

Aurora Seniors Association

THE EVERGREEN CHOIR'S 2025

Spring Concert

May 31 at 2 p.m.

Doors Open 1:30 p.m.

Director: Dr. Richard Heinzle

Accompanist: Craig Garnham

Tickets \$5

available May 1 at Reception

Aurora Seniors Centre, 90 John West Way Aurora

905 726 4767, auroraseniors.ca

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15105 YONGE STREET, SUITE 100
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▶ ASA Board of Directors

The first month of spring has come and gone, and for the most part it hasn't felt too spring-like. It is nice to only need a light jacket and not have to think about boots or gloves.

Early in April we held our Annual Volunteer Appreciation lunch at Stonehaven. Our Mayor was there to welcome everyone and was truly amazed at how many volunteers were in attendance. The food was good and the entertainment was energetic and enjoyable. Thank you, volunteers.

As I write this, volunteers are getting ready for our annual Giant Indoor Garage Sale. It's a great fund-raiser and brings together so many members. It's a wonderful event.

Your Board has been very busy during April preparing for our elections. We held a very successful Meet the Candidates event on April 16 with nearly 100 members in attendance. The candidates did a great job fielding questions from our moderator, and the feedback I got from members was very positive. The new members will be introduced and sworn in at our AGM on Wednesday June 11 beginning at 11:00 a.m. Details on the AGM are included in this newsletter.

Each year we allocate a portion of our budget to donate to groups who work with Older Adult populations. This year we supported The Aurora Food Pantry, Southlake Hospital, The Alzheimer's Society, CHATS, Hope House, Doane House Hospice, and Margaret Behan Hospice with donations of \$500 each. We also donated \$500 to sponsor our Aurora Seniors' Centre team for the Walk for Alzheimer's on Saturday May 24. It's a leisurely walk of less than 1.5 kms. around Lake Wilcox. Contact Brandie if you want to join the team or sponsor us.

In the summer months we all enjoy the garden boxes on our deck. If you are interested in one for this year please contact Karie for more information.

Enjoy the warmer weather, there is a great trail system starting right near the Centre with walks of varying lengths to suit everyone or get out on the golf course as they are opening up for the season. Summer seems to fly by so let's make the most of it.

Glen

▶ ASA Giant Garage Sale Thank you

Once again, the ASA spring garage sale was a huge success, and the credit goes to all of our ASA members, Older Adult program and Facilities town staff. You donated your jewelry, books, collectibles, and so much more. You spread the word to your friends and communities so that they could donate and buy. You baked. You moved furniture and set up tables. You received donations. You organized and priced merchandise. You made coffee by the bucketloads and kept the volunteers fed. You assisted the customers and handled their payments. You got the cash counted and into the bank, and cleaned up the aftermath, so that by Monday morning we could function as normal. Congratulations to everyone on a job well done! We all benefit from this boost to program funding, so it's wonderful to see such a high level of engagement in the sale. To steal a phrase from Karie, You rock!



▶ 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: 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

ASA BISTRO

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

\$10 MEMBERS ONLY

MENU

WEDNESDAY, MAY 7

HAM WITH POTATO SALAD AND CORN



WEDNESDAY, MAY 21

**MEATLOAF WITH MASHED POTATOES AND
GRAVY AND VEGGIES**



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

ALL BISTROS WILL BE CATERED BY
HEALTHY NOW

May 7 Bistro tickets are Sold-out
May 21 Bistro Tickets on sale from Monday, May 12 to Friday, May 16
Please Note: two tickets per member and no refunds.





2025 ANNUAL GENERAL MEETING (A.G.M.)
Rob Gaby, Secretary

Our **2025** Annual General Meeting will be held
WEDNESDAY, JUNE 11th starting at **11 a.m.**

This is your opportunity to hear and comment on the year's progress and participate in decisions affecting your Association.

The 2025 A.G.M. will mark 21 years of operation by the Aurora Seniors Association as an incorporated, non-profit organization.

The June 11th, 2025, A.G.M. will be a hybrid version – including in-person and virtual (ZOOM) attendance. Members must have current 2025 membership. Virtual (ZOOM) attendance will require pre-registration by 4:00 p.m. Friday, June 6th. Members can pre-register by phone (905-726-4767) or by email seniorscentre@aurora.ca. A link to the meeting will be e-mailed to pre-registered members prior to the meeting.

We are happy to report that as in previous years, barbecue refreshments will follow the A.G.M. for a cost of \$2.00 for members who attend the meeting. Complete agenda packages will be posted on the Centre's bulletin board, available at the Seniors' Centre Reception desk and on the ASA website - www.auroraseniors.ca - on **Thursday, June 5th, 2025**.

Questions may be put in writing using the Let Us Know form handed to Reception and by e-mail to the ASA President (glens44@hotmail.com) ahead of the A.G.M. Questions regarding ASA Financial Reports should be emailed to: asatreasurer@outlook.com. Questions received by June 6th will be addressed at the meeting. Questions received after June 6th and during the AGM will be addressed and responded to at the first meeting of the 2025-2026 Board.

The following is a general outline of the Agenda for the A.G.M. as detailed in **By-Law #1, Clause 1.17.02 Annual General Meeting**. At the A.G.M., in addition to all other member and Board of Director's business that may be transacted, the agenda will include the following:

- Acceptance of Officers
- The Report of the Directors
- The Financial Statements
- Report from the Auditors
- Auditors' appointment for the ensuing year and their remuneration
- New Business

▶ Town of Aurora Summer 2025 Programs

Registration is currently available for Summer 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	July 8	9:30am-10:15am	\$50.00/8	35103
Tue	July 8	10:30am-11:15am	\$50.00/8	35104

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	July 10	9am - 9:30am	\$29.00/8	35105

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	July 10	9am - 9:30am	\$29.00/8	35106

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	July 8	9am - 9:45am	\$32.00/4	35107
Tue	Aug 5	9am - 9:45am	\$32.00/4	35108

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	July 18	10am - 10:45am	\$45.00/7	35128

HearCANADA will be onsite on Friday, May 23 from 9 a.m. to 3 p.m. They will take a brief case history to understand your hearing health, then will perform an otoscopy to check for cerumen (earwax) and conduct a hearing screening, which is a pass or fail hearing test. If necessary, they will provide primary earwax removal on-site.

A sign-up sheet is available at Reception. Space is limited.



DRAWING FUNDAMENTALS

Age: 55+ years Location: ASC

Overcome your fear of drawing. Truly, anyone can learn to draw. Using a variety of tools each week you will be introduced to technical and creative exercises that will help you develop your drawing skills. Material costs are extra (a list is available at the Seniors Centre, the Aurora Family Leisure Complex and for download - please click the download in the extra details box).

Day	Date	Time	Fee/Class	Code
Wed	July 9	9am - 10:30am	\$105.00/8	35495

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	July 9	9am - 9:45am	\$50.00/8	35125

GET FIT

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Wed	July 9	9am - 9:45am	\$50.00/8	35124

GET STRONG

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

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.

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

Day	Date	Time	Fee/Class	Code
Fri	July 18	11am - 12pm	\$45.00/7	35109

GET STRONG

Age: 55+ Location: Zoom

See description below left.

Day	Date	Time	Fee/Class	Code
Fri	July 18	11am - 12pm	\$52.00/8	35110

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	July 10	9:30am - 10:15am	\$50.00/8	35111

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	July 7	9am - 10am	\$56.00/9	35112

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	June 14	1pm - 5pm	\$60.00/1	35606
Mon	July 21	12:30pm - 4pm	\$60.00/1	35607

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	Jul 8	10:35am – 11:20am	\$50.00/8	35113

PILOGA

Age: 55+ years

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

See description above.

Day	Date	Time	Fee/Class	Code
Tue	July 8	10:35am – 11:20am	\$50.00/8	*35114
Fri	May 9	9:00am – 9:45am	\$50.00/8	^35115

SEATED CORE & PELVIC FLOOR NEW!

Age: 55+ years (LADIES ONLY) Location: ATH

Need to strengthen your core or midsection to help with balance or back pain but can't lie on the floor? Have questions about or a lack of control in your pelvic floor? Join Lucy to learn about how to challenge these areas in ways that feel safe, manageable and in a supportive female only environment.

Day	Date	Time	Fee/Class	Code
Wed	July 16	10am - 10:45am	\$39.00/6	37074

Thanks to everyone for attending our Walking club. We are done for the season, but we'll be back in September 2025.

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	July 10	1:30pm – 2:30 pm	\$38.00/6	*35116
Thu	July 14	9:45am – 10:45am	\$50.00/8	35117

STRETCH & TONE

Age: 55+ years Location: Zoom

(Description Previous page)

*No class: May 19

Day	Date	Time	Fee/Class	Code
Mon	July 10	1:30pm – 2:30pm	\$38.00/6	*35118
Thu	July 14	9:45am – 10:45am	\$50.00/8	35122

WALK FIT

Age: 55+ years Location: ATH

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	July 16	12:15pm - 1pm	\$45.00/7	35119

Our Summer 2025 Virtual All Access Pass will be available for registration in June

WATERCOLOUR – COTTAGE NEW!

Age: 55+ years Location: ASC

This class is for participants with some experience with watercolours. It will concentrate on landscape scenes inspired by cottage country. It will incorporate watercolour skills used for interpreting rocks, lakes, reflections and trees. (Please see supply list online [HERE](#) or pick up at the Seniors Centre for suggested colours.)

Day	Date	Time	Fee/Class	Code
Tues	Aug 6	9:30am - 12pm	\$77.00/4	35612

WALKING SOCCER LEARN TO PLAY NEW!

Age: 55+ years Location: Lind Realty Team Sports Dome

Are you ready to rediscover the joy of soccer in a safe, fun, and friendly environment? Walking soccer is a fantastic way to stay active, meet new friends, and enjoy the beautiful game at a pace that suits everyone. Whether you're a seasoned player or new to the sport, this modified, non-contact version of soccer is perfect for all ages and abilities, especially those with mobility challenges.

Day	Date	Time	Fee/Class	Code
Wed	July 16	12:15pm - 1pm	\$41.00/4	36900

WATERCOLOUR – FLORALS NEW!

Age: 55+ years Location: ASC

This class is for participants with some experience with watercolours. It will concentrate on watercolour florals and will use transparent watercolours to produce luminous watercolour projects. The class will explore both realistic and expressionistic versions of watercolour florals. (Please see supply list online [HERE](#) or pick up at the Seniors Centre for suggested colours.)

Day	Date	Time	Fee/Class	Code
Tues	July 3	10am - 11am	\$76.00/4	35611

YOGA: CHAIR

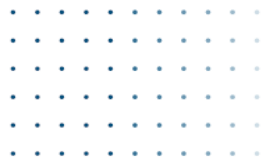
Age: 55+ years Location: ASC

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	July 9	10am -11am	\$50.00/8	35120



LADIES, LAUGH, LEARN



WEDNESDAYS
10:30 A.M - 12 P.M.

STARTING
MAY 21

Ladies, let's connect!

Join us on Wednesday mornings to meet new friends and try different activities. Each week will have social time, light refreshments, and some fun. Something different every week.

Wednesdays 10:30 a.m. - noon
\$15/8 weeks, Limited space available

Register at reception beginning Monday, May 5

friends



WALKING SOCCER LEARN TO PLAY

AT THE LIND REALTY TEAM SPORTS DOME

Walking Soccer is a modified version of the traditional game. It's designed for a slower pace and lower impact, making it accessible to a wider range of ages and abilities. It's a non-contact sport where running and jogging are not allowed, ensuring a safe and enjoyable experience for everyone involved.



- ✓ Wednesday June 4 to June 25
- ✓ 1:30 to 2:30
- ✓ \$41.00 for 4 weeks
- ✓ Register at reception or www.aurora.ca/eplay code# 36900

Program Highlights:

Coaching: Learn from experienced coaches from the Aurora Soccer Club who will guide you through the basics and help you improve your skills.

Drills & Technique: Participate in engaging drills designed to enhance your technique and understanding of the game.

Scrimmage Time: Put your skills to the test with friendly scrimmages that emphasize teamwork and fun.

What You Need:

- Comfortable clothes
- Running shoes
- A big smile and a positive attitude!

✉ Email: seniorscentre@aurora.ca
☎ Phone: 365-500-3161





Older Adult 55+ WALKING SOCCER TRY IT

Walking Soccer is a modified version of the traditional game. It's designed for a slower pace and lower impact, making it accessible to a wider range of ages and abilities. It's a non-contact sport where running and jogging are not allowed, ensuring a safe and enjoyable experience for everyone involved.

COME OUT AND TRY WALKING SOCCER AT THE LIND REALTY TEAM SPORTS DOME!

No experience necessary! All you need is a pair of running shoes. The try-it session is free.

Dates:

May 14 at 1:30 PM

May 21 at 1:30 PM

May 28 at 1:30 PM

Please register at reception to reserve your spot!

Questions please contact seniorscentre@aurora.ca or call 365 500 3161

“ We have a lot of competition among ourselves, which I love because we support our team. Everyone applauds when someone makes a magical play, a great pass, or an outstanding shot. Any age can enjoy it because the spirit is present.”

Fabio Silva, 62
Walking Soccer player



“ People love playing it, and I think once you're hooked on soccer, even from a young age, you're hooked for life. I never thought I'd play soccer again when I quit at 44.”

Walking soccer has been the best thing for us.”

Ernest Pinsky, 67
Organizer of Senior's Walking Soccer Program



“ I had a hip replacement in November of 2021. I mean for about eight or nine months of 2021 (before the operation), I was walking with a cane, so I thought my whole soccer days were all over.”

Four months after having that hip replacement, I was playing walking soccer.”

Mike Davis, 68
Member of the Lakeshore Walking Soccer Program



“ I said no and then she insisted, and I said, 'OK, let's give it a try.' So, a couple of weeks later, we went.”

And I really enjoyed it.”

Alexandro Lynch and Elisabeth Peters, 60
Toronto Walking Soccer Club



AURORA SOCCER CLUB





AURORA SENIORS CENTRE
**WALKING
CHALLENGE**

EVERY STEP COUNTS

COME TO THE FREE SEMINAR IN THE LOUNGE ON
WEDNESDAY MAY 7 AT 1:00
TO LEARN MORE ABOUT THE CHALLENGE
AND TO PICK UP YOUR PACKAGES.
ZOOM LINK AVAILABLE FOR SEMINAR

START
SATURDAY MAY 10

ENDS
FRIDAY JUNE 6

To register contact Brandie

 byorg@aurora.ca

 365 500 3161

DELMANOR
Aurora
Inspired Retirement Living™


AURORA
You're in Good Company

To coincide with our Walking Challenge. On Tuesday, May 13, join us for a Walk and Talk with Lucy in the Lounge at 11 a.m. following the talk we'll head out for a walk from 11:45 a.m. to 12:15 p.m. around the Centre. Light refreshments will be supplied.

**JOIN OUR
TEAM**

THE AURORA SENIORS CENTRE IS WALKING FOR ALZHEIMER'S

Join Our Team and Walk for Alzheimer's!

The Board of Directors donated **\$500.**

Let's raise even more and reach our **\$2000** goal!

To Register:

- Pick up a paper copy at reception
- Online <https://alzheimer.ca/york/en/2025IGWalk> then join team AUROA SENIORS CENTRE

Contact Brandie Yorg: ✉ byorg@aurora.ca ☎ 365-500-3161

Event Details:

Date: Saturday, May 24, 2025

Time: 8:00 AM: Check-In

9:00 AM: Opening Ceremonies

Location: Oak Ridges Community Centre

12895 Bayview Ave, Richmond Hill

Walking Route: Enjoy a scenic, gentle, and paved 1.5 km walk.

Accessibility: The Oak Ridges Community Centre is fully accessible and offers indoor washrooms.

**PLEASE RETURN FILLED
OUT REGISTRATION FORM
TO STAFF**



**IG WEALTH
MANAGEMENT**
**WALK FOR
ALZHEIMER'S**

Alzheimer Society

Saturday

May 24, 2025

Discover

THE DELMANOR DIFFERENCE

Book your tour today!

DELMANOR

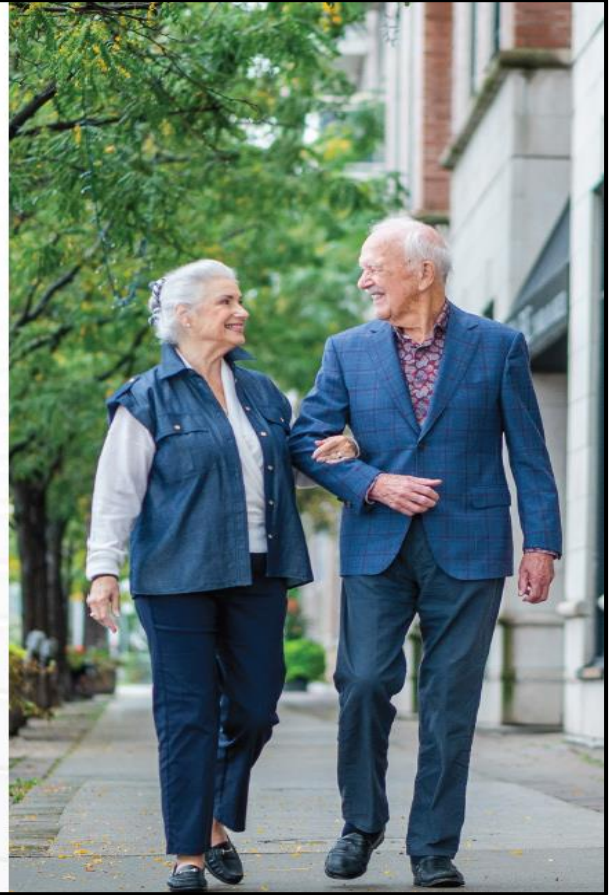
Aurora

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

- May 9 & 23
- June 13 & 27



In May, we'll hold two dances - on May 9 and 23. As usual, we'll play a great mix of moderate tempo and fast tunes, everything from waltz, foxtrot, tango and rumba to salsa, bachata, merengue, Chacha, swing and jive. The dance events start with a line dance lesson at 6:45pm, followed at 7:30pm by ballroom dancing and a few more line dances.

MARQUEE
theatrical productions



Murder in Old Italy



Dinner Theatre

SATURDAY JUNE 14, 2025

CASH BAR AVAILABLE
IN THE LOUNGE STARTING AT 5 P.M.
DINNER THEATRE: 5:30 P.M.

PREVIEW OF THE MENU AVAILABLE AT RECEPTION

Dinner and murder
will be served.

Cash Bar Available

Tickets:
\$45 per person
available May 1

Aurora Seniors Centre
90 John West Way
905 726 4767
auroraseniors.ca

▶ Library News

New Theme

- The new theme is "British Mysteries". See if you can guess who we have chosen. Some old and some new. Check the black shelf above the return box for our mystery selections.

Book and Puzzle Donations

- We are again accepting book donations (both paperback and hardcover) as well as puzzle donations (1000 pieces preferred). Please limit your donations to a small number as we have limited space. We prefer thrillers, novels, biographies and romance books. Other books (cookbooks, children's books, self-help, etc.) will be boxed and saved for our Spring Garage Sale.
- Please contact me by sending a **text to '(416) 433-4881'** or drop by the library if you have any questions.

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 book(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.

Kevin

June is Senior's month!

To celebrate we have several special programs throughout June. Here's a sneak peak with some save the dates and we have many more fun things planned.

- A Fit-a-Thon on Wednesday, June 4 at 1 p.m.
- Brain Fitness Lunch & Learn with Amica on June 18 at 11 a.m.
- Wellness Afternoon with DelManor on June 25 at 1:30 p.m.
- Toronto Blues Jays Day on June 26 at 1 p.m.



Mother's Day LUNCHEON

Craving a unique way to spend Mother's Day? Join us at the Amica Aurora Promenade Presentation Centre to celebrate Mom in style. Enjoy an afternoon of delicious food, live music and laughs as we honour the incredible women in our lives.

Feel free to ask our team any questions you have about our upcoming senior lifestyles residence.

Friday, May 9 | 11:45 a.m. – 2:00 p.m.

PRESENTATION CENTRE
14785 Yonge St. (beside the LifeLabs)

We look forward to seeing you.

Spaces are limited—

PLEASE RSVP BY MAY 5 TO
LESLEY OR LADI at 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. | | |



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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:** Thursday, June 12, 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



FALLSVIEW
CASINO RESORT

NOTE: Passengers must be 19 years of age or older with valid government photo I.D. in order to receive casino incentive

Town of Aurora Trip Etiquette

We hope you enjoy travelling with us! To help make your trip enjoyable we ask you to keep in mind the following:

1. Please let us know on the registration form if you require special seating on the bus.
2. Start and end the day in the same seat on the bus.
3. Our Adult/Older Adult Programmer, Andrew Bailey, travels with our trips. Please bring any concerns to Andrew or contact him at abailey@aurora.ca or 365 500 3160 prior to your trip.
4. Please be on time for the bus.
5. Please adhere to the Town of Aurora Community of Conduct while attending our trips



ASA Special Events Committee

Presents

The Flailing Shilaleighs



Join us for a live performance from The Flailing Shilaleighs specializing in East Coast, Celtic and Irish music.

Light Refreshments and Cash Bar

Friday, June 20

**Event 7 p.m.
Door: 6:30 p.m.**

Location: Aurora Seniors Centre
90 John West Way, Aurora ON L4G 6J1
Tel: 905 726 4767

\$20 Memeber
\$25 Non-Member

Tickets available on Thursday, May 1 at Reception



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

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

May 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>This legend indicates how each WOW program will be available for this month!</p> <p>T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference</p>				<p>May 1 10:15 Sit & Strong (Z)</p> <p>3:15 Chair Yoga (Z/T)</p>	<p>May 2 3:15 Fun & Games (T)</p>
<p>May 4 12:30 Chair Exercise (Z)</p>	<p>May 5 10:15 Stretch & Strong (Z/T)</p> <p>3:15 Fun & Games (T)</p>	<p>May 6 10:00 Chair Yoga (Z/T)</p>	<p>May 7 11:30 Sit, Stand & Balance (Z)</p> <p>3:15 Short Stories & Games (T)</p>	<p>May 8 10:15 Sit & Strong (Z)</p> <p>3:15 Chair Yoga (Z/T)</p>	<p>May 9 3:15 Fun & Games (T)</p>
<p>May 11 12:30 Chair Exercise (Z)</p>	<p>May 12 10:15 Stretch & Strong (Z/T)</p> <p>3:15 Card Bingo (Z/T)</p>	<p>May 13 10:00 Chair Yoga (Z/T)</p> <p>3:15 Coffee Chat (T)</p>	<p>May 14 11:30 Sit, Stand & Balance (Z)</p> <p>3:15 Short Stories & Games (T)</p>	<p>May 15 10:15 Sit & Strong (Z)</p> <p>3:15 Chair Yoga (Z/T)</p>	<p>May 16 3:15 3:15 Fun & Games (T)</p>
<p>May 18 No Programs</p>	<p>May 19 No Programs Happy Victoria Day</p>	<p>May 20 10:00 Chair Yoga (Z/T)</p>	<p>May 21 11:30 Sit, Stand & Balance (Z)</p> <p>3:15 Short Stories & Games (T)</p>	<p>May 22 10:15 Sit & Strong (Z)</p> <p>3:15 Chair Yoga (Z/T)</p>	<p>May 23 3:15 Fun & Games (T)</p>
<p>May 25 12:30 Chair Exercise (Z)</p>	<p>May 26 10:15 Stretch & Strong (Z/T)</p> <p>3:15 Jeopardy (Z/T)</p>	<p>May 27 10:00 Chair Yoga (Z/T)</p> <p>3:15 Virtual Fun & Games (Z)</p>	<p>May 28 11:30 Sit, Stand & Balance (Z)</p> <p>3:15 Short Stories & Games (T)</p>	<p>May 29 10:15 Sit & Strong (Z)</p> <p>3:15 Chair Yoga (Z/T)</p>	<p>May 30 3:15 Fun & Games (T)</p>

▶ Computer Club Information and Activities

Every Tuesday from 10a-11a 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 1p and 3p. 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 May:

- May 6 – General Q&A (Intro to Windows Hello)
- May 13 – Linux Basics (upgrading a Windows 10 computer) (Bob)
- May 20 - Apple Day (Herb)
- May 27 – Everyday uses of CoPilot (Doug)

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

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

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

GARDEN BOXES

Applications available
Thursday, May 1



We have 20 garden boxes available for members to use on the deck. We provide the box, soil, garden tools, and water. You provide the plants and/or seeds, and creativity. Boxes are only available to members, and priority will be given to those without access to greenspace (i.e. back yard). Boxes will be available for planting between Victoria Day and Thanksgiving.

Questions? Contact Karie at kpapillon@aurora.ca or

▶ Tuesday Night Movies at the Centre

May 6 – Conclave (2024): Ralph Fiennes (PG-13, 120 min, Drama)

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue that could shake the very foundation of the Catholic Church.

May 13 – A Complete Unknown (2024): Timothée Chalamet (R, 141 min, Docudrama)

***6:15 p.m. Start Time**

In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world.

May 20 – Shall we Dance (2004): Richard Gere, Susan Sarandon (PG-13, 106 min, Romantic Comedy)

A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons.

May 27 – Miss Pettigrew Lives for a Day (2008): Amy Adams (PG, 92min, Romantic Comedy)

Guinevere Pettigrew, a middle-aged London governess, finds herself unfairly dismissed from her job. An attempt to gain new employment catapults her into the glamorous world of an American actress.

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

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

with the nicer weather approaching, our bocce courts will be getting prepared for play in June. Keep an eye around the Centre for more information.

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)	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 Snooker League 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 1:45 Choir 2:00 Knitting* 3:15 WOW Stories/Games (T) <u>May 7 & 21</u> 12:00 Bistro <u>May 7</u> 1:00 Walking Challenge Seminar <u>May 14, 21, 28</u> 1:30 Walking Soccer Try-it <u>May 21</u> 10:30 Blood Pressure Clinic	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 <u>May 2</u> 6:30 Trivia Night <u>May 9 & 23</u> 7:00 Dance
<u>May 27</u> 1:00 ASA Board of Directors (ATH)				

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