CANCELLATION NOTICE

DUE TO LOGISTICAL CHALLENGES THE SENIORS CENTRE STAFF HAVE MADE HE DIFFICULT DECISION TO CANCEL THIS YEAR'S ACTIVE LIVING FAIR.

THE LIND
REALTY TEAM INC.
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BROKERAGE

It has been said that it's a beautiful thing when a career and a passion come together and this rings true for REALTOR® Lenard Lind who has been providing "Service with Professionalism" in Aurora and the surrounding areas for over 30 years

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BROKER OF RECORD & OWNER
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THE LIND
REALTY TEAM INC.
SERVICE WITH PROFESSIONALISM
BROKERAGE
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WWW.LINDREALTY.CA

From Town Staff – Parking Lot Update

Important Seniors Centre Parking Lot/Construction update:

The South parking lot is nearing completion, and we are anticipating reopening of the South lot the week of September 14 (date subject to Change).

Following the opening of the Lot work will continue in the Town Hall North Lot as well as the Reflection space in front of Town Hall.

During September/October further improvements will be made to the John West Way sidewalk, John West Way Road as well as the Seniors Centre's Roof which will result in some temporary disruptions with areas and access being fenced off for safety. Signage will be posted and up to date communication will be sent out.

See the latest update on the parking lot at https://engageaurora.ca/townhallparking

Thank you for your understanding and continued support during this important work.

See staff if you have any questions.

ASA Board of Directors

I can't believe that we are heading into the last month of summer. We don't seem to get much of a fall season anymore, but let's hope that this year is an exception. It can be a really pleasant time.
The parking lot project is coming along on schedule, and we expect completion by mid-September. I am going to be interested to see the new design which gives us thirteen more parking spaces. Please continue to be mindful of parking in designated areas only. I know of a couple of vehicles ticketed for parking too close to the fire hydrant on John West Way. You need at least ten feet of clearance on either side of the hydrant. There is additional construction planned for John West Way, but the Centre will remain open throughout. This work won't begin until the parking lot is completed. Thank you all for your patience during the construction.
The Men's Shed program celebrated its third anniversary in August. In addition to our twice weekly meetings, we now go on walks, play bocce, golf, and have attended a couple of Blue Jay games.
We have had recent inquiries about activity fees for ASA programs. Members participating in an ASA programs are expected to pay $1.00. This is a daily fee which allows the member to attend multiple programs on the same day. There are options on how to pay:

1. Drop a loonie in the box at reception when you check in.
2. Buy a 12-visit card for $10.
3. Buy a gold card for $100 which gives you access for the calendar year. This option has grown in popularity because of convenience, and it can save money depending on how often you come to the Centre.

Activity fees are an important source of revenue for the Centre. Last year they amounted to $31,454.00 or 14% of our total revenue. The fees contribute towards our annual lease/partnership agreement with the Town which amounts to just over $53,000.00 annually, and to the purchase of program supplies for ASA activities.
Note: this does not include programs run by the Town which have a separate fee structure.
In a previous note, I outlined the committees the ASA has which help to guide decisions of the Board. They are Fund-raising, Special Events, Operations and Activities, Seniors' Affairs, Grants and Donations, By-law, Membership and Volunteers and our newly formed IT committee. Members are welcome to attend meetings as non-voting guests. We will be providing details on where and when the various committees meet. Please feel free to join us.
The Centre will be back in full swing very soon and we look forward to a great fall with our new parking lot.

Glen Sharp – ASA President

FRIENDLY REMINDER

- Working Dogs Only: Only service animals are permitted inside the Seniors Centre.
- Do Not Distract: Please do not pet or talk to service dogs while they are on duty.
- Pets at Home: We love your pets, but please keep them at home to ensure the comfort of all members

AURORA SENIORS' CENTRE

OPEN HOUSE

WEDNESDAY
Oct 7
10 a.m. to 2 p.m.

Aurora Seniors' Centre
90 John West Way, Aurora
aurora.ca/ActiveSeniors

- VISIT US AND SEE ALL WE HAVE TO OFFER!
- TAKE A TOUR AND MEET OUR VOLUNTEERS.
- REFRESHMENTS WILL BE AVAILABLE!

For more information call 365-500-3342 or email seniorscentre@aurora.ca

AURORA

Aurora Seniors Association

ATTENTION ALL VOLUNTEERS!

We Need Your Help!

We are creating a new volunteer database and need **ALL** current volunteers to complete an updated Volunteer Application Form.

1. Pick up your form at Reception
2. Complete and return it by October 8, 2026

Even if you are already volunteering with us, we require a new form to ensure our records are accurate and up to date.

Thank you for your continued commitment to the Aurora Seniors Centre. We could not do it without our amazing volunteers!

Aurora Seniors Association

Half Price Membership

Starting July 1 the ASA is offering NEW & RENEWAL memberships for half price. This is a perfect time for your friends and neighbours to join and see how amazing our Centre is.

Residents: $17.50

Non Residents: $25.00

GOOD UNTIL DECEMBER 31, 2026

WE ARE EXCITED TO ANNOUNCE OUR ACTIVE LIVING FAIR SEMINAR SCHEDULE!

Smart and Safe: Artificial Intelligence for Older Adults with Einat Sandler Leib
9:20 a.m. – 10 a.m.
Join this beginner-friendly seminar for older adults and learn how artificial intelligence can make everyday life easier. Discover practical uses for AI, including finding information, writing messages, staying organized, and keeping in touch with family and friends. We'll also cover online safety, privacy, and responsible AI use. No experience is needed, and participants will receive take-home resources. Come learn, ask questions, and build confidence in today's digital world. This seminar is sponsored by Amica Aurora

Conversations with a Downsizer with Arlene Stephenson from Downsizing Diva
10:15 a.m. to 10:55 a.m.
Arlene Stephenson is a senior move manager and owner of Downsizing Diva who helps older adults downsize and move. Over the past 10 years she has helped over 300 people clear out the clutter and move forward with their lives. Please join Arlene for a lively and informative conversation about how to clear out the clutter in your home and what to do with all that wonderful stuff that needs a new home!

Blood Pressure Clinic from Chartwell Retirement Residence
10:30 a.m. to 11:30 a.m.

From Confused to Confident: Reading Food Labels with Shawn
11:10 a.m. to 11:50 a.m.
Food labels don't have to be confusing! Join me for a practical, easy-to-understand seminar where you'll learn how to quickly make sense of ingredient lists, Nutrition Facts tables, serving sizes, sugars, fibre, sodium and those sometimes-misleading claims on the front of the package. Come away feeling more confident about the choices you make every time you shop.

Please Note – if you cannot attend the Fair in-person, a Zoom link will be sent out the day before the event.

LIVING WELL SERIES

NEW THIS FALL

Whether you are looking to start or maintain a healthier lifestyle, this program will support and inspire you every step of the way. Discover practical strategies for healthy eating, staying physically active, and enhancing your mental and emotional well-being, all in a motivating and supportive environment.

8 - week Program
October 14th - Dec 2nd 2026
Wednesdays 1-2:30 p.m.
Aurora Family Leisure Complex
$20.00/8 sessions

Register Today

Online: www.aurora.ca/eplay Code: #41082

Registration forms available at the Aurora Seniors Centre Reception

Town of Aurora FALL 2026 Programs

Fall 2026 Town Program Registration

Registration is now OPEN
How you can 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

LEGEND
ASC – Aurora Seniors Centre
ATH – Aurora Town Hall
AFLC – Aurora Family Leisure Centre
Sports Dome – Lind Realty Sports Dome

BALANCE IMPROVEMENT

Age: 55+ years Location: ASC

This class uses practical and simple exercises using a sturdy chair. Achieve improved balance for everyday activities. Gain strength and confidence to maneuver through tasks, such as getting out of your chair, stepping over a curb and more.

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	9:30am- 10:15am	$77/12	40113
~~Tue~~	~~Sept 22~~	~~10:30am- 11:15am~~	~~$77/12~~	Full

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 get a taste of several popular dances like the cha-cha, rumba, mambo, merengue and foxtrot. This course will be taught by a couple so that participants may fully benefit from perspectives of both the leader and the follower. Prior dance experience is not necessary. Partners are required for this program.
*No Class Oct 21

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	7:30pm - 8:30pm	$110/ 9 per person	40098

BALLROOM & LATIN DANCE LEVEL 2

Age: 18+ years Location: ASC

Focusing on "dancing for fun", this program will develop dance skills and steps previously taught in the Beginners level. Some new dances will be introduced such as the waltz, swing, samba, quickstep, salsa, cumbia or bachata. This course is taught by a couple so that participants fully benefit from perspectives of both the leader and the follower. "Ballroom & Latin Dancing Beginners" or previous dance experience are preferred prerequisites for this class. Partners are required. *No Class Oct 21

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	8:30pm – 9:30pm	$112/9 per person	40099

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 in order to provide in-depth instruction for each of the dance styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course. Partners are required. *No class Oct 12, 19 & 26

Day	Date	Time	Fee/Class	Code
Mon	Sept 14	7:30pm – 8:30pm	$114/9 per person	40100

BALLROOM & LATIN DANCE LEVEL 4

Age: 18+ years Location: ASC

The Level 4 program will continue to offer more technique and figures to the dance styles in Level 3. This class will focus on two or three dances per session, in order to provide in-depth instruction for each style. Several sessions of Level 3 would be the preferred prerequisite for this course. Partners are required. *No class Oct 12, 19 & 26

Day	Date	Time	Fee/Class	Code
Mon	Sept 14	8:30pm – 9:30pm	$116/9 per person	40149

BARRE FOR BETTER BALANCE

Age: 55+ years Location: ATH

A low-impact barre class specially designed for older adults to improve strength, balance, posture, and flexibility in a safe and supportive setting. Using a chair for stability, participants will perform controlled movements inspired by ballet and functional fitness. The class focuses on building flexibility, core and lower-body strength, enhancing coordination, and supporting everyday mobility. Modifications are offered throughout the class, making it suitable for a variety of fitness levels. No dance experience is required.

We will be having a FREE TRY IT class on Wednesday September 16, at 12:30

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	12:30 – 1:15	$77/12	40150

BASIC CARDIO – HYBRID (in person ASC & 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: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. These classes are part of our Virtual All Access Pass.

Day	Date	Time	Fee/Class	Code
Thurs	Oct 1	9am - 9:30am	$44/12	40115

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. *No class Oct 20

Day	Date	Time	Fee/Class	Code
~~Tue~~	~~Sept 22~~	~~9am - 9:45am~~	~~$77/12~~	FULL

CHAIR FIT: SIT & STAND

Age: 55+ years Location: ATH

This gentle fitness class offers low-impact cardio and strengthening exercises performed both seated and standing. Participants will use a variety of equipment including light weights, resistance bands, and small balls to improve balance, mobility, and flexibility. Ideal for those new to fitness or looking to stay active in a safe and supportive setting.

We will be having a FREE TRY IT class on Tuesday September 15, at 3:00

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	3pm – 3:45pm	$77/12	40117

CHAIR: GENTLE EXCERCISE

Age: 55+ years Location: ASC

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.

Day	Date	Time	Fee/Class	Code
Fri	Sept 25	10am - 10:45am	$77/12	40119

CORE ON THE FLOOR

Age: 55+ Location: ATH

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/Cl	Code
~~Tues~~	~~Sept 22~~	~~1pm – 1:30pm~~	~~$44/12~~	Full

NEW DELIGHT

Age: 55+ Location: ZOOM

We are excited to partner with the Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program, a FREE zoom-based program led by a registered group fitness instructor. Program runs for 8 weeks with two weekly sessions (30 mins exercise + 30 mins social learning) designed for individuals living with dementia, care partners, and those seeking preventative strategies.

Day	Date	Time	Fee/Cl	Code
Mon & Wed	Oct 19	11am – 12pm	FREE	41081

NEW FIT & BALANCED
Age: 55+ Location: AFLC
Enjoy a full body workout that combines light cardio, strength training, and balance to improve muscle strength, coordination, and stability while keeping you moving in a fun and supportive atmosphere.
We will be having a FREE TRY IT class on Monday September 21 at 10:45am

Day	Date	Time	Fee/Cl	Code
Mon	Sept 28	10:45am – 11:30am	$70/11	41246

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: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. These classes are part of our Virtual All Access Pass.*No class Wed Oct 7 & 21

Day	Date	Time	Fee/Class	Code
~~Wed~~	~~Sept 30~~	~~9am – 9:45am~~	~~$70/11~~	Full
~~Fri~~	~~Oct 2~~	~~9am – 9:45am~~	~~$77/12~~	Full

GET STRONG
Age: 55+ Location: ATH
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~~	~~Sept 22~~	~~1:45pm – 2:45pm~~	~~$77/12~~	Full

GET STRONG
Age: 55+ Location: Hybrid (In-Person ASC and ZOOM)
See Above Description
Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. These classes are part of our Virtual All Access Pass. *We will be having a FREE TRY IT class on Friday September 18 at 11:00 a.m.*

Day	Date	Time	Fee/Class	Code
Fri	Sept 25	11am – 12pm	$77/12	40124

KNITTING: CIRCLE
Age: 55+ years Location: ASC
Aurora is fortunate to have several non-profit organizations, service groups and volunteer organizations which provide a variety of services to our community. Many welcome our help with donations of handknit items. In this free class, most supplies are provided free to knitters who would like to knit for charities, and knitters will have a variety of projects to choose from. It is not a learn to knit class. Please bring a selection of needles and usual knitting implements, yarn will be provided for free.

Day	Date	Time	Fee/Class	Code
Tues	Oct 6	2:30 pm– 3:45pm	Free/8	40155

KNITTING LEARN TO KNIT – Step 1
Age: 55+ years Location: ASC
A simple knit square or rectangle can become a button cowl, fingerless gloves or hat. In this LEARN TO KNIT class, you will learn several necessary basic skills to get started knitting; understanding yarn & gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practiced while knitting three small projects – a dishcloth, fingerless mitts and a cowl. Participants need no prior experience knitting. **Note: There is a $25 fee, payable to the instructor, at the first class for supplies. This fee covers needles and yarn suitable for the three class projects.**

Day	Date	Time	Fee/Clas	Code
Wed	Sept 23	2:30pm – 3:45pm	$10.00/3	40125

KNITTING: LEARN TO KNIT – STEP 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, 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 Part 1.

Day	Date	Time	Fee/Class	Code
Wed	Oct 28	2:30 pm– 3:45pm	$45.00/4	40126

KNITTING: LEARN TO KNIT MITTENS
Age: 55+ years Location: ASC
Everyone enjoys the cozy warmth of a pair of hand knit wool mittens. In this class you will learn a good basic mitten. You will also learn adjustments/techniques which will allow you to create various styles of mitts – fingerless, felted, thrummed. This is an advanced beginner class - Students must be proficient in basic knitting skills. Students need 100 grams worsted weight yarn and a set of 4mm double pointed needles.

Day	Date	Time	Fee/Class	Code
Wed	Oct 28	9:45 am– 11am	$45.00/4	41193

KNITTING MOSAIC & SLIP STITCH
Age: 55+ years Location: ASC
A current, popular trend is color knitting using 2 related knitting techniques, mosaic and slip stitch knitting. Both differ from stranded colour work where 2 or more colours are knit together in the same round or row. Mosaic and slip stitch are easier in that only one colour is knit at a time and designs are usually charted. Check patterns called Shift, Nightshift., Swell or Hearthstone Wrap on Ravelry to see interesting examples of these techniques. This class will focus on techniques with suggestions given for projects knitters might try. Supplies needed are 3 or 4 different colours of yarn, preferably the same weight, proper sized needles for your yarn and other usual knitting implement, scissors, stitch markers.
*No class Oct 7

Day	Date	Time	Fee/Clas	Code
Wed	Sept 23	9:45am - 11am	$45/4	40156

KNITTING: PROJECTS
Age: 55+ years Location: ASC
This class does not have a set agenda. It is an opportunity to get help with projects from previous knitting classes. Participants will be provided with a varied selection of patterns. They will be able to select projects they would like to try. They will learn what is involved in the pattern, then use class time to get help with any problem areas. Some printed notes will be shared in class, however the majority of information will be shared online or by links to Ravelry, which is a free knitting app. Participants must have internet access and a printer.

Day	Date	Time	Fee/Class	Code
~~Tues~~	~~Sept 22~~	~~9:45am – 11am~~	~~$45/4~~	Full
Tues	Nov 3	10am – 11:15am	$45/4	40128

NEW LEARN TO SWIM FOR ADULTS
Age: 40+ years Location: AFLC DESJARDIN POOL
These lessons are for adults, taught by adults. On the first day, you will be screened and grouped with other adults of similar swim abilities. Work at your own pace and learn to be safe while having fun developing your skills and fitness!
We will be holding an information seminar in the lounge at the Auora Seniors Centre LEARN TO SWIM: ASK THE SWIM INSTRUCTOR September 18, 10am registration required wow@aurora.ca or at reception.

Day	Date	Time	Fee/Class	Code
Fri	Oct 2	9:15 - 9:45am	121.50/10	40314
Fri	Oct 2	9:45 -10:15am	121.50/10	40315
Fri	Oct 2	10:15 - 11:45am	121.50/10	40316

LINE DANCING FOR BEGINERS
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.
*No class Oct 20

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	6:30pm – 7:30pm	$70/11	41078

NEW LIVING WELL SERIES
Age: 55+ years Location: ASC
Join our 8-week Healthy Living program! Whether you are looking to start or maintain a healthier lifestyle, this program will support and inspire you every step of the way. Discover practical strategies for healthy eating, staying physically active, and enhancing your mental and emotional well-being, all in a motivating and supportive environment.

Day	Date	Time	Fee/Class	Code
Wed	Oct 18	1pm – 2:30pm	$20/8	41082

MENS FIT
Age: 55+ years Location: ATH
This exercise class is designed specifically for men looking to maintain and build their physical health. The focus is on your full body: building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. The instructor guides a series of exercises using weights, resistance bands, bodyweight movements and other materials. Exercises target all the major muscle groups including arms, legs, back, chest, and core. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate. *No Class Oct 12
We will be having a FREE TRY IT class on Monday, September 14 at 9 a.m. and Thursday, September 17 at 9:30 a.m.

Day	Date	Time	Fee/Clas	Code
Mon	Sept 21	9am – 9:45 am	$77/12	40129
Thurs	Sept 24	9:30am – 10:15am	$77/12	40130

MOVE & TONE
Age: 40+ years Location: ZOOM
This fitness class is offered through Zoom only. Participants will improve their cardiovascular endurance and strength, while toning their body through light weights and resistance bands. No class Oct 12

Day	Date	Time	Fee/Class
Mon	Sept 21	9:00 a.m. – 10:00 a.m.	Included in all access virtual pass

HearCANADA will be onsite Tuesday, October 6th from 9:00 a.m. - 3:00 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.

Sign-up by email wow@aurora.ca or a sign-up sheet is available at Reception. Space is limited

Hear CANADA

Osteoporosis Exercise: Strong & Steady
Age:55 + years Location: ATH
This therapeutic exercise class is designed for individuals with osteoporosis or osteopenia who want to stay active and build strength safely. Using light weights, resistance bands, Pilates balls, and other supportive equipment, the class focuses on improving posture, balance, coordination, and overall body strength, with gentle stretching included. Exercises are performed at a comfortable, steady pace, with options provided to accommodate individual needs.
We will be having a FREE TRY IT class on Wednesday September 16 at 1:30 p.m.

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	1:30pm – 2:15pm	$77/12	40163

PAINT & SIP
Age:18 + years Location: ASC
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. A copy of each painting will be available at the ASC.

Join	Date	Time	Fee/Class	Code
Sat	Sept 26	1pm – 5pm	$70.00/1	40161

PILATES FOR OLDER ADULTS
Age: 55+ years Location: ATH
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.

We	Date	Time	Fee/Class	Code
~~Thurs~~	~~Sept 24~~	~~1pm - 1:45pm~~	~~$94/11~~	Full

PILATES FOR MEN
Age: 55+ years Location: ATH
This low-impact mat Pilates class is designed specifically for men who want to move better, feel stronger, and protect their backs and joints. The class focuses on building a strong core, improving posture, and increasing flexibility in tight areas like hips and hamstrings. Exercises are performed on the floor using a mat. Movements support real-life activities such as bending, lifting, and staying steady on your feet. Beginner friendly no experience required.
We will be having a FREE TRY IT class on Thursday, September 17 at 2:00 p.m.

Day	Date	Time	Fee/Class	Code
Thurs	Sept 24	2 pm– 2:45pm	$94/11	40158

PILOGA
Age: 55+ years Location: ASC (Mon) & AFLC (Fri)
This class is designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to help burn fat.
*No class Oct 12

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	9am – 9:45am	$70/11	40133
Fri	Sept 25	9am – 9:45am	$77/12	40131

PILOGA
Age: 55+ years Location:(In-Person ASC and ZOOM)
See description above
Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. This class is part of our Virtual All Access Pass. *No class Oct 20

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	11am – 11:45am	$70/11	40132

QI-GONG
Age: 55+ years Location: ATH
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~~	~~Oct 7~~	~~11:30m – 12:15pm~~	~~$63/10~~	FULL

QI-GONG & YOGA BLENDED
Age: 55+ years Location: ATH
Both practices of Qigong and Yoga offer so many benefits to your health and vitality. Imagine how amazing you can feel when combining the two modalities. Each session begins with breath awareness, follows with a gentle yoga warm-up and a qigong flow to balance the energy. A final relaxation follows to allow you time to fully absorb the benefits of your session. Please bring a yoga mat to the class. There will be standing and floor work involved.
*No Class Oct 12
We will be having a FREE TRY IT class on Monday, September 14 at 2:00 p.m.

Day	Date	Time	Fee/Clas	Code
Mon	Oct 5	2pm – 3pm	$63/10	40135

STRETCH & TONE
Age: 55+ years Location: (In-Person ASC and ZOOM)
This class is designed for functional fitness. Functional fitness prepares and enhances the body for real life movement, and to make daily motions easier and safer. We use exercises that push, pull, bend, reach, and core exercises to keep you balanced and limber. Light weights, bands and body weight exercises will be incorporated. Real life strength and wellness! **Note:** Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. These classes are part of our Virtual All Access Pass.
*No Class Oct 12, 19, 26 and Nov 16

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	1:30pm – 2:30pm	$56/9	40136
~~Thurs~~	~~Oct 1~~	~~9:45am – 10:45 am~~	~~$77/12~~	FULL

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. Bring your water bottle and be ready to have fun! Please meet in 3rd floor program room on the first day. *We will be having a FREE TRY IT class on Wednesday, September 16 at 12:15 p.m.*

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	12:15pm – 1pm	$77/12	40138

WALKING SOCCER FOR OLDER ADULTS
Age: 55+ years Location: SD
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. What You Need:
Comfortable clothes
Running shoes
A big smile and a positive attitude!
Come and learn the basics, enjoy the camaraderie, and have a great time with walking soccer. We can't wait to see you on

the field! *We will be having a FREE TRY IT class on Wednesday, September 16 at 1:00 p.m.*

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	1pm – 2:30pm	$100/12	40139

YOGA: CHAIR YOGA
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~~	~~Sept 23~~	~~10am - 11am~~	~~$77/12~~	Full

YOGA: CHAIR MOVEMENT & MEDITATION
Age: 55+ years Location: ATH

How many times is your body in one place and your mind somewhere else? Learn how to connect the two so you enjoy life being fully present. Living with awareness of the moment and not being engrossed or obsessed about the future that can sometimes make us anxious and missing precious moments. Combined with traditional Chair yoga we will turn off the autopilot, find our breath and expand our awareness. We'll put our attention and focus on noticing and feeling what the body and mind does while engaging in movement. The goal is to take this practice off the chair so you can be fully present, engaged, grateful and fully aware while living the moments of your life.

We will be having a FREE TRY IT class on Thursday, September 17 at 11am

Day	Date	Time	Fee/Class	Code
Thurs	Sept 21	11am – 12pm	$77.00/12	40141

YOGA: HATHA
Age: 55+ years Location: ASC

These classes will greatly benefit for 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.

We will be having a FREE TRY IT class on Monday, September 14 at 12:15pm

*No Class Oct 12, 19, 26 and Nov 16

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	12:15-1:15pm	$50.00/8	40142

NEW YOGA: INTRODUCTION TO CLASSICAL HATHA
Age: 55+ years Location: ATH

These classes will greatly benefit for 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.

We will be having a FREE TRY IT class on Monday, September 14 at 10:30am

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	10:30am to 11:30am	$70/11	41099

YOGA: MAT & MEDITATION
Age: 40+ years Location: ATH

Join this unique mix of Mat Yoga and Meditation. The first half of the practice will concise of gentle and relaxing yoga movement on the mat. The use of provided blocks, straps, bolsters and blankets will enhance the experience. Stretches and yoga poses will improve flexibility and cultivate a calming breath helping with anxiety and stress. The second half will flow into a mindful and guided meditation. Yoga Nidra will be introduced about week 5. Yoga Nidra, or yogic seep is a powerful technique to slow down the body and mind to a state between waking and sleeping. This practice is a treat to the body and soul. Yoga experience is not necessary. Dress comfortably and bring a yoga mat and a cozy blanket.

We will be having a FREE TRY IT class on Tuesday September 15 at 11am

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	11am – 12pm	$77.00/12	41077

YOGA: RESTORATIVE
Age: 40+ years Location: ATH

Not your traditional yoga practice. This practice treats you to conscious relaxation and healing, using props in every posture to support your muscles in gentle comfortable positions. Poses will be held for 3-10 minutes, giving your body time to relax, so your mind can enter a quiet meditative state. Just a few of benefits of restorative yoga are it deeply relaxes the body, stills a busy mind, balances the nervous system and releases muscular tension, improving mobility and flexibility. Please bring a yoga mat, bath towel, two blankets and a sleep eye mask or wash cloth. Bolsters, straps and yoga block are provided but please feel free to bring you own if you wish.

We will be having a FREE TRY IT class on Tuesday September 15 at 7:45pm

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	7:45pm – 8:45pm	$70.00/11	40143

YOGA: SUNSET
Age: 40+ years Location: ATH

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	Sept 22	6:30pm – 7:30pm	$70.00/11	40144

ZUMBA GOLD
Age: 40+ years Location: (In-Person ASC and ZOOM)

The design of the class introduces easy-to-follow Zumba; choreography to a Latin and World rhythms that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong **Note:** Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. This class is part of our Virtual All Access Pass. *No class Oct 21

We will be having a FREE TRY IT class on Tuesday September 15 at 10am

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	10am – 10:45am	$70/11	40145

ZUMBA GOLD TONING
Age: 40+ years Location: ASC

Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba Gold-Toning blends the Zumba; party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks or light hand weights to shake up and tone up those muscles! *No class Oct 21

We will be having a FREE TRY IT class on Tuesday September 15 at 9am

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	9am – 9:45am	$70/11	40146

VIRTUAL ALL-ACCESS PASS NEW
Enjoy Our Fitness Classes Virtually at Home!
VIRTUAL FITNESS: ALL-ACCESS PASS
Age: 40+ years Location: ZOOM

Our All-Access Pass allows you to join virtually to any fitness classes. Attend as many classes and you wish during the season. 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 10:00 a.m. Zumba Gold
Tuesday 11:00 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

	Date	Time	Fee/Class	Code
M-F	FALL	See schedule	$77/12	40102

CHARTwell

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

Aurora Seniors Association

FRIDAY NIGHT DANCES!
WE NEED YOUR INPUT

Want to see Friday Night Dances return to the Aurora Seniors Centre? We need your voice!

Join us for an **open meeting on Thursday, September 17 at 10:00 a.m. in the Wycliffe Room** to share your ideas, opinions, and suggestions for bringing back Friday Night Dances.

Whether you're a longtime dancer, a volunteer, or simply interested in seeing these popular evenings return, we encourage you to attend. We are looking for enthusiastic individuals who want to help shape the future of the dances and potentially become part of a new committee.

🗓️ **Thursday, September 17**
🕙 **10:00 a.m.**
📍 **Wycliffe Room**

Everyone is welcome! Come share your thoughts and help get Friday Night Dances back on the dance floor.

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

Mid Autumn Moon Festival

WEDNESDAY, SEPTEMBER 23 AT 10 A.M.

tickets available at Reception.

Join us in the West McKenzie at the Centre for a festive morning of fun entertainment as we celebrate the Mid Autumn Festival

FREE

Dynamic Downsizers™

Moving You From Overwhelmed to Overjoyed™

- ✓ PACK
- ✓ MOVE
- ✓ SETUP
- ✓ DECLUTTER

When You're Ready
Contact Us: 416-288-8368
hello@dynamicdownsizers.com | www.dynamicdownsizers.com

Aurora Seniors Association Fundraising Committee

NEEDS YOUR HELP

OUR HOLIDAY MARKET IS FAST APPROACHING AND WE NEED SILENT AUCTION ITEMS:

HOW CAN YOU HELP?

Please consider donating yourself or asking your favourite local businesses (hair stylist, barber, fitness studio, massage therapist, coffee shops etc.) to support our event by donating:

- Gift Cards
- Gift Baskets
- Products or services
- New Items in original packaging

WHY THIS IS IMPORTANT?

The Silent Auction is one of our biggest fundraisers and helps support many of our programs and events, including: Christmas lunches, Bistro, Activity supplies and much more.....

ALL ITEMS CAN BE DROPPED OFF AT RECEPTION FROM SEPTEMBER 8 TO SEPTEMBER 18

Monday September 14th

Men's Fit (ATH) 9:00 a.m.
Intro to Hatha Yoga (ATH) 10:30 a.m.
Hatha Yoga (ASC) 12:15 p.m.
Qi Gong & Yoga Blend (ATH) 2:00 p.m.

Tuesday September 15th

Zumba Toning (ASC) 9:00 a.m.
Zumba GOLD (ASC) 10:00 a.m.
Mat & Meditation (ATH) 11:00 a.m.
Chair Fit: Sit & Stand (ATH) 3:00 p.m.
Restorative Yoga (ATH) 7:45 p.m.

Wednesday September 16th

Walk Fit (AFLC) 12:15 p.m.
Barre for Better Balance (ATH) 12:30 p.m.
Walking Soccer (LIND) 1:00 p.m.
Osteoporosis Exercise (ATH) 1:30 p.m.

AURORA
You're in Good Company

Thursday September 17th

Men's Fit (ATH) 9:30 a.m.
Chair Movement & Mindfulness (ATH) 11:00 a.m.
Pilates (ATH) 1:00 p.m.
Pilates for Men (ATH) 2:00 p.m.

Friday September 18th

Get Strong (ASC) 11:00 a.m.

Monday September 21st

Fit & Balanced (AFLC) 10:45 a.m.

JOIN US IN THE LOUNGE OR ON ZOOM FOR "ASK THE SWIM INSTRUCTOR"

If learning to swim is on your list, or if you have ever felt unsure in the water, come chat with our Swim Instructor and discover how our adult swim program run by adults can help.

Join us Friday September 18th
at 10:00 a.m. in the lounge for
Learn to Swim: Ask the Swim Instructor
Registration is required
email wow@aurora.ca or sign up at reception

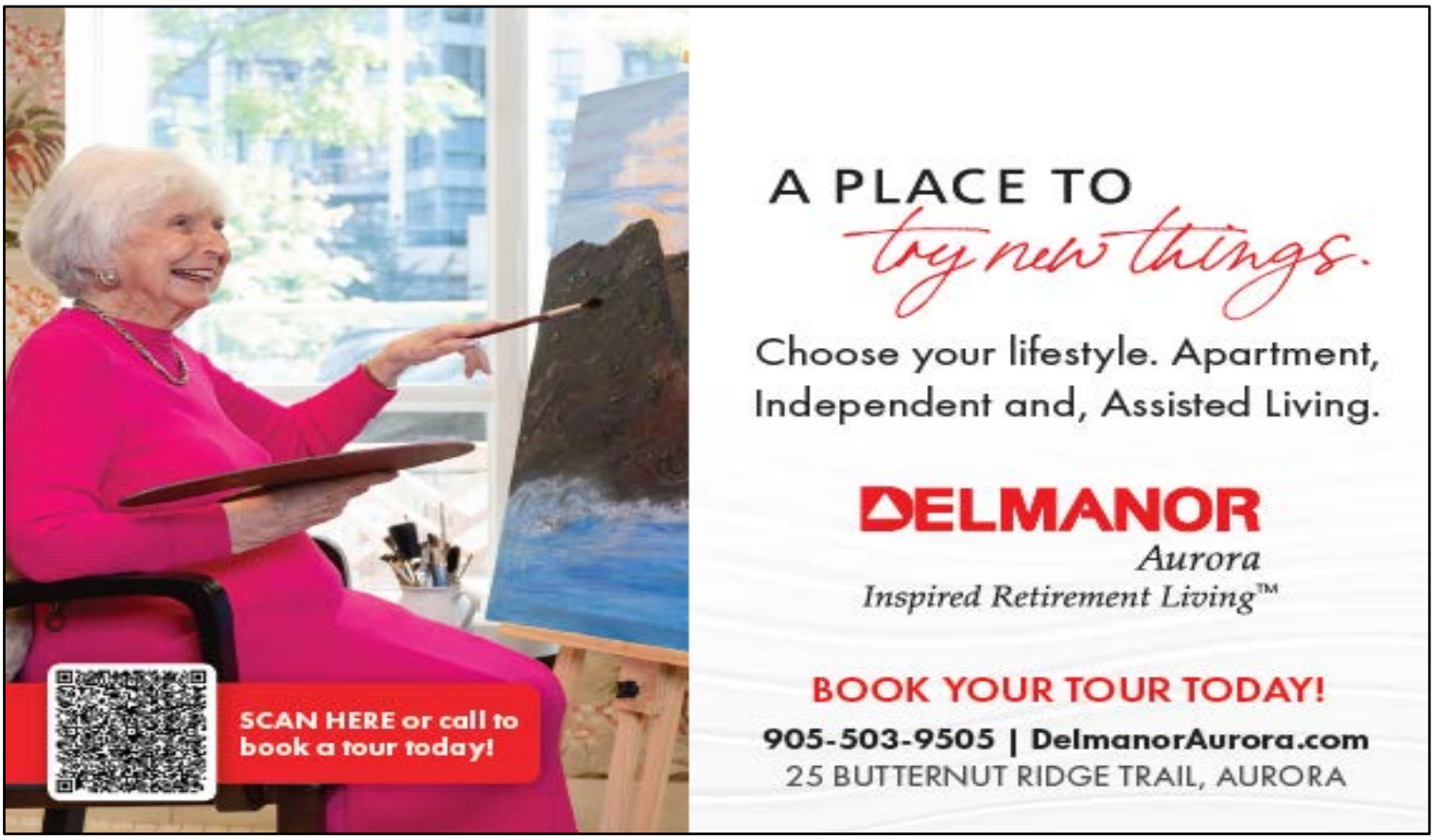
LADIES LAUGH & LEARN

Wednesdays
October 21 to December 9
10 - 11:30 am
$15/8 weeks

Ladies, let's connect!

Join us on Wednesday mornings to meet new frends an try diffrent activites. Each week we will have social time, light refreshments, and some fun! Something diffrent every week.

Register at Reception starting October 5



Holiday Marketplace

Mark your calendars
Sunday November 8, 9-1:30 pm

- Local Vendors and Artisans
- Tea Room
- Silent Auction

Menu:
Hamburger
Sausage on a bun
Chicken on a bun
Salad, Dessert

Dates:
Wednesday, September 9th
Wednesday September 30th
Doors open 11:45am

Date	# of tickets availabe	Tickets are $10.00 and on sale
Sept 9th	65	Tickets on sale Werdnesday August 26th
Sept 30th	65	Tickets on sale Wednesday September 9th

Limit of 2 tickets per member

September Sillies on zoom

THURSDAY SEPTEMBER 3RD 3:15-3:45 ON ZOOM

GET READY FOR LAUGHS, BRAIN TEASERS, AND FRIENDLY FUN! JOIN US VIRTUALLY FOR TRIVIA, WORD PUZZLES, MATH CHALLENGES, JOKES, AND MORE. WHETHER YOU ARE A PUZZLE PRO OR JUST LOOKING FOR A GOOD TIME, THERE IS SOMETHING FOR EVERYONE.
BRING YOUR THINKING CAP AND YOUR SENSE OF HUMOUR!

EMAIL WOW@AURORA.CA FOR THE LINK

Activity News

Men's Sheds Three Years, 50+ Men — and We are Still Growing!

Our Men's Shed recently celebrated its 3rd Anniversary — three years of friendship, laughter, activities, learning and good company. Three years ago, we were just a small handful of men huddled around a card table. Today, we're a thriving group of more than 50 members — and still growing!

We meet formally Mondays and Fridays, 9:30–11:00 a.m. at the ASA. Thursdays are more informal, with walks and bocce outdoors in warmer weather and carpet bowling indoors during the winter.

So, what makes the Men's Shed so popular?
The friendship? The laughter? The activities? Or simply having somewhere to go and good guys to enjoy it with?

There's only one way to find out! Gentlemen, come visit us. Have a coffee, meet the guys and see what we're all about.
Three years ago we had a card table and a handful of men. Today we have 50+ members. Come and find out what you've been missing!

Silver Stars Wednesdays & Mondays 3:30 – 5:00 p.m. & 9:30 – 12 p.m. first meeting is Sept 9
Our Drama Group is looking for new members! If you enjoy acting, laughing, meeting new people, and trying something different, we would love to have you join us. No experience needed, just enthusiasm and a willingness to have fun.

CRIBBAGE Wednesdays 1 – 3 p.m.
Did you play cribbage years ago?
If you want to refresh your skills or learn to play come at 12:30 p.m. Otherwise games start at 1:00 p.m. sharp.

LEARN TO PLAY BID EUCHRE Mondays 9 a.m.
No pressure! We will teach you the fundamentals of the game

FUN NIGHT Friday 7 – 9 p.m.
Fun night is exactly what it is **"FUN"**. We play games, mostly with cards, all easy and fun. We will teach you.

QUILT & SEW Friday 9 – 3 p.m.
Do you have a sewing project you haven't finished? Come join us, we have the equipment! Please note; you do not have to stay the whole day. Come & see what we do!

SPECIAL EVENTS COMMITTEE is excited to bring you a variety of fun and memorable events over the coming months!

We would like to thank everyone who attended the Ice Cream Social on Wednesday, August 19. It was a fun afternoon. Everyone had a great time.

Put your thinking caps on and join us for an entertaining Trivia Night on October 16. Then, get ready to hit the dance floor as the Pacemaker Band takes the stage on Friday, November 27, from 7:00–9:30 p.m. for an evening filled with music, dancing, and great company.

We will wrap up the year in style on December 31 as we say goodbye to 2026 and welcome 2027 at our New Year's Eve Lunch.

We can't wait to celebrate with you and hope to see you at these exciting events!

Library News

Our library email address is **asalibrary@auroraseniors.ca** Please send us a note, drop by the library or drop a note in the return box if you have any questions.

Biography/Memoir and Sports

We have amalgamated the Biography/Memoir and Sport sections to free up space for General Fiction (now five shelves). The new Biography/Memoir and Sports section is located on the bottom shelf of the two book cases next to the clock.

Monthly Special

The special book promotion for this month remains **Domestic Thrillers**. These domestic suspense novels typically take place in a family or neighbourhood setting, focusing on character development and relationships. Who will disrupt the seemingly perfect family's life??? Drop in and check them out!

Recent Promotions

Great news. We have just been made aware of a member of the Seniors Centre who is a published author. **Gina X. Grant** has written a series of murder mysteries. A number of these books have **"Unlikely"** as a part of the title. One of the chief characters is Agatha Shadwell. Gina was kind enough to donate a series of six novels. Her books are well written and now available in the Mystery section.

We were reviewing our book collection and rediscovered the survival memoir by Seniors member **George Biondic**. It. Is **'the Search - Adventures of a Restless Soul'.** It includes stories of a solo bicycle ride from Toronto to Florida as well as a journey around the world. We have 2 copies.

Book and Jigsaw Puzzle Donations

We continue to accept book and puzzle donations (up to 1000 pieces). Please limit your donations to a small number at one time. Our members prefer thrillers, novels, biographies, and romance. Due to limited space, we cannot accept Cookbooks, Self Help, Dictionaries, Travel Books and Children's books.

Water Damage or Mould

Kindly examine your donations for mould and/or water damage. We do not shelve donations with this damage.

Large Print Book section

Just a reminder of the Large Print book section. There are 2 parts – Non-Fiction (mostly Biographies) and Fiction (Novels and Murder Mysteries). Many thanks to the Aurora Public Library for their generous donation.

Borrowing Books and Jigsaw Puzzles

The process is straight forward as there is no sign-out. You borrow the book(s)/puzzle(s) and then return them 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 or 2 puzzles,** thus leaving some for other borrowers. James Patterson is an exception to this limit.

General Administration

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

WOODCARVERS GROUP

Woodcarving Training Sessions for 2026 and 2027
The woodcarving training sessions will begin on Thursday September 17, at the ASC workshop starting at 1.30pm. The Thursday afternoon sessions will continue through to 2027.

There will be a change to the program this season to allow for more variety with the training applications. Each application will last for 4 weeks. There will be a small charge for each application to cover the cost of supplies. Participants will be required to purchase their own tools for working at home. The workshop has a limited number of tools for use at the workshop.

We will be available at the workshop on every Thursday afternoon staring on August 20 to discuss the program and to give a small demonstration of the carving process. ASC members are welcome to join us on Thursday nights between 6.00pm and 9.00pm where you will be able to discuss the program with us. We would like your input regarding projects you would like to carve. Some of the more popular projects have been toys, TV characters, animals, Christmas ornaments, wood burning scenes, small construction projects.

We are open to your suggestions. The majority of our members have completed the course over the last 10

Trips

Aurora Seniors Presents

FALLSVIEW CASINO

NIAGARA FALLSVIEW CASINO RESORT

THURSDAY SEPTEMBER 10 2026

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!

DEPART: 9:00 a.m.
Aurora Recreation Complex
1400 Wellington St. East

CASINO: 11:15 a.m. – 4:15 p.m.
Enjoy a five hour visit to Niagara Fallsview Casino & receive **$35.00** in slot play

RETURN: Arrival in Aurora approx. 6:30 p.m.

INCLUSIONS: Return transportation via deluxe coach, 5 hour visit to Fallsview Casino, $35.00 slot play, and all taxes.

PRICE:
Members: **$56.00** per person
Non Members: **$65.00** per person

TO BOOK: Sign up at reception or for more information call **Brandie Yorg** at **365-500-3161**

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

RECEIVE **$35** IN SLOT PLAY!

FALLSVIEW CASINO RESORT

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TF: 1 888 804 8841

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

Aurora Seniors Presents

Fall Colours In Southern Georgian Bay

Come fall, Ontario's landscape bursts into colour. From fiery reds to bright yellows, photo-ops abound from the side of the road. We will drive along the Niagara Escarpment and connect with Hockley Valley Road, where the colours are usually quite grand. After a delicious lunch at Mylar & Loreta's in Springhampton, we'll travel to Blue Mountain Village. The weather may be cooler but the spectacular scenery will warm your heart. Our colour tour will come to an end as we drive down Airport Road and then across Hwy 9 to Horseshoe Hill Road which offers spectacular view of downtown Toronto from the top of the escarpment. Take advantage of the opportunity to witness the fall colours at their best.

Thursday, October 8, 2026

DEPART: 9:00 a.m.
Aurora Recreation Centre,
1400 Wellingston St. East

MUSEUM: 10:00 a.m. - 11:15 a.m.
Enjoy a 45 minute guided tour at the Museum of Dufferin. Three galleries and four historic buildings that host long-term and short-term exhibitions.

LUNCH: 12:00 noon - 1:30 p.m.
Enjoy a delicious meal at Mylar & Loretta's. Lunch includes a garden salad, roast turkey with vegetables, apple crisp, and tea or coffee.

VILLAGE: 2:30 p.m. - 4:30 p.m.
Visit Blue Mountain and experience the magic of the included Open-Air Gondola ride to the top of the mountain to view the spectacular fall colours. After your return to the village, explore a number of shops and stores to suit all tastes and styles.

RETURN: Arrival in Aurora approx. 7:00 p.m.

PRICE:
Members: $ 190.00 per person
Non Members: $ 200.00 per person

INCLUSIONS:
Return transportation via deluxe coach, lunch, sightseeing, gondola ride, gratuity on meal, driver gratuity, & all taxes.

TO BOOK: Sign up at reception or for more information conttact
Brandie Yorg at 365-500-3161

Computer Club Information and Activities

We have added an individual help session for members immediately following the Tuesday sessions from 11a-noon. No appointment is required. We continue to provide help by appointment Tuesday afternoons between 1p and 3p. If you are looking for help, you can send a request in an email to Bob and Doug. The computer club email address is below. (Help sessions not available until September 14)

Tuesday morning seminar schedule for September:
• Sept 1 – General Q&A (Doug) **ZOOM ONLY**
• Sept 8 - Travel Technology - Power adapter/banks, Wifi sharing (hotspot), AI for planning, eSIMs, (doug) Travel Router(Ronen) **ZOOM ONLY**
• Sept 15– Apple Day - Apple news from the WWDC (Herb) **IN PERSON WITH ZOOM OPTION**
• Sept 22 – Video edition Intro (Ronen) **IN PERSON WITH ZOOM OPTION**
• Sept 29 – Streaming with your devices and VPN (Doug & Sabrina) **IN PERSON WITH ZOOM OPTION**

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. We will post the presentation materials for the past month's sessions and feature some important topics that we think the general membership will find helpful. We have a Quick Link to these materials 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 are always welcome. Send your suggestions to cclub@auroraseniors.ca

Tuesday Night Movies

Tuesday Night Movies begin at 6:30 p.m.
admission is $1.50 and include movie, refreshments, and popcorn!

September 1– Working 9 to 5 (1980): Jane Fonda, Lily Tomlin and Dolly Parton (PG 1 hour 49 minutes, Comedy) Three office workers fed up with their demanding boss team up to teach him a lesson in this hilarious comedy about friendship, teamwork, and workplace revenge.

September 8 – Devil Wears Prada2 (2026): Meryl Streep, Anne Hathaway (PG 13, 1 hour 59 minutes, Comedy/Drama) Twenty years after the original film, Andy Sachs and Miranda Priestly reunite to navigate the changing world of fashion and media. This stylish sequel explores ambition, friendship, and adapting to change.

September 15– Grumpier Old Men (1995): Jack Lemmon, Walter Matthau (PG 13, 1 hour 41 minutes, Comedy) When a charming Italian restaurateur arrives in town, longtime rivals John and Max find themselves in another round of laughs, friendship, and unexpected romance.

September 22– The Breadwinner (2026): Nate Bargatze, Mandy Moore (PG, 1 hour 39 minutes, Comedy) A work trip leaves a father in charge of his three daughters, leading to funny challenges and a newfound appreciation for family life.

September 29– Hope Floats (2012): Meryl Streep, Tommy Lee Jones, Steve Carell (PG 13, 1 hour 40 minutes, Comedy/Drama) After 30 years of marriage, Kay and Arnold attend a counselling retreat to reconnect and rediscover the spark in their relationship.

ASA Board of Directors:	**ASA Committees:**	**Aurora Seniors Centre Staff:**
President Glen Sharp **Vice President** Julia Jackson **Treasurer** Harold Reiter **Secretary** Rob Gaby **Directors** Jim Abram Theresa McKenzie Nancy Spinks Rob Seath John Pelliter	**By-Law Committee** John Scherer **Finance Committee** Harold Reiter **Fundraising Committee** Rob Seath **Membership & Volunteers Committee** Carol Hedenberg **Operations & Activities Committee** Julia Jackson **SAGA Committee** Jim Abram **Special Events Committee** Nandy Singh	Andrew Bailey Adult/Older Adult Coordinator abailey@aurora.ca (365) 500 3160 Brandie Yorg Adult/Older Adult Programmer byorg@aurora.ca (365) 500 3161 Gillian Simpkin Seniors Program Assistant gsimpkin@aurora.ca (365) 500 3342 Bill Hawke Primary Facility Operator

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 *NEW*: 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

MONTHLY FEATURES:

September Sillies: Fast-paced games, big laughs, and perfectly coordinated chaos—live on Zoom. Expect games, jokes, trivia, brainteasers and lots of shared laughter.
Categories: Work as a team to provide quirky, one-of-a-kind answers for each category—creativity (and a little silliness) wins!
Sit, Stand & Balance: Seated and standing exercises designed to strengthen and improve core, strength and balance.
Sit & Stretch *NEW*: A full body, seated stretching program focused on improving flexibility, easing tension, and elongating major muscle groups to support mobility and comfort.
Strong & Fit: Focuses on a whole-body workout consisting of cardio, strength and stretching. Exercise bands are used (optional).
Stories & Games: Stories, Biographies, Celebration Days, Music and more.
Travel Destination: Embark on a journey exploring new destinations from the comfort of your home.
Virtual Fun & Games: Various trivia and quizzes
Walking Club Seminar *NEW*: Sept 29 – Healthy Habits Hub with Gillian

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 3342 or Email: wow@aurora.ca

Fun After 55!

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
This legend indicates how each WOW program will be available for this month! T -offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference		**Sept 1** **3:15** Coffee Chat (T)	**Sept 2** **11:30** Sit, Stand & Balance (Z) **3:15** Short Stories & Games (T)	**Sept 3** **10:15** Sit & Strong (Z) **3:15** September Sillies (Z)	**Sept 4** **3:15** Fun & Games (T)
Sept 6 **NO PROGRAMS**	**Sept 7** **NO PROGRAMS**	**Sept 8** **12:30 *NEW*** Chair Yoga (Z/T)	**Sept 9** **11:30** Sit, Stand & Balance (Z) **3:15** Short Stories & Games (T)	**Sept 10** **10:15** Sit & Strong (Z) **3:15 *NEW*** Chair Yoga (Z/T)	**Sept 11** **3:15** Fun & Games (T)
Sept 13 **12:30** Chair Exercise (Z)	**Sept 14** **10:15** Strong & Fit (Z/T) **3:15** Card Bingo (Z/T)	**Sept 15** **12:30 *NEW*** Chair Yoga (Z/T) **3:15** Virtual Fun & Games(Z)	**Sept 16** **11:30** Sit, Stand & Balance (Z) **3:15** Canadian Travel Destination	**Sept 17** **10:15** Sit & Strong (Z) **3:15 *NEW*** Chair Yoga (Z/T)	**Sept 18** **11:15 *NEW*** Sit & Stretch (Z/T) **3:15** Fun & Games (T)
Sept 20 **12:30** Chair Exercise (Z)	**Sept 21** **10:15** Strong & Fit (Z/T) **3:15** Fun & Games (T)	**Sept 22** **12:30 *NEW*** Chair Yoga (Z/T) 3:15 Categories(Z)	**Sept 23** **11:30** Sit, Stand & Balance (Z) **3:15** Short Stories & Games (T)	**Sept 24** **10:15** Sit & Strong (Z) **3:15 *NEW*** Chair Yoga (Z/T)	**Sept 25** **11:15 *NEW*** Sit & Stretch (Z/T) **3:15** Fun & Games (T)
Sept 27 **12:30** Chair Exercise (Z)	**Sept 28** **10:15** Strong & Fit (Z/T) **3:15** Jeopardy (Z/T)	**Sept 29** **12:30 *NEW*** Chair Yoga (Z/T) **2:00 *NEW*** Walking Club Seminar	**Sept 30** **11:30** Sit, Stand & Balance (Z) **3:15** Short Stories & Games (T)	Questions or to register email wow@aurora.ca or phone 365-500-3342	

DELIGHT: Living Well Together

Free virtual program for people living with Dementia/Cognitive Decline and Caregivers

zoom

FREE 8-Week Virtual-Based Program

Connect from home. All you need is a device and internet.

FREE * VIRTUAL * 8 WEEKS

October 19th - December 14th, 2026

Monday & Wednesday

11:00a.m. - 12:00 p.m.

Designed for individuals living with Dementia, care partners, and those seeking preventative strategies.

30 minutes exercise

30 minutes healthy-living strategies

Register Today

Online: www.aurora.ca/eplay Code: #41081

Registration forms available at the Aurora Seniors Centre Reception

DELIGHT

AURORA
You're in Good Company

Fun After 55!

September 2026 Calendar

*Town of Aurora pre-registered programs (**Z**) Zoom (**T**) Teleconference (**H**) Hybrid (In-person and zoom) (**ATH**) Aurora Town Hall

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 9 p.m.
9:00 Woodshop 9:00 Badminton 9:00 Ladies Billiards 9:00 Move & Tone* (Z) 9:00 Men's Fit* (ATH) 9:00 Piloga* 9:00 Beginner Bid Euchre 9:30 Knotty Knitters 10:00 Italian 10:15 Sit & Strong* (Z/T) 10:00 Men's Shed 10:30 Intro to Hatha Yoga (ATH)* 11:15 Spanish 12:15 Hatha Yoga* 1:00 Carpet Bowling 1:00 American Mah-Jongg 1:30 Snooker League 1:30 Stretch & Tone*(H) 2:00 Qi-Gong & Yoga (ATH)* 3:00 Mixed Pickleball 3:30 Silver Stars 3:15 WOW Fun/Games(T) **September 7** Closed Labour Day **September 21** 1:00 Board of Directors Meeting (ATH)	8:30 Woodcarving 9:00 Boot Camp* 9:00 Bocce 9:00 Zumba Gold Toning* 9:30 Balance* 10:00 Computer Club 10:00 Snooker League 10:00 Colour & Chat 10:00 Zumba Gold* 10:30 Balance* 11:00 Piloga* 11:00 Yoga Mat & Meditation (ATH)* 12:30 WOW Chair Yoga (Z/T)* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core on the Floor*(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 Woodcarving **September 1** 1:00 Operations & Activities Committee Meeting (ATH)	9:00 Woodshop 9:00 Get Fit* (H) 9:30 Silver Stars 10:00 Chair Yoga* 10:45 Knitting* 10:00 German 10:00 Snooker League 11:00 French 11:30 WOW Sit & Balance (Z) 11:30 Qi-Gong (ATH)* 12:30 Barre for Better Balance (ATH)* 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Osteo-Strong & Steady (ATH)* 1:45 Choir 1:30 Bridge 1:30 Snooker League 2:30 Knitting* 3:15 WOW Stories/Games (T) **September 9 & 30** BBQ **September 9** 9:30 Members & Volunteers Committee Meeting	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:30 Snooker League 9:30 Men's Fit (ATH)* 9:45 Stretch & Tone*(H) 10:00 Men's Shed Bocce 10:30 Keep Singing 11:00 Badminton 11:00 Yoga Chair Movement & Meditation* 11:30 Snooker League 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:00 Pilates (ATH)* 1:30 Pilates for Men (ATH)* 1:30 Snooker League 1:30 Woodcarving Class 2:30 Pickleball (Women) 3:00 WOW Chair Yoga (Z/T) **September 3** 11:00 Special Events Committee 1:00 Fundraising Committee	9:00 Woodshop 9:00 Bocce 9:30 Quilt 'n Sew 9:30 Writers Circle 9:30 Mandarin Singing 10:00 Men's Shed 10:00 Chair: Gentle Exercise* 11:00 Get Strong* (H) 11:15 WOW Sit & Stretch (ZT)* 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 American Mah-Jongg 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 6:30 Bid Euchre 7:00 Fun Night **September 11 & 25** Line Dancing

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

- The Billiards Room is available for play during all operating hours.
- All ASA activities have a daily activity fee of $1.00 (loonies preferred please)

Aurora Seniors Centre 90 John West Way, Aurora | (905) 726 4767 seniorscentre@aurora.ca

Aurora Seniors Association

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