

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



THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

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

ALL OUR LISTINGS INCLUDE

-  PROFESSIONAL PHOTOGRAPHY
-  3D FLOORPLAN & VIRTUAL TOUR
-  PROFESSIONAL FEATURE BOOKLETS
-  LISTED ON MLS THROUGH TRREB
-  ONLINE & SOCIAL MEDIA EXPOSURE
-  EXPERIENCED REAL ESTATE TEAM

And more...

SERVICE WITH PROFESSIONALISM

MEMBER AFFILIATIONS & DESIGNATIONS



LENARD LIND

BROKER OF RECORD & OWNER

OFFICE: 905-841-0000
TOLL FREE: 888-727-8223
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THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

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AURORA, ONTARIO L4G 1M3

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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 (OACAO) and sponsored by the Province of Ontario.

Seminar and Demo details on next page in the Newsletter

LETS GET OLDER ADULTS SOCIALLY CONNECTED!

Wednesday September 25 at 7:00 p.m.

Aurora Seniors Centre Lounge

Learn about free and minimal cost ways to keep you, your parents and neighbours socially connected in Aurora.

Please register for this free session.

Register at:

365-500-3161

seniorscentre@aurora.ca

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.

Seniors Active Living Fair Details

Our seminars and fitness demos have been confirmed for our Saturday, September 7 Active Living Fair. Join us in-person or over Zoom. Zoom link will be emailed out to ASA members the day prior to the event. If you are not a member email seniorscentre@aurora.ca for the details

Brain Health presented by the Alzheimer's Society of York Region from 9:20 a.m. – 9:50 a.m. Join Jaime from the Alzheimer's Society of York Region to discuss brain health and Alzheimer's Awareness followed by a Q&A

Balance Exercise Demo with Adele from 10 a.m. to 10:20 a.m.

Blood Pressure Clinic from Chartwell Retirement Residence from 10 a.m. to 11 a.m. in the library.

Prescription Drug interaction seminar from 10:25 a.m. to 10:55 a.m. Join Michael from Sparkle Pharmacy for an interactive seminar as he discusses drug interaction from a pharmacist perspective followed by a Q&A.

Get Strong Demo with Lucy from 11:05 a.m. to 11:25 a.m.

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

Summer is winding and we can look forward to many beautiful days with still time to enjoy the outdoors. There is a lot happening at the Centre as we roll into September. Starting right after Labour Day we have Try-it Week with opportunities to sample some of the programs the Centre has to offer. Whether it's fitness, yoga, Men's Shed, or trying a new language, there is something for everyone and it's all free! Wednesday September 4 is our Open House and Hobby and Volunteer Expo where volunteer representatives from our various programs will be on hand to answer questions about their particular activity. On Saturday September 7 the Centre is hosting the Active Living Fair with over 50 exhibitors. A limited supply of grab bags and a BBQ lunch will be available. All of these events are free and are a great way to learn more about your Centre.

Fall programs will be starting up later in September and there are a number of new and exciting offerings, so don't miss out. A few of us have been having a great time playing bocce on Thursday mornings and we will keep going as long as the weather allows.

On Tuesday October 1, the ASA will be hosting a casino night at Stonehaven (the Shed). Test your luck at some of the Casino games and enjoy a Mexican buffet. This is a fund-raiser for the ASA, so your support is appreciated.

Lastly, the Aurora Town Square will be opening later in September and there are many events planned as part of the Grand Opening which lasts well into October. I encourage everyone to see what's available and check out our newest Town facility.

I can't sign off without thanking our dedicated volunteers, without you most of this wouldn't be possible.
Glen

▶ ASA Supports Older Adults

The Board of Directors of the Aurora Seniors Association, on behalf of our members, proudly support our partner not-for-profit charities that provide services to older adults in Aurora and surrounding communities. Every year, we set aside a budget, administered through our Seniors Affairs, Grants and Awards Committee to provide a donation to those charities that most align with our vision. It is a difficult decision to make, as there are so many organizations to consider. We are proud to inform you that this year's recipients are Southlake Health Centre, CHATS Aurora Community and Home Assistance to Seniors, Alzheimer's Society of Your Region, Margaret Behan Hospice, Hope House Community Hospice and Doane House Hospice. Each of these recipients have generously offered to conduct seminars for the ASA and our Men's Shed group on how they can help you and your loved ones. Without the support of these and other organizations we would not be able to provide the support and add to your quality of life as our members, volunteers and leadership strive to provide to you. Should you wish to learn more about these or any other organization that provides services you or a loved one may benefit from, I encourage you to contact them as they are delighted to help!

Jim L. Abram
Chair: Seniors Affairs, Grants and Awards Committee

Town of Aurora Fall 2024 Programs

Registration for Fall programs in 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 Reception

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 beginner's 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 |

CHAIR FIT

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

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

| Day | Date | Time | Fee/Class | Code |
|------|---------|----------------|------------|-------|
| 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 |

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 – 2pm | \$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 |

KITCHEN CONNECTIONS **NEW!**

Age: 55+ years Location: York Region Food Network

Are you feeling uninspired by cooking? Tired of eating the same things over and over? Connect to yourself, to others and to the kitchen in this 6-week interactive cooking series. Learn simple recipes, using minimal ingredients. Perfect for cooking for 1 or 2 people! This program is generously funded by Canada’s New Horizon’s for Seniors Program.

| Day | Date | Time | Fee/Class | Code |
|------|-------|------------------|-----------|-------|
| Tues | Oct 8 | 11:30am – 1:00pm | \$20.00/4 | 33414 |

LIVE YOUR BEST LIFE **NEW!**

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

Join this information packed eight-week healthy living workshop for older adults. This is for people who want to start, or maintain, healthier lifestyles by motivating change and learning more about healthy eating, physical activity and mental & emotional health.

| Day | Date | Time | Fee/Class | Code |
|-----|-------|--------------|-----------|-------|
| Wed | Oct 9 | 1pm – 2:30pm | \$15.00/8 | 33088 |

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: ATH (Aurora Town Hall)

This exercise class is designed specifically for men looking to maintain and build their physical health. The focus is on your full body: building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. Exercises target all the major muscle groups. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate.

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

MOVE & TONE

Age: 40+ years Location: Zoom

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

*No Class: Oct 14

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

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 | Oct 26 | 1pm - 5pm | \$60.00/1 | 33390 |
| Sat | Dec 14 | 1pm - 5pm | \$60.00/1 | 33391 |

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 | \$72.00/6 | 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), Aurora Town Hall (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 FULL |

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: HATHA

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

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: 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: 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: ATH (Aurora Town Hall)

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

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

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, and Stretch &Tone.. 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* |

SAVE THE DATE
 The ASA’s Holiday Market will be held on **Sunday, November 3.**
 More details in October’s newsletter

Our upcoming Stratford “Something Rotten” Trip is currently on Waitlist. If you are interested, please let Reception know and we will add you to the Waitlist

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




TOWN OF AURORA
SENIORS' CENTRE
IN THE MAIL

HAPPY 4TH BIRTHDAY

Twice a month activity kits are mailed to you (or you can pick them up at the Aurora Seniors Centre). Each package will include puzzles, sudoku, trivia and more!

 wow@aurora.ca

 **365-500-3161**



Indoor **WALKING CLUB**



September 24

Walking Club Lunch & Learn Hosted by Amica Newmarket

12:45 Lunch (must have ticket)

1:30 Walk

1:50 Stretch

2:00 Seminar

Free Event - Tickets available at Aurora Seniors Centre reception starting Monday September 9

October Seminar Dates:

October 1

October 22

October 8

October 29

October 15

Every Tuesday:

1:30 p.m. Walk

1:50 p.m. Stretch

2:00 p.m. Seminar

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

Aurora Family Leisure
Complex
wow@aurora

Walk. Stretch. Learn.



LIVE YOUR BEST LIFE (Active & Healthy Aging)



Wednesdays
October 9 to
November 27
1 to 2:30 p.m.
\$15.00/8 weeks

Join this information packed eight-week healthy living workshop for older adults. This is for people who want to start, or maintain, healthier lifestyles by motivating change and learning more about healthy eating, physical activity and mental & emotional health.



Funded in part by the
Government of Canada's
New Horizons for Seniors Program



▶ ASA Activity News

Cribbage

Wednesday, September 4 is the Centres open house and cribbage will be cancelled. Want to learn Cribbage? Join us September 11, 18 and 25 from 12:30 to 1 p.m. for a quick lesson. Regulars game starts at 1, come out and have fun!

Art Lounge Display

The Aurora Seniors Group of Artist (AKA - Art Drop In) would like to thank those that participated in the Lounge Gallery, it has been a great success. In keeping up with the success of the Gallery a few bumps have come to light.

To display your Artwork, first obtain a form from the front desk, complete the form and be sure to complete the tag to go onto your Artwork, with the necessary information. The Form requires an approval of one of the people on said form and only them. When this is completed, return the form to the Ladies at the front desk. They will supply the "S" hooks if required.

You may display only 1 piece of Artwork per Month, at the end of the Calendar Month, your Artwork will need to come down. You will have to ensure that the form you completed for said Artwork is signed and dated by the Ladies at the front desk, this ensures that you have received your Artwork, which will now be leaving the building.

If you display your Artwork without the necessary paperwork, it will be removed and attempts to contact the Artist will proceed. I hope this does not deter members from displaying their creations, it is to protect the Artists, The ASA, and the Town of Aurora.

Woodcarvers

The ASA carving club has all levels from novice to experienced carvers and are always looking for more people to join us. We meet every Tuesday and Thursday morning from 8:30 a.m. to 12:30 p.m. and Tuesday evening from 6:30 to 9:00 p.m. If you are a beginner, Tuesday evening is made just for you. Experienced carvers of different levels will be there to help you get to know the craft. We have group carving where groups of carvers will try the same thing like a comfort bird or a relief carving. You can branch out and try something unique on your own.

Come on in on Tuesday evenings or one of the mornings. See what we are doing. Find out if this activity is for you. The woodcarving group will be offering lesson's soon, so keep an eye out for further details.



▶ ASA Library

Latest Feature

- We have expanded the “New Arrivals” book section to include “Notable Books” based upon author or topic. Please check the shelf the next time you are looking for a book to read.

New Theme

- We would like to thank Don Overington for building the new wooden shelf that we use to display theme related books.
- On that point the theme for the next several months will be “Hockey Night in Canada”.
The first Leaf’s game is on September 22.

Book and Puzzle Donations

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

▶ Evergreen Choir

The new year for the Evergreen Choir starts Wednesday, September 11. We will be rehearsing for our Christmas Concert which will be held on Saturday, November 23.

Please pay your annual \$50 fee to join the choir before September 11. You pay at Reception.

The choir’s year runs from September until June. We meet each week in the West McKenzie Room at 1:45 and sing from 2 until 3:30 p.m.

For those of you thinking of joining the choir for the first time, you must be a member of the Aurora Seniors Association before you pay the \$50 fee for the choir. After paying the fee, you do not have to pay the daily \$1 activity fee each Wednesday when you arrive.

We look forward to seeing old and new faces this year.

AURORA SENIORS ASSOCIATION'S

TRIVIA NIGHT

Tease Your Brain

Friday, October 18

\$15
Prizes & light refreshments

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

Tickets on sale starting Tuesday, September 3.
Each table of 6 will make up a team!

Cash Bar Available



FUNDRAISING for AURORA SENIORS CENTRE
STONEHAVEN BANQUET HALL

63 ERIC T SMITH WAY, AURORA

FOOD FUN DRINKS PRIZES
Join Us- Have Fun- Learn To Play- Win

7 PM

OCT
1st, 2024

TICKET
\$75 PP

MORE INFO + TICKETS

Call Aurora Seniors Centre
(905) 726 4767

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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ASA PRESENTS

A FREE FRIDAY NIGHT Dance

FRIDAY, SEPTEMBER 13
AT 7:30PM

DOORS OPEN AT 7PM

Free Tickets available at Reception.
Limited Tickets

The poster features a central graphic of a vinyl record with the text 'A FREE FRIDAY NIGHT Dance' written across it. To the right, there is a silhouette of a couple dancing. The background is a light yellow color with musical notes and a globe icon.



Friday September 20, 7 - 10:30 p.m. &
Friday, October 4, 7 - 10:30 p.m.

West Coast Swing Dance

Admission at the Door: \$8 member
\$10 non-members

Aurora Seniors Centre
90 John West Way, Aurora
905 726 4767

Light Refreshments Cash Bar

The poster has a purple background with a large white arrow pointing upwards. On the right side, there is an illustration of a man in a red shirt and yellow pants dancing with a woman in a yellow top and red skirt. The text is in a bold, yellow, stylized font.

ASA Dance News

We are pleased to announce a free dance on Friday, September 13. Tickets will be available Tuesday September 3. On September 20 and October 4: Join us for a West Coast Swing Lesson and Dance Night. West Coast Swing is typically danced to a slower beat than East Coast Swing. Our instructors will cover the basic moves to get you on the dance floor. The event will begin at 7 p.m. with a one-hour group lesson, followed by practice to a great mix of blues and swing music, with opportunities to dance also jive, 2-step, or freestyle. The evening's music selection will cover a wide variety of dance styles. Great value for the lesson and dance: \$8 for members, \$10 for non-members.

Friday, September 27 will be our regular dance night, featuring a line dance lesson from 6:45 to 7:30 p.m., followed by ballroom dancing until 10:30 p.m.. Admission is \$5 for members and \$7 for non-members.

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



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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► Here to Help

Do you need help with accessing Service Canada?

Brandie or Andrew can assist you.

► Attention Star Gazers (Save the Date)

Join us for an evening of stargazing with the York Simcoe Amateur Astronomers!

Wednesday, October 9 from 8 – 10 p.m. in the Aurora Seniors Centre parking lot (east side). Our astronomer friends will bring their telescopes and you will be able to take turns and view the heavens.

RSVP is not necessary! Come and enjoy.

To be safe, please bring a flashlight as the parking lots lights will be turned off.



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

Mid Autumn Moon Festival

**WEDNESDAY
SEPTEMBER 18
10:30 A.M.**
tickets available at Reception.

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

FREE

The poster features a decorative border with red and white icons of lanterns, rabbits, and flowers. A red cloud is in the top left, and a red lantern hangs from a branch in the top right.



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. Click [here](#) to view our current program guide:

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.

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, 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

For further information please contact:

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

▶ Upcoming Seminars

Why We Should Pay Attention to Shared-Living

Presenter: Pat Dunn, Seniors Women Living Together

On Wednesday September 18, at 1 p.m. in the Aurora Seniors Centre Lounge.

Join us for a webinar on the benefits and possibilities of shared living! With housing costs rising and cities becoming more crowded, shared living is a smart solution. In this session, we'll cover:

- **Benefits of Shared Living:** Learn how shared living can save money, build community, and support sustainable living.
- **Top 5 Concerns:** Find out the main worries people have about shared living and how to deal with them.
- **Affordable Housing:** See how shared living can help solve the affordable housing crisis.

We'll finish with a Q&A session where you can ask questions and get expert advice. No sign-up required

Dancing in the Movies

Presenter: Ross Mackay

on Wednesday, September 25 at 1 p.m. in the Lounge

Join us for an interactive look at dancing throughout the years in movies, no sign-up required.

▶ Computer Club Information and Activities

As is our usual practice we will stop the computer club meetings over the summer break 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 are 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

September 3– Hachi: A Dog's Tale (2014) Richard Gere (G, 98 Min, Animal Adventure, Drama)

Professor Wilson discovers a lost Akita puppy on his way home. Despite objections from his wife, Hachi endears himself to the family and grows to be Parker's loyal companion. As their bond grows deeper, a beautiful relationship unfolds.

September 10 – Sully (2016): Tom Hanks, Joel Smallbone (PG, 96 min, Drama)

When pilot Chesley "Sully" Sullenberger lands his damaged plane on the Hudson River in order to save the flight's passengers and crew, some consider him a hero while others think he was reckless.

September 17 – Thelma (2024): June Squibb (PG, 112 min, Comedy, Action)

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

September 24 – Calendar Girls (1957): Helen Mirren, Julie Walter (PG-13, 108 min, Comedy, Drama)

Best friends Chris and Annie are members of a charitable institute. When Annie's husband succumbs to leukemia, the friends decide to pose nude for a calendar to raise funds for a local hospital.

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</p> <p>Vice President Louis Gambino</p> <p>Treasurer Rob Ishoj</p> <p>Secretary Rob Gaby</p> <p>Directors Jim Abram Vern Cunningham Julia Jackson Shayna Maislin John Scherrer</p> | <p><u>ASA Committees:</u> By-Law Committee John Scherrer—Chair</p> <p>Finance Committee Rob Ishoj—Chair</p> <p>Fundraising Committee Vern Cunningham—Chair</p> <p>Membership & Volunteers Committee Carol Hedenberg—Chair</p> <p>Operations & Activities Committee Dave LeGallais—Chair</p> <p>SAGA Committee Jim Abram—Chair</p> <p>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</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> |
|---|---|---|

| 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 9:00 Move & Tone* (Z) 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* 12:15 Yoga: Hatha* (ATH) 12:30 Duplicate Bridge 1:00 Carpet Bowling 1:00 American Mah-Jongg 1:30 Snooker League 1:30 Stretch & Tone*(H) 3:00 Mixed Pickleball 3:15 WOW Fun/Games*(T) | 8:30 Woodcarving 9:00 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminars 10:15 WOW Stretch & Strong*(Z/T) 10:30 Balance* 10:35 Piloga* 11:30 Fit & Fun* 11:50 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core* (ATH) 1:30 Walking Club (AFLC) 1:30 Snooker League 1:30 Story of My Life* 1:45 Get Strong* (ATH) 1:55 Pickleball (Men) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving 6:30 Yoga: Sunset* | 9:00 Woodshop 9:00 Get Fit* 9:30 Bocce 9:45 German 10:00 Men's Shed Billiards 10:00 Chair Yoga* 10:00 Knitting* 11:00 French 11:30 WOW Sit, Stand & Balance (Z) 12:00 Walk Fit (AFLC) 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Chronic Pain* (ATH) 1:30 Bridge 1:30 Snooker League September 5 10:00 Volunteer & Hobby Expo (All Activities Canceled except Bridge) September 18 1:00 Seminar: Shared Living September 25 10:30 Blood pressure clinic 12:00 Bistro 1:00 Seminar: Dancing in the Movies | 8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* (ATH) 9:45 Stretch & Tone*(H) 10:00 Men's Shed Bocce 10:00 Snooker League 10:30 Keep Singing 10:30 Chair Fit* (ATH) 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 9:00 Piloga* (ATH) 9:30 Quilt 'n Sew 9:00 Get Fit* (H) 9:30 Writers Circle 9:30 Mandarin Singing 9:30 Men's Shed 10:00 Chair: Gentle Exercise* 11:00 Get Strong* (H) 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 American Mah-Jongg 1:30 Book Club 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 6:30 Bid Euchre 7:00 Fun Night September 13 & 27 7:00 Dance September 20 7:00 West Coast Swing Dance |
| September 3 Closed September 16 1:00 ASA Board of Directors (ATH) | | | | |

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) (ATH) Aurora Town Hall

Aurora Seniors Centre

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