



Mexican
FIESTA!

MUSIC · FOOD · FUN

Saturday June 15
6:30 p.m. - 10:30 p.m.
Doors Open at 6 p.m.
Aurora Seniors Centre

Mexican Buffet & Dessert Bar
Coffee Tea
Mariachi Band
Photo Booth
Games with Prizes
Cash Bar

Tickets \$60
Available May 1

Thank you for supporting our
Aurora Seniors Association's Fundraising Event!

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REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

15105 YONGE STREET, SUITE 100
AURORA, ONTARIO L4G 1M3

WWW.LINDREALTY.CA



**ANNUAL GENERAL MEETING
WEDNESDAY, JUNE 12, 2024, at 11:00 a.m.
West McKenzie Room**

This is your opportunity to participate in decisions affecting your Association.

The June 12th, 2024 A.G.M. will be a hybrid version – including in-person and virtual (ZOOM) attendance.

Members must have a current (2024) membership.

Virtual (ZOOM) attendance will require pre-registration by 4:00 p.m. Friday, June 7. 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.

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 7 will be addressed at the meeting. Questions received after June 7 and during at the AGM will be addressed and responded to at the first meeting of the 2024-2025 Board.

Agenda packages will be available at the Reception Desk from Monday, June 3 and on the ASA website www.auroraseniors.ca

A BARBECUE will follow for those attending the meeting at a cost of \$2.

***The following Activities at the Centre will be cancelled on June 12.**

- **Mahjong lessons ending at 11 a.m. (instead of noon)**
- **Conversational French**
- **Woodshop**
- **Billiards**
- **Let's Create**

June is Seniors month.

To celebrate we have several special programs throughout June.

**MONDAYS IN JUNE!
9:30 - 10:30 A.M.**

Muffin Mornings

\$2 for a fresh muffin with coffee or tea
Limited quantities available

Sponsored by:




JUNE IS SENIORS MONTH

FREE CLASSES

WEDNESDAY JUNE 19

12:30 PM - 1 PM	GET STRONG WITH LUCY
1:15 PM - 1:45 PM	BASIC CARDIO WITH BRANDIE
2:00 PM - 2:30 PM	CHAIR YOGA WITH SANDY

THURSDAY JUNE 27

9:30 AM - 10:15 AM	WALK FIT WITH LUCY
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SPACE IS LIMITED, SIGN UP NOW



Toronto Blue Jays Day

THURSDAY, JUNE 6 AT 1 P.M.

WEAR YOUR BLUE JAYS GEAR AND JOIN US AT 1 P.M. TO WATCH THE GAME IN THE LOUNGE

FREE TO MEMBERS!
ENJOY SOME POPCORN, ICE CREAM & CHEER OUR TEAM

JUNE IS SENIORS MONTH

INFORMATION SHARING

JOIN US IN THE LOUNGE

TUESDAY JUNE 4

1 PM - 2 PM	ASK THE PHARMACIST
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MONDAY JUNE 17 & MONDAY JUNE 24

9:30 AM - 10:30 AM	REGION OF YORK - FALL PREVENTION INFO TABLE
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TUESDAY JUNE 25

1 PM - 2 PM	CRIME PREVENTION WITH YRP
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THURSDAY JUNE 27

1 PM - 2 PM	DRIVERS LICENSE RENEWAL PROCESS
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▶ ASA Board of Directors

We are finally starting to enjoy some summer-like weather, and it's time to break out the shorts. Every month at the ASC is a busy one, and May was no exception.

The gardens at the Centre are looking great, and a big thank you to all those who volunteer their time working on them.

The Giant Indoor Garage Sale was a huge success. Thanks to Glenn Reed for co-ordinating the event and to the many volunteers who quickly transformed the centre to make space for all the items, and then with the help of the facilities staff had things back to normal for Monday morning. This event is a real team effort and a great fund-raiser for the ASA.

We were all excited to learn that ASA member and Director on the Board, Vern Cunningham has been selected as Citizen of the Year for the Town of Aurora. This is a great honour, and well deserved. Congratulations, Vern from all your friends at the Aurora Seniors' Centre.

Our Annual General Meeting (AGM) will be held on Wednesday, June 12 beginning at 11 a.m. We hope you can attend to welcome the new Directors and help wrap up the Board activities of the year. The meeting will be followed at noon with a BBQ for those in attendance at a cost of only \$2.00 for a hamburger, salad, and dessert. That price can't be beat so mark your calendars.

Thanks to all the members for your support over the past year.
Glen

The Lind Realty Team., Lenard Lind presents: **MAKING HOUSING DECISIONS THAT WORKS FOR YOU**

Join us for this information packed seminar in the Lounge

**Tuesday June 11
1:00 P.M.**

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



Service Canada

Canadian Dental Plan Clinic/Pension Assistance

Thursday, June 27

10 a.m. to 1 p.m. (by appointment only, Limited Space)

Sign up at Reception

A Service Canada Representative will be at the Centre to assist members 1 on 1 to complete the steps required to access the Canadian Dental Care Plan and/or review and accept your completed application(s) for pension benefits (i.e. Canada Pension Plan, Old Age Security, Guaranteed Income Supplement)
Check status and update your pension account (i.e. update address or direct deposit).



Service
Canada

▶ Town of Aurora Summer Programs

Registration for Summer programs is currently available:

Here's how to register:

1. Online using the Town of Aurora's E-play system. You can access E-play by visiting <http://www.aurora.ca/eplay>
2. Registration Forms available at Centre.

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 9	9:30am-10:15am	\$51.00/8	31170
Tue	July 9	10:30am-11:15am	\$51.00/8	31171

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 11	9am - 9:30am	\$28.00/8	31172

BASIC CARDIO - VIRTUAL

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 11	9am - 9:30am	\$28.00/10	31173

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 2	9:30am - 10:15am	\$25.00/4	31174
Tue	Aug 6	9:30am - 10:15am	\$25.00/4	31175

CHAIR FIT **NEW!**

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Thur	July 11	10:30am - 11:15am	\$50.00/8	31964

CHAIR STRETCH

Age: 55+ years Location: ASC

This is a gentle exercise class. Learn how to gently stretch and strengthen, mobilize your joints & use your breath to relax, all with the aid of a chair. This is a great class for those new or returning to exercise or for individuals who suffer from arthritis, joint tightness, chronic pain, or other conditions. Breathe deeper, stretch farther, and grow stronger.

Day	Date	Time	Fee/Class	Code
Fri	July 12	10am - 10:45am	\$44.00/8	31137

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 3	9am - 10:30am	\$115.00/9	31917

GET STRONG – HYBRID (in-person & ZOOM)

Age: 55+ years Location: ASC

Strength. Stability. Endurance. Let's build strength in your muscles to help you to move better, feel better and do more of the activities you love to do. We will use body weight, bands, weights and more to get strong and move better. Some of this class will take place on the floor. This is a hybrid class. Participants can attend in person or over zoom.

Day	Date	Time	Fee/Class	Code
Fri	July 12	11am - 12pm	\$44.00/7	31197

GET STRONG - VIRTUAL

Age: 55+ years Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Fri	July 12	11am - 12pm	\$44.00/7	31198

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.

Day	Date	Time	Fee/Class	Code
Sat	July 29	1pm - 5pm	\$60.00/1	31953

MEN'S FIT **NEW!**

Age: 55+ years Location: ASC

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

This	Date	Time	Fee/Class	Code
Thur	July 11	9:30am - 10:15am	\$50.00/8	31966

MOVE & TONE

Age: 55+ years Location: Zoom

This program uses cardiovascular exercise to improve endurance! We will also use light weights and resistance bands to work your muscles to strengthen and tone your body. This class is designed for the active and independent adult.

Day	Date	Time	Fee/Class	Code
Mon	July 8	9am - 10am	\$44.00/7	31177

pFIT

Age: 55+ years Location: ASC

pFIT is a group strength training program that incorporates the clinically proven p44 Stepper portable resistance device that is specially designed for older adults to be used from a chair. pFIT is a fun, social and safe way to increase lower body strength, improve range of motion, maintain balance, and tone up muscles. The innovative p44 Stepper allows each leg to work on its own separate pace and resistance level and digitally monitors strength improvement with a hard copy print out for each participant

Day	Date	Time	Fee/Class	Code
Mon	July 8	12pm - 12:30pm	\$83.00/7	31178

PILOGA – HYBRID (in person & Zoom)

Age: 55+ years Location: ASC

This is a unique class designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to also help burn fat!

Note: This class is available in-person and online using Zoom. All in-person participants will receive the Zoom link to participate over Zoom or in-person.

Day	Date	Time	Fee/Class	Code
Tue	July 9	10:35am – 11:20am	\$51.00/8	31179

PILOGA - VIRTUAL

Age: 55+ years Location: Zoom

This class is designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to help burn fat.

Day	Date	Time	Fee/Class	Code
Tue	July 9	10:35am – 11:20am	\$75.00/12	31180

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 will receive the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Mon	July 8	1:30pm – 2:30 pm	\$44.00/7	31184
Thu	July 11	9:45am – 10:45am	\$51.00/8	31182

STRETCH & TONE - VIRTUAL

Age: 55+ years Location: Zoom

This class is designed to strengthen and tone muscles to facilitate everyday living activities and improve appearance. A variety of light equipment will be used. The muscles will then be stretched to maintain or increase flexibility.

Day	Date	Time	Fee/Class	Code
Mon	July 8	1:30pm – 2:30pm	\$44.00/7	31183
Thu	July 11	9:45am – 10:45am	\$51.00/8	31181

WALK FIT NEW!

Age: 55+ years Location: ASC

Build your endurance, balance and strength in this 4-week outdoor 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! In the case of extreme heat or inclement weather this program will move indoors.

Day	Date	Time	Fee/Class	Code
Wed	July 10	10:30am - 11:15am	\$25.00/4	32010

WATERCOLOUR – LANDSCAPE NEW!

Age: 55+ years Location: ASC

In this class participants with some experience with watercolours will connect with nature through four projects dedicated to landscapes. Images will include trees, farmhouses, and water. This class will be suitable for intermediate level watercolour enthusiasts. Please refer to supply list.

Day	Date	Time	Fee/Class	Code
Tues	Aug 6	9:30am - 12pm	\$77.00/4	31952

Our upcoming Shaw Festival “My Fair Lady trip on June 28 and Muskoka Cruise trip on August 14 are currently on Waitlist.

If you are interested, please let Reception know and we will add you to the Waitlist.

WATERCOLOUR – LINE & WASH NEW!

Age: 55+ years Location: ASC

In this class we will have fun with watercolours for all levels. We will use an ultra fine black sharpie to delineate our drawing and then a wash of watercolours to bring the image alive. We will complete one image per class.

Please Note: A limited number of watercolour palettes, four in total, will be available for rent from the instructor for \$10, which will also include two brushes. Watercolour paper can be purchased from the instructor for \$2 a sheet, as well as graphite paper at a price of \$2. Please refer to supply list. If you are interested in renting the palette, please email seniorscentre@aurora.ca

Day	Date	Time	Fee/Class	Code
Tues	July 9	10am - 11am	\$77.00/4	31951

YOGA: CHAIR

Age: 55+ years Location: ASC (Wed)

Would you like to start a yoga practice but feel intimidated or do not know where to start? Grab a chair! Chair Yoga is also for someone who has movement limitation or is recovering from an injury and would like to start moving, or to be more active. A varied series of focused poses and movement flows, incorporating breath awareness and proper alignment, will help to develop strength, flexibility and balance. Enjoy the benefits of a rejuvenated mind, body and spirit while you sit!

Day	Date	Time	Fee/Class	Code
Wed	July 10	10am - 11am	\$51.00/8	31199

JRPM

JUNE IS RECREATION AND PARKS MONTH

aurora.ca/JRPM

AURORA

Click [Here](http://aurora.ca/JRPM) to view all the Town of Aurora’s JRPM website.

The ASA BBQ’s will return in July 2024.
More details in our Next Newsletter

▶ Evergreen Choir

The Evergreen Choir's Spring Concert was a great success. Jim Gilchrist, as usual, did a great job of MCing and the choir did a wonderful job of entertaining the audience. A big thank you goes to Craig Garnham, who took over from Dr. Richard Heinzle in March, and to Joy Gannicott who so aptly stepped up as the choir's accompanist. The choir will meet again on Wednesday, September 11. New members are always welcome.

Sylvia Gilchrist

▶ ASA Activity News

Cribbage

Any Interest? We are starting a group of experienced players and will be meeting on Wednesdays from 1 – 3 p.m. starting May 29, all are welcome.

Bocce

Bocce will resume Wednesday, June 5 and run from 9:30 – 11 a.m. weekly.

ASA Woodshop Hours

Please note: effective now, Wednesday afternoons will be based on a sign-up process. If you would like to come in please sign-up at Reception prior to your preferred Wednesday Afternoon and a Woodshop convenor will verify that the shop will be open.

FRIDAY NIGHT SOCIAL DANCES

June 14 & June 28

Open: 7 p.m.

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

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

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



Great Music. Best Deal in Town

Our Country Dance Night on May 17 was a hit with a great crowd and plenty of country spirit! This month, join us for two exciting Friday dances on June 14 and June 28. The first dance on June 14 will feature our usual mix of ballroom, Latin, and line dances. The second dance on June 28 will be a vibrant, summer-themed party. All members and non-members are welcome. Come dressed in your informal, colourful cruise attire - think sunglasses, straw hats, and sundresses. The line dance lesson starts at 6:45pm and at 7:30pm we'll switch to ballroom with a few more line dances. Singles welcome.

▶ ASA Library

Recent Changes:

- We have installed the new bookcase beside the puzzle table. Please check it out as we have moved authors beginning with 'S' from the other side of the library.

Book and Puzzle Donations Reinstated:

- Now that the Spring Garage sale is complete, we are again accepting donations of books (paperback and hardcover) as well as puzzles. We are looking for books in the following categories – murder, mystery, adventure, biographies, romance, historical romance, sports, and general fiction.
- Preferred puzzles are 1000 pieces or less as the puzzle table is too small for the larger puzzles.
- We prefer books that have been gently used.
- Please email Kevin.Griffiths4881@gmail.com or drop by the library if you have any questions.

Borrowing Books:

- The process is straight forward as there is no sign-out. You can borrow as many as you wish and then return them when you have finished reading them.
- We have noticed that some borrowers when introduced to a new author borrow all available copies of their books. Please limit yourself to 2 copies of a single author thus leaving some for other borrowers. We consider James Patterson an exception to this limit.

General Administration

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

Kevin

Friday Night Dance Committee presents

**LIVE BAND
ROCK & ROLL** **Dance Party**

Aurora Seniors Centre
FRIDAY, JUNE 7

Special performance by: *Jys Papas Band* **7:30 - 10:30 p.m. Doors open 7 p.m.**

**Tickets available starting
Monday, May 13 at Reception**

Limited Tickets Available

Members \$15
Non Members \$18

12 05693 3053 4



Be our guest

JOIN US FOR A
LUNCH & TOUR

Book your tour today!

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Aurora Seniors Presents

FALLSVIEW CASINO

- Date:** Wednesday, July 3, 2024
- Depart:** 8:45 a.m. Stronach Recreation Complex
1400 Wellington St. East
- Casino:** 11:00 a.m. - 4:00 p.m.
Enjoy a five hour visit to **Niagara Fallsview Casino** & receive \$35.00 in slot play
- Return:** Arrival in Aurora approx. 6:00 p.m.
- Inclusions:** Return transportation via deluxe coach,
5 hour visit to Fallsview Casino, \$35.00 slot play, and all taxes.
- Price:** Members: \$51.00 per person
Non Members: \$60.00 per person
- To Book:** Sign up at reception or for more information
call Andrew Bailey at 365-500-3160
- NOTE:** Passengers must be 19 years of age or older
with valid government photo I.D. in order to
receive casino incentive



FALLSVIEW
CASINO RESORT



**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

Aurora Seniors Presents

Toronto City Tour & the Magic of Little Canada

We begin our day with one of Toronto's best known tour guides, noted historian Bruce Bell. So much of Toronto's history is either buried under parking lots or confined to dusty history books hidden on the top shelves of libraries or just plain forgotten. Using his wealth of knowledge and experience, Bruce Bell is determined to look under those parking lots to see what secrets are held in Toronto's much overlooked colonial and 19th century past. After a delicious meal at the Spaghetti Factory, we will visit Little Canada. Little Canada is a celebration of all things Canada. It's a unique journey of discovery through the sights and sounds of our great country in miniature scale. Everyone should travel through Canada at least once in their lifetime. From captivating vistas to famous landmarks, iconic cityscapes and little stories, you can visit the vast miniature Canadian landmarks all under one roof.

Date:	Thursday, June 13, 2024	Return:	Arrival in Aurora by 5:30 p.m.
Depart:	8:30 a.m. Stronach Recreation Complex	Inclusions:	Return transportation via deluxe coach, city tour with Bruce Bell, lunch at the Old Spaghetti Factory, admission to Little Canada, gratuity on meal, driver gratuity and all taxes.
City Tour:	10:00 a.m. - 12:00 noon City tour with Bruce Bell		
Lunch:	12:00 p.m. - 1:45 p.m. Enjoy a delicious lunch at the Old Spaghetti Factory. Choice of: <ul style="list-style-type: none"> ● Spaghetti with choice of sauce: Marinara, Meat, Spicy Meat, Mushroom Tarragon, Browned Butter & Mizithra ● Spaghetti with Meatballs ● Chicken Parmigiana ● Manicotti ● Lasagna ● Grilled Chicken Caesar Salad ● Chicken Fettuccine Alfredo All meals include their Fresh Bread with Whipped Butter, Crisp Green Salad with House Italian dressing, Spumoni Ice Cream, and Coffee or Tea	Price:	Member: \$160.00 pp Non Member: \$170.00 pp
		To Book:	Sign up at reception or for more information call Andrew Bailey at 365-500-3160
Canada:	2:15 p.m. - 4:00 p.m. Visit to Little Canada		



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Rd.
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

MOVIE & DINNER



GREEK MOVIE & GREEK FOOD!

WEDNESDAY, JUNE 26
3 PM MOVIE, 5 PM DINNER
AURORA SENIORS CENTRE

MEMBERS \$15
NON-MEMBERS \$20

TICKETS
AVAILABLE JUNE 3

SUMMER *Fling*

**DANCE AND SING
WITH LIVE MUSIC & REFRESHMENTS
FEATURING THE PACEMAKERS**



**FRIDAY, JULY 19
7 - 10 P.M.
DOORS OPEN AT 6:45 P.M.**

Tickets:
Members: \$15
Non-Members: \$18
Tickets on sale at Reception June 3

Cash Bar Available

Aurora Seniors Presents

Dundurn Castle & Royal Botanical Gardens

Our day begins with a guided tour of the Dundurn Castle. A costumed interpreter will guide you through this early 19th century home, complete with period furniture and décor. This 40-room Italian style villa was built in the 1830's on Burlington Heights. Once home to Sir Allan Napier MacNab and his family, today Dundurn Castle tells the story of the family who lived above stairs and the servants who lived and worked below stairs to support their affluent lifestyle. Her Royal Highness The Duchess of Cornwall is the museum's Patron and the great, great, great granddaughter of Sir Allan MacNab. Next, we're off to the Royal Botanical Gardens. Royal Botanical Gardens five display gardens offer visitors an unparalleled sensory experience for every season. Whether you're a gardening expert or simply appreciate nature's beauty, a trip to the Gardens is a dream come true.

Date: Thursday, July 25, 2024

Depart: 8:30 a.m. Stronach Recreation Complex

Dundurn: 10:00 a.m. - 11:30 a.m.
Discover one of the finest examples of an intact historic home in Canada during a guided tour with a costumed interpreter.

Lunch: 11:45 a.m. - 1:15 p.m.
Enjoy a delicious meal at Sotiris Restaurant. Authentic Greek cuisine. Choice of:
1) Chicken Dinner Filet
2) Pork Souvlaki Dinner
3) Atlantic Salmon
All meals served with rice, roast potatoes, Greek salad & garlic bread.
Meal selection due upon booking.

RBG: 2:00 p.m. - 5:00 p.m.
Enjoy a guided tour of the Royal Botanical Gardens with additional time on your own.

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

Price: Members: \$160.00 per person
Non Members: \$170.00 per person

Inclusions: Return transportation via deluxe coach, guided tour of Dundurn Castle, lunch, admission & guided tour of the Royal Botanical Gardens, driver gratuity, & all taxes.

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



Sign up for our monthly Email Newsletter at www.yearroundtravel.com



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Rd.
North York, Ontario
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

SOMETHING ROTTEN!



The Bottom brothers, two struggling playwrights in Renaissance London, need a hit. That's easier said than done when your chief competition is William Shakespeare. The Bottom brothers' plan: write the world's first musical! This is a rollicking song-and-dance extravaganza that sends up the Bard and Broadway and everything in between.

Date: Thursday, October 17, 2024

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

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

Price: Member: \$215.00 pp
Non Member: \$225.00 pp

Lunch: 11:30 a.m. - 1:00 p.m.
Enjoy a delicious lunch at The Parlour. All meals include salad, dessert, and tea or coffee. Choice of:
1) Roasted Chicken Supreme, Mushroom and Thyme Cream
2) Grilled Atlantic Salmon, Lemon Beurre Blanc, Fennel Slaw
3) Chef's Choice Vegetarian Creation
MEAL SELECTION REQUIRED UPON BOOKING

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

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

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



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

250 Consumers Road #715
North York ON
M2J 1P9

P: 416 499 1444
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Ontario Registration #4281143
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▶ Computer Club Information and Activities

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

We are offering drop-in help by appointment Tuesday afternoons between 1 and 3 p.m. If you are looking for help, you can send a request in an email to Bob and Doug. Their email addresses are below.

As is our usual practice we will stop the computer club meetings over the summer break (July and August) and restart sessions September 3rd. If you have a nagging issue you want to get fixed before heading to the cottage, make an appointment to see one of our knowledgeable volunteers!

Tuesday morning seminar schedule for June:

- June 4 – General Q&A
- June 11 – 1Password – the next in our series on password managers (Doug)
- June 18 – Apple Day (Herb) – topic TBD
- June 25 – Virus and Malware protection (Bob)

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

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

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

Please be aware that the Seniors' Centre is a **Scent Free Zone**. Help us keep the air we share healthy and fragrance-free. Please be respectful of fellow members

▶ Centre Etiquette

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

Thank you for keeping our Centre an amazing place to enjoy!!

▶ Tuesday Night Movies at the Centre

June 4 – Bob Marley: One Love (2023): Kingsley Ben-Adir (PG, 127 Min, Biography, Drama)

The story of how reggae icon Bob Marley overcame adversity, and the journey behind his revolutionary music.

June 11 – Hidden Figures (2016): Octavia Spencer, Taraji P. Henson (PG, 127 min, Biography, Drama)

The story of a team of female African American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

June 18 – Ordinary Angels (2024): Hillary Swank (PG, 119 min, Drama)

Inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter.

June 25 – One Life (2023): Anthony Hopkins (PG, 109 min, Biography, Drama)

Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued over 600 children from Nazi-occupied Czechoslovakia.

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

<p>ASA Board of Directors:</p> <p>President Glen Sharp</p> <p>Vice President Jim Abram</p> <p>Treasurer Rob Ishoj</p> <p>Secretary John Scherrer</p> <p>Directors Dave LeGallais Louis Gambino Percy Surti Rob Gaby Vern Cunningham</p>	<p>ASA Committees:</p> <p>By-Law Committee John Scherrer—Chair</p> <p>Community Development Shirley Petrie—Chair</p> <p>Finance Committee Rob Ishoj—Chair</p> <p>Fundraising Committee Vern Cunningham—Chair</p> <p>Membership & Volunteers Committee Sylvia Gilchrist—Chair</p> <p>Operations & Activities Committee Dave LeGallais—Chair</p> <p>SAGA Committee Jim Abram—Chair</p> <p>Special Events Committee Joan Brownlow—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 Program Lead (WOW & SCM) byorg@aurora.ca (365) 500 3161</p> <p>Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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Without Walls (WOW) is just like attending a fitness class, seminar or playing a game at the Seniors Centre but from the comfort of your home.

All WOW Programs are FREE to join, our offered 6 days a week, 30 minutes regular programs include:

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

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

Chair Yoga: Simple yoga moves anyone can do from a chair

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

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

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

Stretch & Strong: Full body stretch with movements to strengthen your entire body

Contact Information:

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

It is a Community Centre from the comfort of home!

Tips on Having a Successful Phone Call

- **LET THE FACILITATOR LEAD:** To reduce confusion on the phone it is important to let the facilitator or guest speaker guide the conversation or activity.
- **USE THE ME/NOT ME RULE:** Remember to give everyone a chance to speak. This includes making sure to not talk over or disrupt someone while they are speaking. This also includes being mindful that every time you comment on something, it might not be giving space for someone else, or allowing the program to continue smoothly.
- **BE MINDFUL:** Be mindful that everyone has a story, a background, and a different way of looking at the world, and/or different communication styles.
- **REDUCE BACKGROUND NOISE:** Plan to be in a location with reduced background noise. Turn off anything that might make noise (televisions or radios), also consider pets. Be aware that the facilitator may mute your line if there is too much background noise.

TELEPHONE June 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
June 2	June 3 10:15 Stretch & Strong	June 4 10:15 Chair Yoga	June 5 3:15 Stories & Games	June 6 3:15 Chair Yoga	June 7 3:15 Fun & Games
June 9	June 10 10:15 Stretch & Strong 3:15 Card Bingo	June 11 10:15 Chair Yoga	June 12 3:15 Stories & Games	June 13 3:15 Chair Yoga	June 14 3:15 Fun & Games
June 16	June 17 10:15 Stretch & Strong 3:15 Fun & Games	June 18 10:15 Chair Yoga	June 19 3:15 Stories & Games	June 20 3:15 Chair Yoga	June 21 3:15 Fun & Games
June 23/30	June 24 10:15 Stretch & Strong 3:15 Jeopardy	June 25 10:15 Chair Yoga	June 26 3:15 Stories & Games	June 27 3:15 Chair Yoga	June 28 3:15 Fun & Games

Contact Information:

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

Without Walls (WOW) is just like attending a fitness class, seminar or playing a game at the Seniors Centre but from the comfort of your home. All WOW Programs are FREE to join.

We are excited to be partnered with Baycrest@home.

To receive the zoom links please contact:

wow@aurora.ca

365-500-3161

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

Art Explorations: An Art therapist will guide you through an exploration of artist and their art.

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

Chair Yoga: Simple yoga moves anyone can do from a chair.

Forest Bathing: Take the time to reconnect with nature, no matter where you are, even if you are indoors! Discover the benefits of forest bathing and other ways to connect with nature. Participate in a guided nature visualization to awaken all five senses. Explore your immediate surroundings with fresh eyes and take a moment to share your discoveries with our supportive online community. Join us from wherever you are most comfortable, preferably near a window.

Keep On Moving: Exercise that combines principles of dance and martial arts, in a low impact workout that focuses on strength, flexibility and body positivity.

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

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

Music Tour Around the World: This program not only entertains but also educates and celebrates the diverse musical traditions that make our world culturally vibrant.

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

Seated Exercise: This fun seated fitness session will move you through a variety of seated exercises designed to work on core awareness, cardio fitness, and includes a 10-minute mobility and strengthening section for your upper and lower body.

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

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

Singing: Led by certified music therapist Bethany Horsley

Stretch & Strong: Full body stretch with movements to strengthen entire body.

Story Telling Club: Join Dan and Eden for a telling of age-old stories from cultures across the world.

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

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

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

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

Toronto Symphony Orchestra: Join guest Toronto Symphony Orchestra musician to play a selection of music for us and tell us about themselves and their artistic journey!

ZOOM JUNE 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
June 2 12:30 Chair Exercise	June 3 10:15 Stretch & Strong 11:00 TSO 1:00 Power of Music 2:00 Tech Lab 3:15 Fun & Games	June 4 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Trivia 2:00 Seated Exercise	June 5 10:00 *Seated Exercise 11:00 Singing 1:00 Concert – Isaac Muzikansky 2:00 Art Explorations	June 6 10:00 Keep on Moving 11:00 Active Brains 1:00 Music Circle 2:00 Wisdom of Folktales 3:15 Chair Yoga	June 7 10:00 Seated Exercise with Lower Body Mobility & Stretch 1:00 Mind Body Mood
June 9 12:30 Chair Exercise	June 10 10:15 Stretch & Strong 11:00 TSO 1:00 Power of Music 2:00 Tech Lab 3:15 Card Bingo	June 11 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Trivia 2:00 Seated Exercise	June 12 10:00 *Seated Exercise 11:00 Singing 1:00 Travelogue 2:00 Art Explorations	June 13 10:00 Keep on Moving 11:00 Active Brains 1:00 Music Circle 2:00 Wisdom of Folktales 3:15 Chair Yoga	June 14 10:00 Seated Exercise with Lower Body Mobility & Stretch 1:00 Mind Body Mood
June 16 12:30 Chair Exercise	June 17 10:15 Stretch & Strong 11:00 Forest Bathing 1:00 Power of Music 2:00 Tech Lab	June 18 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Trivia 2:00 Seated Exercise 3:00 Classical DJ	June 19 10:00 *Seated Exercise 11:00 Singing 1:00 Music Tour around the World 2:00 Art & Cultural Explorations	June 20 10:00 Keep on Moving 11:00 Active Brains 1:00 Music Circle 2:00 Wisdom of Folktales 3:15 Chair Yoga	June 21 10:00 Seated Exercise with Lower Body Mobility & Stretch 1:00 Mind Body Mood
June 23/30 12:30 Chair Exercise	June 24 10:15 Stretch & Strong 11:00 Forest Bathing 1:00 Power of Music 2:00 Tech Lab 3:15 Jeopardy	June 25 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Trivia 2:00 Seated Exercise	June 26 10:00 *Seated Exercise 11:00 Singing 1:00 Travelogue 2:00 Art Explorations	June 27 10:00 Keep on Moving 11:00 Active Brains 1:00 Music Circle 2:00 Wisdom of Folktales 3:15 Chair Yoga	June 28 10:00 Seated Exercise with Lower Body Mobility & Stretch 1:00 Mind Body Mood

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. to 4:30 p.m.	8:30 a.m. to 9 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 10 p.m.
9:00 Woodshop 9:00 Badminton 9:00 Move & Tone*(Z) 9:30 Men's Shed 9:30 Knotty Knitters 9:30 Beginner Bid Euchre 9:30 Muffin Mornings 10:00 Ladies Billiards 10:00 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 12:00 pFIT* 12:15 Hatha Yoga* 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 9:30 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminars 10:15 WOW Chair Yoga*(Z/T) 10:30 Balance* 10:35 Piloga* 11:30 Zumba Gold*(H) 11:30 Qi-Gong* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Woodcarving 1:00 Core on the Floor* 1:30 Snooker League 1:45 Get Strong* 2:15 Pickleball (Men) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving 6:30 Sunset Yoga*	9:00 Woodshop 9:00 Get Fit* (H) 9:30 Bocce 9:45 German 10:00 Men's Shed Billiards 10:00 Chair Yoga* 11:00 French 1:00 Let's Create 1:00 Canasta 1:00 Woodshop (apt. only) 1:00 Cribbage 1:30 Bridge 1:30 Snooker League 1:30 Pain Management* 1:45 Evergreen Choir 2:30 Knitting* 3:15 WOW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* 9:45 Snooker League 10:00 Stretch & Tone*(H) 10:30 Keep Singing 10:30 Chair Fit* 11:00 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:00 Woodcarving 1:00 Men's Shed Bocce 1:30 Snooker League 2:30 Pickleball (Women) 3:15 WOW Chair Yoga*(Z/T) 6:30 Restorative Yoga*	9:00 Woodshop 9:00 Get Fit* (H) 9:30 Quilt 'n Sew 9:30 Writers Circle 9:30 Mandarin Singing 9:30 Men's Shed 10:00 Chair Stretch* 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
June 17 1:00 ASA Board of Directors June 17 & 24 Fall Prevention Information Table	June 4 1:00 Ask the Pharmacist June 25 1:00 Crime Prevention	June 5 9:45 Arboretum Walk 11:30 Seniorlicious June 12 11:00 AGM & \$2 BBQ June 19 12:30 Get Strong 1:15 Basic Cardio 2:00 Chair Yoga June 26 3:00 Movie & Dinner	June 6 1:00 Blue Jays Day June 27 9:30 Walk Fit 1:00 Driver's Renewal Process	June 14 & 28 7:30 Dance

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

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

Aurora Seniors Centre

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

