

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. to 4:30 p.m.	8:30 a.m. to 9 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 10 p.m.
9:00 Woodshop 9:00 Badminton 9:00 Ladies Billiards 9:00 Move & Tone* (Z) 9:30 Men's Shed 9:30 Knotty Knitters 9:30 Beginner Bid Euchre 10:00 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 12:00 pFIT* 12:15 Yoga: Hatha* (ATH) 12:30 Duplicate Bridge 1:00 Carpet Bowling 1:00 American Mah-Jongg 1:30 Snooker League 1:30 Stretch & Tone*(H) 3:00 Mixed Pickleball 3:15 WOW Fun/Games*(T)	8:30 Woodcarving 9:00 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminars 10:15 WOW Stretch & Strong*(Z/T) 10:30 Balance* 10:35 Piloga* 11:15 Yoga Mat* (ATH) 11:30 Fit & Fun* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core* (ATH) 1:30 Walking Club (AFLC) 1:30 Snooker League 1:30 Story of My Life* 1:45 Get Strong* (ATH) 2:15 Pickleball (Men) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving 6:30 Yoga: Sunset* (ATH)	9:00 Woodshop 9:00 Get Fit*) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* 11:00 French 11:15 Fit Minds* 11:30 WOW Sit, Stand & Bal (Z) 12:00 Walk Fit (AFLC) 1:00 Live Your Best Life* (ATH) 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Chronic Pain* (ATH) 1:30 Bridge 1:30 Snooker League 1:45 Choir 2:30 Knitting*	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* (ATH) 9:45 Stretch & Tone*(H) 10:00 Men's Shed Bocce 10:00 Snooker League 10:30 Keep Singing 10:30 Chair Fit* (ATH) 11:00 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:30 Snooker League 2:30 Pickleball (Women) 3:15 WOW Stretch & Strong (Z/T) 6:30 Yoga: Restorative* (ATH) 7:45 Yoga: Anxiety* (ATH)	9:00 Woodshop 9:00 Piloga* (ATH) 9:30 Quilt 'n Sew 9:00 Get Fit* (H) 9:30 Writers Circle 9:30 Mandarin Singing 9:30 Men's Shed 10:00 Chair: Gentle Exercise* 11:00 Get Strong* (H) 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 American 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>October 14</b> Closed Happy Thanksgiving!		<b>October 9</b> 12:00 Bistro 8:00 Stargazing (ASC Parking Lot)		<b>October 4</b> 7:00 West Coast Swing Dance
<b>October 21</b> 1:00 ASA Board of Directors (ATH)		<b>October 16</b> 11:00 Chartwell Teat Party		<b>October 18</b> 10:30 Flu Awareness and Prevention Seminar
		<b>October 23</b> 10:30 Blood pressure clinic 12:00 Bistro		<b>October 11 &amp; 25</b> 7:00 Dance

**Please note:** Pickleball times and registration are subject to change. Refer to the Pickleball schedule (at the Centre or auroraseniors.ca)

- The Billiards Room is available for play during all operating hours.
- All ASA activities have a daily activity fee of \$1.00 (loonies preferred please)
- \*Town of Aurora pre-registered programs (Z) Zoom (T) Teleconference (H) Hybrid (In-person and zoom) (ATH) Aurora Town Hall

**Aurora Seniors Centre**

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