

free entry  
**Holiday**  
**MARKETPLACE**  
*Sunday November 3, 2024*



**Seniors Centre Knitting, Woodworking & Sewing**  
**Local Vendors & Artisans**  
**Silent Auction & Tea Room**

*Aurora Seniors Centre, 90 John West Way*

# 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  
LENARD@LINDREALTY.CA



ISO 9001: 2008 REGISTERED

# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

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

[WWW.LINDREALTY.CA](http://WWW.LINDREALTY.CA)

## ▶ ASA Board of Directors

Recently we have been enjoying some late summer/early Fall weather. There is a commercial on the radio right now talking about how wonderful Fall in Ontario can be. It also reminds us that fall is short and as we know this is very true. The other day I received a call from our car dealership asking if I wanted to book my tire swap for the winter. I was wearing a tee shirt and shorts, and walking with friends at the time, but it was a reminder of what is to come. Bottom line, enjoy the weather while we can.

September really got rolling at the Centre with our Open House and Hobby and Volunteer expo. It was great to see so many volunteers representing the many programs offered by the ASA and the number of people attending was amazing. The reception team were extremely busy conducting tours, answering questions and signing up new members. The Centre sure was busy, but as always, they were up to the task. Thank you.

This was followed by the Town of Aurora's Seniors' Active Living Fair with 50 exhibitors on hand. There were seminars, hearing professionals, staff from retirement residences and many other people representing the interests of older adults. It was a great success. Thanks to all the staff for their organization of these events. It is a very busy time, and we all appreciate their efforts.

Most Town Fall programs have begun, but its not too late to join in. I participate in Boot Camp Gold and Get Fit on Friday's, and it was great to see so many of our regulars and welcome new people as the programs continue to grow. There are many options for our members which recognize interests and mobility. The instructors are always ready to suggest options for all the exercises, so there really is something for everyone.

On October 9, we are all invited to do some Star Gazing in the parking lot from 8 to 10 p.m. There will be large telescopes on hand and people there to show us how to use them. Let's hope for a clear night. Trivia Night is Friday, October 18, and once again this fun event is sold out. The new Town Square has officially opened and there are many performances planned for the first month. Volunteers from the ASA and Men's Shed will be acting as Welcome Greeters for a few of these events.

I hope you had a good summer, and I look forward to the Centre getting back into full swing now that we are into Fall. Whether you are taking part in an activity or enjoying a coffee with friends it helps us to forget that maybe it's getting cold outside. Bye for now. Glen

## ▶ Complimentary Earwax Removal

HearCANADA will be onsite on Tuesday, October 29 from 9 a.m. to 3 p.m. They will take a brief case history to understand your hearing health, then will perform an otoscopy to check for cerumen (earwax) and conduct a hearing screening, which is a pass or fail hearing test. If necessary, they will provide primary earwax removal on-site.

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



## ▶ Town of Aurora Fall 2024 Programs

### Registration for Fall programs is

#### currently available:

Here's how to register:

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

### 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

### 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	Oct 16	11:15am - 12:45pm	\$20.00/4	32846

### 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: 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

Winter 2025 Town Program information will be in our November newsletter edition.

**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

**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

**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

**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, 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: 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

Our upcoming  
**Stratford “Something Rotten”**  
 and New York City trips  
 are currently on Waitlist.  
 If you are interested,  
 please let Reception know  
 and we will add you to the  
 Waitlist.

**► Upcoming Seminar**

**Flu Awareness and Prevention**

Friday October 18, 10:30 a.m. – 11:30 a.m. in the lounge (webinar)

**Presenters:** James Morrison Director, Pharmacy Excellence, Wholehealth Pharmacy Partners and Monica Balkaran Registered Nurse; Rexdale Community Health Centre  
 Learn about staying well during flu season, causes and symptoms of respiratory illness and how vaccination supports your health.

# Indoor **WALKING CLUB**



1:30 WALK  
1:50 STRETCH  
2:00 SEMINAR

## **October Seminars:**

**October 1**

Get Your Steps In & Proper Walking Technique with Brandie

**October 8**

Dementia, Depression & Delirium with CHATS

**October 15**

Let's Talk About Stroke with District Stroke Centre

**October 22**

Decluttering Battle Plan with Smart Realty Solutions

**October 29**

Nordic Pole Walking with Shawn Nisbet

All seminars are on ZOOM to receive the link

email [byorg@aurora.ca](mailto:byorg@aurora.ca)

## **Walk. Stretch. Learn.**

Aurora Family Leisure Complex

[wow@aurora](mailto:wow@aurora)

365-500-3161



# 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



Our Wednesday Let's Create group is currently seeking any jewelry items for their art projects. Its a great time to clean out your jewelry box and the group also accepts broken jewelry.  
Thanks in Advance



## ▶ ASA Activity News

### **Beginner Bid Euchre**

Occurs every Monday at 9:30 a.m. This is just a fun game, join us.

### **Cribbage**

Occurs every Wednesday at the centre. Want to learn Cribbage? Stop by between 12:30 to 1 p.m. for a quick lesson. Regulars game starts at 1 p.m., come out and have fun!

### **Scrapbooking**

Do you love to Scrapbook, network and share memories? Keeping a scrapbook organizes your pictures and helps you keep a journal of memories.

If you are currently a Scrapbooker as I am, and would like to meet others as well, join us for a couple of hours of scrapbooking once a week at the ASA. They have kindly found space that could work if we form a group.

This will give us the dedicated time that we require to work on and complete our projects and meet others that like to scrapbook as well.

Bring all your own supplies, scrapbooks, tools, paper everything you require to work on your project. At this moment we are seeking those that are interested in joining or have any questions.

This activity would take place on Tuesday mornings, 10 a.m. – 12 p.m. If enough people are interested, we would start in late October.

## ▶ Special Events Committee

The Special Events Committee is looking forward to another evening of fun and excitement at our **Trivia Night on Friday, October 18th, 6:30 - 9:30pm** in the West McKenzie Room at the Aurora Seniors Centre. It will be another fantastic night to test your knowledge in a fun and entertaining way with refreshments and a cash bar.

Our next event will be on December 13 at 6:30 pm featuring music from the **After Hours Big Band**. Look for more Information coming in the November newsletter.

## ▶ Attention Star Gazers

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

## ▶ 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**

- The theme for the next several months will be “Hockey Night in Canada”. The Leafs season is underway and hope springs eternal for an exciting season.

### **Recent Donations**

- We have recently received two notable donations:
- A brilliantly illustrated series of books on the history of the Original Six NHL hockey teams.
- The complete set of the eleven 44 Scotland Street novels by Alexander McCall Smith. McCall Smith also wrote a series on the No.1 Ladies Detective Agency. We do not have any of the novels from this series but are open for donations.

### **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](mailto: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 choir is busy rehearsing for their upcoming Christmas Concert, which will be held on Saturday, November 23 at 2 p.m. Doors will open at 1:30 p.m., The Christmas Concert is usually sold out well ahead of the date, so make sure you pick up your tickets when they go on sale on November 1.

Dr. Richard Heinzle is back conducting the choir and Craig Garnham is the accompanist. We have several new members who are looking forward to singing in their first ASA concert.



## ► (Make a Difference) Eye Glass Donations

We have all accumulated pairs of eyeglasses over the years in our desks, junk drawers etc. October is Eye Health month. During the month there will be a donation box in the lobby area of the Centre ready to receive all your old glasses. Have a Look and bring them in. One of our volunteers will be delivering them to our local Lions Club for their "Lions Recycle for Sight" initiative. Thanks in advance.



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!

- |                   |  |                    |   |
|-------------------|--|--------------------|---|
| <b>Date:</b>      | Thursday, October 10, 2024   | <b>Price:</b>      | Members: \$160.00 per person<br>Non Members: \$170.00 per person  |
| <b>Depart:</b>    | 8:00 a.m. Stronach Recreation Complex  | <b>Inclusions:</b> | 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. |
| <b>Rest Stop:</b> | 9:45 a.m. - 10:30 a.m.<br>Visit to the Big Apple   | <b>To Book:</b>    | Sign up at reception or for more information call Andrew Bailey at 365-500-3160   |
| <b>Lunch:</b>     | 11:30 a.m. - 1:00 p.m.<br>Enjoy a delicious meal at the Waring House. Includes bread, salad, Breast of Chicken With a Chardonnay Dill Sauce, dessert and tea or coffee |                    |   |
| <b>Orchard:</b>   | 1:30 p.m. - 2:15 p.m.<br>Visit to Campbell's Orchards, an orchard, farmers' market, bakery, and vineyard.  |                    |   |
| <b>Farm:</b>      | 3:00 p.m. - 4:30 p.m.<br>Visit to the Old Mill Alpaca Farm   |                    |   |
| <b>Return:</b>    | Arrival in Aurora approx. 6:30 p.m.  |                    |   |



*Sign up for our monthly Email Newsletter at [www.yearroundtravel.com](http://www.yearroundtravel.com)*



## TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Rd.  
North York, Ontario  
M2J 4V6

P: 416-499-1444  
F: 416-499-1448  
TF: 1-888-804-8841

Ontario Registration #4281143  
Email: [craiglugsdin@bellnet.ca](mailto:craiglugsdin@bellnet.ca)  
[www.yearroundtravel.com](http://www.yearroundtravel.com)

### ▶ ASA Silver Stars

Aurora Seniors Centre's Very own theatre group, the "Silver Stars" will begin rehearsals later this month. They will be working hard but having fun, as they prepare to put on a great show for all. Silver Stars shows always sell out, so keep you eyes and ears open for show dates and tickets. Silver Stars have added a few new members from the Centre, and they are anxious to show off their talents for everyone to see. Paul Wells (Director)

*Dine &  
Discover*

AMICA  
AURORA  
PROMENADE



Considering retirement living in Aurora? You won't want to miss this opportunity to learn about upcoming senior lifestyles residence, Amica Aurora Promenade!

You're invited to join us for a chef-prepared meal and interactive presentation. Hear our panel of Amica experts speak about our approach to wellness, culinary and life enrichment. Our speakers include the Senior Director of Wellness, the National Director of Culinary Service, and the Director of Quality of Life. Be sure to ask your questions during the Q&A!

You'll also have the chance to speak with the residence team to learn about the process of being placed on the priority waitlist.

**Thursday, October 24 | 11:00 AM – 1:30 PM *or* 5:00 – 7:30 PM**  
The Armoury – 89 Mosley Street

Please RSVP for your desired mealtime by October 15 to Lesley at 647-278-2749 or [lesley.thompson@amica.ca](mailto:lesley.thompson@amica.ca).

We look forward to seeing you!

[AMICA.CA/AURORAPROMENADE](https://AMICA.CA/AURORAPROMENADE)

**AMICA**  
AURORA PROMENADE

**Friday, October 4, 7 - 10:30 p.m.**

# **West Coast Swing Dance**



**Admission at the Door:**  
\$8 member  
\$10 non-members  
Light Refreshments Cash Bar

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

**ASA PRESENTS**



**FRIDAY, OCTOBER 11**  
**FRIDAY, OCTOBER 25**  
**AT 7:30PM**  
**DOORS OPEN AT 7PM**

**\$5 Members**  
**\$7 Non-Member**  
**Pay at the Door**  
**Cash Bar available**

## **ASA Dance News**

October 4: Join us for the second night of West Coast Swing Lesson and Dance. This will be a continuation of the WCS lesson from two weeks ago. We will review the basics steps, learnt at the first WCS dance and then add several additional routines. The event will begin at 7 pm 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.

October 11 and 25: These will be our regular dance nights, featuring a line dance lesson from 6:45 to 7:30 pm, followed by ballroom dancing until 10:30 pm. Admission is \$5 for members and \$7 for non-members. Free refreshments and cash bar.

Music by DJ Les. We look forward to dancing with you!

# TEA PARTY

*with:*



CHARTWELL

*Featuring:*

**LIANNE HARRIS**  
**STEEPED IN HISTORY: THE**  
**STORY OF TEA!**

**WEDNESDAY**  
**OCTOBER 16**  
**11:00 - 1:00 P.M.**

**DOORS OPEN AT 10:45 A.M.**  
**TO THE WEST MCKENZIE**

*Limited Free tickets are available at*  
*Reception starting October 1*

# ASA BISTRO

LUNCH SERVED AT 12 P.M.  
DOORS OPEN AT 11:45 A.M.  
\$10 MEMBERS ONLY



**Menu**

**WEDNESDAY, OCTOBER 9**

"THANKSGIVING LUNCH" TURKEY,  
MASHED POTATO, MIXED VEGGIES,  
GRAVY, AND DESSERT **(SOLD OUT)**

**WEDNESDAY, OCTOBER 23**

SHEPHERDS PIE, GREEN BEANS AND  
DESSERT

ALL BISTROS INCLUDE COFFEE/TEA.  
CASH BAR AVAILABLE

**October 9 Bistro is Sold out!**

**October 23 bistro tickets on sale  
from Tuesday, October 15 to Friday, October 18  
Please Note: two tickets per member and no refunds.**

**ALL BISTROS WILL BE CATRERED BY  
HEALTHY NOW**



## ▶ Here to Help

Do you need help with accessing Service Canada porgrams?  
Brandie or Andrew can assist you.



# FALL PREVENTION SUMMIT

WEDNESDAY NOVEMBER 6

10 A.M. - 2:30 P.M.

THE MEADOWS OF AURORA  
440 WILLIAM GRAHAM DR (OFF LESLIE)

**FREE**

**Lunch  
Included**

**Tote Bag  
filled with  
information**

## SEMINARS & DEMOS ON:

- Simple ways to improve balance
- How to get up from a fall
- Healthy aging

TICKETS AVAILABLE  
AT THE MEADOWS  
OF AURORA

TICKETS AVAILABLE AT  
THE AURORA SENIORS  
CENTRE

DOORS OPEN AT  
9:30 A.M.



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



Aurora Seniors Presents

# Niagara Fallsview Casino, Betty's & the Winter Festival of Lights

Get dealt into the action at Fallsview Casino Resort! Whether your game is slots or tables, you'll find it all on one of the largest Casino gaming floors in the world. With over 3,000 slots and video poker machines there's countless ways to win. Try your luck on reel, video reel and video poker machines or take a shot on the progressives – the action is non-stop! From Blackjack to Baccarat, Poker, Craps, Roulette and Pai Gow Poker to Caribbean Stud and more, Niagara Fallsview Casino has something for everyone. Pull up a chair at one of over 100 tables and try your luck! After the casino, we will enjoy a delicious meal at Betty's Restaurant, then drive along the Niagara Parkway to view the spectacular displays with millions of lights and larger than life displays.

- Date:** Wednesday, November 20, 2024
- Depart:** 9:00 a.m. - Stronach Recreation Complex
- Casino:** 11:00 a.m. - 4:00 p.m.  
Enjoy a five hour visit to Fallsview Casino & receive \$35.00 in slot play
- Dinner:** 4:30 p.m. - 6:00 p.m.  
Enjoy a delicious meal at Betty's Restaurant
- Lights:** 6:15 p.m. - 6:45 p.m.  
Travel along the Niagara Parkway and view the Christmas Lights
- Return:** Arrival in Aurora approx. 8:30 p.m.
- Inclusions:** Return transportation via deluxe coach, 5 hour visit to Niagara Fallsview Casino, \$35.00 slot voucher, dinner, travel along the Niagara Parkway to see the Christmas lights, gratuity on meal, driver gratuity, donation to the Festival of Lights, & all taxes.
- Price:** Members: \$120.00 per person  
Non-Member: 130.00 per person
- To Book:** Sign up at reception or for more information call Andrew Bailey at 365-500-3160

**FALLSVIEW**  
CASINO RESORT



*Sign up for our monthly  
Email Newsletter  
at [www.yearroundtravel.com](http://www.yearroundtravel.com)*



**TOUR DESIGNED BY YEAR ROUND TRAVEL INC.**

715 - 250 Consumers Road  
North York ON  
M2J 4V6

P: 416 499 1444  
F: 416 499 1448  
TF: 1 888 804 8841

Ontario Registration #4281143  
Email: [craiglugsdin@bellnet.ca](mailto:craiglugsdin@bellnet.ca)  
[www.yearroundtravel.com](http://www.yearroundtravel.com)

Aurora Seniors Presents



At the Schoolhouse Theatre, the joy of Christmas is definitely in season. Make your days merry and bright with a glorious new landmark theatrical event. Gather with family and friends to hear your favourite holiday music, inspiring songs, and soul-stirring Broadway anthems alongside joyful storytelling and humorous anecdotes. St. Jacobs is your ho-ho-home for the holidays as we invite you to experience the magic of live theatre, fill your heart with the joy of the season, and celebrate "The Most Wonderful Time of the Year."

- |                |   |                    |  |
|----------------|---|--------------------|--|
| <b>Date:</b>   | Wednesday, December 4, 2024   | <b>Return:</b>     | Arrival in Aurora by 6:30 p.m  |
| <b>Depart:</b> | 9:30 a.m. Stronach Recreation Complex   | <b>Price:</b>      | Members: \$200.00 / person<br>Non Members: \$210.00 / person   |
| <b>Lunch:</b>  | 11:30 a.m. - 1:00 p.m.<br>Enjoy a delicious four course meal at Golf's Steak House<br>Choice of<br>1) Fresh Atlantic Salmon<br>2) Chicken Cordon Bleu<br>3) Narrow Back Ribs<br>4) Roast Prime Rib<br>5) 8oz New York Striploin | <b>Inclusions:</b> | Return transportation via deluxe coach, lunch, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes. |
| <b>Show:</b>   | 2:00 p.m. - 4:30 p.m.<br>Reserved orchestra seating for the Merry & Bright at the Schoolhouse Theatre, St. Jacobs   | <b>To Book:</b>    | Sign up at reception or for more information call Andrew Bailey at 365-500-3160  |



**TOUR DESIGNED BY YEAR ROUND TRAVEL INC.**

250 Consumers Road #715  
North York ON  
M2J 4V6

P: 416 499 1444  
F: 416 499 1448  
TF: 1 888 804 8841

Ontario Registration #4281143  
Email: [craiglugsdin@bellnet.ca](mailto:craiglugsdin@bellnet.ca)  
[www.yearroundtravel.com](http://www.yearroundtravel.com)

## ▶ Computer Club Information and Activities

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

On October 15, 2024, Herb will be offering an open drop-in session for people with questions about Apple products. You do not need to make an appointment. Just show up between 1 and 2 p.m.

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

- Oct 1 – General Q&A / VPN and Android Tap to Pay (Bob)
- Oct 8 – Security and Fraud refresher (Doug)
- Oct 15 – New Apple Password manager & iPadOS 18 + Apple drop-in at 1p (Herb)
- Oct 22 – Q&A / Android voice dictation (Ronen)
- Oct 29 – Browser Basics (Doug)

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

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

Your suggestions and comments about what you might like the computer club to do or what topics you would like to see in the Tuesday sessions are always welcome. Send our suggestions to Bob Hedenberg at [bobhed65@gmail.com](mailto:bobhed65@gmail.com) or Doug Cooper at [techspeakr@gmail.com](mailto:techspeakr@gmail.com).



*Be our guest*

JOIN US FOR A  
**LUNCH & TOUR**

**Book your tour today!**

**DELMANOR**

*Aurora  
Inspired Retirement Living™*

25 BUTTERNUT RIDGE TRAIL  
AURORA

**905-503-9505**

**DelmanorAurora.com**

## ▶ Tuesday Night Movies at the Centre

**October 1 – And So, It Goes (2014): Michael Douglas, Diane Keaton (PG, 112 min, Comedy, Drama)**

A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home.

**October 8 – The Kite Runner (2007): Khalid Abdalla, Shaun Toub (PG-13, 128 min, Drama)**

Amir lives in California with his wife Soraya. He receives a call from his uncle Rahim Khan who urges him to travel to Afghanistan and rescue the son of Amir's childhood servant and friend, Hassan.

**October 15 – Gosford Park (2001): Maggie Smith (14A, 137 min, Dark Comedy, Mystery)**

Set in the 1930s, a group of pretentious rich and famous get together for a weekend of relaxation at a hunting resort. But when a murder occurs, each one of these interesting characters becomes a suspect.

**October 22 – Life of Pi (2012): Suraj Sharma, Irrfan Khan (PG, 127 min, Adventure, Drama)**

A young man who survives a disaster at sea is hurtled into an epic journey of adventure and discovery. While cast away, he forms an unexpected connection with another survivor: a fearsome Bengal tiger.

**October 29 – To Catch a Thief (1955): Cary Grant, Grace Kelly (PG-13, 106 min, Romantic Comedy)**

A retired jewel thief sets out to prove his innocence after being suspected of returning to his former occupation.

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



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

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

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

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

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

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

**Jeopardy:** Trivia questions “Jeopardy” style, 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](mailto:wow@aurora.ca)

# October 2024 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>October 1</b> <b>10:15</b> Chair Yoga (Z/T)	<b>October 2</b> <b>11:30</b> Sit, Stand & Balance (Z)  <b>3:15</b> Stories & Games	<b>October 3</b> <b>3:15</b> Chair Yoga (Z/T)	<b>October 4</b> <b>3:15</b> Fun & Games (T)
<b>October 6</b> <b>12:30</b> Chair Exercise (Z)	<b>October 7</b> <b>10:15</b> Stretch & Strong (Z/T) <b>3:15</b> Card Bingo (Z/T)	<b>October 8</b> <b>10:15</b> Chair Yoga (Z/T)	<b>October 9</b> <b>11:30</b> Sit, Stand & Balance (Z)  <b>3:15</b> Stories & Games (T)	<b>October 10</b> <b>3:15</b> Chair Yoga (Z/T)	<b>October 11</b> <b>3:15</b> Fun & Games (T)
<b>October 13</b> <b>No Programs</b>	<b>October 14</b> No Programs Happy Thanksgiving!	<b>October 15</b> <b>10:15</b> Chair Yoga (Z/T)  <b>3:15</b> Virtual Fun & Games (Z)	<b>October 16</b> <b>11:30</b> Sit, Stand & Balance (Z)  <b>3:15</b> Stories & Games (T)	<b>October 17</b> <b>3:15</b> Chair Yoga (Z/T)	<b>October 18</b> <b>3:15</b> Fun & Games (T)
<b>October 20</b> <b>12:30</b> Chair Exercise (Z)	<b>October 21</b> <b>10:15</b> Stretch & Strong (Z/T)  <b>3:15</b> Fun & Games (Z/T)	<b>October 22</b> <b>10:15</b> Chair Yoga (Z/T)  <b>3:15</b> Coffee Chat (T)	<b>October 23</b> <b>11:30</b> Sit, Stand & Balance (Z)  <b>3:15</b> Stories & Games (T)	<b>October 24</b> <b>3:15</b> Chair Yoga (Z/T)	<b>October 25</b> <b>3:15</b> Fun & Games (T)
<b>October 27</b> <b>12:30</b> Chair Exercise (Z)	<b>October 28</b> <b>10:15</b> No Program  <b>3:15</b> Jeopardy (Z/T)	<b>October 29</b> <b>10:15</b> Chair Yoga (Z/T)	<b>October 30</b> <b>11:30</b> Sit, Stand & Balance (Z)  <b>3:15</b> Stories & Games (T)	<b>October 31</b> <b>3:15</b> Chair Yoga (Z/T)	

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* 11:15 Yoga Mat* (ATH) 11:30 Fit & Fun* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core* (ATH) 1:30 Walking Club (AFLC) 1:30 Snooker League 1:30 Story of My Life* 1:45 Get Strong* (ATH) 2:15 Pickleball (Men) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving 6:30 Yoga: Sunset* (ATH)	9:00 Woodshop 9:00 Get Fit*) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* 11:00 French 11:15 Fit Minds* 11:30 WOW Sit, Stand & Bal (Z) 12:00 Walk Fit (AFLC) 1:00 Live Your Best Life* (ATH) 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Chronic Pain* (ATH) 1:30 Bridge 1:30 Snooker League 1:45 Choir 2:30 Knitting*	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) 6:30 Yoga: Restorative* (ATH) 7:45 Yoga: Anxiety* (ATH)	9:00 Woodshop 9:00 Piloga* (ATH) 9:30 Quilt 'n Sew 9:00 Get Fit* (H) 9:30 Writers Circle 9:30 Mandarin Singing 9:30 Men's Shed 10:00 Chair: Gentle Exercise* 11:00 Get Strong* (H) 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 American Mah-Jongg 1:30 Book Club 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 6:30 Bid Euchre 7:00 Fun Night
<b>October 14</b> Closed Happy Thanksgiving!		<b>October 9</b> 12:00 Bistro 8:00 Stargazing (ASC Parking Lot)		<b>October 4</b> 7:00 West Coast Swing Dance
<b>October 21</b> 1:00 ASA Board of Directors (ATH)		<b>October 16</b> 11:00 Chartwell Tea Party		<b>October 18</b> 10:30 Flu Awareness and Prevention Seminar
		<b>October 23</b> 10:30 Blood pressure clinic 12:00 Bistro		<b>October 11 &amp; 25</b> 7:00 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) (ATH) Aurora Town Hall

**Aurora Seniors Centre**

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

