



# 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 needed

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

Aurora Seniors Centre, 90 John West Way, Aurora

seniorscentre@aurora.ca

auroraseniors.ca

905-726-4767

# 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 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

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



## ▶ ASA Board of Directors

As I write this, we are well into the last official month of winter. I hope I don't jinx us when I say that it hasn't been too bad so far and in fact quite unusual with the lack of snow and up and down temperatures. Let's all hope for an early and pleasant spring.

Membership renewals have come in at a great pace and the Centre continues to be a buzz of activity. There is always so much going on, but I will highlight a few major events coming up. It's time to start the process of Board of Directors elections. There will be three vacancies to fill, and nominations open soon. Look for signs on the bulletin board and a notice in this newsletter for how to get involved. I hope some of you will consider putting your name forward as a candidate to help us continue our work on behalf of the membership. Everyone is welcome to attend our Board meetings on the third Monday of each month beginning at 1 p.m. at Town Hall. This is a good way to come and see what it's all about.

We will be holding our second Town Hall meeting on Wednesday, March 27 at 1 p.m., so come out to the lounge and bring questions or suggestions along with you.

The Town staff are great, but it's no secret that the volunteers are the heart and soul of the Centre. We want to acknowledge them for their contribution and are planning a recognition lunch on April 6. Everyone who has volunteered for a minimum of 20 hours over the past year will receive an invitation. It is going to be a great event with lunch and entertainment.

On April 28, we will be holding the Giant Indoor Garage Sale. This is a major fund-raiser for the Centre, which requires a great deal of planning and many volunteers. Thanks to Glenn Reed for once again taking the lead on this project. Please consider offering to help out or by donating items for sale. All the money goes back to the Centre.

The parking lot is always jammed so we know the Centre is busy. It's great to see so many people enjoying the activities available.

## ▶ ASA Recording Secretary Volunteer Needed

Are you interested in how decisions regarding your activities at the Centre are made? Volunteering at Board of Directors Meetings provide 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 provide assistance for 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.

## NOMINATIONS FOR 2024 BOARD OF DIRECTORS



Members in good standing are encouraged to declare their candidacy for election to the Board of Directors. The term of office is for three consecutive years commencing with the Annual General Membership Meeting in June 2024.

**THE NOMINATION PROCESS WILL BE OPEN FROM  
FRIDAY, MARCH 1, 2024, AND CLOSING ON  
FRIDAY, MARCH 15, 2024, at 3:30 P.M.**

Nomination Forms and a package of information will be available at the Reception Desk from March 1 to March 15, 2024. Forms must be fully completed and return to **one of the designated Officers** before the nomination period deadline. Incomplete forms will be rejected, and the Candidate will not be eligible for election.

Members of the Board of Directors are voted in by the membership and their election confirmed by the membership at the Annual General Membership Meeting in June of each year.

In accordance with By-law 1.03.02 & 1.03.03 the following positions are now declared open to the election process.

**> Three (3) positions for a three (3) year term**

All Aurora Seniors Association members in good standing are encouraged to take an active role in the Nominations of candidates for your Board of Directors and by voting on the following days:

**ADVANCE VOTING: Tuesday, April 23, 2024**  
**VOTING: Friday, May 3 to Thursday, May 9, 2024 Inclusive**

## Town of Aurora Spring 2024 Programs

**Registration for Spring programs will be available:**

**Residents: March 18**

**Non-Residents: March 25**

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 Centre on March 18

### 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 | April 9 | 9:30am-10:15am  | \$75.00/12 | 31132 |
| Tue | April 9 | 10:30am-11:15am | \$75.00/12 | 31133 |

### 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.

| Day | Date     | Time          | Fee/Class             | Code  |
|-----|----------|---------------|-----------------------|-------|
| Wed | April 17 | 7:30pm-8:30pm | \$108.00/9 per person | 31127 |

### 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: May 20

| Day | Date   | Time          | Fee/Class             | Code   |
|-----|--------|---------------|-----------------------|--------|
| Mon | Apr 15 | 7:30pm-8:30pm | \$110.00/9 per person | *31128 |

### 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: May 20

| Day | Date     | Time          | Fee/Class             | Code   |
|-----|----------|---------------|-----------------------|--------|
| Mon | April 15 | 8:30pm-9:30pm | \$112.00/9 per person | 31129* |

## 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  |
|------|----------|--------------|------------|-------|
| Thur | April 11 | 9am - 9:30am | \$35.00/10 | 31134 |

## 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  |
|------|----------|--------------|------------|-------|
| Thur | April 11 | 9am - 9:30am | \$35.00/10 | 31135 |

## 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 | April 9 | 9:30am - 10:15am | \$75.00/12 | 31136 |

## CHAIR FIT NEW!

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

The class focuses on improving strength, flexibility, and balance. The instructor leads the class through a variety of seated exercises using light hand weights, resistance bands, and the participant's body weight. Exercises target the upper and lower body, as well as the core with some cardio in between. Stretches and range of motion movements are also incorporated to maintain joint health. Modifications are provided to accommodate different fitness levels. This is a social class with upbeat music to keep the energy fun. The goal is to improve functional fitness with a smile on your face.

| Day  | Date     | Time              | Fee/Class  | Code  |
|------|----------|-------------------|------------|-------|
| Thur | April 25 | 10:30am - 11:15am | \$63.00/10 | 31963 |

Sign-up for a free Chair Fit Try-it class on Thursday, April 18.  
 Email: [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) or at Reception.  
 Limited Space available

## 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 | April 12 | 10am - 10:45am | \$63.00/10 | 31137 |

## 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 | April 9 | 1pm – 1:30pm | \$35.00/10 | 31150 |

## 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 | April 17 | 11:15am - 12:45pm | \$99.85/8 | 31167 |

## 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.

\*No Class: April 26

| Day | Date     | Time         | Fee/Class  | Code   |
|-----|----------|--------------|------------|--------|
| Wed | April 10 | 9am - 9:45am | \$75.00/12 | 31138  |
| Fri | April 12 | 9am - 9:45am | \$69.00/11 | 31152* |

## GET FIT

**Age: 55+ Location: Zoom**

See description above.

\*No Class: April 26

| Day | Date     | Time         | Fee/Class  | Code   |
|-----|----------|--------------|------------|--------|
| Wed | April 10 | 9am - 9:45am | \$75.00/12 | 31139  |
| Fri | April 12 | 9am - 9:45am | \$69.00/11 | 31151* |

## 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 | April 9 | 1:45pm - 2:45pm | \$63.00/10 | 31153 |

## 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 | April 12 | 11am - 12pm | \$63.00/10 | 31155 |

## GET STRONG

**Age: 55+ Location: Zoom**

See description above.

| Day | Date     | Time        | Fee/Class  | Code  |
|-----|----------|-------------|------------|-------|
| Fri | April 12 | 11am - 12pm | \$63.00/10 | 31154 |

## KNITTING: LEARN TO KNIT PART 1

**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  |
|-----|----------|-----------------|-----------|-------|
| Wed | April 17 | 2:30pm - 3:45pm | \$10.00/3 | 31140 |

## KNITTING: LEARN TO KNIT PART 2

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

In this class you will learn various techniques (increases, decreases, seaming, bias knitting, reading charts) and stitches (cables, lace, slip stitches, ribs, knit & purl combos) which will enable you to go on and create your own designs. For each new stitch or technique you will also be given a pattern for a simple project you can knit using that new skill. This class is suitable for the advanced beginner. It would be an excellent follow up to the Learn to Knit Class.

| Day | Date  | Time            | Fee/Class | Code  |
|-----|-------|-----------------|-----------|-------|
| Wed | May 8 | 2:30pm – 3:45pm | \$45.00/3 | 31141 |

## KNITTING: SIMPLE BABY CARDIGAN **NEW!**

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

Knit top down and in one piece, this sweater is so cute and so easy. If you can count, knit, purl, cast on and cast off, you will learn the remaining skills needed to create this sweater. You can choose sizes from newborn or 18months and fingering or double knit weight yarn. Once you learn the techniques used in top down, one piece knitting, you will be able knit larger versions using patterns designed for children and adults. This class is suitable for advanced beginner.

| Day | Date  | Time              | Fee/Class | Code  |
|-----|-------|-------------------|-----------|-------|
| Wed | May 8 | 10:15am – 11:30am | \$45.00/4 | 31168 |

## KNITTING: TWIDDLEMAT **NEW!**

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

A twiddle matt (sometimes called a fidget matt) is a small knitted lap blanket. It incorporates a few textured stitches with embellishments such as ribbons and beads attached. The class is FREE but students will be required to pay instructor \$20 for supplies at the first class. This will include all yarn and embellishments needed to create a twiddle mat. Knitters should bring their own 4 to 5mm needles, scissors, and tapestry needles.

| Day | Date     | Time              | Fee/Class | Code  |
|-----|----------|-------------------|-----------|-------|
| Wed | April 17 | 10:30am – 11:45am | \$FREE/4  | 31169 |

HearCANADA will be offering complimentary Hearing Health Checks at the Centre on Thursday, April 17 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.



## 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.

| Day | Date   | Time            | Fee/Class  | Code  |
|-----|--------|-----------------|------------|-------|
| Wed | Apr 17 | 8:30pm - 9:30pm | \$108.00/9 | 31131 |

## 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 | April 10 | 10:30am – 12pm | \$12.00/8 | 32013 |



## MEN'S FIT **NEW!**

**Age: 55+ years Location: Zoom**

This exercise class is designed specifically for men looking to maintain and build their physical health. The focus is on your full body: building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. The instructor guides a series of exercises using weights, resistance bands, bodyweight movements and other materials. Exercises target all the major muscle groups including arms, legs, back, chest, and core. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate. The overall goal is to keep men strong, active, and independent.

| This | Date     | Time             | Fee/Class  | Code   |
|------|----------|------------------|------------|--------|
| Thur | April 25 | 9:30am - 10:15am | \$63.00/10 | *31965 |

Sign-up for a free Men's Fit Try-it class on Thursday, April 18. Email: [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) or at Reception. Limited Space available

## 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: May 20

| Day | Date    | Time       | Fee/Class  | Code   |
|-----|---------|------------|------------|--------|
| Mon | April 8 | 9am - 10am | \$63.00/10 | *31144 |

## 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: May 20

| Day | Date    | Time           | Fee/Class   | Code   |
|-----|---------|----------------|-------------|--------|
| Mon | April 8 | 12pm - 12:30pm | \$118.00/10 | 31145* |

## 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 | April 9 | 10:35am - 11:20am | \$75.00/12 | 31147 |

## 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 | April 9  | 10:35am - 11:20am | \$75.00/12 | 31146 |
| Fri | April 12 | 9:00am - 9:45am   | \$63.00/10 | 31156 |

## Qi-GONG

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

Qi-gong is a gentle, flowing mind body practice which helps to improve strength, co-ordination and balance, important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. All levels are welcome. Qi-gong can be practiced both standing and seated.

| Day | Date     | Time              | Fee/Class  | Code  |
|-----|----------|-------------------|------------|-------|
| Tue | April 16 | 11:30am – 12:15pm | \$63.00/10 | 31157 |

## 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: May 20

| Day | Date     | Time               | Fee/Class  | Code   |
|-----|----------|--------------------|------------|--------|
| Mon | April 8  | 1:30pm – 2:30 pm   | \$63.00/10 | 31158* |
| Thu | April 11 | 9:45 am – 10:45 am | \$63.00/10 | 31159  |

## 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: May 20

| Day | Date     | Time              | Fee/Class  | Code   |
|-----|----------|-------------------|------------|--------|
| Mon | April 8  | 1:30pm – 2:30pm   | \$63.00/10 | 31161* |
| Thu | April 11 | 9:45 am – 10:45am | \$63.00/10 | 31160  |

## YOGA - CHAIR

**Age: 55+ years**

**Location: ASC (Wed)**

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 | April 10 | 10am - 11am | \$63.00/10 | 31162 |

## 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.

\*No Class: May 20

| Day | Date    | Time        | Fee/Class  | Code   |
|-----|---------|-------------|------------|--------|
| Mon | April 8 | 10am - 11am | \$63.00/10 | 31163* |

## 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: May 20

| Day | Date    | Time             | Fee/Class  | Code  |
|-----|---------|------------------|------------|-------|
| Mon | April 8 | 12:15pm - 1:15pm | \$63.00/10 | 31163 |

## 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 | April 11 | 6:30pm - 7:30pm | \$63.00/10 | 31165 |

## 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 | April 9 | 6:30pm - 7:30pm | \$63.00/10 | 31166 |

## 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 | April 9 | 11:30am -12:15pm | \$63.00/10 | 31148 |

## 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 | April 9 | 11:30am -12:15pm | \$63.00/10 | 31149 |

## 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.



Indoor

# WALKING CLUB

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

## Seminars March

**March 5**

Feel Better in 5 based on Dr. Rangan Chatterjee book - Presented by Brandie

**March 12**

NO WALKING CLUB

**March 19**

TBA

**March 26**

Canadian Dental Care Plan - 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.**



# TOWN OF AURORA 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!



**365-500-3161**



**[wow@aurora.ca](mailto:wow@aurora.ca)**





# 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



## ASA Bistro Lunch

Wednesday, March 13 at 12 pm  
Wednesday, March 27 at 12 pm  
Tickets, pre-sale only.  
\$10 - ASA Members  
\$12 - Non- Members  
Aurora Seniors Centre



### March 13 Menu

Irish Stew, Dinner Roll  
& Dessert

Tickets on sale:

**March 4-8**



### March 27 Menu

Sausage, Mashed Potatoes  
Vegetables & Dessert

Tickets on sale:

**March 18 - 22**





## *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](mailto:SENIORSCENTRE@AURORA.CA)

## FRIDAY NIGHT SOCIAL DANCES

March 8 &  
March 22

Doors Open: 7 p.m.

Dancing: 7:30 - 10:30 p.m.

---

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

**Great Music. Best Deal in Town**

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



This month, we'll hold two dances - on March 8th and 22nd. As usual, we'll start at 7:00pm with a line dance lesson and practice. At 7:30pm we'll switch to the ballroom segment, including traditional ballroom dances, latin and a few more line dances.

Dance as much as you can in March, in April there will be only one dance.

## ▶ ASA Activity News

### ASC Library

#### Changes in February

- We have installed the new bookcase beside the puzzle table. Please check it out as we have moved some authors over from the other side of the room.

#### Book and Puzzle Donations Suspended

- We ask you to temporarily suspend your donations of books and puzzles to the library and donate them to the Spring Garage Sale. The Garage sale is being held on April 28 with donations accepted on April 26 & 27. Please contact me at [Kevin.Griffiths4881@gmail.com](mailto:Kevin.Griffiths4881@gmail.com) or drop by the library if you have any questions on this temporary suspension of donations.

#### 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.
- 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 Seniors Group of Artists would like to Thank the Delmanor Ladies that handed out Cookies on the Random Acts of Kindness Week, they were great tasting treats! The wall of Art in the main lounge is doing well with lots of works finding a new home. "Your Free Art Gallery" out front is busy sharing works of Art with the public, things are moving very well! We are getting more members coming to Drop-in, more people, more interest, this is great. We meet every Thursday at 9 a.m.

---

### Hand and Foot Canasta

Canasta is a Strategic card game that can be learned quickly. Our group meets every Wednesday at 1 p.m. Beginners or new players are welcome to join us and we will assist you at learning this fun card game

---

### Silver Stars

Aurora Seniors Centres very own Theatre Group the "Silver Stars". Are currently in rehearsals for their upcoming show called "Cinderella (Seniorella)"

This fun-loving show will be performed on Saturday, May 4 at 2 p.m. and Sunday May 5 at 2 p.m. Tickets are only \$5.00 and can be purchased at Reception beginning Monday, April 1. Children and grandchildren are welcome as I'm sure they will enjoy this classic tale. Get you tickets early as this show will undoubtedly sell out!



### Italian Conversation Group

We meet Monday mornings at 10 a.m. We are looking for new members. Our current members enjoy the group very much. We find that no matter our level of fluency, we are always learning something new. Come and stimulate your mind and meet new people.

## ► Special Events Committee

The Special Events Committee has booked another “fantastic” singer for you to enjoy. He is Tony the Entertainer who will entertain us on Saturday, March 16 from 2:00pm. to 3:00pm. in the West McKenzie Room. He will get you up “dancing and singing” with him. Tony started singing in Retirement Homes in 2018 and he has been a very big success ever since then. Bringing joy to people means the world to him. Tickets are \$10.00 each at the Reception Desk. There will be our delicious refreshments as usual.

There is another “Trivia Night” coming on April 19 from 6:30 to 9:30 pm. 78 Tickets at \$15.00 each and will be on sale for this Special Event starting on March 4 at the Reception Desk. There will be refreshments and a cash bar as well as a great evening with prizes for each table of 6 people who win one of the four rounds. Be sure to get your tickets early.



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**DelmanorAurora.com**



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  
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M2J 1P9

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

**Friday March 15, 7 - 10:30 p.m.**

# Swing Dance Evening!

**Aurora Seniors Centre  
90 John West Way, Aurora  
905 726 4767**

**Admission at the Door:  
\$8 member  
\$10 non-members**

**Light Refreshments & Cash Bar**



We are pleased to announce a second Swing dance! 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. Our instructors, Carolyn and Tom will do a review of the basic moves and then move to new routines to accommodate the dancers from the previous class and also any newcomers.

We will start at 7pm with a one hour group lesson, and then we'll dance and practice the 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 transition to a more relaxed pace, including the most favored ballroom and line dances.

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



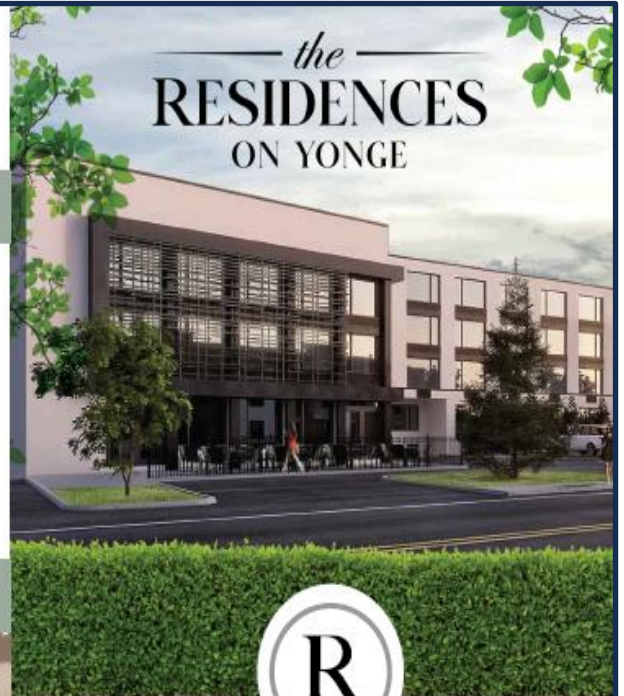
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[info.theresidencesonyonge.ca](http://info.theresidencesonyonge.ca)

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, April 17, 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



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North York ON  
M2J 4V6

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**AURORA SENIORS ASSOCIATION'S**  
**TRIVIA NIGHT**  
Tease Your Brain

**Friday,**  
**April 19**

Aurora Seniors Centre  
Doors open at: 6:00pm  
Game starts at: 6:30pm

**\$15**  
Prizes & light refreshments

Tickets on sale starting Monday, March 4.  
Each table of 6 will make up a team!

**Cash Bar Available**

Aurora Seniors Presents

# I Love Lucy Tour

For over 25 years, the Lucille Ball Desi Arnaz Museum has been welcoming groups to Lucy's hometown of Jamestown, NY. Get a behind-the-scenes look at the creation of this innovative and history-making TV series. The museum features exact re-creations of studio sets from the beloved TV sitcom I Love Lucy, including Lucy and Ricky Ricardo's New York City apartment and Hollywood hotel suite. Also on display are screen-used costumes and props, Emmy Awards, and scripts from this legendary TV series. Go back in time and experience the re-creation of Ricky Ricardo's famous Manhattan night club. In the Tropicana Club, enjoy a delicious themed lunch while watching your favorite episode of I Love Lucy. Experience a guided bus tour of Lucy's hometown that includes a friendly and knowledgeable step-on guide who will take you to places of significance in Lucille Ball's life in Jamestown. Aboard your motorcoach, you will see the house that she was born in, the house where she grew up, larger-than-life I Love Lucy murals, legendary Lucy statues, Lucy's final resting place and much more. Join us for a memorable experience that you and your friends will be talking about for years to come.



**Tour Includes**

- Return transportation via highway coach
- 2 nights 4 star accommodation at fabulous Seneca Allegany Casino Hotel and Resort
- \$40 food coupons
- \$100 slot credits
- Visit to the charming village of Ellicottville
- Admission to the Lucy & Desi Museum
- Lucy Town Tour with step-on-guide
- Lunch at the Tropicana Room
- Visit the National Comedy Center
- BBQ luncheon cruise on Lake Chautauqua
- Winery visit including tasting
- Visit to the Grape Discovery Center
- Shopping
- Duty Free shopping
- All hotel taxes and service charges
- Baggage handling
- Tour escort



**May 27 to 29, 2024**

Price per person in Canadian Dollars

**TWIN \$759.00    SINGLE \$979.00**

\$100.00 deposit due upon booking Balance due 60 days prior to departure.

**PRESENTATION AT THE CLUB  
WEDNESDAY, MARCH 13, AT 1:00 P.M.**

To book sign up at reception or for more information call Andrew Bailey at 365-500-3160 or call Year Round Travel at 416-499-1444

Optional Cancellation Insurance \$53.00 per person  
Optional Medical Insurance - Call for Rates!



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Aurora Seniors Presents

# MY FAIR LADY

This timeless classic has been dazzling audiences since its debut on Broadway in 1956. Based on the play Pygmalion by Bernard Shaw, it's the story of Eliza Doolittle, a cockney flower girl caught in the middle of a bet between Henry Higgins, a professor of phonetics and Colonel Pickering, a fellow linguist. With unforgettable songs such as "On the Street Where You Live," "I Could Have Danced All Night" and "Wouldn't It Be Lovely?" My Fair Lady is one of the most beloved musicals of all time – and now it's returning to The Shaw!

- Date:** Thursday, June 27, 2024
- Depart:** 9:00 a.m. Stronach Recreation Complex
- Lunch:** 11:30 a.m. - 1:00 p.m.  
Enjoy a delicious lunch at the Queenston Heights Restaurant. Choice of:
  - 1) Grilled Breast of Chicken with Garlic Glaze
  - 2) Baked Rainbow Trout
  - 3) Canadian Angus Bistro-Cut Striploin au Jus
  - 4) Nasi Goreng Style Rice Dish**Meal selections made at the restaurant.**
- Show:** 2:00 p.m. - 4:30 p.m.  
Reserved orchestra seating at the Shaw Festival Theatre
- Return:** Arrival time in Aurora by 7:00 pm
- Inclusions:** Return transportation via deluxe coach, lunch, reserved orchestra seating for the performance of My Fair Lady, gratuity on meal, driver gratuity and all taxes.
- Price:** Member: \$215.00 per person  
Non Member: \$225.00 per person
- To Book:** Sign up at reception or for more information call Andrew Bailey at 365-500-3160

**SHAW 20  
FESTIVAL 24**



Sign-up for our monthly E-Newsletter at [yearroundtravel.com](http://yearroundtravel.com)



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[www.yearroundtravel.com](http://www.yearroundtravel.com)



## ▶ Computer Club Information and Activities

We are offering drop-in help by appointment Tuesday afternoons between 1 p.m. 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.

Zoom sessions are in full swing for 2024. If you are interested in attending via Zoom, ask at the front desk when you are in.

Tuesday morning seminar schedule for March:

- March 5 – General Q&A
- March 12 – Working with notifications (Doug)
- March 19 – New iOS features (Herb)
- March 26 – Windows Tips & Tricks (Bob)

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

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

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

## ▶ Centre Etiquette

- Please allow staff time and space to set-up your activity prior to entering the room. This is both for your safety and to allow staff the time to set-up efficiently.
- Please clean up after yourself whether it be in the lounge or in your activity/program room at the Centre.
- Please keep your feet off the furniture
- If you spill your drink or need assistance with clean-up, please let staff know.

Thank you.

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

## ▶ Tuesday Night Movies at the Centre

**March 5 – 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.

**March 12 – Letters to Juliet (2010): Amanda Sefried, Gael Garcia Bernal (PG, 105 min, Comedy)**

Sophie dreams of becoming a writer and travels to Verona, Italy where she meets the "Secretaries of Juliet".

**\*Start Time 6:00 p.m.\***

**March 19 – Indiana Jones and the Dial of Destiny (2023): Harrison Ford (PG-13, 154 min, Action)**

Archaeologist Indiana Jones races against time to retrieve a legendary artifact that can change the course of history.

**March 26 – Crazy Rich Asians (2018): Constance Wu, Henry Golding (PG, 120 min, Romantic Comedy)**

This contemporary romantic comedy based on a global bestseller follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.

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>ASA Board of Directors:</b></p> <p><b>President</b><br/>Glen Sharp</p> <p><b>Vice President</b><br/>Jim Abram</p> <p><b>Treasurer</b><br/>Rob Ishoj</p> <p><b>Secretary</b><br/>John Scherrer</p> <p><b>Directors</b><br/>Dave LeGallais<br/>Louis Gambino<br/>Percy Surti<br/>Rob Gaby<br/>Vern Cunningham</p> | <p><b>ASA Committees:</b></p> <p><b>By-Law Review Committee</b><br/>John Scherrer—Chair</p> <p><b>Community Development</b><br/>Shirley Petrie—Chair</p> <p><b>Finance Committee</b><br/>Rob Ishoj—Chair</p> <p><b>Fundraising Committee</b><br/>Vern Cunningham—Chair</p> <p><b>Membership &amp; Volunteers Committee</b><br/>Sylvia Gilchrist—Chair</p> <p><b>Operations &amp; Activities Committee</b><br/>Dave LeGallais—Chair</p> <p><b>Seniors Related Issues Committee</b><br/>Jim Abram—Chair</p> <p><b>Social Committee</b><br/>Don Keel—Chair</p> <p><b>Special Events Committee</b><br/>Joan Brownlow—Chair</p> | <p><b>Aurora Seniors Centre Staff:</b></p> <p>Karie Papillon<br/>Adult Program Coordinator<br/>kpapillon@aurora.ca<br/>(365) 500 3159</p> <p>Andrew Bailey<br/>Adult/Older Adult Programmer<br/>abailey@aurora.ca<br/>(365) 500 3160</p> <p>Brandie Yorg<br/>Program Lead (WOW &amp; SCM)<br/>byorg@aurora.ca<br/>(365) 500 3161</p> <p>Bill Hawke<br/>Primary Facility Operator<br/>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

**Museum Tour:** Join in to hear how the Mississippi Valley Textile Museum became the first Rainbow Registered Museum in Canada. Listen about exhibits which range from historical displays detailing everyday life for millworkers, to textile art that tackles contemporary issues.

**Sleuthing with Sherlock:** A whodunnit style mystery. Join in to hear an abridged Sherlock Holmes story and we will try to solve the mystery ourselves.

**Stories & Games:** Stories, Biographies, Arm Chair Traveler, Celebration days, Music and more.

**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 anything 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 MARCH 2024 WOW CALENDAR



| Sunday             | Monday  | Tuesday  | Wednesday                                    | Thursday                              | Friday                                    |
|--------------------|---|--|--|---------------------------------------|---|
|                    |   |  |  |                                       | <b>March 1</b><br>3:15<br>Fun & Games (T) |
| <b>March 3</b>     | <b>March 4</b><br>10:15<br>Stretch & Strong<br><br>3:15<br>Fun and Games  | <b>March 5</b><br>10:15<br>Chair Yoga<br><br>1:30<br>Sleuthing with Sherlock | <b>March 6</b><br>3:15<br>Stories and Games  | <b>March 7</b><br>3:15<br>Chair Yoga  | <b>March 8</b><br>3:15<br>Fun & Games     |
| <b>March 10</b>    | <b>March 11</b><br>10:15<br>Stretch & Strong<br><br>3:15<br>Card Bingo    | <b>March 12</b><br>10:15<br>Chair Yoga<br><br>1:30 Museum Tour               | <b>March 13</b><br>3:15<br>Stories and Games | <b>March 14</b><br>3:15<br>Chair Yoga | <b>March 15</b><br>3:15<br>Fun & Games    |
| <b>March 17</b>    | <b>March 18</b><br>10:15<br>Stretch & Strong<br><br>3:15<br>Fun and Games | <b>March 19</b><br>10:15<br>Chair Yoga                                       | <b>March 20</b><br>3:15<br>Stories and Games | <b>March 21</b><br>3:15<br>Chair Yoga | <b>March 22</b><br>3:15<br>Fun and Games  |
| <b>March 24/31</b> | <b>March 25</b><br>10:15<br>Stretch & Strong<br><br>3:15<br>Jeopardy      | <b>March 26</b><br>10:15<br>Chair Yoga                                       | <b>March 27</b><br>3:15<br>Stories and Games | <b>March 28</b><br>3:15<br>Chair Yoga | <b>March 29</b><br>CLOSED<br>NO PROGRAMS  |

**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

**Active Brains:** Healthy Brain Fitness includes computation, critical thinking, word games and discussion as we solve the problems together.

**Art Explorations:** An Art therapist will guide 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

**Discover Dance with Nova Dance:** Explore how Dance can inject energy and creativity into daily life.

**Keep On Moving: Creative:** Combine principles of dance and martial arts, in a low-impact work out that focuses on strength, flexibility and body positivity.

**Mind Body Mood:** Mindfulness practices for calming anxiety, increasing gratitude and mood.

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

**Musical Trivia:** How well do you know your music?

**Power of Music:** The music content varies and is diverse.

**ROM 4 You:** The Royal Ontario Museum displays art culture and nature from around the world.

**Science for Seniors:** Learn about different branches of science, such as physics, chemistry, biology and earth sciences through entertaining visual aids and captivating demonstrations.

**Seated Exercise with Bands:** This seated session includes core, cardio fitness and optional resistance band exercises to increase muscular strength and improve your activities for daily living.

**Seated Exercise and Lower Mobility & Strength:** Seated exercises designed work on core awareness, cardio fitness, mobility and strength, 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.

**Stories Behind the Songs:** The songs will be sung and played on the guitar live with a lecture on the evolution of music.

**Smithsonian:** This program brings the magic of the Smithsonian Institution directly to your screen.

**Travelogue:** This unique program aims to transport you to various destinations around the globe.

**Trivia:** Stimulate the mind, this program allows for socialization and friendly competition.

**Wisdom of Folktales:** Our guest Rabbi Rena will regale us with a folktale and facilitate group discussion about the lessons we can learn.

**Tech Lab/Bingo:** Learn digital skills to thrive in the digital age also play a fun stimulating game of bingo that improves memory, attention and problem solving.

**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 MARCH 2024 WOW CALENDAR



| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|--|
| <p>To have your own access to the full line up of Baycrest@home for free until the end of June.<br/>Please register at: <a href="mailto:info@baycrestathome.ca">info@baycrestathome.ca</a> or 647-567-4663</p> <p><i>*Seated Exercise with Bands</i></p> |  |  |  |  | <p><b>March 1</b><br/><b>10:00</b><br/>Seated Exercise<br/><b>1:00</b><br/>Mind Body Mood</p>  |
| <p><b>March 3</b><br/><b>12:30</b><br/>Chair Exercise</p>  | <p><b>March 4</b><br/><b>10:15</b><br/>Stretch &amp; Strong<br/><b>1:00</b><br/>Power of Music<br/><b>2:00</b><br/>Tech Lab/Bingo</p>  | <p><b>March 5</b><br/><b>10:15</b><br/>Chair Yoga<br/><b>11:00</b><br/>Story Telling Club<br/><b>1:00</b><br/>Trivia<br/><b>2:00</b><br/>Discover Dance</p>                | <p><b>March 6</b><br/><b>10:00</b><br/>*Seated Exercise<br/><b>11:00</b><br/>Therapeutic Singing<br/><b>1:00</b><br/>ROM 4 You<br/><b>2:00</b><br/>Art Explorations</p>    | <p><b>March 7</b><br/><b>10:00</b><br/>Keep on Moving<br/><b>11:00</b><br/>Active Brains<br/><b>1:00</b><br/>Music Circle<br/><b>3:15</b><br/>Chair Yoga</p>         | <p><b>March 8</b><br/><b>10:00</b><br/>Seated Exercise<br/><b>1:00</b><br/>Mind Body Mood</p>  |
| <p><b>March 10</b><br/>12:30<br/>Chair Exercise</p>  | <p><b>March 11</b><br/><b>10:15</b><br/>Stretch &amp; Strong<br/><b>1:00</b><br/>Power of Music<br/><b>3:15</b><br/>Card Bingo</p>   | <p><b>March 12</b><br/><b>10:15</b><br/>Chair Yoga<br/><b>11:00</b><br/>Story Telling Club<br/><b>1:00</b><br/>Stories Behind the Songs<br/><b>2:00</b> Discover Dance</p> | <p><b>March 13</b><br/><b>10:00</b><br/>*Seated Exercise<br/><b>11:00</b><br/>Therapeutic Singing<br/><b>1:00</b><br/>Smithsonian<br/><b>2:00</b><br/>Art Explorations</p> | <p><b>March 14</b><br/><b>10:00</b><br/>Keep on Moving<br/><b>1:00</b><br/>Music Circle<br/><b>2:00</b><br/>Wisdom of Folktales<br/><b>3:15</b><br/>Chair Yoga</p>   | <p><b>March 15</b><br/><b>10:00</b><br/>Seated Exercise<br/><b>1:00</b><br/>Mind Body Mood</p> |
| <p><b>March 17</b><br/>12:30<br/>Chair Exercise</p>  | <p><b>March 18</b><br/><b>10:15</b><br/>Stretch &amp; Strong<br/><b>1:00</b><br/>Power of Music<br/><b>2:00</b><br/>Tech Lab/Bingo</p>   | <p><b>March 19</b><br/><b>10:15</b><br/>Chair Yoga<br/><b>11:00</b><br/>Story Telling Club<br/><b>1:00</b><br/>Musical Trivia<br/><b>2:00</b> Dance</p>                    | <p><b>March 20</b><br/><b>10:00</b><br/>*Seated Exercise<br/><b>11:00</b><br/>Therapeutic Singing<br/><b>2:00</b><br/>Art Explorations</p>                                 | <p><b>March 21</b><br/><b>10:00</b><br/>Keep on Moving<br/><b>1:00</b><br/>Science for Seniors<br/><b>3:15</b><br/>Chair Yoga</p>                                    | <p><b>March 22</b><br/><b>10:00</b><br/>Seated Exercise<br/><b>1:00</b><br/>Mind Body Mood</p> |
| <p><b>March 24</b><br/>12:30<br/>Chair Exercise</p>  | <p><b>March 25</b><br/><b>10:15</b><br/>Stretch &amp; Strong<br/><b>11:00</b><br/>Toronto Orchestra Symphony<br/><b>1:00</b><br/>Power of Music<br/><b>3:15</b><br/>Jeopardy</p> | <p><b>March 26</b><br/><b>10:15</b><br/>Chair Yoga<br/><b>11:00</b><br/>Story Telling Club<br/><b>1:00</b><br/>Trivia<br/><b>2:00</b> Discover Dance</p>                   | <p><b>March 27</b><br/><b>10:00</b><br/>*Seated Exercise<br/><b>11:00</b><br/>Therapeutic Singing<br/><b>1:00</b><br/>Travelogue<br/><b>2:00</b><br/>Art Explorations</p>  | <p><b>March 28</b><br/><b>10:00</b><br/>Keep on Moving<br/><b>11:00</b><br/>Active Brains<br/><b>2:00</b><br/>Wisdom of Folktales<br/><b>3:15</b><br/>Chair Yoga</p> | <p><b>March 29</b><br/>Closed<br/>No Programs</p>  |
| <p><b>March 31</b><br/>No Programs</p>   |  |  |  |  |  |



| <b>Monday</b><br>8:30 a.m. to 4:30 p.m.   | <b>Tuesday</b><br>8:30 a.m. to 9 p.m.   | <b>Wednesday</b><br>8:30 a.m. to 4:30 p.m.  | <b>Thursday</b><br>8:30 a.m. to 4:30 p.m.  | <b>Friday</b><br>8:30 a.m. to 10 p.m.   |
|---|---|---|--|---|
| 9:00 Woodshop<br>9:00 Badminton<br>9:00 Move & Tone*(Z)<br>9:30 Men's Shed<br>9:30 Knotty Knitters<br>9:30 Beginner Bid Euchre<br>10:00 Ladies Billiards<br>10:00 Conversational Italian<br>10:00 Chair Yoga*<br>10:15 WOW Stretch & Strong* (Z/T)<br>12:00 pFIT*<br>12:15 Hatha Yoga*<br>12:30 Duplicate Bridge<br>1:00 Carpet Bowling<br>1:00 Mah-Jongg<br>1:30 Snooker League<br>1:30 Stretch & Tone*(H)<br>3:00 Mixed Pickleball<br>3:15 WOW Fun/Games *(T) | 8:30 Woodcarving<br>9:30 Boot Camp*<br>9:30 Balance*<br>10:00 Snooker League<br>10:00 Colour and Chat<br>10:00 Computer Seminars<br>10:15 WOW Chair Yoga*(Z/T)<br>10:30 Balance*<br>10:35 Piloga*<br>11:30 Zumba Gold*(H)<br>12:30 Pickleball (Women)<br>12:45 Table Tennis<br>1:00 Bid Euchre<br>1:00 Woodcarving<br>1:00 Core on the Floor*<br>1:30 Snooker League<br>1:45 Get Strong*<br>2:15 Pickleball (Men)<br>4:00 Badminton<br>6:00 Poker<br>6:30 Movie<br>6:30 Beginner Woodcarving<br>6:30 Sunset Yoga* | 9:00 Woodshop<br>9:00 Get Fit* (H)<br>9:45 Conversational German<br>10:00 Silver Stars<br>10:00 Men's Shed Billiards<br>10:30 Ladies, Laugh and Learn*<br>10:00 Chair Yoga*<br>10:15 Knitting*<br>11:00 Conversational French<br>11:15 Fit Minds, Body & Soul*<br>1:00 Let's Create<br>1:00 Canasta<br>1:00 Woodshop<br>1:30 Bridge<br>1:30 Snooker League<br>1:30 Pain Management*<br>1:45 Evergreen Choir<br>2:30 Knitting*<br>3:15 WOW Stories/Games (T) | 8:30 Woodcarving<br>9:00 Art<br>9:00 Basic Cardio*(H)<br>9:00 Stamp Club<br>9:30 Men's Fit*<br>10:00 Snooker League<br>10:00 Stretch & Tone*(H)<br>10:30 Keep Singing<br>10:30 Chair Fit<br>11:15 Badminton<br>12:30 Table Tennis<br>12:30 Pickleball (Men)<br>12:30 Poker<br>1:00 Bid Euchre<br>1:00 Woodcarving<br>1:30 Snooker League<br>2:30 Pickleball (Women)<br>3:15 WOW Chair Yoga*(Z/T)<br>6:30 Restorative Yoga* | 9:00 Woodshop<br>9:00 Get Fit* (H)<br>9:30 Quilt 'n Sew<br>9:30 Writers Circle<br>9:30 Mandarin Singing<br>9:30 Men's Shed<br>10:00 Chair Stretch*<br>11:00 Get Strong* (H)<br>12:30 Pickleball (Mixed)<br>12:45 Bingo<br>1:00 Mah-Jongg<br>1:30 Book Club<br>2:30 Pickleball (Mixed)<br>3:15 WOW Fun/Games *(T)<br>6:30 Bid Euchre<br>7:00 Fun Night |
| <b>March 18</b><br>1:00 ASA Board of Directors  |   | <b>March 13 &amp; 27</b><br>12:00 Bistro<br><br><b>March 27</b><br>10:30 Blood Pressure Clinic<br>1:00 ASC Town Hall  |  | <b>March 8 &amp; 22</b><br>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)