second regularly scheduled class. Participants will receive a full refund (no administration fee) when cancelling seven days or more prior to the start of the program. Participants will receive a full refund, less a \$24.25 administration fee, when cancelling 6 days or less days prior to the start of the program. Participants will receive a refund on a prorated basis, less a \$24.25 administration fee, for all other refund requests. There will be no administration fee for refunds due to medical reasons (pro-ration still applies). A medical note must accompany the refund request. Please note that refunds or transfers will be processed according to the date your written request is received by our department. Please allow two to four weeks for all refunds to be processed. Please note that you can withdraw or transfer from a program using e-PLAY up to 14 days prior to the start of the program.



**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 January

- January 9** - Winter Walking & Ice Safety with Brandie
- January 16** - Ask the Pharmacist with Michael from Sparkle Pharmacy
- January 23** - Aurora Seniors Centre & Town of Aurora with Karie
- January 30** - Service Canada Overview with Hailey from Service Canada

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

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

# Walk. Stretch. Learn.



## Complimentary Hearing Checks at the Centre.

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.



In-Office & In-Home Services available

## ARE YOU LOOKING FOR

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## ASA Activity News

### Stamp Club

The Senior stamp club meets every Thursday starting at 9 a.m. until 4 p.m.

Members spend the day working on their collections and helping each other with advice on various solutions, trading with each other to help one another fill empty spaces within their collections, along with friendly chatter on stamps and other subjects.

We offer a service to the membership of the Centre. If you have a collection you wish to dispose of, we will see if your collection has any value and if so, help you to arrange to sell it.

We also welcome donations of stamps that go to helping our members to possibly find missing issues for their collections.

Some of the multiple issues are packaged and passed on to individuals who put together gift boxes which are sent to under privileged children to hopefully give them an interest.

Feel free to stop by and have a chat to see if joining us might rekindle an old interest.

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

### Thursday Art Drop-in

Happy New Years to everyone from The Aurora Seniors Group of Artists. We hope you enjoyed your celebrations and wish the best to everyone. A special thank you goes out to Dick Okuhara, he was kind enough to donate not only Art supplies but Fabric Supplies to the Center. Just an update on the Free Art Gallery, items are coming and going all the time, on your way in to the Center, best check it out, could be a piece that would look great on that wall, you know THAT WALL!! We are getting more new members all the time and the room only holds so many, so don't miss out, if you want to drop in.

### Silver Stars

The Aurora senior centre's own silver stars theatre group would like to thank all who attended our latest show. Thanks for your continued support! Thanks to members of the Silver Stars for their hard work preparing for this excellent production, and also to the Centre's management and staff for their help and encouragement. If you are interested in joining our group contact Paul, email below. Watch for our next show in May 2024. Best wishes to all from the silver stars!!!!

Paul Wells ([pwellsie1@gmail.com](mailto:pwellsie1@gmail.com))

Our Fundraising Committee is looking for a secretary. If you would like to volunteer and assist this fun and enthusiast group, please email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)

## APARTMENT LIVING

*and so much more*

### AMENITIES AND SERVICES

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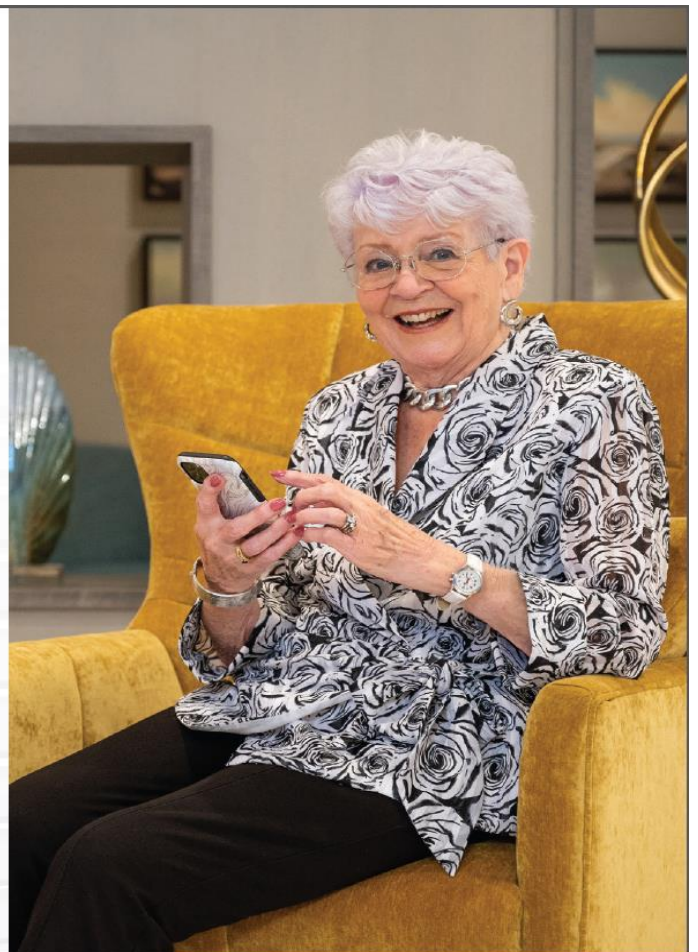
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**Friday January 19, 7 - 10:30 p.m.**

# Swing Dance Evening!

East Coast Swing is a popular dance that is beginner friendly. It is fun and bouncy and can be danced to a wide range of music and tempos. Similar to jive and west coast swing, the steps are easy to learn. Each sequence has a 6 count of music and is comprised of a rock step and two triple steps. We will start with the East Coast Swing lesson at 7 p.m., and practice for an hour. Then we will transition to our regular ballroom dance segment, featuring more swing, ballroom, Latin and line dances.

**Admission: \$8 for members, \$10 for non-members**

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

On Friday, January 19, we'll come out swinging with a special dance event, devoted to the East Coast Swing. This easy-to-learn and lively dance style belongs to the group of swing dances and is danced under fast (and faster) swing music, including lindy hop, rock and roll, and boogie-woogie.

Different from our regular dance nights, we'll start at 7 p.m. with a one-hour group lesson, with the instructors demonstrating and willing dancers learning the East Coast Swing footwork and basic dance routines, and then we'll dance and practise the freshly learned steps to a great blend of swing and rock-and-roll songs to many of which you can also dance jive, 2-step, or your own freestyle routine. Then we'll slowly transition to a more relaxed pace, including many popular Waltz, Rumba, Foxtrot, Bachata, Merengue, Tango, and Chacha songs, and also several line dances.

If you want to look in advance at an online dance tutorial, here is a good and relatively short instructional video with the basic East Coast Swing steps: <https://www.youtube.com/watch?v=tVY8lpt24mQ>

Light Refreshments, Cash Bar and Singles Welcome!



**ASA FRIDAY NIGHT DANCE!**

**Aurora Seniors Centre**

*Doors open 7 p.m.  
Dancing 7:30 - 10:30 p.m.*

*Light refreshments,  
Live DJ  
Cash bar  
Singles welcome!*

**JANUARY 12  
&  
JANUARY 26**

**Admission:**  
\$5 members  
\$7 non-members

In 2024, we'll continue with the popular Friday Social dances, however this year we'll be holding our dances twice a month, usually on the second and fourth Friday. We'll adhere to our previous dance times starting with the Line Dance lesson/practice at 7 p.m. and switching to the ballroom dance at 7:30 p.m. We'll break for the snack around 8:40 p.m. and play and dance again from 9 p.m. to 10:30 p.m. Our first two dances of the year will be held on January 12 and 26. The admission prices will remain same as before, at \$5 for members and \$7 for non-members.

## ► Special Events Committee

The Special Events Committee has a **"Magic Show"** with Scott Dietrich, an Award-Winning Magician, to start off 2024 on Saturday, January 20 at 2 p.m. in the West McKenzie Room. Adult tickets are \$12.00 each. Tickets for children are FREE. The tickets are available at the Reception Desk. It will be a great performance with refreshments following the show.

**"The Sparklette's Duo"** will be performing their **L.O.V.E.** show for us on Saturday, February 17 at 2 p.m. in the West McKenzie room. Tickets are \$15.00 each and they will be available on January 8 at Reception. Refreshments will follow the show.

Buy your tickets and put the dates and times on your 2024 calendars.

*Join us for "The Sparklettes Duo" who will be performing their L.O.V.E. show for us*



**Saturday, February 17 at 2 p.m.**

**Aurora Seniors Centre**

**\$15.00**

Tickets Available Monday, January 8

**Live Music - Refreshments**

Aurora Seniors Presents

# FALLSVIEW CASINO

Get dealt into the action at Fallsview Casino Resort! Whether your game is slots or tables, you'll find it all on one of the largest Casino gaming floors in the world. With over 3,000 slots and video poker machines there's countless ways to win. Try your luck on reel, video reel and video poker machines or take a shot on the progressives – the action is non-stop!

- Date:** Wednesday, February 28, 2024
- 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**  
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On Thursday mornings at **10 a.m.** in January we will be showing the following Canadian Art Films/Documentaries in the Lounge free! Sit back and enjoy.

**Thursday, January 11 West Wind “The Vision of Tom Thomson”**

Tom Thomson is one of Canada's most famous and beloved artists. His vibrant landscape paintings helped define a young nation in the early 20th century and have become iconic symbols of Canada.

**Thursday, January 18 Painted Land “In Search of the Group of Seven”**

The film features the search from authors, wilderness photographers, and art historian Michael Burtch as they search for the locations visited by Canada's most celebrated landscape painters who captured the spirit of the land, water, and skies of northern Ontario in the 1920's.

**Thursday, January 25 Winds of Heaven**

An impressionistic exploration of the spirit that informed the solitary life of one of Canada's most celebrated and irrepressible painters. Emily Carr began painting in an era when women didn't, at an age when most people shouldn't, traveling to remote locations that few professional adventurers chose to go.

## ▶ Computer Club Information and Activities

We are offering open drop-in help by appointment Tuesday afternoons between 1 p.m. and 3p.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 our volunteers (pending availability) after the Tuesday morning session at 11a.m.

If you are interested in attending over Zoom we are opening up pre-payment for 2024. When you pay your membership for an additional \$40 you can gain Zoom access to all 2024 hybrid sessions (typically 42 sessions). Ask at the front desk when you are in.

Tuesday morning seminar schedule for January:

- January 9 – General Q&A
- January 16 – Moving your photos from iCloud to Google Photos (Doug)
- January 23 – Apple Watch (Herb)
- January 30 – Getting started with Android on your phone (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

### ASA Bistro Lunch

Wednesday, January 31 at 12 pm

Tickets \$10, pre-sale only.



**Hot Hamburger Sandwich,  
Mashed Potatoes, Vegetables  
Dessert**

**Tickets on sale:  
January 22 - January 26**

## ▶ Tuesday Night Movies at the Centre

Our

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

**January 2 – I Heard the Bells (2022): Stephen Atherholt, Jonathan Blair (PG, 110 min, Drama)**

The inspiring story behind the writing of the beloved Christmas carol and its author, Henry Wadsworth Longfellow.

**January 9 – Barbie (2023): Margot Robie, Ryan Gosling (PG-13, 114 min, Comedy)**

To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken.

**January 16 – Gran Turismo (2023): David Harbour, Orlando Bloom (PG, 134 min, Action)**

Based on the unbelievable, inspiring true story of a team of underdogs - a struggling, working-class gamer, a failed former race car driver, and an idealistic motorsport exec - who risk it all to take on the most elite sport in the world.

**January 23 – The Hill (2023): Dennis Quaid (PG, 126 min, Biography, Drama)**

The remarkable true-life story of Rickey Hill's improbable journey to play Major League Baseball.

**January 30 – A Haunting in Venice (2023): Kenneth Branagh (PG-13, 103 min, Crime, Horror)**

In post-World War II Venice, Poirot, now retired and living in own exile, reluctantly attends a seance. But when one of the guests is murdered, it is up to the former detective to uncover the killer once again.

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

<p><b><u>ASA Board of Directors:</u></b>  <b>President</b>                  Glen Sharp</p> <p><b>Vice President</b>                  Jim Abram</p> <p><b>Treasurer</b>                  Rob Ishoj</p> <p><b>Secretary</b>                  John Scherrer</p> <p><b>Directors</b>                  Dave LeGallais                  Louis Gambino                  Percy Surti                  Rob Gaby                  Vern Cunningham</p>	<p><b><u>ASA Committees:</u></b>  <b>By-Law Review Committee</b>                  John Scherrer—Chair</p> <p><b>Community Development</b>                  Shirley Petrie—Chair</p> <p><b>Finance Committee</b>                  Rob Ishoj—Chair</p> <p><b>Fundraising Committee</b>                  Vern Cunningham—Chair</p> <p><b>Membership &amp; Volunteers Committee</b>                  Sylvia Gilchrist—Chair</p> <p><b>Operations &amp; Activities Committee</b>                  Dave LeGallais—Chair</p> <p><b>Seniors Related Issues Committee</b>                  Jim Abram—Chair</p> <p><b>Social Committee</b>                  Don Keel—Chair</p> <p><b>Special Events Committee</b>                  Joan Brownlow—Chair</p>	<p><b><u>Aurora Seniors Centre Staff:</u></b>                  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 &amp; SCM)                  byorg@aurora.ca                  (365) 500 3161</p> <p>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.

### **Telephone Tapestry:**

#### **Tuesday January 2 at 1:30-2:15 Backstage at the Vinyl Café**

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.

#### **Tuesday January 16 at 1:30-2:15 Night Skies**

Join Dave Chisholm from the Royal Astronomical Society of Canada as we explore distant stars, planets, constellations and more!

#### **Tuesday January 23 at 1:30-2:15 Music Appreciation**

Join Seniors Junction for a music appreciation discussion with musical excerpts we will listen to. Join musicologist Dr. Paul Merkley and Dr. Namrata Bagaria as we explore the world of sound.

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](mailto:wow@aurora.ca)

# JANUARY 2024 W.O.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	January 1 Happy New Year No Programs	January 2 10:15 Chair Yoga (Z/T) 1:30 Telephone Tapestry	January 3 3:15 Stories & Games (T)	January 4 3:15 Chair Yoga (Z/T)	January 5 3:15 Fun & Games (T)
January 7 12:30 Chair Exercise (Z)	January 8 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	January 9 10:15 Chair Yoga (Z/T)	January 10 3:15 Stories & Games (T)	January 11 3:15 Chair Yoga (Z/T)	January 12 3:15 Fun & Games (T)
January 14 12:30 Chair Exercise (Z)	January 15 10:15 Breathe & Stretch (Z/T) 3:15 Card Bingo (Z/T)	January 16 10:15 Chair Yoga (Z/T) 1:30 Telephone Tapestry	January 17 3:15 Stories & Games (T)	January 18 3:15 Chair Yoga (Z/T)	January 19 3:15 Fun & Games (T)
January 21 12:30 Chair Exercise (Z)	January 22 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	January 23 10:15 Chair Yoga (Z/T) 1:30 Telephone Tapestry	January 24 3:15 Stories & Games (T)	January 25 3:15 Chair Yoga (Z/T)	January 26 3:15 Fun & Games (T)
January 28 12:30 Chair Exercise (Z)	January 29 10:15 Breathe & Stretch (Z/T) 3:15 Jeopardy (Z/T)	January 30 10:15 Chair Yoga (Z/T)	January 31 3:15 Stories & Games (T)	<p><b><u>This legend indicates how each WOW program will be available for this month!</u></b>            * - Time Change            T— offered through Teleconference            Z—offered through Zoom            Z/T—offered through both Zoom &amp; Teleconference            Telephone Tapestry see previous page for description. Pre-registration required.</p>	

**For further information please contact:**  
 Telephone: 365 500 3161  
 Email: wow@aurora.ca

<b>Monday</b> 8:30 a.m. to 4:30 p.m.	<b>Tuesday</b> 8:30 a.m. to 9 p.m.	<b>Wednesday</b> 8:30 a.m. to 4:30 p.m.	<b>Thursday</b> 8:30 a.m. to 4:30 p.m.	<b>Friday</b> 8:30 a.m. to 10 p.m.
9:00 Woodshop 9:00 Badminton 9:00 Move & Tone*(Z) 9:30 Men's Shed 9:30 Knotty Knitters 9:30 Beginner Bid Euchre 10:00 Ladies Billiards 10:00 Conversational Italian 10:00 Chair Yoga* 10:15 WOW Breathe & Stretch*(Z/T) 12:00 pFIT* 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 9:30 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour and Chat 10:00 Computer Seminars 10:15 WOW Chair Yoga*(Z/T) 10:30 Balance* 10:35 Piloga* 11:30 Zumba Gold*(H) 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Woodcarving 1:00 Core on the Floor* 1:30 Snooker League 1:45 Get Strong* 2:15 Pickleball (Men) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving 6:30 Sunset 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 Knitting* 11:00 Conversational French 11:15 Fit Minds, Body & Soul* 1:00 Let's Create 1:00 Canasta 1:30 Bridge 1:30 Snooker League 1:30 Pain Management* 1:45 Evergreen Choir 2:30 Learn to Knit* 3:15 WOW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 10:00 Keyboarding* 10:00 Snooker League 10:00 Stretch & Tone*(H) 10:30 Keep Singing 11:00 Keyboarding 11:15 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:00 Woodcarving 1:30 Snooker League 2:30 Pickleball (Women) 3:15 WOW Chair Yoga*(Z/T) 6:30 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
<b>January 22</b> 1:00 ASA Board of Directors		<b>January 17</b> 11:15 Fit Minds, Body & Soul Try It (please pre-register) <b>January 31</b> 12:00 Bistro		<b>January 12 &amp; 26</b> 7:00 Dance  <b>January 19</b> 7:00 Swing Dance Event

**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)