

AURORA SENIORS' CENTRE

SENIORS ACTIVE LIVING FAIR

**SATURDAY
SEPTEMBER 7**
9 a.m. to 1 p.m.
FREE ADMISSION!

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

OVER 50 EXHIBITORS!

- ▶ On-site and Virtual Health Presentations
- ▶ Fitness Demonstrations
- ▶ Blood Pressure Clinic
- ▶ Grab Bags Available (limited quantities)
- ▶ Free BBQ Lunch (limited quantities)



For more information call 365-500-3161 or email seniorscentre@aurora.ca



Funding provided by:



This event is hosted by Aurora Seniors' Centre in partnership with the Older Adult Centres' Association of Ontario (OCAO) and sponsored by the Province of Ontario.

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THE LIND

REALTY TEAM INC.

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AURORA SENIORS' CENTRE

OPEN HOUSE

**WEDNESDAY
SEPTEMBER 4
9:30 a.m. to 3 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 AND DRAW PRIZES WILL BE AVAILABLE!



For more information call 365-500-3161 or email seniorscentre@aurora.ca



AURORA SENIORS' CENTRE
**HOBBY AND
VOLUNTEER
EXPO**

**WEDNESDAY
SEPTEMBER 4
10 a.m. to 2 p.m.**

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

**COME OUT AND MEET OUR VOLUNTEERS
AND THE ACTIVITIES THEY REPRESENT!**

Badminton
Billiards
Bingo
Board of Directors
Bocce
Book Club
Bridge
Canasta
Carpet Bowling
Choir

Computer Club
Colouring
Drama club
Fitness
Fun Nights
Fundraising
Keep Singing
Knitters
Let's Create
Library

MahJongg
Pickleball
Poker
Reception
Snooker
Special Events
Stamp Club
Table Tennis
And MORE!



For more information call 365-500-3161 or email seniorscentre@aurora.ca



AURORA SENIORS' CENTRE

TRY IT WEEK

90 John West Way, Aurora
aurora.ca/activeseniors

**SEPTEMBER
9-13**

FREE ADMISSION

SPACE IS LIMITED!

Starting on Monday, August 12
sign-up at reception or email
seniorscentre@aurora.ca

TRY SOMETHING NEW FOR FREE AT THE AURORA SENIORS' CENTRE

Monday, September 9

- Move & Tone 9 a.m.
- Conversational Italian..... 10 a.m.
- pFIT..... 12 p.m.
- Pickleball 1 p.m.

Tuesday, September 10

- Pickleball 9 a.m.
- Balance Improvement ... 10:30 a.m.
- Fit & Fun..... 11:30 a.m.
- Core on the Floor..... 1:15 p.m.
- The Story of My Life 1:30 p.m.
- Get Strong 2 p.m.
- Beginner Wood Carving ... 6:30 p.m.

Wednesday, September 11

- Pickleball 9 a.m.
- Chair Yoga 10 a.m.
- Walk Fit..... 12:15 p.m.
- Evergreen Choir..... 1:45 p.m.

Thursday, September 12

- Basic Cardio..... 9 a.m.
- Men's Fit 9:30 a.m.
- Chair Fit 11 a.m.
- Keep Singing 10:30 a.m.

Friday, September 13

- Pickleball 9 a.m.
- Men's Shed..... 10 a.m.
- Fun Night 7 p.m.

FOR A COMPLETE LIST OF ACTIVITIES,
PLEASE SEE THE SIGN-UP BOOK AT
THE RECEPTION DESK.



▶ **ASA Board of Directors**

Wow, July has flown by, I hope the rest of the summer slows down a bit. It has been a weird one so far with extreme heat one day and lots of rain. Let's see what August has to offer. Things seem a little quieter at the centre, but there are still so many opportunities to exercise, play snooker, cards, work on a woodshop project or just socialize with friends. My wife recently joined Knotty Knitters and that is a fun group to be sure. They are working on projects to sell at the Holiday Market in November. All proceeds go back to the ASA. Thank you.

The summer BBQs continue to be extremely popular, and tickets go fast. I know that I have missed out on a couple of occasions by being a little too slow off the mark. The gardens at the centre look great. It's so nice to walk up to the entrance and enjoy how wonderful they look. Thank to all the volunteers who make this happen.

We have had two meetings of your new Board of Directors and are now confirming our committees for the year. The ASA has the following Standing Committees: Finance, Fund-raising, By-law, Special Events, Membership and Volunteers, Seniors' Affairs Grants and Awards, and Operations and Activities. These committees are an important part of the ASA. They meet regularly and make recommendations to the Board of Directors. There are a great many volunteer opportunities at the Centre, so please let us know if you are interested.

On Canada Day, several members from the Men's Shed program helped set up and marshal the parade which was a big success and a lot of fun. It's great when our members get out in the community and represent the Centre.

June was officially designated as Seniors' Month, but I think it should be every month. As we head into what are sometimes called the dog days of August, let's continue to appreciate the great facility we have, and all the opportunities that are available to us. Relax, and enjoy the good weather. Glen

Service Canada
Canadian Dental Plan Clinic/Pension Assistance

Wednesday, August 14

10 a.m. to 1 p.m.
 (by appointment only, Limited Space open to ASA Members)
Sign up at Reception

A Service Canada Representative will a 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).




▶ Town of Aurora Fall 2024 Programs

Registration for Fall programs will begin for:

Residents: Monday, August 12

Non-Resident: Monday, August 19

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 on August 12.;

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	Sept 17	9:30am-10:15am	\$75.00/12	32807
Tue	Sept 17	10:30am-11:15am	\$75.00/12	32808

BALLROOM & LATIN DANCE – LEVEL 1

Age: 18+ years Location: ASC

This stress-free introduction to the basics of Ballroom & Latin dancing can be used at dance clubs, weddings, dinner dances and more. Participants will experience several dances: the cha-cha, rumba, mambo, merengue and foxtrot. The course will be taught by a couple so that participants may fully benefit from both perspectives of leading and following. Prior dance experience is not necessary. Partners are required.

Day	Date	Time	Fee/Class	Code
Wed	Oct 23	7:30pm-8:30pm	\$95.00/8 per person	37264

BALLROOM & LATIN DANCE – LEVEL 2

Age: 18+ years Location: ASC

This program will develop dance skills and steps. New dances will be introduced, such as the waltz, swing, samba, quickstep, salsa, cumbia or bachata. The course will be taught by a couple so participants may see both leading and following. The beginners class or previous dance experience are preferred prerequisites for this class. Partners are required.

*No class on: Sept 30, Oct 7 & 14

Day	Date	Time	Fee/Class	Code
Mon	Sept 9	7:30pm-8:30pm	\$110.00/9 per person	32765*

BALLROOM & LATIN DANCE – LEVEL 3

Age: 18+ years Location: ASC

The Level 3 program will continue to offer more technique and additional figures to the dance styles covered in Level 2. Similar to Level 2, this class will focus only on two or three dances per session to provide in-depth instruction for each of the styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course. Partners are required.

*No class on: Sept 30, Oct 7 & 14

Day	Date	Time	Fee/Class	Code
Mon	Sept 9	8:30pm-9:30pm	\$112.00/9 per person	32766*

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	Sept 19	9am - 9:30am	\$42.00/12	32810

BASIC CARDIO

Age: 55+ years Location: ZOOM

This basic, cardiovascular only class takes you through simple choreography designed to gently raise your heartrate to improve fitness and burn fat.

Day	Date	Time	Fee/Class	Code
Thur	Sept 19	9am - 9:30am	\$42.00/12	32809

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	Sept 17	9am - 9:45am	\$75.00/12	32811

CHAIR FIT

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Thur	Sept 19	11am - 11:45am	\$75.00/12	32843

CHAIR: GENTLE EXERCISE

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Fri	Sept 20	10am - 10:45am	\$75.00/12	32844

CHRONIC PAIN MANAGEMENT

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

The Healthy Living Now program offers tips and techniques to manage chronic conditions and emotions, including how to improve physical activity, breathing, muscle relaxation, healthy eating, problem solving skills, positive thinking, medication usage, and planning for the future. This program is offered in conjunction with Southlake Regional Health Centre.

Day	Date	Time	Fee/Cl	Code
Wed	Sept 25	1:30pm - 3:30pm	FREE/6	32860

CORE ON THE FLOOR

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

This class will focus on hip movement and strength and the supporting stomach muscles. Using bodyweight and bands to build strength and control to support your hips and back. All exercises will be done on the floor. Participants must be comfortable lying on their backs.

Day	Date	Time	Fee/Class	Code
Tue	Sept 17	1pm - 1:30pm	\$42.00/12	32812

FIT & FUN **NEW!**

Age: 55+ Location: ASC

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

Day	Date	Time	Fee/Class	Code
Tue	Sept 17	11:30am - 12:15pm	\$75.00/12	32841

Our upcoming Muskoka Cruise trip and Stratford "Something Rotten" are currently on Waitlist. If you are interested, please let Reception know and we will add you to the Waitlist.

FIT MIND, BODY & SOUL

Age: 55+ Location: ASC

Special pricing for Fall 2024! Fit Mind, Body & Soul enhances your cognitive, physical and spiritual well-being with a holistic approach on strengthening the connection between our minds, body and soul. Exercising our minds is crucial for maintaining cognitive function and overall brain health. Mental exercise helps keep our minds sharp and resilient. Movement, functional fitness, rest and recovery are all key components in the body segment of our program. The soul segment can help provide a better understanding when navigating life's transitions, and the challenges that come with aging. Self reflection, mindfulness and meditation, gratitude practice and creative expression will be explored throughout the course of the program. Each session will be different.

Day	Date	Time	Fee/Class	Code
Wed	Sept 18	11:15am - 12:45pm	\$20.00/4	32845
Wed	Oct 16	11:15am - 12:45pm	\$20.00/4	32846

GET FIT

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

Welcome to all around fitness! This class includes a warmup and 20 minutes of cardiovascular conditioning with easy-to-follow steps and upbeat music. There will be strength training with weights or bands, balance exercise, and flexibility training. Increase your fitness and have fun.

Note:	Date	Time	Fee/Class	Code	
	Wed	Sept 18	9am - 9:45am	\$75.00/12	32816
	Fri	Sept 20	9am - 9:45am	\$75.00/12	32814

GET FIT

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Wed	Sept 18	9am - 9:45am	\$75.00/12	32815
Fri	Sept 20	9am - 9:45am	\$75.00/12	32813

GET STRONG

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

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

Day	Date	Time	Fee/Class	Code
Tues	Sept 17	1:45pm - 2:45pm	\$75.00/12	32817

GET STRONG

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

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

Day	Date	Time	Fee/Class	Code
Fri	Sept 20	11am - 12pm	\$75.00/12	32818

GET STRONG

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Fri	Sept 20	11am - 12pm	\$75.00/12	32819

KNITTING: CHRISTMAS GNOME

Age: 55+ years Location: ASC

In this class you will knit a 6" gnome which will become a treasured addition to your Christmas decorations. Knitting small projects like this in the round can be very challenging, this gnome will be knit flat and seamed. Once the knitting is done, a few embellishments are added and the result is adorable. Sample projects can be viewed in the ASC lobby display cases. This is an intermediate to advanced class and requires good basic knitting skills. Note: All the needed supplies will be provided for a \$15 fee is payable to the instructor, at the first class.

Day	Date	Time	Fee/Class	Code
Wed	Nov 20	10:00am - 11:30am	\$45.00/4	32820

KNITTING: LEARN TO KNIT PART 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/Class	Code
Wed	Sept 18	10am – 11:30am	\$10.00/3	32821

KNITTING: LEARN TO KNIT PART 2

Age: 55+ years Location: ASC

In this class you will learn various techniques (increases, decreases, seaming, bias knitting, reading charts) and stitches (cables, lace, slip stitches, ribs, knit & purl combos) which will enable you to go on and create your own designs. For each new stitch or technique you will also be given a pattern for a simple project you can knit using that new skill. This class is suitable for the advanced beginner. It would be an excellent follow up to the Learn to Knit Class

Day	Date	Time	Fee/Class	Code
Wed	Oct 16	10am – 11:30am	\$45.00/4	32822

KNITTING: MITTENS **NEW!**

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 and techniques which will allow you to create various styles of mitts – gauntlet, fingerless, felted and thrummed. This is an advanced beginner class. Participants must be proficient in basic knitting skills. Please pick-up a supply list at the ASC and bring supplies to the first class.

Day	Date	Time	Fee/Class	Code
Wed	Nov 13	2:30pm – 3:45pm	\$45.00/4	32847

KNITTING: SOCKS **NEW!**

Age: 55+ years Location: ASC

Hand-knit socks are one of life's little luxuries that everyone should experience. As complicated as they appear when you read a sock pattern, they are really quite simple when someone shows you. In addition, sock yarns are some of the most fun yarns available today – hand paints, self-patterning and self-stripping. In this class, you will learn a basic top-down sock and allow you to treat yourself and those you love to the cozy comfort of hand-knit socks. This is an advanced beginner class. Please pick-up a supply list at the ASC and bring supplies to the first class.

Day	Date	Time	Fee/Class	Code
Wed	Oct 2	2:30pm – 3:45pm	\$56.00/5	32848

Life After Loss **NEW!**

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

This transformative workshop will guide you on a journey of resilience and renewal after experiencing loss. This will be a safe space where participants can navigate the complexities of grief, find support and rediscover hope. Through a series of exercises and group discussions over 3 weeks participants will navigate the emotions of grief and loss, identify personal strengths, develop coping strategies, cultivate self compassion, and explore ways to honour the memory of loved ones. Participants will also connect with others who understand and validate their experiences. The course fee includes worksheets and other reference materials.

Day	Date	Time	Fee/Class	Code
Thur	Oct 10	1pm – 3pm	\$117.00/3	32948

MEN'S FIT

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

This	Date	Time	Fee/Class	Code
Thur	Sept 19	9:30am – 10:15am	\$75.00/12	32849

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.

*No Class: Oct 14

Day	Date	Time	Fee/Class	Code
Mon	Sept 16	9am - 10am	\$75.00/12	32823*

pFIT

Age: 55+ years Location: ASC

pFIT is a social and safe way to increase lower body strength, improve range of motion and maintain balance. The stepper allows each leg to work at its own pace and resistance level.

*No Class: Oct 14

Day	Date	Time	Fee/Class	Code
Mon	Sept 16	12pm - 12:30pm	\$118.00/10	32824*

PILOGA – HYBRID (in person & Zoom)

Age: 55+ years Location: ASC

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

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Tue	Sept 17	10:35am – 11:20am	\$75.00/12	32828

PILOGA

Age: 55+ years

Location: Zoom (Tue), AFLC (Fri)

See description above.

Day	Date	Time	Fee/Class	Code
Tue	Sept 17	10:35am – 11:20am	\$75.00/12	32827
Fri	Sept 20	9:00am – 9:45am	\$75.00/12	33826

Qi-GONG

Age: 55+ years Location: ASC

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 us 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
Tue	Sept 24	11:30am – 12:15pm	\$50.00/8	32829

STRETCH & TONE – HYBRID (in person & ZOOM)

Age: 55+ years Location: ASC

This class is designed to strengthen and tone muscles to facilitate everyday living activities and improve appearance. A variety of light equipment will be used. The muscles will then be stretched to maintain or increase flexibility. Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person. *No Class: Oct 14

Day	Date	Time	Fee/Class	Code
Mon	Sept 16	1:30pm – 2:30 pm	\$75.00/12	32833*
Thu	Sept 19	9:45am – 10:45am	\$75.00/12	32832

STRETCH & TONE

Age: 55+ years Location: Zoom

(Description Above)

*No class: Oct 14

Day	Date	Time	Fee/Class	Code
Mon	Sept 16	1:30pm – 2:30pm	\$75.00/12	32830*
Thu	Sept 19	9:45am – 10:45am	\$75.00/12	32831

THE STORY OF MY LIFE - NEW!

Age: 55+ years Location: ASC

What will be the title of your life story? With fun, interactive and engaging sessions, The Story of my Life journaling workshop series will put pen to paper to authenticate your life history. Through thoughtfully curated themed sessions, personalized journaling workbooks, and the power of shared storytelling, participants embark on a journey of healing, self-empowerment, and the creation of a meaningful legacy gift. Reminisce with themes such as Bucket List, where we will reflect back on past experiences and create a new list of experiences to explore moving forward. Travel back in world history, with the theme Generation Gap, to events that impacted you and your loved ones. Other themes include: Character Traits, Life Well Lived, My Guesthouse, hear me Roar!, Life's Lessons, Aha!, and Who am I?. One-time fee of \$25 for workbook due in the first class.

Day	Date	Time	Fee/Class	Code
Tue	Sept 24	1:30pm - 3:30pm	\$120.00/8	33070

WALK FIT

Age: 55+ years Location: AFLC

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

Day	Date	Time	Fee/Class	Code
Wed	Sept 18	12:15pm - 1pm	\$75.00/12	33177

WEST COAST SWING

Age: 18+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Wed	Oct 23	8:30pm - 9:30pm	\$95.00/8	32768

YOGA: CHAIR

Age: 55+ years Location: ASC

Chair Yoga is for anyone who has movement limitations or is recovering from an injury and would like to start moving, or to be more active. A varied series of focused poses and movement flows, incorporating breath awareness and proper alignment, will help to develop strength, flexibility and balance.

Day	Date	Time	Fee/Class	Code
Wed	Sept 18	10am -11am	\$75.00/12	32834

YOGA: CHAIR, MOVEMENT & MINDFULNESS

Age: 55+ years Location: ASC

Learn how to connect your body and mind, so you can enjoy life and be fully present. Combined with traditional Chair Yoga, we will turn off the autopilot, find our breath and expand our awareness. We'll put our focused attention on noticing and feeling what the body and mind does while engaging in movement. The goal is to take this practice off the chair so you can be fully present, engaged and aware while living life. *No Class: Oct 14

Day	Date	Time	Fee/Class	Code
Mon	Oct 7	10am - 11am	\$63.00/10	32835

YOGA: FOR ANXIETY & STRESS

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

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

Day	Date	Time	Fee/Class	Code
Thur	Oct 10	7:45pm -8:45pm	\$63.00/10	32850

YOGA: HATHA

Age: 55+ years Location: ASC

These classes will greatly benefit those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Please note this class will involve floor work. *No Class: Oct 14

Day	Date	Time	Fee/Class	Code
Mon	Sept 16	12:15pm - 1:15pm	\$63.00/10	32837

YOGA: MAT & MEDITATION NEW

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

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

*No Class: Oct 14

Day	Date	Time	Fee/Class	Code
Tues	Oct 8	11:15am - 12:15pm	\$63.00/10	32836

YOGA: RESTORATIVE MAT

Age: 40+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Thurs	Oct 10	6:30pm -7:30pm	\$63.00/10	32838

YOGA: SUNSET

Age: 40+ years Location: ASC

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	Oct 8	6:30pm – 7:30pm	\$63.00/10	32839

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 any of our virtual fitness classes: Basic Cardio, Get Fit, Get Strong, Move & Tone, Piloga, Stretch & Tone and Zumba Gold. Attend as many classes and you wish during the 14-week period. Participants in this program will receive their Zoom links the day before each program’s scheduled start. This is a great value!

Note: Please email the Seniors Centre at seniorscentre@aurora.ca to obtain the full class list.

*No class: Oct 14

Day	Date	Time	Fee/Class	Code
M-F	Fall Season	See schedule	\$75.00/14	32861*

Aurora Seniors Presents



Date: Wednesday, September 18, 2024

Departure: 8:45 a.m.

Return: Approx 6 p.m.

Price: Members: \$51 per person
 Non-Member: \$60 per person

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

Registration Forms available at Reception.

WELCOME



GILLIAN SIMPKIN

Our Fall Placement Student

Hello, hello! My name is Gillian, and I am absolutely thrilled to be joining you in September for my student placement. I am currently studying Social Service Work with a focus on Gerontology at Seneca College. I will be with you for my last 2 semesters before I graduate!!

I am eager to get to know you all and look forward to getting to know you. I am looking to gain practical experience while contributing to the community I have grown up in.

In my free time I enjoy biking, swimming, gardening, and geocaching (worldwide treasure hunting) and spend most of my time with my partner in crime, my dog Banx!

I am looking forward to meeting you all, spending time with you and I encourage you to come up and chat with me anytime!

See You in September!



AURORA TOWN SQUARE

GRAND OPENING

September 20 to October 13

Your seat awaits.

Full schedule at AuroraTownSquare.ca




Join us for Aurora Seniors Centre 2024 Virtual Summer Scavenger Hunt.

Using your smart phone or tablet see how many challenges you can complete, earn points and win prizes!

Starts August 12
Ends September 13


Launch Seminar:

Monday August 12 at 12:45 in the lounge.

Join Brandie to answer all your questions and instructions to download the app. Please bring your device with you.

*To watch on zoom please email:
byorg@aurora.ca to receive the link.*

To register:

1. Go to the app store on your smart phone or tablet
2. Download the Goosechase App 
3. JOIN CODE MX3X11 or in the search Aurora Seniors Summer Fun (don't worry we will help you download it and show you how to work it at the launch seminar)



▶ ASA Activity News

Cribbage

Great fun Wednesday afternoons from 1 – 3 p.m. All experience player's welcome. We will be offering lessons to those who wish to learn in September.

Ladies, Laugh and Learn

will now be an ASA activity. The fall session will be 8 weeks for \$15, starting Wednesday September 11. We will have space for 25 ladies, first to sign up will be excepted.

Registration will be at the Receptions desk starting Monday, August 12 at 8:30 a.m..

Join us for laughter and learning and comradery, meet other ladies to hear their stories.

▶ ASA Library

Latest Feature

- The new theme-based book selection feature has been quite successful, and we plan to continue this into the future. Books of a specific theme will be selected and displayed in the tray on the top of the return box. The first theme we have selected is "Summer Romance". Stay tuned and be surprised.

New Ideas

- Please let us know what you think of this idea and what other themes we could consider. Suggestions are always welcome.

Book and Puzzle Donations Reinstated

- We are 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, historical fiction, 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 contact me at Kevin.Griffiths4881@gmail.com, send a text to (416) 433-4881' 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 the book(s) when you have finished.
- We have noticed that some borrowers, when introduced to a new author borrow all available copies of their books. Please limit yourself to 2 copies of a single author thus leaving some for other borrowers. 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.

BBQ



Dates:

Wednesday, August 14

Wednesday, August 28

Doors open 11:30am

Limit of 2 tickets per member

Menu:

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

Date	# of tickets available	Tickets on sale
August 14, 11:45 a.m.	65	On Sale until Friday August 2. Limited quantities
August 28 11:45 a.m.	65	Tickets \$10 on sale Monday, August 19 to Friday, August 23

BBQ meal selection due upon purchase, NO substitutions!
Please Note: your ticket is only good for the current BBQ



Fundraising Committee presents:

ICE CREAM SOCIAL

Wednesday August 21, at 1 p.m.

AURORA SENIORS CENTRE
90 John West Way, Aurora

- Build your own ice cream sundae
- Music from the 50's & 60's by Dave's Vinyl Party!
- Old fashioned trivia
- Dancing (optional)
- Tickets on sale July 15 - August 16 at noon

Tickets

\$10 for members
\$12 for non-members

Thank you to our sponsor



► Upcoming Seminars

Frauds & Scams

Presenter: Christine Allum, Ontario Securities Commission
Wednesday, August 7, 2024 from 10 – 11 a.m. in the Craft Room

Fraudsters use a variety of tactics to get us to share information or give money. Learn about common frauds and scams, the warning signs and how you can protect yourself. Christine Allum is Senior Advisor, Investor Engagement and Stakeholder Partnerships in Investor Office at the Ontario Securities Commission. She partners with various groups and organizations to deliver investor education and fraud prevention workshops.

Scientific Insights for Healthy Aging

Presenter: Dr. Shilpi Gupta, Curious and Creative Lab
Wednesday, August 21, 2024 from 1 – 2 p.m. in the Lounge

This webinar offers seniors a comprehensive glimpse into the transformative power of evidence-based scientific research in understanding and adapting to the changes in their bodies and brains as they age. Additionally, this talk aims to dispel common myths and misconceptions surrounding aging, particularly the notion that individuals lack control over the aging process. From dietary interventions and exercise regimens to cognitive stimulation and social engagement, the talk offers practical strategies for promoting physical, mental, and emotional well-being as individuals age. Attendees will gain valuable insights into the integrated approach to aging gracefully and maintaining vitality in later years.

Dr. Shilpi Gupta is a Scientist, Knowledge Mobilization Expert, Science Communicator, and author. She is the founder of Curious and Creative Lab, an organization dedicated to making learning enjoyable for all. Dr. Gupta's mission through the Lab is to equip individuals with science-based tools and techniques to enhance mental and physical well-being. She is devoted to advancing Healthy Aging and Women's Health. Her recent debut book, 'Empowering Aging: Insights from the Healthy Aging Webinar Series', reflects her dedication to promoting healthier and more informed lifestyles for individuals navigating the journey of aging.

► Seeking Volunteers

Do you have your Smart Serve Certification, or would you like to do the training? Smart Serve is Ontario's mandated training for all servers of alcohol beverages in Licenced Establishments.

The course covers such topics as the effects of alcohol, responsible serving techniques, etc. The Aurora Seniors Association is a Licenced Establishment and is looking for volunteers to help with bar service for our events. The training is online and the cost will be reimbursed. If needed you can use a computer at the Seniors Centre for the training. For more details contact Don Keel at dgk.smart.serve@gmail.com

▶ Evergreen Choir

After the summer break, choir begins again on Wednesday, September 11 at 1:45 p.m.. We will be practicing for the Christmas Concert to be held on Saturday, November 23.

To join the choir, you must first be a member of the Aurora Seniors Association. You then pay an annual fee of \$50, which allows you to participate without having to pay the usual \$1 daily fee.

If you are planning to join the choir for the 2024-2025 season, please pay your \$50 fee before choir starts. You may pay at Reception from August 1.

We look forward to another great year.
Sylvia Gilchrist

**FRIDAY NIGHT
SOCIAL DANCES**

August 9 & August 23

Line Dancing: 6:45 p.m.
Dancing: 7:30 - 10:30 p.m.

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

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

Great Music. Best Deal in Town

August 9: Enjoy our usual mix of ballroom, Latin, and line dances.

August 23: Celebrate Elvis Presley with a special salute to his songs, followed by a mix of other great dancing tunes. While we won't have an Elvis impersonator, feel free to dress up as the King of Rock and Roll or in attire inspired by the early Elvis Presley era!

The evening kicks off with a line dance lesson at 6:45 p.m., followed by ballroom dancing and a few more line dances starting at 7:30 p.m. Music by DJ Les. We look forward to dancing with you!

AURORA SENIORS SPECIAL
EVENTS COMMITTEE PRESENTS

**AN UNFORGETTABLE EVENING FEATURING
CARL STEDMOND**



**Friday, August 16
7 - 9:30 p.m.
Doors open
6:30 p.m.**

Live Music, Singing and Dancing,
Refreshments and Cash Bar.



AURORA SENIORS CENTRE

90 JOHN WEST WAY, AURORA ON

Ticket Price:
member: \$12
Non-Member: \$15
available at Reception now.

Special Events Committee

The Special Events Committee is looking forward to hosting another fun evening of Live Music featuring Carl Stedmond to perform at a Dance Event on Friday, August 16 in the West McKenzie Room at the Centre. It will be another fantastic night of dancing and entertainment with refreshments and a cash bar. Tickets are available at the Reception.



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Aurora Seniors Presents

Old Mill Alpaca Farm

Visit the Old Mill Alpaca Farm in Brighton, known for the breeding, care and welfare of its more than 80 alpacas. Here, good animal care translates into excellent quality fleece. Learn how alpaca fleece is graded, processed and crafted into an amazing range of soft, warm, but natural products for sale, ranging from blankets to clothing (scarves, mitts, socks, sweaters) to the popular alpaca dryer balls. Marvel at the supreme insulating qualities of this hypoallergenic fiber. Have an 'up-close and personal' experience with the alpacas. Don't forget to bring your camera!

Date: Thursday, October 10, 2024

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

Depart: 8:00 a.m. Stronach Recreation Complex

Inclusions: Return transportation via deluxe coach, visit to The Big Apple, lunch at the Waring House, visit to Campbell's Orchards, visit to the Old Mill Alpaca Farm, gratuity on meal, driver gratuity, and all taxes.

Rest Stop: 9:45 a.m. - 10:30 a.m.
Visit to the Big Apple

Lunch: 11:30 a.m. - 1:00 p.m.
Enjoy a delicious meal at the Waring House. Includes bread, salad, Breast of Chicken With a Chardonnay Dill Sauce, dessert and tea or coffee

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

Orchard: 1:30 p.m. - 2:15 p.m.
Visit to Campbell's Orchards, an orchard, farmers' market, bakery, and vineyard.



Farm: 3:00 p.m. - 4:30 p.m.
Visit to the Old Mill Alpaca Farm

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

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



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Aurora Seniors Presents

NEW YORK CITY

New York City, "THE BIG APPLE." Whether this is your first visit, or you have been before, New York remains one of the most exciting and vibrant cities in the world. Friendly people, world class museums, theatres, fabulous restaurants, and incredible shopping all await us! While in New York we see the world famous **Rockettes Christmas Show** at Radio City Music Hall. Comprehensive New York City sightseeing will include guided "Uptown" and "Lower" Manhattan tours, plus a 1 hour harbour cruise. Add to the mix some of the best shopping anywhere in the world, and you have the perfect "big city" getaway. **Marriott Marquis - The Heart of the City. The Soul of Times Square.** Experience the vibrant energy of Manhattan at the newly renovated New York Marriott Marquis, located in the heart of Times Square. Our hotel is an iconic fixture of the city and offers easy access to some of the most exciting attractions, including the world-famous Theater District, Rockefeller Center, and Radio City Music Hall. Inside our towering hotel, you'll find some of New York City's largest hotel rooms, multiple restaurants - including the only revolving restaurant in the city. This 4.5 star property offers the perfect blend of style, comfort, and convenience in the heart of Times Square.

Tour Includes:

- * Return transportation via deluxe coach
- * 4 nights New York Marriott Marquis
- * 4 buffet breakfasts
- * ½ day downtown tour with step on guide
- * ½ day uptown tour with step on guide
- * 1 hour New York harbor cruise
- * Broadway show ticket for The Rockettes
- * All hotel taxes and service charges
- * Baggage handling
- * Tour escort

November 17 to 21, 2024

Price per person in Canadian Dollars

TWIN \$2049.00 SINGLE \$2949.00

\$200.00 deposit due upon booking. Balance due 60 days prior to departure.

Sign up at reception or for more information call
 Andrew Bailey at 365-500-3160 or
 Year Round Travel at 416-499-1444



**MULTI MEDIA
 PRESENTATION
 AUGUST 14TH
 1:00 PM**

Optional Medical Insurance

60 to 64 years old	\$54.00
65 to 69 years old	\$77.00
70 to 74 years old	\$93.00
75 to 79 years old	\$157.00
80 to 84 years old	\$275.00
85 to 89 years old	\$363.00

Optional Cancellation Insurance \$147.00 per person



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▶ Computer Club Information and Activities

As is our usual practice we will stop the computer club meetings over the summer break (July and August) and restart sessions in September.

Tuesday morning seminar schedule for September:

- Sept 3 – General Q&A / iPhone Tap to Pay (Cary)
- Sept 10 – Bit Warden - Password Manager (Ronen)
- Sept 17 – Apple Day (Herb)
- Sept 24 – Email basics (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.



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▶ Tuesday Night Movies at the Centre

August 6 – Philomena (2014): Judi Dench (PG-13, 98 Min, Biography, Comedy)

A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent.

August 13 – Unsung Hero (2024): Daisy Betts, Joel Smallbone (PG, 123 min, Drama, Family)

Based on a remarkable true story, a mom's faith stands against all odds and inspires her husband and children to hold on to theirs.

August 20 – The Intern (2015): Robert De Niro, Anne Hathaway (PG, 112 min, Comedy, Drama)

Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.

August 27 – An Affair to Remember (1957): Cary Grant (PG-13, 117 min, Drama)

A couple falls in love and agrees to meet in six months at the Empire State Building - but will it happen?

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

<p><u>ASA Board of Directors:</u> President Glen Sharp Vice President Louis Gambino Treasurer Rob Ishoj Secretary Rob Gaby Directors Jim Abram Vern Cunningham Julia Jackson Shayna Maislin John Scherrer</p>	<p><u>ASA Committees:</u> By-Law Committee John Scherrer—Chair Finance Committee Rob Ishoj—Chair Fundraising Committee Vern Cunningham—Chair Membership & Volunteers Committee Carol Hedenberg—Chair Operations & Activities Committee Dave LeGallais—Chair SAGA Committee Jim Abram—Chair Special Events Committee Nandy Singh—Chair</p>	<p><u>Aurora Seniors Centre Staff:</u> Karie Papillon Adult Program Coordinator kpapillon@aurora.ca (365) 500 3159 Andrew Bailey Adult/Older Adult Programmer abailey@aurora.ca (365) 500 3160 Brandie Yorg Program Lead (WOW & SCM) byorg@aurora.ca (365) 500 3161 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:

Breathe & Stretch: Using breathing techniques for relaxation and seated stretch

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

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

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

Jeopardy: Trivia questions “Jeopardy” style, all you need is pen and paper

Sit, Stand & Balance: Seated and standing exercises designed to strengthen and improve core, strength and balance.

Stories & Games: Stories and music from a variety of genres.

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

Virtual Fun & Games: Various trivia and quizzes

If you know someone who may be interested in this program, please let us know, a member of our team will be happy to reach out to make the first connection.

For further information please contact:

Telephone: 365 500 3161

Email: wow@aurora.ca

AUGUST 2024 WOW CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. to 4:30 p.m.	8:30 a.m. to 9 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 10 p.m.
9:00 Woodshop 9:00 Badminton 9:00 Ladies Billiards 9:30 Men's Shed 9:30 Knotty Knitters 9:30 Beginner Bid Euchre 10:00 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 12:00 pFIT* 12:30 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* 9:30 Watercolour* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminars 10:15 WOW Stretch & Strong*(Z/T) 10:30 Balance* 10:35 Piloga* 11:50 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:30 Snooker League 1:55 Pickleball (Men) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving	9:00 Woodshop 9:00 Drawing* 9:30 Bocce 9:45 German 10:00 Men's Shed Billiards 10:00 Chair Yoga* 11:00 French 11:30 WOW Sit, Stand & Balance (Z) 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Bridge 1:30 Snooker League 1:45 Evergreen Choir 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 Stretch & Tone*(H) 10:00 Men's Shed Bocce 10:00 Snooker League 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 1:30 Snooker League 2:30 Pickleball (Women) 3:15 WOW Stretch & Strong (Z/T)	9:00 Woodshop 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
August 5 Closed Civic Holiday		August 7 10:00 Seminar: Frauds and Scams 12:00 Amica BBQ		August 2, 16, 30 9:00 Fit & Fun
August 12 12:45 Seminar: Goosechase		August 14 & 28 12:00 BBQ		August 16 7:00 An Evening of Entertainment with Carl Stedmond
August 19 1:00 ASA Board of Directors		August 21 1:00 Ice Cream Social 1:00 Seminar: Insights for Healthy Aging		August 9 & 23 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

