

Aurora Seniors Association
THE EVERGREEN CHOIR
Presents it's 2024

CHRISTMAS CONCERT

NOVEMBER 23 AT 2 P.M.
DOORS OPEN AT 1:30 P.M.

Director:
DR. RICHARD HEINZLE

Accompanist:
CRAIG GARNHAM

TICKETS \$5
Available November 1, at Reception

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

Aurora Seniors Centre – 90 John West Way, Aurora, ON L4G 6J1
Tel: 905-726-4767 • Email: asa@auroraseniors.ca
www.auroraseniors.ca • www.aurora.ca/wow



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15105 YONGE STREET, SUITE 100
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▶ ASA Board of Directors

Hallowe'en is almost upon us, time for the children to dress up and head out to load their sacks with treats. I know our grandkids are really excited about it. October has given us a taste of fall, while teasing us with some unseasonably warm days. We will take what we can get. I thought that the reds on the leaves were particularly spectacular this year. I hope you have had a chance to enjoy the changing of the seasons.

As I write this note, I am getting ready to attend the OACAO (Older Adult Centres Association of Ontario) conference. This will be a good opportunity to talk to people from other municipalities. and perhaps get some ideas for the Aurora Seniors' Centre.

On Sunday October 27, pickle ball co-ordinator Jane Snape was recognized by Sport Aurora for her efforts in promoting the sport and advocating on behalf of the more than 200 members who participate in this activity. Nearly thirty volunteers from various sports activities were presented with the award. Congratulations, Jane!

When we turn the page on October, it will be time to start thinking about the Holiday season and what better way than to come to our Holiday Market on Sunday November 3. It's a great way to get a head start on your Christmas shopping, and in addition to the tables full of lots of great gift ideas, we will also be featuring a silent auction. It's a lot of fun, and an opportunity to pick up some bargains. I hope to see you there.

▶ Centre Etiquette/Code of Conduct

- Please treat Volunteers, ASA members, and Staff with the outmost respect always while participating in any activity, program, trips and events run by the Aurora Seniors Association and/or the Town of Aurora in any facility. Please review and adhere to the ASA Code of Conduct located on the notice board and the Town of Aurora's Code of conduct located in the entrance area of all Town facilities.
- Please allow staff time and space to set-up your activity prior to entering the room. This is both for your safety and to allow staff the time to set-up efficiently.
- Please clean up after yourself whether it be in the lounge or in your activity/program room at the Centre.
- Please keep your feet off the furniture
- If you spill your drink or need assistance with clean-up, please let staff know

See staff if you would have any questions.

Thank you.

▶ 2025 Membership Renewals

Your 2024 membership expires on December 31, but we will keep you active until January 31, 2025. Membership renewals will take place during December and January either on-line or in person.

The dates you may renew your membership in person are as follows:

Monday, December 2 to Friday, December 6
Monday, December 9 to Friday, December 13

2025 Thursday, January 2, Friday, January 3
Monday, January 6 to Friday, January 10
Monday, January 13 to Friday, January 17

The cost of renewal is unchanged: \$35 for Aurora members and \$50 for everyone else.

For those of you who would like to renew online, watch the December newsletter.

THE TOWN WAIVER

The Town of Aurora requires every member to sign the waiver each year.

If you are renewing in person, you will have to sign line 2 on the back of your membership form.

If you are renewing online, you will have to check the appropriate box to confirm that you have read the waiver and agree, otherwise you will not be able to continue with your on-line membership renewal.

RENEWING ON DATES OTHER THAN THOSE SHOWN ABOVE

For in-person renewals, we prefer you to renew on the dates shown above; however, if that is not possible you may renew at Reception, but there will not be extra volunteers to help you.

▶ Volunteers Needed for Membership Renewals

We will need many volunteers to help with Membership Renewals in December and January. If you can help, please check with Reception and fill in the day and time you are able to volunteer in the binder provided.

An orientation meeting will be held on Wednesday, November 27 at 11 a.m. in the West McKenzie Room where everything you will need to know to help with membership renewals will be explained.

We sincerely thank in advance all of those who volunteer to help with membership renewals.

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

▶ Town of Aurora Programs

Registration for the following 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

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

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	Dec 14	1pm – 5pm	\$60.00/1	33391

Winter 2025 Town Program Registration will be:
 Resident: Monday, December 9
 Non-Resident – Monday, December 18

The Town of Aurora will begin accepting 2025 F.A.I.R. Access applications online and in-person as of November 18, 2024. All applications must be resubmitted annually with appropriate supplementary documentation to verify eligibility. Please complete an application form for 2025 even if you have successfully received funding for 2024.

F.A.I.R. Access



F.A.I.R. Access (Fee Assistance in Recreation) is a confidential fee assistance program for residents of Aurora to use for meaningful access to recreation programs and memberships. Qualifying Town of Aurora residents may receive up to \$250 per person per calendar year to use towards a recreation program or drop-in activity of their choice. Residents qualify based on their L.I.M. (Low Income Measure) as per Statistics Canada.

For Further information <https://www.aurora.ca/en/recreation-arts-and-culture/fair-access.aspx>

Indoor **WALKING** **CLUB**



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

November Seminars:

November 5

Vaccinations for Seniors - CHATS/Sparkle Pharmacy

November 12

Frauds & Scams - Ontario Security Commission

November 19

Fall Prevention - Brandie

November 26

Medical Cannabis 101 - Apollo Cannabis Clinic

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

Walk. Stretch. Learn.

Aurora Family Leisure Complex
wow@aurora
365-500-3161



▶ Remembrance Day Service

Since 1919, Canadians have taken time to pause and remember those who have served and continue to serve Canada during times of conflict and peace. Ceremonies are held across Canada to mark the Armistice agreement that ended the First World War on November 11, 1918, at 11 a.m. In Aurora, these ceremonies have been centered around the Aurora War Memorial in Peace Park since 1925.

The Remembrance Day service is hosted by the Aurora's Royal Canadian Legion: Colonel Fred Tilston VC - Br. # 385.

- **Sunday, November 10** - Remembrance Day Parade - departing from GW Williams at 10:20 a.m. to the Cenotaph.
- **Monday, November 11** - Remembrance Day Ceremony at the Cenotaph at 10:45 a.m. There will be no parade associated with this event, it will only include a Remembrance Service at the Cenotaph and the laying of a limited number of wreaths.
The Aurora Cenotaph is located (East side of Yonge Street, just North of Allaura Blvd).

All events are being organized by the Aurora Legion. **Lest we Forget.**

▶ 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!

Woodcarvers

Some of our carvers went to the Kawartha Carving Competition and exhibition on September 14th in Bobcaygeon. Jeff Bader entered tow of his carving and won 1st prize for Novice relief and best in novice class. He also won second prize for Novice wildlife miniatures. Way to go Jeff you are highlighting the excellence which is coming out of our club.

**LET'S CREATE SALE
ON WEDNESDAYS AT 11 A.M.**

**NOVEMBER 6-13-20-27
CRAFT ROOM**

**WE ARE HAVING OUR ANNUAL SALE OF OUR HAND MADE
ITEMS, JEWELRY, AND OTHER TREASURES.
COME IN AND CHECK EVERYTHING OUT
YOU COULD START YOUR CHRISTMAS SHOPPING**



▶ ASA Library

Current 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.

Update for Book and Puzzle Donations (suspended for the next several months)

- We are **no longer accepting donations of books (paperback or hardcover) as well as puzzles**. We received a number of generous donations but are unable to handle any more books or puzzles due to a shortage of shelf space. This suspension should last no more than several months.
- 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.

Recent 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.

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.

Kevin

▶ Upcoming Seminar

Wives Matter: The Wives of the Group of Seven

on Thursday, November 14 at 10 a.m. - Lounge

Most people know something about Canada's Group of Seven artists and their forerunner Tom Thomson. Almost no one knows about their wives or the women in their lives. Author and curator, Angie Littlefield, will describe the importance of the women concentrating her illustrated talk on Joan Lavis MacDonald, the wife of J.E.H. MacDonald. Macdonald's descendant, Susan MacDonald, will bring some of Joan's handwork and talk about her visits to the MacDonalds' home in Thornhill. Questions are welcome!

Angie Littlefield is the author of Tom Thomson's Fine Kettle of Friends and is working on a manuscript Painted Out of the Picture: The Wives of the Group of Seven.



FRIDAY, NOVEMBER 15
FRIDAY, NOVEMBER 29
AT 7:30PM
DOORS OPEN AT 6:30PM

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

- **November 15:** Enjoy our usual mix of ballroom, Latin, and line dances.
- **November 29:** Special Texas-theme dance night will feature popular country songs about Texas and by Texas singers, followed by a mix of other great dancing tunes. Dust off your Stetson hat and dress up in your jeans or cowboy attire.

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

JEWELLERY DONATIONS



Our Indoor Garage Sale will be back in April!

We are seeking donations for our jewellery sale.

Donations will be accepted at reception!

Costume or fine jewellery accepted!

▶ Here to Help

Do you need help with accessing Service Canada programs?

Email seniorscentre@aurora.ca for an appointment and Brandie or Andrew can assist you.

HOPE HOUSE COMMUNITY HOSPICE PRESENTS

Community Information Sessions

REFRESHMENTS PROVIDED

This one-hour presentation is open to anyone interested in learning more about programs available at Hope House Community Hospice for individuals, families and caregivers. All Hope House programs are provided at no cost.

Learn about:

- Palliative Support
- Caregiver Support
- Bereavement Support
- Wellness & Complementary Therapy Programs
- Volunteer Opportunities



Formerly Hospice King-Aurora-Richmond Hill

For information contact

Rhonda Flanagan
905-727-6815 x224
r.flanagan@hopehousehospice.com



November 20, 2024
@ 1:00pm
Aurora Senior's Centre
90 John West Way, Aurora

ASA BISTRO

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



Menu

WEDNESDAY, NOVEMBER 6

PASTA W MEATBALLS & CAESER SALAD

WEDNESDAY, NOVEMBER 20

GOURMET GRILLED CHICKEN WRAPS AND
HOMEMADE BUTTERNUT SQUASH SOUP



ALL BISTROS INCLUDE COFFEE/TEA AND
DESSERT. CASH BAR AVAILABLE.

November 6 Bistro are Sold out

November 20 bistro tickets on sale
from Monday, November 11 to Friday, November 15
Please Note: two tickets per member and no refunds.

ALL BISTROS WILL BE CATRERED BY
HEALTHY NOW



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 spec-tacular 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



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

Presentation Centre OPENING EVENT



Considering retirement living in Aurora? We're pleased to invite you and your loved ones to the opening of the Presentation Centre for our upcoming senior lifestyles residence, Amica Aurora Promenade!

Join us for a two-day event where you can meet our Community Relations Directors, take a look at residence floorplans and décor themes, learn about the care services that will be offered, enjoy live entertainment, enter to win exciting prizes and more.

NOVEMBER 23-24 | 11:00 AM - 4:00 PM

14785 Yonge St. (beside the LifeLabs)



No RSVP necessary, we look forward to seeing you.

AMICA

AURORA PROMENADE

AMICA.CA/AURORAPROMENADE

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."

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

► Special Events Committee

The Special Events committee is pleased to announce another successful TRIVIA NIGHT on Friday, October 18th. It was an exceptionally fun night for everyone involved. Thanks to everyone who participated and to the committee members who worked very hard to make this a successful event. Our next event will be on December 13th at 6:30 pm featuring music from The Big Band.

After Hours Big Band — For the Fun Of It!



George Marian and Jess Owen, vocals

**Friday, December 13 from 7 - 9 p.m.
Doors open 6:30 p.m.**

**Concerts by the After Hours Big Band
are designed to uplift audiences.
We play and sing in a way that reminds
people of the joy of music.**



AURORA SENIORS CENTRE

90 JOHN WEST WAY, AURORA ON

**Ticket Price: \$5 per person
available at Reception now.**

▶ Computer Club Information and Activities

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

- Nov 5 – General Q&A / Android Voice dictation (Ronen)
- Nov 12 – Backing up paper records to PDF (Bob)
- Nov 19– Apple AI (Herb)
- Nov 26 – Accessing your phone while you are travelling and eSIM (Cary)

The Aurora Seniors Association website at <http://www.auroraseniors.ca> is your best source for information about any of our programs or use one of the email addresses below. We have covered many topics of general interest. Recordings of the past years' Zoom sessions are being maintained at <http://www.auroraseniors.ca/>. We now have a Quick Link to these recordings available on the ASA homepage. Review the list and see if you might learn something new! Your suggestions and comments about what you might like the computer club to do or what topics you would like to see in the Tuesday sessions is always welcome. Send your suggestions to Bob Hedenberg at bobhed65@gmail.com or Doug Cooper at techspeakr@gmail.com.



Be our guest

JOIN US FOR A
LUNCH & TOUR

Book your tour today!

DELMANOR

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Inspired Retirement Living™*

25 BUTTERNUT RIDGE TRAIL
AURORA

905-503-9505
DelmanorAurora.com

▶ Tuesday Night Movies at the Centre

November 5 – Summer Camp (2024): Diane Keaton, Kathy Bates (PG-13, 95 min, Comedy)

Follows Nora, Ginny, and Mary, three childhood best friends who used to spend every summer at a sleep away camp together. After years, when the opportunity to get back together for a summer camp reunion presents itself, they all seize it.

November 12 – A Man Called Otto (2023): Tom Hanks (PG-13, 112 min, Comedy, Drama)

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

November 19 – Mrs. Doubtfire (1993): Robin Williams (PG-13, 125 min, High Concept Comedy)

After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife.

November 26 – Theory of Everything (2013): Eddie Redmayne (14A, 137 min, Dark Comedy, Mystery)

Stephen Hawking gets unprecedented success in the field of physics despite being diagnosed with motor neuron disease at the age of 21. He defeats awful odds as his first wife Jane aids him loyally.

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>ASA Board of Directors:</p> <p>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 Kevin Griffith Julia Jackson John Scherrer</p>	<p>ASA Committees:</p> <p>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>Aurora Seniors Centre Staff:</p> <p>Karie Papillon Adult Program Coordinator kpapillon@aurora.ca (365) 500 3159</p> <p>Andrew Bailey Adult/Older Adult Programmer abailey@aurora.ca (365) 500 3160</p> <p>Brandie Yorg Program Lead (WOW & SCM) byorg@aurora.ca (365) 500 3161</p> <p>Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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Without Walls (WOW) is just like attending a fitness class, seminar or playing a game at the Seniors Centre but from the comfort of your home.

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

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

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

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

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

Jeopardy: Trivia questions “Jeopardy” style, 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

November 2024 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>This legend indicates how each WOW program will be available for this month!</p> <p>T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference</p>					<p>November 1 3:15 Fun & Games (T)</p>
<p>November 3 12:30 Chair Exercise (Z)</p>	<p>November 4 10:15 Stretch & Strong (Z/T) 3:15 Card Bingo (Z/T)</p>	<p>November 5 10:15 Chair Yoga (Z/T)</p>	<p>November 6 11:30 Sit, Stand & Balance (Z) 3:15 Stories & Games (T)</p>	<p>November 7 3:15 Chair Yoga (Z/T)</p>	<p>November 8 3:15 Fun & Games (T)</p>
<p>November 10 12:30 Chair Exercise (Z)</p>	<p>November 11 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (Z/T)</p>	<p>November 12 10:15 Chair Yoga (Z/T) 3:15 Virtual Fun & Games (Z)</p>	<p>November 13 11:30 Sit, Stand & Balance (Z) 3:15 Stories & Games (T)</p>	<p>November 14 3:15 Chair Yoga (Z/T)</p>	<p>November 15 3:15 Fun & Games (T)</p>
<p>November 17 12:30 Chair Exercise (Z)</p>	<p>November 18 10:15 Stretch & Strong (Z/T) 3:15 Jeopardy (Z/T)</p>	<p>November 19 10:15 Chair Yoga (Z/T) 1:30 Hamilton Philharmonic Orchestra (T)</p>	<p>November 20 11:30 Sit, Stand & Balance (Z) 3:15 Stories & Games (T)</p>	<p>November 21 3:15 Chair Yoga (Z/T)</p>	<p>November 22 3:15 Fun & Games (T)</p>
<p>November 24 12:30 Chair Exercise (Z)</p>	<p>November 25 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (Z/T)</p>	<p>November 26 10:15 Chair Yoga (Z/T) 3:15 Coffee Chat (T)</p>	<p>November 27 11:30 Sit, Stand & Balance (Z) 3:15 Stories & Games (T)</p>	<p>November 28 3:15 Chair Yoga (Z/T)</p>	<p>November 29 3:15 Fun & Games (T)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. to 4:30 p.m.	8:30 a.m. to 9 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 10 p.m.
9:00 Woodshop 9:00 Badminton 9:00 Ladies Billiards 9:00 Move & Tone* (Z) 9:30 Men's Shed 9:30 Knotty Knitters 9:30 Beginner Bid Euchre 9:45 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 12:00 pFIT* 12:15 Yoga: Hatha* 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 1:45 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* (H) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* 11:00 French 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 Bridge 1:30 Snooker League 1:45 Choir 2:30 Knitting* 3:15 WOW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* (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 Chair Yoga (Z/T) 6:30 Yoga: Restorative*	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
November 18 1:00 ASA Board of Directors (ATH)		November 6 12:00 Bistro	November 14 10:00 Seminar: The Wives of the Group of Seven	November 15 11:00 Diabetes Information table 7:00 Dance
		November 20 10:30 Blood pressure clinic 12:00 Bistro 1:00 Hospice Seminar		November 29 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

