

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 at Reception

**Live Music - Refreshments**

# 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

## ALL OUR LISTINGS INCLUDE

-  PROFESSIONAL PHOTOGRAPHY
-  3D FLOORPLAN & VIRTUAL TOUR
-  PROFESSIONAL FEATURE BOOKLETS
-  LISTED ON MLS THROUGH TRREB
-  ONLINE & SOCIAL MEDIA EXPOSURE
-  EXPERIENCED REAL ESTATE TEAM

And more...

## SERVICE WITH PROFESSIONALISM

## MEMBER AFFILIATIONS & DESIGNATIONS



**LENARD LIND**  
BROKER OF RECORD & OWNER

OFFICE: 905-841-0000  
TOLL FREE: 888-727-8223  
LENARD@LINDREALTY.CA



ISO 9001: 2008 REGISTERED

# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

15105 YONGE STREET, SUITE 100  
AURORA, ONTARIO L4G 1M3

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



## ▶ ASA Board of Directors

Canadians are a hearty people. So far this month we have had several days of bitter cold and as I write this note, we are dealing with rain and melting snow. And yet, we just carry on. I have even noticed some people in shorts and sandals at the grocery store. I'm not sure about that fashion choice. Things were kind of quiet over the holidays, but now the Centre is back in full swing.

Membership renewals have been coming in at a fast pace and a big thank you goes out to all the reception staff and to all the volunteers who helped during this busy time. If you haven't renewed yet your 2023 membership expires on January 31. Reception can help you with your renewal.

At the end of last year, we finalized our partnership agreement with the Town and signed a five-year extension to our lease. It was a lengthy process beginning last May, and we continue to have a great relationship with all the Town Staff.

It won't be long before elections for the Board of Directors will be getting under way. We will have three positions to fill, so please consider putting your name forward as a candidate. All members are welcome to attend Board meetings which are held at 1 p.m. on the third Monday of every month. If you are considering running, it is a good opportunity to see what its all about.

There are so many activities at the Centre that it is impossible to keep track of all of them, but I want to highlight one coming up in February. It is Valentine's month and on February 17, the Sparklette's will be performing their L.O.V.E. show at the Centre. It all starts at 2 p.m. and tickets are only \$15 including refreshments. Reception has tickets available.

The snooker league is a lot of fun, with men and women of all skill levels. Everyone helps each other and sometimes we don't even keep score. The regulars at the big tables even come over to give us some pointers. Thanks to Dave LeGallais for organizing this activity.

It is nice to think that when I write the next Board message that spring will be just around the corner.

**A gentle reminder that all 2024 membership must be renewed by February 1 or access to the Centre will be denied.**

# ASA ELECTIONS

Another year has passed since the Association held elections for directors to the board. The process for elections is dictated in Articles 1.03.00 & 1.04.00 of our By-laws.

The election process shall commence with the nominations process on Friday, March 1 and closing on Friday, March 15.

The elections committee is hopeful that members will demonstrate their support of the ASA by standing for election to fill these vacancies.



Currently there are three (3) positions that will be vacated and open for election to a three (3) year term.

Make a difference in your Seniors' Centre as part of the board of directors.

*Nomination & Elections Committee*

Indoor

# WALKING CLUB



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

## Seminars February

- February 6 - How to Get More Sleep tips and tricks with Brandie
- February 13 - Ageing in Place a reality or a dream with Seniors for Seniors
- February 20 - Hip & Knee Osteoarthritis with Bayview Physio
- February 27 - TBA

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](mailto:wow@aurora)  
365-500-3161

# Walk. Stretch. Learn.



Baycrest  
@HOME

## Caregiving 101

### Dementia Skills Training for Family Caregivers

An interactive, virtual education series for family caregivers of persons living with dementia. This course equips you with tools, knowledge and skills to care with confidence.

#### Series Includes:

- 8 Free lessons covering the fundamentals
- Led by Social Workers specializing in dementia care
- Caregiver supports and resources
- Connect with caregivers in similar situations

#### Curriculum:

- What is Dementia?
- Home Safety
- Activities of Daily Living
- Caregiver Stress & Self-Care
- Challenging Behaviours
- Navigating the Healthcare System
- Coping with Grief & Loss

Register here: [info@baycrestathome.ca](mailto:info@baycrestathome.ca)  
or (647)-576-4663

Community Services  
Recovery Fund



Funded by the  
Government of Canada's  
Community Services Recovery Fund



## FREE CAREGIVERS SERIES CAREGIVING 101

We are proud to partner with Baycrest@Home to offer this free caregiving series.

Join 1 lesson, a couple lessons, or the whole series!  
All lessons are from 1 p.m. to 2 p.m. over zoom.

1. What is Dementia? - Tuesday February 6
2. Home Safety Thursday February 6
3. Activities of Daily Living - Tuesday February 13
4. Caregiving Stress & Self Care - Thursday February 15
5. Responsive Behaviours - Tuesday February 20
6. Navigating the Healthcare System - Thursday February 22
7. Caregiver Issues: Grief & Loss - Tuesday February 27
8. Wrap Up Session - Thursday February 29

Register by emailing [info@baycrestathome.ca](mailto:info@baycrestathome.ca)

## Town of Aurora Winter 2024 Programs

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.

### 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: 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: 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-stripping - 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

### 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

### 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

## ▶ ASA Activity News

### Library

#### Changes in February

- We have received the OK to purchase a smaller desk for the public computer in the library as well as another bookcase to handle the increased book donations. These changes will be installed in February. So, keep an eye open for these changes.

#### 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.
- Please ensure that your book donations are 'gently used' as we keep a close watch for books in poor condition.

#### Borrowing Books

- The process is straight forward as there is no sign-out. You can borrow as many books as you wish and then return them when you have finished reading them.
- We have noticed that some borrowers when introduced to a new author borrow all available copies of their books. Please limit yourself to 2 copies of a single author thus leaving some for other borrowers. We may consider James Patterson an exception to this limit.

#### 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.

---

### Thursday Art Drop-in

The Aurora Group of Artists (AKA Art Drop In) are pleased to announce that the Wall of Art, in the main Lounge, is working out very well. Lots of interesting works are being shown. Now if you are interested in putting a piece up, there is a procedure that has to be followed. You first have to get a form from the front desk, read it and then fill it out; now return to the front desk. Once approved you will be allowed to hang 1 piece only, the "S" hook required to hang your piece will be supplied by the front desk. Please ensure you have a method to hang your work on the wall using the supplied "S" hook. You will also be required to fill out a card to attach to your piece with only your name and medium on said card. This will allow those interested to contact you if they wish to purchase your work of art.

---

### Writer Circle

Share your stories, poems, and memoirs in a casual and encouraging atmosphere. You will pick a short story writing topic out of a hat each week, or pick a painting that someone selects, this will be your next assignment for the following week which you will write a story about which you will then read out in class. The stories will be short, no more than 3 pages. There is no instructor.

Enjoy writing styles ranging from humour and poetry to memories and fiction. While there will be no critiquing of member submissions, you will enjoy lively discussion of your stories, and for those who are interested there can be a power write towards the end of the session where you will pick another random topic and have 15 mins to create a story on it, which you can read out before you leave. The Writers Circle session is on Fridays from 9.30 am to 11.30 am. Please join our small friendly group if this interests you.



# Indoor Garage Sale



**Sunday** | 8:30am to  
**April 28** | 1:00pm

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

[auroraseniors.ca](http://auroraseniors.ca)  
[seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)  
905 726 4767



# Save your Stuff!

**Annual Indoor Garage Sale:**  
Sunday April 28

**Donation Drop Off: Friday**  
April 26 & **Saturday** April 27

Books, Toys, Gadgets, Small Appliances,  
Vintage Collectibles, Artwork,  
Tools, Musical Instruments, and more!

We will not accept clothing, VHS tapes,  
large furniture, computer books and  
broken items.



Aurora Seniors Centre,  
90 John West Way, Aurora  
905-726-4767  
[auroraseniors.ca](http://auroraseniors.ca)  
[seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)





## Bake Sale

SUNDAY APRIL 28, 2024

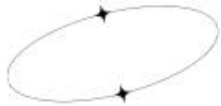
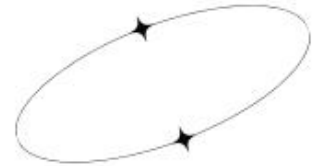
### Bakers needed!

You can drop off any baked good donations Friday April 26 or Saturday April 27.

PLEASE LET US KNOW WHAT YOU ARE BAKING.  
EMAIL US AT SENIORSCENTRE@AURORA.CA



# JEWELLERY DONATIONS



**Our April 28  
Indoor Garage Sale is back!**

We are seeking donations for our  
jewellery sale.

Donations will be accepted at  
reception!

Costume or fine jewellery accepted!



APARTMENT LIVING  
*and so much more*

**AMENITIES AND SERVICES**  
THAT GO FAR BEYOND  
JUST AN APARTMENT

**Book your tour and  
lunch today!**

**DELMANOR**

*Aurora*  
*Inspired Retirement Living™*

25 BUTTERNUT RIDGE TRAIL, AURORA

**905-503-9505**

**DelmanorAurora.com**



► **Special Events Committee**

The Committee has another very special event coming up on Saturday, February 17, from 2 to 3 p.m. in the West McKenzie. "The Sparklette's Duo" are two professional singers, Mary and Kathleen, who will sing about L.O.V.E. with a collection of upbeat, fun songs about falling in love, falling out of love, and staying in love with songs like "Can't Take My Eyes Off of You," "Sweet Caroline," and "Save the Last Dance for Me". The Sparklette's sang on ZOOM for members back in August 2021 during the pandemic. This will be a live in-person, dynamic performance that will inspire us. They have had a successful career on Stage, at Music Festivals, in Music Theatres, and at Retirement Residences. Tickets are available at the Reception Desk for \$15.00 each. There will be delicious refreshments for the audience.

Another singer "Tony the Entertainer" will be coming on Saturday, March 16 from 2 to 3 p.m. He has an excellent voice, and he will have you up and dancing if you would like to do so. Tickets will be \$10.00 each and available at Reception on February 5. Delicious refreshments will also be available.

Please remember to clean up your coffee cups  
and other garbage when you leave your activity!  
Thank you.



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**  
CASINO RESORT



**TOUR DESIGNED BY YEAR ROUND TRAVEL INC.**

250 Consumers Road #715  
North York ON  
M2J 4V6  
P: 416 499 1444  
F: 416 499 1448  
TF: 1 888 804 8841

(\*\*Re-showing\*\* and NEW) On Monday mornings at **10 a.m.** in February/March we will be showing the following Canadian Artistic Films/Documentaries in the Lounge free! Sit back and enjoy.

**NEW\* Monday, February 5 - Genius Within: The Inner Life of Glenn Gould**

A documentary on the mysterious and influential pianist.

**\*Monday, February 12 - 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.

**\*Monday, February 26 - 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.

**\*Monday, March 4 - 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.



# FRIDAY NIGHT SOCIAL DANCES

February 9 &  
February 23  
Doors Open: 7 p.m.  
Dancing: 7:30 - 10:30 p.m.

Light Refreshments,  
Live DJ, Cash Bar,  
Singles Welcome!

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



Our first time-ever Swing Dance event on January 19th was well received, the attendees liked the music and our swing instructors, who gave us a good East Coast Swing demonstration and assisted all dancers with their steps.

This month, we'll hold two dances - on February 9 and on February 23. As usual, we will start at 7 p.m. with a line dance lesson and at 7:30 p.m. we'll switch to the ballroom segment, including traditional ballroom dances, Latin and a few more line dances. For people who missed the December lesson showing the New Swing Begin line dance, here is a video tutorial showing this fun, upbeat and easy-to-learn dance: <https://www.youtube.com/watch?v=N2YXAGZJaEg>

## ► Fundraising Update



A cheque presentation was made on January 17 to the Welcome Table by our Board President, Glen Sharp. The monies for this presentation came from your generosity of giving your loose coins to the Fundraising water jug. This amount comes close to what is needed by the Welcome Table to feed up to over 100 people at a time. The welcome table is open every Wednesday evening for supper and open to all. The Welcome table receives no funding apart from donations by caring people such as yourselves. Thank you again for your generosity, you've made a difference.

## ASA Bistro Lunch

Wednesday, February 14 at 12 pm  
Wednesday, February 28 at 12 pm  
Tickets, pre-sale only.  
\$10 - ASA Members  
\$12 - Non- Members  
Aurora Seniors Centre

**February 14 Menu**  
Golden Autumn Carrot Soup  
Egg Salad Sandwich on a  
Croissant with Chips  
& Dessert

Tickets on sale:  
**February 5 -9**



**February 28 Menu**  
Cream of Leek and Potato Soup  
with Cold Plate  
(a variety of meat, potato salad,  
coleslaw, dinner roll)  
& Dessert  
Tickets on sale:  
**February 19 - 23**



AURORA SENIORS CENTRES MANDARIN SINGING GROUP WITH COLLABORATION  
WITH THE HUAYUN AURORA MULTICULTURAL ASSOCIATION PRESENTS

## LUNAR NEW YEAR CELEBRATION

Join us in the West McKenzie at the Seniors  
Centre for a fun morning of fun entertainment  
as we celebrate the year of the Dragon

**WEDNESDAY, FEBRUARY 21**  
**10:30 A.M.**  
Limited free tickets available at Reception.

**FREE  
ENTRY**





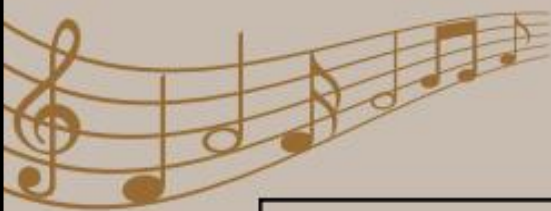
AURORA SENIORS SPECIAL EVENTS  
COMMITTEE PRESENTS



# TONY THE ENTERTAINER

SATURDAY, MARCH 16  
AT 2 P.M.

AURORA SENIORS CENTRE



TICKETS \$10  
AVAILABLE AT RECEPTION  
ON MONDAY, FEBRUARY 5

Refreshments will be served



Aurora Seniors Presents

# TUNDRA SWANS

Every year thousands of Tundra Swans use the Aylmer Wildlife Management Area to refuel on their migration to the high Arctic Region between Alaska and Baffin Island. It's expected that up to 60 thousand birds will stopover here. Birdwatchers from all over the province come to Aylmer to see this beautiful bird, and wonder of nature that is right here in our own backyard!

**Date:** Thursday, March 14, 2024

**Depart:** 8:30 a.m. Stronach Recreation Complex

**Rest Stop:** 9:45 a.m. - 10:30 a.m.  
A short break at the Cambridge ONRoute

**Lunch:** 11:15 a.m. - 12:45 p.m.  
Enjoy a delicious buffet lunch at the Elmhurst Inn & Spa, Ingersoll

**Swans:** 1:15 p.m. - 2:00 p.m.  
Visit to the Aylmer Wildlife Area

**Tillsonburg:** 2:30 p.m. - 3:30 p.m.  
Guided tour of Annandale Historic House, a fully restored Victorian home that has been nationally recognized for its magnificent interior.

**Coyle's:** 4:00 p.m. - 4:30 p.m.  
Visit to Coyle's Country Store

**Return:** Arrival in Aurora approx. 7:00 p.m.

**Price:** Member: \$135.00 per person  
Non Member: \$143.00 per person

**Inclusions:** Return transportation via deluxe coach, buffet lunch, visit to Aylmer Wildlife Management Area, visit to Annandale House & Coyle's Country Store, driver gratuity, gratuity on meal, and all taxes.

**To Book:** Sign up at reception or for more information contact Andrew Bailey at 365-500-3160



**This trip will include some walking on uneven terrain.**

*Sign up for our monthly Email Newsletter at [www.yearroundtravel.com](http://www.yearroundtravel.com)*



**TOUR DESIGNED BY YEAR ROUND TRAVEL INC.**

250 Consumers Road #715  
North York ON  
M2J 1P9

P: 416 499 1444  
F: 416 499 1448  
TF: 1 888 804 8841

Ontario Registration #4281143  
Email: [craiglugsdin@bellnet.ca](mailto:craiglugsdin@bellnet.ca)  
[www.yearroundtravel.com](http://www.yearroundtravel.com)

## ▶ Computer Club Information and Activities

We are offering 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 our volunteers (pending availability) after the Tuesday morning session at 11 a.m.

If you are interested in attending over Zoom, we are opening 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 February:

- February 6 – General Q&A as well as an overview if the Rakuten cashback service (discuss member device survey coming soon)
- February 13 – Podcasts (Doug)
- February 20 – Intro to Apple and Android Auto (Bob)
- February 27 – Review of the member device survey results & discussion of future sessions (Doug)

The Aurora Seniors Association website at <http://www.auroraseniors.ca/> is your best source for information about any of our programs or use one of the email addresses below.

We have covered many topics of general interest. Recordings of the past years' Zoom sessions are being maintained at <http://www.auroraseniors.ca/>. We now have a Quick Link to these recordings available on the ASA homepage. Review the list and see if you might learn something new!

Your suggestions and comments about what you might like the computer club to do or what topics you would like to see in the Tuesday sessions is always welcome. Send your suggestions to Bob Hedenberg at [bobhed65@gmail.com](mailto:bobhed65@gmail.com) or Doug Cooper at [techspeakr@gmail.com](mailto:techspeakr@gmail.com).

### SOCRATES DISCUSSION GROUP



**INTERESTED IN JOINING US?**

*INTEREST SHEET IS AVAILABLE AT RECEPTION*

**This group would discuss subjects of national or international interest. Each member would present a paper on a subject, and moderate the meeting.**

Aurora Seniors Centre  
90 John West Way, Aurora  
905 726 4767  
[seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)

## Tuesday Night Movies at the Centre

**February 6 – Pride & Prejudice (2005): Kiera Knightly, Orlando Bloom (PG, 125 min, Romance)**  
 Sparks fly when spirited Elizabeth Bennet meets single, rich, and proud Mr. Darcy. But Mr. Darcy reluctantly finds himself falling in love with a woman beneath his class. Can each overcome their own pride and prejudice?

**February 13 – Priscilla (2022): Cailee Spaeny, Jacob Elordi (PG, 113 min, Biography, Drama)**  
 When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.

**\*Start Time 5:30 p.m.\***

**February 20 – Oppenheimer (2023): Cillian Murphy, Emily Blunt (R, 180 min, Biography, Drama)**  
 The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.

**February 27 – Leap Year (2010): Amy Adams (PG, 100 min, Romantic Comedy)**  
 Anna plans to travel to Dublin, Ireland to propose to her boyfriend on February 29, leap day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.

Our Tuesday Night Movies begin at 6:30 p.m. (\*Please note: Early Start time) admission is \$1.50 includes movie, refreshments, and popcorn! Movies are open for members only.

<p><b><u>ASA Board of Directors:</u></b></p> <p><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></p> <p><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></p> <p>Karie Papillon Adult Program Coordinator kpapillon@aurora.ca (365) 500 3159</p> <p>Andrew Bailey Adult/Older Adult Programmer abailey@aurora.ca (365) 500 3160</p> <p>Brandie Yorg Program Lead (WOW &amp; SCM) byorg@aurora.ca (365) 500 3161</p> <p>Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
--	---	--





**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.

All WOW Programs are FREE to join, our offered 6 days a week, 30 minutes regular programs include:

**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, grab a pen and some paper

**Stories & Games:** Stories, Biographies, Armchair Traveler, and Music.

**Stretch & Strong:** Full body stretch with movements to strengthen entire body.

**Contact Information:**

Telephone: 365 500 3161 or Email: [wow@aurora.ca](mailto:wow@aurora.ca)

*It is a Community Centre from the comfort of home!*

## Tips on Having a Successful Phone Call

- **LET THE FACILITATOR LEAD:** To reduce confusion on the phone it is important to let the facilitator or guest speaker guide the conversation or activity.
- **USE THE ME/NOT ME RULE:** Remember to give everyone a chance to speak. This includes making sure to not talk over or disrupt someone while they are speaking. This also includes being mindful that every time you comment on something, it might not be giving space for someone else, or allowing the program to continue smoothly.
- **BE MINDFUL:** Be mindful that everyone has a story, a background, and a different way of looking at the world, and/or different communication styles.
- **REDUCE BACKGROUND NOISE:** Plan to be in a location with reduced background noise. Turn off any thing that might make noise (televisions or radios), also consider pets. Be aware that the facilitator may mute your line if there is too much background noise.

# TELEPHONE February 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>February 1</b> 3:15 Chair Yoga	<b>February 2</b> 3:15 Fun & Games (T)
<b>February 4</b>	<b>February 5</b> 10:15 Stretch & Strong  3:15 Fun and Games	<b>February 6</b> 10:15 Chair Yoga	<b>February 7</b> 3:15 Stories and Games	<b>February 8</b> 3:15 Chair Yoga	<b>February 9</b> 3:15 Fun & Games (T)
<b>February 11</b>	<b>February 12</b> 10:15 Stretch & Strong  3:15 Card Bingo	<b>February 13</b> 10:15 Chair Yoga	<b>February 14</b> 3:15 Stories and Games	<b>February 15</b> 3:15 Chair Yoga	<b>February 16</b> 3:15 Fun & Games (T)
<b>February 18</b>	<b>February 19</b> Closed. No Programs	<b>February 20</b> 10:15 Chair Yoga	<b>February 21</b> 3:15 Stories and Games	<b>February 22</b> 3:15 Chair Yoga	<b>February 23</b> 3:15 Fun and Games (T)
<b>February 25</b>	<b>February 26</b> 10:15 Stretch & Strong  3:15 Jeopardy	<b>February 27</b> 10:15 Chair Yoga	<b>February 28</b> 3:15 Stories and Games	<b>February 29</b> 3:15 Chair Yoga	

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.



TOWN OF AURORA  
**WITHOUT WALLS**

**Contact Information:**

Telephone: 365 500 3161 or Email: [wow@aurora.ca](mailto:wow@aurora.ca)



**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. All WOW Programs are FREE to join.

We are excited to be partnered with Baycrest@home.  
To receive the zoom links please contact:  
[wow@aurora.ca](mailto:wow@aurora.ca)  
365-500-3161

**Artist Explorations:** Join Art Therapist, Bailey, while she guides you through an exploration of artist and their art.

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

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

**Music Circle:** Join us to hear beautiful music that is customized to you each week!

**Seated Exercise with Bands:** This seated session includes core awareness, cardio fitness, and optional resistance band exercises to increase muscular strength and improve your activities for daily living. Movements offered can be performed with or without a resistance band.

**Seated Exercise and Lower Mobility & Strength:** Seated exercises designed work on core awareness, cardio fitness, and includes a 10-minute mobility and strengthening section for your lower body using optional light dumbbells.

**Stretch & Strong:** Full body stretch with movements to strengthen entire body.

**Story Telling Club:** Join Dan and Eden for a telling of age-old stories from cultures across the world.

**Trivia:** Designed to entertain, educate, and stimulate the mind, this program allows for socialization and friendly competition.

**Wisdom of Folktales:** The lessons taught by folktales are timeless and applicable. Our guest Rabbi Rena will regale us with a folktale and facilitate group discussion about the lessons we can learn. Your participation makes this a fascinating program!

**Therapeutic Singing:** Led by certified music therapist Bethany Horsley

**Toronto Symphony Orchestra:** Join guest Toronto Symphony Orchestra musician to play a selection of music for us and tell us about themselves and their artistic journey!



# ZOOM February 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>February 1</b> 1:00 Music Circle  3:15 Chair Yoga	<b>February 2</b> 1:00 Mind Body Mood
<b>February 4</b> 12:30 Chair Exercise	<b>February 5</b> 10:15 Stretch & Strong	<b>February 6</b> 10:15 Chair Yoga  1:00 Triva	<b>February 7</b> 10:00 Seated Exercise with Bands  2:00 Artist Explorations	<b>February 8</b> 2:00 Wisdom of Folktales  3:15 Chair Yoga	<b>February 9</b> 10:00 Seated Exercise with Lower Body Mobility and Stretch
<b>February 11</b> 12:30 Chair Exercise	<b>February 12</b> 10:15 Stretch & Strong  3:15 Card Bingo	<b>February 13</b> 10:15 Chair Yoga  11:00 Story Telling Club	<b>February 14</b> 10:00 Seated Exercise with Bands  11:00 Therapeutic Singing	<b>February 15</b> 11:00 Toronto Sympathy Orchestra  3:15 Chair Yoga	<b>February 16</b> 1:00 Mind Body Mood
<b>February 18</b> 12:30 Chair Exercise	<b>February 19</b> No Programs Closed	<b>February 20</b> 10:15 Chair Yoga  1:00 Triva	<b>February 21</b> 10:00 Seated Exercise with Bands  2:00 Artist Explorations	<b>February 22</b> 1:00 Music Circle  3:15 Chair Yoga	<b>February 23</b> 10:00 Seated Exercise with Lower Body Mobility and Stretch
<b>February 25</b> 12:30 Chair Exercise	<b>February 26</b> 10:15 Breathe & Stretch  3:15 Jeopardy	<b>February 27</b> 10:15 Chair Yoga  11:00 Story Telling Club	<b>February 28</b> 10:00 Seated Exercise with Bands  11:00 Therapeutic Singing	<b>February 29</b> 3:15 Chair Yoga  2:00 Wisdom of Folktales	

To have your own access to the full line up of Baycrest@home for free until June please register at: [Info@baycrest.com](mailto:Info@baycrest.com) or 647-567-4663



<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 Stretch & Strong* (Z/T) 12:00 pFIT* 12:15 Hatha Yoga* 12:30 Duplicate Bridge 1:00 Carpet Bowling 1:00 Mah-Jongg 1:30 Snooker League 1:30 Stretch & Tone*(H) 3:00 Mixed Pickleball 3:15 WOW Fun/Games *(T)	8:30 Woodcarving 9:30 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 Silver Stars 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 3:15 WOW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 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 1:00 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) 6:30 Bid Euchre 7:00 Fun Night
<b>February 26</b> 1:00 ASA Board of Directors		<b>February 14 &amp; 28</b> 12:00 Bistro  <b>February 28</b> 10:30 Blood Pressure Clinic		<b>February 9 &amp; 23</b> 7:00 Social 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)