

Indoor Garage Sale



**Sunday
April 27**

**8:30am to
1:00pm**

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



**auroraseniors.ca
seniorscentre@aurora.ca
905 726 4767**

This event is so successful because of your donations!
Volunteers will be accepting your donations in the Seniors
Centre parking lot on:

**Friday, April 25 from 8 a.m. to 4 p.m. and
Saturday, April 26 from 8 a.m. to 1 p.m.**

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

▶ ASA Board of Directors

By the time you are reading this, I hope we will have seen the last of the snow for a while, and we can start to enjoy some nice spring weather. It's great to see many of our friends returning after spending some time in warmer places.

April is going to be a particularly busy month at the Centre. Nominations for the three vacant positions on the Board of Directors have closed and we are preparing for our upcoming elections. We have organized a special Meet the Candidates event on Wednesday, April 16 beginning at 10:30 a.m. This year we are including a light lunch and coffee for those in attendance. Tickets are free and will be available beginning on March 31. It will be a great opportunity to hear from the candidates. If you are unable to attend, please be sure to cast your ballot on one of the voting days during the month of April.

On April 5, we will be holding our Volunteer Appreciation event which once again will be at Stonehaven. Volunteers are so important at our centre, and we have invited everyone who contributed at least 20 hours of their time over the past year. It's sure to be a great day.

At the end of April look for the Annual Giant Indoor Garage Sale. Donations will be received on April 25 and 26, with the sale on Sunday April 27. It is a great opportunity to find some bargains and support the Centre. Volunteers are still needed to help out, so if you are interested check in at reception.

On May 2, the Special Events committee will be hosting Trivia Night. This is a chance to challenge your memory, and to socialize with friends. Ticket information will be coming soon.

Registration is open for Town of Aurora programs, and although some are full there are still opportunities to join a class for fitness, fun, crafts and to socialize with others.

That's all for now, I look forward to seeing many of you on April 16 and at the garage sale.

ASA BISTRO

LUNCH SERVED AT 12 P.M.
DOORS OPEN AT 11:45 A.M.

\$10 MEMBERS ONLY

MENU

WEDNESDAY, APRIL 9

BAKED ZITI AND CEASER SALAD

WEDNESDAY, APRIL 23

CHICKEN STEW WITH TEABISCUIT

ALL BISTROS INCLUDE COFFEE/TEA AND DESSERT.
CASH BAR AVAILABLE.



April 9 Bistro tickets on sale from Monday, March 31 to Friday, April 4
April 23 Bistro Tickets on sale from Monday, April 14 to Friday, April 18
Please Note: two tickets per member and no refunds.

ALL BISTROS WILL BE CATRERED BY
HEALTHY NOW



AURORA SENIORS ASSOCIATION

GET TO KNOW YOUR CANDIDATES

Join us to learn more about your candidates for your board of directors.

When: Wednesday April 16 at 10:30 a.m.

Where: West McKenzie

A free, light lunch will be served after the meeting. Tickets required.



**LIMITED TICKETS AVAILABLE STARTING MONDAY MARCH 31.
MEMBERS ONLY, A LIMIT OF 2 TICKETS PER MEMBER.**

▶ ASA Election Board of Directors

These members have been nominated and are eligible to stand as candidate for election to the Board of Directors. There are three position open for this election.

Kevin Griffiths
Ron Maislin
Nancy Spinks

Theresa McKenzie
Rob Seath
Vicky Xekominos

Their photograph and biography are now posted in the lobby.

The elected candidates will be confirmed at the Annual General Meeting on Wednesday, June 11.

Voting Periods: Advanced: Thursday, April 17, 2025 From 9 a.m. to 2 p.m.

Regular: Monday, April 28 to Friday, May 2, 2025
from 9 a.m. to 2 p.m. daily
Plus 5:30 p.m. to 7:00 p.m. on Tuesday April 29, 2025

Vote Tabulation: Friday, May 2, 2025, 2 p.m. to 3:30 p.m.

Winners will be announced once tabulation is complete. The Chair will call the absent nominees within 60 minutes of the results.

Your Election Committee members: Vern Cunningham, Carm Cornacchia, Glen Sharp and Rob Gaby



Indoor **WALKING CLUB**

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

April Seminars:

April 1

Mind Body & Soul Part 2 with Gillian

April 8

Here comes the Sun! Safely enjoying the outdoors with Lucy

April 15

Anxiety 101: Understanding, Managing & Overcoming Anxiety with Dela Fotoohi

April 22

Downsizing Property Options - Not Just Condos! with Smart Reality Solutions

April 29

End of Year Party & Draw

Wednesday May 7 at 1:00

Walking Challenge Seminar in the Lounge at the Aurora Seniors Centre

All seminars are on ZOOM to receive the link
email byorg@aurora.ca

Aurora Family Leisure Complex
wow@aurora.ca
365-500-3161

Walk. Stretch. Learn.



▶ Town of Aurora Spring 2025 Programs

Registration is currently available for spring 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 will be available at Reception now.

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 15 | 9:30am-10:15am | \$63.00/10 | 35066 |
| Tue | April 15 | 10:30am-11:15am | \$63.00/10 | 35067 |

BALLROOM & LATIN DANCE – LEVEL 1

Age: 18+ years Location: ASC

This stress-free introduction to the basics of Ballroom & Latin 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 16 | 7:30pm-8:30pm | \$110.00/10 per person | 35060 |

BALLROOM & LATIN DANCE – LEVEL 2

Age: 18+ years Location: ASC

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 participants may see both leading and following. The beginner's class or previous dance experience are preferred prerequisites for this class. Partners are required.

*No class on: May 19

| Day | Date | Time | Fee/Class | Code |
|-----|----------|---------------|------------------------|-------|
| Mon | April 14 | 7:30pm-8:30pm | \$112.00/10 per person | 35061 |

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 19

| Day | Date | Time | Fee/Class | Code |
|-----|----------|---------------|------------------------|-------|
| Mon | April 14 | 8:30pm-9:30pm | \$114.00/10 per person | 35062 |

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 24 | 9am - 9:30am | \$36.00/10 | 35068 |

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 24 | 9am - 9:30am | \$36.00/10 | 35069 |

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 15 | 9am - 9:45am | \$63.00/10 | 35070 FULL |

CHAIR FIT

Age: 55+ years Location: ATH (Aurora Town Hall)

Get fit while you sit. This program uses cardiovascular exercise to improve your endurance and works the muscles to strengthen the entire body. This class is ideal for participants who are new to exercises or who prefer the aid of a chair during the routine.

| Day | Date | Time | Fee/Class | Code |
|------|----------|--------------|------------|-------|
| Tues | April 15 | 3pm - 3:45pm | \$63.00/10 | 35071 |
| Thur | May 8 | 3pm - 3:45pm | \$63.00/10 | 35079 |

CHAIR: GENTLE EXERCISE

Age: 55+ years Location: ASC

Formerly named Chair Stretch. This is a gentle exercise class. Learn how to gently stretch and strengthen, mobilize your joints and 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 | May 2 | 10am - 10:45am | \$52.00/8 | 35072 |

CORE ON THE FLOOR

Age: 55+ years Location: ATH (Aurora Town Hall)

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 15 | 1pm - 1:30pm | \$36.00/10 | 35073 |

FIT & FUN

Age: 55+ Location: ASC

Join in on some Tuesday fun! This class is for the active, independent older adult. Every week will be something different: traditional cardio and weights, bootcamp, intervals and more. There will always be a cardio component, strength and balance.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-------------------|------------|-------|
| Tue | April 15 | 11:30am - 12:15pm | \$63.00/10 | 35074 |

GET FIT

Age: 55+ Location: Hybrid (In-Person ASC 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: | Date | Time | Fee/Class | Code | |
|-------|------|--------|--------------|----------------------|---------------|
| | Wed | Apr 16 | 9am - 9:45am | \$63.00/10 | 35076 |
| | Fri | May 2 | 9am - 9:45am | \$52.00/8 | 35078 FULL |

GET FIT

Age: 55+ Location: Zoom

See description above.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|--------------|------------|-------|
| Wed | April 16 | 9am - 9:45am | \$63.00/10 | 35077 |
| Fri | May 2 | 9am - 9:45am | \$50.00/8 | 35080 |

GET STRONG

Age: 55+ Location: ATH (Aurora Town Hall)

Are you ready for the next challenge to step up your strength? This class uses seating and standing exercises to improve your strength, mobility and range of motion. Weights, bands and body weight exercises will be incorporated.

| Day | Date | Time | Fee/Class | Code |
|------|----------|-----------------|------------|-------|
| Tues | April 15 | 1:45pm – 2:45pm | \$63.00/10 | 35081 |

GET STRONG

Age: 55+ Location: Hybrid (In-Person ASC and ZOOM)

See description above. This is a hybrid class. Participants can attend in person or over zoom.

| Day | Date | Time | Fee/Class | Code |
|-----|-------|-------------|-----------|-------|
| Fri | May 2 | 11am – 12pm | \$52.00/8 | 35083 |

GET STRONG

Age: 55+ Location: Zoom

See description above.

| Day | Date | Time | Fee/Class | Code |
|-----|-------|-------------|-----------|-------|
| Fri | May 2 | 11am – 12pm | \$52.00/8 | 35082 |

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. Supply list: If you have them, Size 4mm needles and worsted weight yarn, if not, just bring a small selection of whatever needles and yarn you have. Scissors, Tape measure or ruler, Calculator, Pencil and paper. If there is a project whose stitch pattern you would like to learn, bring it, and I will try to include instruction for it if I can.

| Day | Date | Time | Fee/Class | Code |
|-----|---------|----------------|-----------|-------|
| Wed | April 9 | 10am – 11:15am | \$45.00/4 | 35084 |

KNITTING: LEARN TO KNIT 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 and self-stripping. 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. Please pick-up a supply list at the ASC and bring supplies to the first class.

| Day | Date | Time | Fee/Class | Code |
|-----|---------|--------------|-----------|-------|
| Wed | April 9 | 2pm – 3:15pm | \$54.00/5 | 35085 |

KNITTING: SUMMER T-SHIRT NEW!

Age: 55+ years Location: ASC

This class is for advanced beginner, intermediate level knitters and requires the completion of homework as assigned. The project is a simple, adult sized, short sleeved, summer “t-shirt”. It is knit top down, on circular needles and has no seams. This basic pattern can easily be customized to change fit, sleeve and body length so you can create a top that fits just the way you like.

| Day | Date | Time | Fee/Class | Code |
|-----|--------|-----------------|-----------|-------|
| Wed | May 21 | 10:am – 11:15am | \$45.00/4 | 35102 |

The Lind Realty Team., Lenard Lind presents:

MAKING HOUSING DECISIONS THAT WORKS FOR YOU

Join us for this informative seminar in the Lounge
Wednesday, April 30
1:30 P.M.

- Preparing to Age in Place “Right Sizing”
- Where to move; bungalow, gated community and/or condo
- Locations to donate furniture and personal items
- Home Equity Bank Loan “Reverse Mortgage”
- Legal Counselling for Power of Attorney for property and personal care and “Living Wills”
- Should you put trustee/children on title?



KNITTING: TWIDDLEMAT

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. For many people with dementia, there are developments and changes to their personalities, one of which is to become increasingly agitated. Twiddle matts help to ease agitation and calm the person's mood, as they can keep their hands and minds occupied. Many hospital wards have found that the matts have a positive effect on patients by keeping them comforted, as well as encouraging movement and brain stimulation. In this class students will knit a basic Twiddle matt with textured stitches and add variety of attachments and embellishments. It will make a great gift for a loved one or as a charity donation. 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 | May 21 | 2pm – 3:15pm | \$FREE/4 | 35101 |

LINE DANCING FOR BEGINNERS

Age: 55+ years Location: ASC

Students will have opportunity to learn the basic concept of line dancing and specific line dances to the most popular Latin, Ballroom and Night Clubs & Music. Beginner class line dances will be chosen from the selection of dances and music that are played and danced in Toronto dance clubs. Students will also learn few more complicated dances. Knowledge that they will gain will give them the confidence to dance in the dance clubs during the practices sessions as well as evening parties.

| Day | Date | Time | Fee/Class | Code |
|------|----------|-----------------|-----------|-------|
| Tues | April 22 | 6:30pm – 7:30pm | \$68.00/9 | 35602 |

MEN'S FIT

Age: 55+ years Location: ATH (Aurora Town Hall)

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. Exercises target all the major muscle groups. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate.

| This | Date | Time | Fee/Class | Code |
|------|----------|------------------|------------|------------|
| Thur | April 17 | 9:30am – 10:15am | \$63.00/10 | 35086 Full |

MOVE & TONE

Age: 40+ 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: April 21

| Day | Date | Time | Fee/Class | Code |
|-----|----------|------------|-----------|-------|
| Mon | April 14 | 9am - 10am | \$56.00/9 | 35087 |

Paint & Sip

Age: 18+ years Location: ATH (Aurora Town Hall)

Join local artist Eva Folks for an afternoon of painting! All supplies are included, and you will leave with a completed seasonal picture! Light refreshments (coffee, tea and a sweet treat) will be served

| Day | Date | Time | Fee/Class | Code |
|-----|---------|---------------|-----------|-------|
| Mon | April 7 | 12:30pm – 4pm | \$60.00/1 | 35605 |

PILATES NEW!

Age: 55+ years Location: ATH (Aurora Town Hall)

Pilates is a highly effective way to shape up and feel great. It is a contemporary approach to mind/body exercise, that uses floor and standing exercises. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging, and revitalizing workout that will improve your balance, posture and mobility. Please bring a yoga mat, and water to the class.

*No Class March 13

| Day | Date | Time | Fee/Class | Code |
|------|----------|--------------|------------|-------|
| Thur | April 17 | 1pm – 1:45pm | \$82.00/10 | 34107 |
| Thur | April 17 | 2pm – 2:45pm | \$82.00/10 | 35834 |

PILOGA – HYBRID (in person & Zoom)

Age: 55+ years Location: ASC

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.

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 |
|------|----------|-------------------|------------|--------------------------|
| Tues | April 15 | 10:35am – 11:20am | \$63.00/10 | 35090 FULL |

PILOGA

Age: 55+ years

Location: *Zoom (Tue), ATH^ (Fri)

See description above.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-------------------|------------|--------|
| Tue | April 15 | 10:35am – 11:20am | \$63.00/10 | *35089 |
| Fri | May 9 | 9:00am – 9:45am | \$50.00/8 | ^35088 |

QI-GONG

Age: 55+ years Location: ATH (Aurora Town Hall)

Qigong is a gentle, flowing mind body practice. Sets of movements are easily learned and offer many benefits for maintaining health during the senior years. As a low impact weight bearing activity qigong helps to improve strength, co-ordination and balance. These are important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. Join Linda to learn simple forms of Qigong that you can immediately bring into your daily life. This is an empowering practice. All levels are welcome. Qigong can be practiced both standing and seated.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|----------------|------------|-------|
| Wed | April 23 | 11am - 11:45am | \$50.00/10 | 35836 |

SOCIAL LATIN DANCING (FOR COUPLES) NEW!

Age: 18+ years Location: ASC

West Coast Swing is a fun and versatile social dance form suitable for a wide range of music including Jazz & Blues, Country & Western, R&B, Soul and Classic Rock. Although it has its roots in the “swing” family of dancing, its steps are quite different from the Jive and other traditional Swing dances. This program will get you started with the basic steps and figures of this popular dance form. Partners are required.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-----------------|-------------|-------|
| Wed | April 16 | 8:30pm - 9:30pm | \$110.00/10 | 35064 |

STRETCH & TONE – HYBRID (in person & ZOOM)

Age: 55+ years Location: ASC

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. 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 19

| Day | Date | Time | Fee/Class | Code |
|-----|----------|------------------|------------|----------------|
| Mon | April 14 | 1:30pm – 2:30pm | \$56.00/9 | *35094 FULL |
| Thu | April 24 | 9:45am – 10:45am | \$63.00/10 | 35092 |

STRETCH & TONE

Age: 55+ years Location: Zoom

(Description Previous page)

*No class: May 19

| Day | Date | Time | Fee/Class | Code |
|-----|----------|------------------|------------|--------|
| Mon | April 14 | 1:30pm – 2:30pm | \$56.00/9 | *35093 |
| Thu | April 24 | 9:45am – 10:45am | \$63.00/10 | 35094 |

WALK FIT

Age: 55+ years Location: AFLC

Build your endurance, balance and strength in this walking class. You will be guided through walking intervals using your bodyweight to develop strength along the paved trails in the beautiful Aurora Arboretum or on the Chartwell Walking Track at the Aurora Family Leisure Complex. Bring your water bottle and be ready to have fun!

| Day | Date | Time | Fee/Class | Code |
|-----|----------|---------------|------------|-------|
| Wed | April 16 | 12:15pm - 1pm | \$63.00/10 | 35095 |

YOGA: ANXIETY & STRESS

Age: 40+ years Location: ATH (Aurora Town Hall)

In this class, you will find comfort and peace on the yoga mat. Flow through stretches while releasing anxiety, stress and a racing mind. Learn how to bring this yoga practice into your daily life. Learn the practice of letting go and living a little more in this warm and safe environment. Yoga experience is not necessary. Blocks, bolsters, straps and yoga blankets will be provided. Dress comfortably, bring a yoga mat and a cozy blanket.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|----------------|------------|-------|
| Thu | April 17 | 7:45pm -8:45pm | \$63.00/10 | 35100 |

YOGA: CHAIR

Age: 55+ years Location: ASC

Chair Yoga is for anyone who has movement limitations 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.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-----------|------------|---------------|
| Wed | April 16 | 10am-11am | \$63.00/10 | 35096 FULL |

YOGA: CHAIR, MOVEMENT & MINDFULNESS

Age: 55+ years Location: ASC

Learn how to connect your body and mind, so you can enjoy life and be fully present. Combined with traditional Chair Yoga, we will turn off the autopilot, find our breath and expand our awareness. We'll put our focused attention 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 aware while living life. *No Class: May 19

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-----------|-----------|---------------|
| Mon | April 14 | 10am-11am | \$56.00/9 | 35097 FULL |

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 19 & May 26

| Day | Date | Time | Fee/Class | Code |
|-----|----------|------------------|-----------|--------|
| Mon | April 21 | 12:15pm - 1:15pm | \$45.00/7 | *35601 |

YOGA: MAT & MEDITATION

Age: 40+ years Location: ATH (Aurora Town Hall)

Join this unique mix of Mat Yoga and Meditation. The first half will consist of gentle and relaxing yoga movement and stretches on the mat using blocks, straps, bolsters and blankets. The second half will flow into a mindful and guided meditation. Yoga Nidra (yogic sleep) will be introduced about week 5, which is a technique to slow down the body and mind to a state between waking and sleeping. Yoga experience is not necessary. Dress comfortably, bring a yoga mat and a cozy blanket.

| Day | Date | Time | Fee/Class | Code |
|------|----------|-------------------|------------|-------|
| Tues | April 15 | 11:15am - 12:15pm | \$63.00/10 | 35604 |

YOGA: RESTORATIVE MAT

Age: 40+ years Location: ATH (Aurora Town Hall)

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 meditative state. Just a few of benefits of restorative yoga are it deeply relaxes the body, stills a busy mind, 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 |
|------|----------|----------------|------------|-------|
| Thur | April 17 | 6:30pm -7:30pm | \$63.00/10 | 35098 |

YOGA: SUNSET

Age: 40+ years Location: ATH (Aurora Town Hall)

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 15 | 6:30pm - 7:30pm | \$63.00/10 | 35099 |

VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years Location: ZOOM

Our all-access pass allows you to join any of our virtual fitness classes: Basic Cardio, Get Fit, Get Strong, Move & Tone, Piloga and Stretch & Tone. Participants in this program will receive their zoom links the day before each program's scheduled start. This is a great value!

Schedule:

Monday 9 a.m. Move & Tone
 Monday 1:30 p.m. Stretch & Tone
 Tuesday 10:35 a.m. Piloga
 Wednesday 9:00 a.m. Get Fit
 Thursday 9:00 a.m. Basic Cardio
 Thursday 9:45 a.m. Stretch & Tone
 Friday 9:00 a.m. Get Fit
 Friday 11:00 a.m. Get Strong

| Day | Date | Time | Fee/Class | Code |
|-----|---------------|--------------|------------|-------|
| M-F | Spring Season | See schedule | \$75.00/10 | 35065 |

Fitness Drop in Classes

TUESDAY APRIL 1

Balance Improvement 9:30 a.m.
 Fit and Fun 11:30 a.m.
 Chair Fit 3 p.m. at Town Hall

\$5.00 CASH AT THE DOOR

WEDNESDAY APRIL 2

Get Fit 9 a.m.

FRIDAY APRIL 4

Get Fit 9 a.m.

Chair Stretch 10 a.m.

Get Strong 11:00 a.m.

REGISTRATION IS NOT REQUIRED

MONDAY APRIL 7

Stretch and Tone 1:30 p.m.

TUESDAY APRIL 8

Balance Improvement 9:30 a.m.

FRIDAY APRIL 11

Chair Stretch 10 a.m.

Get Strong 11 a.m.

SEE YOU IN CLASS



SAVE THE DATE

4th Annual

WALKING CHALLENGE



EVERY STEP COUNTS

LAUNCH SEMINAR

May 7, at 1:00 in the lounge

START DATE:

May 10

END DATE:

June 6

watch for more info in the next newsletter

Aurora Seniors Presents

ANNIE

Annie has reigned as one of the world’s most beloved family musicals since its original six-year Broadway run. Annie Bennett is the iconic mop-topped orphan who knows the sun will come out tomorrow for her, no matter how dark it gets today. (Even if “today” is under the domain of Miss Hannigan, the caretaker of the orphanage and an over-the-top misopedist.) When Annie and her scrappy dog, Sandy, are taken in by the secretary of the billionaire Daddy Warbucks, the girl’s lifelong search to find her birth parents sets off a chain of wacky, heartwarming adventures.

Date: Thursday, May 8, 2025

Price: Member: \$215.00 per person
Non Member: \$225.00 per person

Depart: 9:00 a.m. Stronach Recreation Complex

Inclusions: Return transportation via deluxe coach, lunch at The Parlour, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.

Lunch: 11:30 a.m. - 1:00 p.m.
Enjoy a delicious lunch at The Parlour. All meals include salad, dessert, and tea or coffee.
Choice of:
1) Grilled Chicken Breast, Smokey Bacon and Mushroom Cream
2) Sesame Crusted Salmon, Ginger and Scallion Vinaigrette
3) Chef’s Choice Vegetarian Creation
MEAL SELECTION REQUIRED UPON BOOKING

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

Show: 2:00 p.m. - 5:00 p.m.
Reserved orchestra seating for Annie at the Stratford Festival Theatre

Return: Arrival in Aurora by 7:30 p.m.



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

Ontario Registration #4281143
Email: craiglugsdin@bellnet.ca
www.yearroundtravel.com

A PLACE TO

live well.

CHOOSE YOUR LIFESTYLE.

SENIOR APARTMENTS, INDEPENDENT LIVING AND ASSISTED LIVING

Book your tour today!

DELMANOR

Aurora

Inspired Retirement Living™

25 BUTTERNUT RIDGE TRAIL, AURORA

905-503-9505

DelmanorAurora.com



Aurora Seniors Centre

UPCOMING DANCES



Dances are Friday evenings.
6:45 p.m. Line Dancing
7:30 p.m. Ballroom Dancing

Admission:
\$5 for members
\$7 for non-members
pay at the door

Music by DJ Les

- **April 4**
- **May 9 & 23**
- **June 13 & 17**



In April, we'll have only one dance - on April 4, which will be our usual mix of ballroom, Latin, and line dances. The next dance is held full 5 weeks later, so make sure not to miss this one. The dance event kicks off with a line dance lesson at 6:45 p.m., followed at 7:30 p.m. by ballroom dancing and a few more line dances.



We Need your help at our Garage Sale!

There will be many volunteer opportunities at this years Garage Sale. Volunteer registration sheets available at Reception now.

Thanks.

Save your Stuff!



Annual Indoor Garage Sale: Sunday April 27

Donation Drop Off: Friday, April 25 & Saturday April 26

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

Our Men's Shed meet's Monday and Friday from 9:30 - 11:30 a.m. at the Centre and typically features a brief 30-minute presentation, exercise or video followed by friendly conversation with fellow members, hope you stop by:

This months Calendar:

Friday, April 4 Karie

Monday, April 7th Juanita Butler the Aging Brain

Friday, April 11 Discussion regarding committee meeting on April 1

Monday, April 14 Michael Khalil Medication Safety

Friday, April 18 Good Friday (Centre Closed)

Monday, April 21 open discussion

Friday, April 25 Lucy Balance class at Town Hall 3rd floor

Monday, April 28 Ross Ted Talk

Every Thursday Carpet Bowling at 10 a.m. if enough interest





Bake Sale

Sunday, April 27, 2024

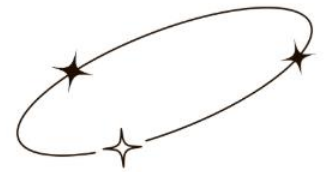
Bakers needed!

You can drop off any baked good donations
Friday, April 25 or Saturday, April 26.

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



JEWELLERY DONATIONS



**Our Indoor Garage Sale will be on
Sunday, April 27!**

We are seeking donations for our
jewellery sale.
Donations are now being accepted
at Reception!

Costume or fine jewellery accepted!



AURORA SENIORS
ASSOCIATION'S

TRIVIA NIGHT

Tease Your Brain

**Friday,
May 2**

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

\$15 MEMBERS
\$20 NON-MEMBERS

Prizes & light
refreshments

To keep things Fair and Fun,
each table will consist of 6
to make up a team!

Cash Bar Available

▶ Library News

Current Theme

The theme remains "Cowboy Romance". Head on over to the corral and check out the Western love stories. Check the black shelf above the return box for these books.

Book and Puzzle Donations (now open for business)

We are again accepting book donations (both paperback and hardcover) as well as puzzle donations (1000 pieces). Please restrict your donations to a small number as we do have limited space. We prefer thrillers, novels, biographies and romance books. Other books (cookbooks, children's books, self-help, etc.) should be donated to our Spring Sale.

New large Print Book section

The large print book section is now set up. There are 2 sections – Non-Fiction (mostly Biographies) and Fiction (Novels and Murder Mysteries). Thanks to the Aurora Public Library for their generous donation.

Borrowing Books

The process is straight forward as there is no sign-out. You can borrow as many as you wish and then return the books(s) when you have finished.

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. James Patterson is an exception to this limit.

General Administration

Please place your returns in the gray return box by the door. Leave them on the top of the box should they be too thick to fit through the slot.

▶ Special Events Committee

The Special Events Committee is looking forward to hosting another evening of fun and excitement at our **TRIVIA NIGHT** on **Friday, May 2, 6:30 - 9:30pm** in the West McKenzie Room at the Aurora Seniors Centre. It will be another fantastic evening to test your knowledge in a fun and entertaining way with refreshments and a cash bar.

The committee has an exciting lineup of events in the coming months. We will be hosting The Flailing Shilaleighs, Lianne Harris, The Pacemakers and another exciting Trivia Night. More information to follow in the coming months.

▶ Evergreen Choir

The Evergreen Choir's Spring Concert will be held on Saturday, May 31 at 2 pm. Tickets are \$5 and will go on sale at Reception on May 1.

At the Christmas Concert we had an overflow of people wanting to attend that we had to squeeze in 20 more chairs. So, make sure that you pick up your tickets early.



Exceptional SENIOR LIVING IN AURORA

Are you considering senior living in Aurora? Now's the perfect time to discover what our upcoming senior lifestyles residence will have to offer.

Opening this fall, residents will enjoy premium suites, professional, personalized care, well-appointed amenities, chef-prepared meals, and meaningful social activities—and we're already accepting deposits to reserve suites!

Visit us at the upcoming spring Home Shows to learn more, and receive a **free gift** while supplies last when you mention this ad.

NEWMARKET HOME & LIFESTYLE SHOW

Ray Twinney Recreation Complex,
Newmarket

Saturday, April 5 & Sunday, April 6
10:00 a.m. – 5:00 p.m.

AURORA CHAMBER HOME & LIVING SHOW

Stronach Aurora Recreation Complex, Aurora

Saturday, April 26
9:00 a.m. – 5:00 p.m.
Sunday, April 27
10:00 a.m. – 4:00 p.m.

We look forward to seeing you.

FOR MORE INFORMATION
call 905-726-2220

AMICA.CA/AURORAPROMENADE

AMICA
AURORA PROMENADE

Aurora Seniors Presents

St. Jacobs Market

St. Jacobs Farmers' Market is a unique and lively place to shop. You will find aisle upon aisle of fresh produce from across Ontario and local farm gardens. Plus, you will find meats, cheese, baked items, local crafts, home decor, furniture, clothes, tools, housewares, and more. Enjoy international favourites, and local delicacies including sausage, apple fritters, and pure maple syrup.

Date: Thursday, May 22, 2025

Return: Arrival in Aurora
approx. 6:00 p.m.

Depart: 9:00 a.m. Stronach Recreation
Complex

Price: Members: \$150.00 p. p.
Non Members: \$160.00 p. p.

Market: 10:30 a.m. - 11:45 a.m.
Enjoy shopping at St. Jacobs Market with a large selection of fruit, vegetables, crafts and other fine items.

Inclusions: Return transportation via deluxe coach, visit to St. Jacobs Market, lunch, wagon ride, gratuity on meal, driver gratuity, all taxes, & a tour escort.

Lunch: 12:00 noon - 1:45 p.m.
Enjoy a delicious four course meal at Golf's Steak House. Choice of:
1) Fresh Atlantic Salmon
2) Chicken Cordon Bleu
3) Narrow Back Ribs
4) Roast Prime Rib
5) 8oz New York Striploin

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

Guide: 2:00 p.m. - 4:00 p.m.
Drive through the countryside with your step-on-guide. Your local tour guide will talk about the Mennonite culture, their way of life, farming in their culture, and a little about Mennonite history. There will be a stop at the "Covered Bridge", and a coffee stop at Kitchen Cutting.



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

Ontario Registration #4281143
Email: craiglugsdin@bellnet.ca
www.yearroundtravel.com

Aurora Seniors Presents

PETERBOROUGH LIFTLOCK & RIVER BOAT CRUISE

This two hour Peterborough Liftlock Cruise offers a unique and unforgettable experience, taking visitors on a scenic journey through the historic Trent-Severn Waterway in Peterborough. The highlight of this cruise is the passage through the iconic Liftlock. The vessel is raised or lowered 65 feet, an experience that combines breathtaking views with a sense of awe for this engineering masterpiece. After the cruise, we will have a delicious lunch and then visit the Whetung Ojibwa Craft & Art Gallery. The Craft Store is more than a shopping experience—it's a cultural journey that connects visitors to the heritage and creativity of the First Nations people. Visitors can learn about the history and significance of these creations through informative displays and the welcoming staff, who are passionate about sharing their culture.

- | | | | |
|----------------|---|--------------------|---|
| Date: | Thursday, June 26, 2025 | Inclusions: | Return transportation via deluxe coach, cruise, lunch, visit to Whetung Ojibwa Craft Store, gratuity on meal, driver gratuity, and all taxes. |
| Depart: | 8:30 a.m. Stronach Recreation Complex | Price: | Members: \$160.00 per person Non Members: \$170.00 per person |
| Cruise: | 10:30 a.m. - 12:30 p.m. Enjoy a two hour cruise | To Book: | Sign up at reception or for more information contact Andrew Bailey at 365-500-3160 |
| Lunch: | 12:45 p.m. - 2:00 p.m. Enjoy a delicious meal at Jack's Restaurant. All meals include salad, dessert, tea or coffee. Choice of: 1) Fish & Chips 2) Hot Chicken open face sandwich Meal selection due upon booking. | | |
| Crafts: | 2:30 p.m. - 3:30 p.m. Visit to the Whetung Ojibwa Craft Store | | |
| Return: | Arrival in Aurora approx. 5:30 p.m. | | |



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

Ontario Registration #4281143
Email: craiglugsdin@bellnet.ca
www.yearroundtravel.com

▶ Computer Club Information and Activities

Every Tuesday from 10 to 11 a.m., we do sessions of general interest about everything from using your iPad or phone to keeping your passwords and information safe.

We continue to provide help by appointment on 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. Tuesday morning seminar schedule for April:

- April 1 – General Q&A
- April 8 – Security and Fraud refresh (Doug)
- April 15 - Apple Day (Herb)
- April 22 – Security Cameras Introduction (Doug – Eufy, Herb- Blink)
- April 29 – Libre Office Introduction (Ronen)

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

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

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

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! From Blackjack to Baccarat, Poker, Craps, Roulette and Pai Gow Poker to Caribbean Stud and more, Niagara Fallsview Casino has something for everyone. Pull up a chair at one of over 100 tables and try your luck!

Date: Wednesday, April 9, 2025

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. to receive casino incentive



▶ Tuesday Night Movies at the Centre

April 1 – The Proposal (2009): Sandra Bullock, Ryan Reynolds (PG-13, 108 min, Comedy)

When New York editor Margaret faces deportation, she convinces her assistant Andrew to marry her in return for a promotion. However, when she visits his hometown, it changes her in many ways.

April 8 – The Wizard of Oz (1939): Judy Garland (G, 107 min, Fairy Tale, Family)

Young Dorothy Gale and her dog Toto are swept away by a tornado from their Kansas farm to the magical Land of Oz and embark on a quest with three new friends to see the Wizard, who can return her to her home and fulfill the others' wishes.

April 15 – Wicked (2024): Cynthia Erivo, Ariana Grande (PG, 160 min, Fairy Tale, Musical)*

(*START time will be 5:45 p.m. and an intermission will take place at the halfway mark of the movie)
Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.

April 22 – Sweet Home Alabama (2006): Reese Witherspoon (PG-13, 108 min, Romantic Comedy)

A young woman who has reinvented herself as a New York City socialite must return home to Alabama to obtain a divorce from her husband after seven years of separation.

April 29 – Something's Gotta Give (2006): Jack Nicholson, Diane Keaton (PG-13, 128 min Comedy)

A swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age.

Our Tuesday Night Movies begin at 6:30 p.m. admission is \$1.50 and includes movie, refreshments, and popcorn! Movies are open to members only.

| | | |
|---|--|--|
| <p><u>ASA Board of Directors:</u> President Glen Sharp Vice President Vacant Treasurer Rob Ishoj Secretary Rob Gaby Directors Jim Abram Vern Cunningham Kevin Griffiths Julia Jackson John Scherrer</p> | <p><u>ASA Committees:</u> By-Law Committee John Scherrer—Chair Finance Committee Rob Ishoj—Chair Fundraising Committee Vern Cunningham—Chair Membership & Volunteers Committee Carol Hedenberg—Chair Operations & Activities Committee Julia Jackson—Chair SAGA Committee Jim Abram—Chair Special Events Committee Nandy Singh—Chair</p> | <p><u>Aurora Seniors Centre Staff:</u> Karie Papillon Adult Program Coordinator kpapillon@aurora.ca (365) 500 3159 Andrew Bailey Adult/Older Adult Programmer abailey@aurora.ca (365) 500 3160 Brandie Yorg Seniors Program Assistant byorg@aurora.ca (365) 500 3161 Bill Hawke Primary Facility Operator bhawke@aurora.ca</p> |
|---|--|--|



Seeking Dumbbell donations for our WOW fitness programs. If you have any gently used weights, please drop off at Reception.

Without Walls (WOW):

- Completely free program.
- You do not need to be a member of The Aurora Seniors Centre
- Zoom & Teleconference program options
- Telephone programs are multi-person phone conversations
- Offered 6 days a week, 30-minute programs.

It is a Community Centre from the comfort of home!

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

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

Chair Yoga: Join our Yoga instructor for simple movements and breath work anyone can do from a chair

Coffee Chat: Grab your favourite beverage and join us for a friendly conversation

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

Jeopardy: Trivia questions “Jeopardy” style, grab a pen and paper

Sit & Strong: Working on total body strength all from your chair, having fun along the way. Exercise band and weights optional

Stories & Games: Stories, Biographies, Travelogue, Celebration days, Music and more.

Stretch & Strong: Exercises to strengthen and stretch the entire body. Exercise band optional

Virtual Fun & Games: Various trivia and quizzes

Walking Club Seminar: Different seminar weekly, please see walking club poster in newsletter for monthly line up

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.

Contact Information:

Telephone: 365 500 3161 or Email: wow@aurora.ca

April 2025 WOW CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|---|
| | | April 1 10:00 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z) | April 2 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | April 3 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T) | April 4 3:15 Fun & Games (T) |
| April 6 12:30 Chair Exercise (Z) | April 7 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T) | April 8 10:00 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Coffee Chat (T) | April 9 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | April 10 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T) | April 11 3:15 Fun & Games (T) |
| April 13 12:30 Chair Exercise (Z) | April 14 10:15 Stretch & Strong (Z/T) 3:15 Card Bingo (Z/T) | April 15 10:00 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) | April 16 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | April 17 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T) | April 18 3:15 No Programs (Good Friday) |
| April 20 No Programs (Easter Sunday) | April 21 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T) | April 22 10:00 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Coffee Chat (T) | April 23 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | April 24 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T) | April 25 3:15 Fun & Games (T) |
| April 27 12:30 Chair Exercise (Z) | April 28 10:15 Stretch & Strong (Z/T) 3:15 Jeopardy (Z/T) | April 29 10:00 Chair Yoga (Z/T) 3:15 Virtual Fun & Games (Z) | April 30 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | | |

| Monday 8:30 a.m. to 4:30 p.m. | Tuesday 8:30 a.m. to 9 p.m. | Wednesday 8:30 a.m. to 4:30 p.m. | Thursday 8:30 a.m. to 4:30 p.m. | Friday 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 9:00 Beginner Bid Euchre 9:45 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 12:15 Yoga: Hatha* 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) April 21 1:00 ASA Board of Directors (ATH) | 8:30 Woodcarving 9:00 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminar 10:00 WOW Chair Yoga*(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 Coffee & Conversation 1:45 Get Strong* (ATH) 2:15 Pickleball (Men) 3:00 Chair Fit* (ATH) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving 6:30 Yoga: Sunset* (ATH) 6:30 Beginner Line Dance* | 9:00 Woodshop 9:00 Get Fit* (H) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* 10:00 Snooker League 10:30 Ladies Laugh & Learn* 11:00 French 11:00 Qi-Gong* (ATH) 11:30 WOW Sit & Balance (Z) 12:15 Walk Fit* (AFLC) 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Bridge 1:30 Snooker League April 9 & 23 12:00 Bistro April 16 10:30 All Candidates Meeting April 23 10:30 Blood Pressure Clinic 11:00 Let's Get Acquainted 1:30 Fraud Prevention Workshop | 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 11:00 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:00 Pilates* (ATH) 1:30 Snooker League 2:00 Pilates* (ATH) 2:30 Pickleball (Women) 3:00 Chair Fit* (ATH) 3:15 WOW Chair Yoga (Z/T) 6:30 Yoga: Restorative* (ATH) 7:45 Yoga: Anxiety & Stress* (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 April 4 7:00 Dance April 18 Closed (Good Friday) April 25 All Activities and Programs cancelled (Garage Sale Set-up) |

Please note: Pickleball times and registration are subject to change. Refer to the Pickleball schedule (available at the Centre or auroraseniors.ca)
 Aurora Seniors Centre (905) 726 4767