

HAPPY NEW YEAR!

NOT YOUR AVERAGE

BINGO NIGHT

FRIDAY, JANUARY 31

7 P.M. - 9:30 P.M.

Doors Open : 06:30 pm — Game Start : 07:00 pm

TICKETS AVAILABLE JANUARY 2

\$10 FOR MEMBERS

\$15 FOR NON-MEMBERS

GAMES | FOOD | PRIZES | CASH BAR

Included: 2 bingo cards per game, snacks, prizes, friends, fun and laughs.

Extras available for purchase: additional bingo cards, grand prize 50/50 game to end the night

(Please bring your own dabber)



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



THE LIND

REALTY TEAM INC.

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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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▶ ASA Board of Directors

The Holiday season is upon us. A time for family, friends, and fellowship. A time to be grateful for all the gifts we enjoy every day.

The hours for the Centre have been posted so please be sure to check on holiday closures.

As I prepared to write this month's note I thought there wasn't much news. Boy was I wrong. Let's start with the After-Hours Big Band which performed on Friday December 13 to a sold-out audience. A great night was had by all. Thanks to the members of the Special Events Committee for organizing the event. On February 14, an evening dinner and dance featuring Tony the Entertainer is planned. What a great way to spend Valentine's Day. Further information included in the newsletter.

The reception area has been very busy with membership renewals and a big thank you goes out to all the volunteers who are assisting with this work. It only takes a couple of minutes so be sure to stop in or renew online.


The Bistro lunches continue to be very popular and are nearly always sold out. The cost for the lunches is slightly over \$12 and in September the Board agreed to hold the line and continue to charge \$10. This was up for review at our December meeting, and it was decided that we would not increase the costs to the members. This will be reviewed once again in June.

I popped in to watch the women's snooker group the other day and they are having a great time learning the game and socializing. They have even come up with some creative rules to make it even more fun. Thanks to Paul Pandolfi for co-ordinating this activity every Monday morning.

On December 19, the ASA presented the Aurora Food Pantry with a cheque for over \$1300.00. This money was raised from ticket sales for the Holiday lunch which was matched by the ASA and from your generous contributions to the Coin Jar which raised over \$500.00 The need in Aurora continues to grow so we are pleased to be able to help.

Mark January 9th at 10 a.m. on your calendars for a special presentation. The wood carvers have created a wood "quilt" which will be unveiled that day. They have been working on it for quite some time and we are all looking forward to seeing it.

On behalf of the Board of Directors, have a safe and happy holiday season and we look forward to seeing your smiling faces in the new year.



Join our Woodcarvers in the Lounge on Thursday, January 9 at 10 a.m. as they unveil their Wood carved Quilt in the Centre's Lounge.
Light Refreshments available.

▶ 2025 Membership Renewals

If you haven't already done so, you have until January 31 to renew, after which you will not be able to check in.

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

2025
Thursday, January 2 and 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.

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.

Aurora Seniors Association

MEMBERSHIP ASSISTANCE

FOR MORE INFORMATION:
✉ kpapillon@aurora.ca
☎ 365 500 3159

Are you an older adult who needs assistance with your 2025 membership or activity fees?

Contact Karie to have a confidential conversation.

HELP IS HERE

▶ Town of Aurora Winter 2025 Programs

Registration for Winter 2025 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

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	Jan 14	9:30am-10:15am	\$63.00/10	33423
Tue	Jan 14	10:30am-11:15am	\$63.00/10	33424

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	Jan 15	7:30pm-8:30pm	\$99.00/9 per person	33417

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: Feb 17

Day	Date	Time	Fee/Class	Code
Mon	Jan 13	7:30pm-8:30pm	\$101.00/9 per person	33418*

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: Feb 17

Day	Date	Time	Fee/Class	Code
Mon	Jan 13	8:30pm-9:30pm	\$103.00/9 per person	33419*

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	Jan 16	9am - 9:30am	\$36.00/10	33425

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	Jan 16	9am - 9:30am	\$36.00/10	33246

BASIC CROCHET

Age: 55+ years Location: ASC

This class will serve as an introduction to crochet. You will learn the basic beginner stitches – chain, single, double, half double and treble stitches, increases and decreases, flat crochet and crochet in the round. We will learn to read crochet patterns and practice your new skills completing a couple of simple projects. Bring some DK or worsted weight yarn and 4mm crochet hook to the first class.

Day	Date	Time	Fee/Class	Code
Thur	Jan 22	2:30pm – 3:45pm	\$45.00/10	35455

BOOT CAMP GOLD

Age: 55+ years Location: ASC

This circuit class will incorporate stations utilizing balls, Pilates balls, bands, and more. Work towards improving strength, cardio capacity, balance, and agility. Designed for the active, independent older adult.

Day	Date	Time	Fee/Class	Code
Tue	Jan 14	9am - 9:45am	\$63.00/10	33427

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
Tues	Jan 14	3pm - 3:45pm	\$63.00/10	34101
Thur	Jan 16	3pm - 3:45pm	\$63.00/10	33428

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	Jan 17	10am - 10:45am	\$63.00/10	33429

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	Jan 22	1:30pm – 3:30pm	FREE/6	33916

CORE ON THE FLOOR

Age: 55+ years Location: To be announced

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	Jan 14	1pm – 1:30pm	\$36.00/10	33430

FIT & FUN

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	Jan 14	11:30am – 12:15pm	\$63.00/10	33431

FIT MINDS **NEW!**

Age: 55+ Location: Zoom

Fit minds is an interactive brain exercise program to help stretch brain capacity and strengthen cognitive reserve. The program focuses on the five areas of cognition: language and music; visual/spatial orientation; memory; critical thinking and computation. As well, the program provides challenges that build brain resilience and fosters overall brain health through a social setting. You will receive the zoom link for the program on Friday January 24.

Join us for a FREE TRY IT session on Monday January 13 at 1:15 p.m. Email seniorscentre@aurora.ca to get on the list!

Day	Date	Time	Fee/Class	Code
Wed	Jan 27	1:15pm - 2:30pm	\$89.00/6	33432

GET CONNECTED **NEW**

Age: 18+ Location: ZOOM* In-Person ASC

Let's get older adults in Aurora socially connected. Learn about free and minimal cost ways to keep you, your parents and neighbours connected to others. This session is available in person at the aurora Seniors Centre or via Zoom.

Note:	Date	Time	Fee/Class	Code
	Wed Jan 29	7pm - 8pm	\$FREE/1	33460*
	Wed Jan 29	7pm - 8pm	\$FREE/1	33461

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 Jan 15	9am - 9:45am	\$63.00/10	33433
	Fri Jan 17	9am - 9:45am	\$63.00/10	33435

GET FIT

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Wed	Jan 15	9am - 9:45am	\$63.00/10	33434
Fri	Jan 17	9am - 9:45am	\$63.00/10	33436

GET STRONG

Age: 55+ Location: ATH

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	Jan 14	1:45pm - 2:45pm	\$63.00/10	33437

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	Jan 17	11am - 12pm	\$63.00/10	33439

GET STRONG

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Fri	Jan 17	11am - 12pm	\$63.00/10	33438

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	Jan 22	10am – 11:30am	\$10.00/3	33440

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	Feb 19	10am – 11:30am	\$45.00/4	33441

KNITTING: SIMPLE BABY CARDIGAN

Age: 55+ years Location: ASC

Knit top down and in one piece, this sweater is so cute and so easy. If you can count, knit, purl, cast on and cast off, you will learn the remaining skills needed to create this sweater. You can choose sizes from newborn or 18 months and fingering or double knit weight yarn. Once you learn the techniques used in top down, one piece knitting, you will be able to knit larger versions using patterns designed for Children and Adults. This class is suitable for advance beginner.

Day	Date	Time	Fee/Class	Code
Wed	Feb 19	2:30pm – 3:15pm	\$45.00/4	33441

LIFE AFTER LOSS NEW!

Age: 55+ years Location: ZOOM

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	Mar 13	1pm – 3pm	\$117.00/3	33442

LINE DANCING FOR BEGINNERS NEW!

Age: 55+ years Location: ASC

Students will have opportunity to learn the basic concept of line dancing and specific line dances to the most popular Latin, Ballroom and Night Clubs & Music. Beginner class line dances will be chosen from the selection of dances and music that are played and danced in Toronto dance clubs. Students will also learn few more complicated dances. Knowledge that they will gain will give them the confidence to dance in the dance clubs during the practices sessions as well as evening parties.

Day	Date	Time	Fee/Class	Code
Tues	Jan 28	6:30pm – 7:30pm	\$75.00/10	34505

LIVE YOUR BEST LIFE NEW!

Age: 55+ years Location: ZOOM

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	Mar 5	1pm – 2:30pm	\$15.00/8	33443

MEN'S FIT

Age: 55+ years Location: to be announced

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	Jan 16	9:30am – 10:15am	\$63.00/10	33444

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	Jan 13	9am - 10am	\$63.00/10	33445

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

Day	Date	Time	Fee/Class	Code
Sat	Feb 8	1pm – 5pm	\$60.00/1	33917
Sat	Mar 29	1pm – 5pm	\$60.00/1	33918

PILATES **NEW!**

Age: 55+ years Location: ATS (Aurora Town Square)

Pilates is a highly effective way to shape up, and feel great. It is a contemporary approach to mind/body exercise, that uses floor and standing exercises. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging, and revitalizing workout that will improve your balance, posture and mobility. Please bring a yoga mat, and water to the class.

*No Class March 13

Day	Date	Time	Fee/Class	Code
Thurs	Jan 16	1:15pm – 2pm	\$82.00/10	34107*

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	Jan 14	10:35am – 11:20am	\$63.00/10	33447

PILOGA

Age: 55+ years

Location: Zoom (Tue), to be announced (Fri)

See description above.

Day	Date	Time	Fee/Class	Code
Tue	Jan 14	10:35am – 11:20am	\$63.00/10	33446
Fri	Jan 17	9:00am – 9:45am	\$63.00/10	33462

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: February 17

Day	Date	Time	Fee/Class	Code
Mon	Jan 13	1:30pm – 2:30pm	\$63.00/10	33448* FULL
Thu	Jan 16	9:45am – 10:45am	\$63.00/10	33449 FULL

STRETCH & TONE

Age: 55+ years Location: Zoom

(Description Previous page)

*No class: February 17

Day	Date	Time	Fee/Class	Code
Mon	Jan 13	1:30pm - 2:30pm	\$63.00/10	33450*
Thu	Jan 16	9:45am - 10:45am	\$63.00/10	33451

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	Jan 15	12:15pm - 1pm	\$63.00/10	33452

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	Jan 15	8:30pm - 9:30pm	\$99.00/10	33421

YOGA: ANXIETY & STRESS

Age: 40+ 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	33459

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	Jan 15	10am - 11am	\$63.00/10	33453

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: February 17

Day	Date	Time	Fee/Class	Code
Mon	Jan 13	10am - 11am	\$63.00/10	33454 FULL

HearCANADA will be onsite on Friday, January 24 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.



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	Jan 14	11:15am-12:15pm	\$63.00/10	33456 FULL

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	Jan 16	6:30pm -7:30pm	\$63.00/10	33457

YOGA: SUNSET

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

This practice will use the support of the earth to cradle your body. While on your mat you will move through yoga postures and stretches that help to calm the mind, improve flexibility, reduce stress, and increase strength. It's the perfect way to end your day. This practice ends with a short meditation. Please bring a mat and a blanket.

Day	Date	Time	Fee/Class	Code
Tue	Jan 14	6:30pm – 7:30pm	\$63.00/10	33458

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. Participants in this program will receive their zoom links the day before each program's scheduled start. This is a great value!

Schedule:

- Monday 9 a.m. Move & Tone
- Monday 1:30 p.m. Stretch & Tone
- Tuesday 10:35 a.m. Piloga
- Wednesday 9:00 a.m. Get Fit
- Thursday 9:00 a.m. Basic Cardio
- Thursday 9:45 a.m. Stretch & Tone
- Friday 9:00 a.m. Get Fit
- Friday 11:00 a.m. Get Strong

Day	Date	Time	Fee/Class	Code
M-F	Fall Season	See schedule	\$75.00/10	33422

Day and Overnight Trip suggestions

We're excited to share that we're in the process of planning our Day and Overnight trip schedule for 2025, and we would absolutely love your input

Pick up a ballot at Reception and let us know up to 3 Day and Overnight locations/attractions you'd like to visit next year.

When complete Just drop off in the black mailbox by Reception

All suggestions will be reviewed in our planning. Thank you

Fitness Drop in Classes

**\$5 AT THE DOOR
REGISTRATION
IS NOT
REQUIRED**

Boot Camp: Friday January 3, 9 a.m.

Fit and Fun: Tuesday January 7 at 11:30 a.m.

Get Fit: Friday January 10, 9 a.m.

**All classes will be held
at the Seniors Centre**

Aurora Seniors Presents

FALLSVIEW CASINO

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!

- Date:** Wednesday, February 26, 2025
- Depart:** 8:45 a.m. Stronach Recreation Complex
1400 Wellington St. East
- Casino:** 11:00 a.m. - 4:00 p.m.
Enjoy a five hour visit to **Niagara Fallsview Casino** & receive \$35.00 in slot play
- Return:** Arrival in Aurora approx. 6:00 p.m.
- Inclusions:** Return transportation via deluxe coach,
5 hour visit to Fallsview Casino, \$35.00 slot play, and all taxes.
- Price:** Members: \$51.00 per person
Non Members: \$60.00 per person

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

NOTE: Passengers must be 19 years of age or older with valid government photo I.D. in order to receive casino incentive



Indoor **WALKING CLUB**



Tuesdays:
1:30 p.m. Walk
1:50 p.m. Stretch
2:00 p.m. Seminar

January Seminars:

January 7

Put Some Pep in Your Step: Walking to Stay Strong & Active with Lucy

January 14

Mind, Body & Soul Part 1 with Brandie & Gill

January 21

Managing Pain with Mike from Sparkle Pharmacy & CHATS

January 28

"Stroke" Know the Risks with District Stroke Centre Mackenzie Health

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

Walk. Stretch. Learn.

Aurora Family Leisure Complex

wow@aurora.ca

365-500-3161



CHAIR FITNESS

Now available twice a week at Aurora Town Hall

Our Chair Fitness classes are designed specifically for older adults to improve overall health and mobility in a fun, supportive, and safe environment. These low-impact workouts integrates cardio, muscle conditioning, and stretching, making it ideal for those with limited mobility or anyone looking to stay active while seated.

- ✔ **TUESDAYS AND/OR THURSDAYS**
- ✔ **3:00 – 3:45 P.M.**
- ✔ **EACH CLASS IS \$63.00 FOR 10 WEEKS**
- ✔ **REGISTRATION WILL BE AVAILABLE STARTING DECEMBER 9 FOR AURORA RESIDENTS**

FREE TRY IT CLASS

TUESDAY JANUARY 7 AT 3:00 P.M. AND/OR THURSDAY JANUARY 9 AT 3:00 P.M.

Space is limited, please sign up at Reception for the try it class starting December 2.



DELIGHT PROGRAM

We are excited to partner with the Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia and care partners through exercise, healthy eating, and strategies to live well.

Duration: 8-week program January 27 to March 24

Number of weekly sessions: Two sessions per week Mondays & Thursdays

Time: 11:15 - 12:15 p.m.

Each Session Includes:

- 30 minute exercise
- Social Connection
- Shared learning about healthy living and dementia, including strategies to support living well through physical activity, healthy eating, sleep, mental health and social support

THIS FREE 8 WEEK PROGRAM TAKES PLACE OVER THE TELEPHONE.

ALL YOU NEED TO PARTICPATE IS A LANDLINE OR CELL PHONE.

TO REGISTER OR FOR MORE INFORMATION

PLEASE CONTACT:
BRANDIE 365 500 3161
BYORG@AURORA.CA



▶ ASA Activity News

Beginner Bid Euchre

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

Cribbage

Every Wednesday at the Centre at 1 p.m., come out and have fun!

Coffee & Conversation

Every Tuesday in the Lounge at 1:30 p.m., join us for fun, friendship and conversation. Bring your coffee/tea or purchase at the Centre. Everyone welcome.

Ladies Laugh and Learn

Our Next Program will begin Wednesday, January 8 at 10:30 a.m. Register now at Reception. There are 25 spaces available!

It will be \$15 for the 8-week program. Hope to see you there.

A PLACE TO

live well.

CHOOSE YOUR LIFESTYLE.

**SENIOR APARTMENTS, INDEPENDENT
LIVING AND ASSISTED LIVING**

Book your tour today!

DELMANOR

Aurora

Inspired Retirement Living™

25 BUTTERNUT RIDGE TRAIL, AURORA

905-503-9505

DelmanorAurora.com



▶ Camera at sign in system at Reception

A camera has been set up on the sign-in computer. This will allow you, if you so choose, to take a personal up-to-date photo of yourself. Taking the photo is entirely optional.

Several years ago, everyone who joined the Aurora Seniors Centre would have their photo taken. This enabled staff and the ASA to identify someone when necessary. We hope that you agree that being able to identify you is important and that as many of you as possible will take the time, follow the instructions that are with the camera, and take a personal photo.

▶ ASA Evergreen Choir

Music for our Spring Concert will be handed out on Wednesday, January 15 when we meet for our first rehearsal after the Christmas break. The Spring Concert will be held on Saturday, May 31.

The choir always welcomes new members. To be a member of the Evergreen Choir you must first be a member of the Aurora Seniors Association and pay their membership fee, which runs from January to December each year. Once you are a member of ASA, you may join the Evergreen Choir. No audition is required. You just have to love to sing. The fee is \$50 if you joined in September and \$25 if you join in January or later. Your membership in the choir expires every June.

ASA BISTRO

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



Menu

WEDNESDAY, JANUARY 29 –
SHEPHERDS PIE AND GREEN BEANS

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

ALL BISTROS WILL BE CATERED BY
HEALTHY NOW

January 29 Bistro tickets on sale
from Monday, January 20 to Friday, January 24
Please Note: two tickets per member and no refunds.



Healthy Now
MEAL PREP • JUICES • CATERING
www.HealthyNow.ca
Phone: 647-210-0047
Email: Christine@HealthyNow.ca

▶ Upcoming Seminars

Estate Planning

Wednesday, January 22 at 1 p.m. in the lounge

Presenter: Alexander Walters, Investment Advisor, RBC Wealth Management

Our estate planning seminar addresses these common concerns, providing clear practical steps to help you start planning with confidence. This seminar will give you the opportunity to learn about wills, trusts, tax-savings strategies and more - empowering you to protect your assets and ensure your wishes are honoured for the future.

CarFit Workshop (webinar) "Find comfort behind the wheel"

Wednesday, February 5 in the lounge 1 p.m.

Presenter: Presenter: Brenda Grant, CarFit Program Coordinator

This 90-minute informative virtual presentation will guide you through the Self-Assessment Checklist designed by CarFit, a joint initiative of the Canadian Association of Occupational Therapist and CAA. Learn how to properly adjust your seat belt, steering wheel, seat, and headrest to ensure a safe and comfortable driving experience. Join us to:

- Understand the importance of car adjustments for older drivers
- Gain step-by-step instructions on performing a CarFit Self-Assessment
- Learn about resources available to optimize your car safety

Take charge of your comfort and safety on the road with a CarFit Self-Assessment.

Aurora Seniors Centre

UPCOMING DANCES



Dances are Friday evenings.
6:45 p.m. Line Dancing
7:40 p.m. Ballroom Dancing

Admission:
\$5 for members
\$7 for non-members
pay at the door

Music by DJ Les

- **January 10 & 24**
- **February 7 & 28**
- **March 14 & 28**



We'll start the new year with Friday dances on January 10 and January 24. The dance kicks off with a line dance lesson at 6:45 p.m., followed at approximately 7:40 p.m. by ballroom dancing and a few more line dances. Dance until 10:30 p.m. Free refreshments and cash bar.

▶ ASA Library

Current Theme

- The theme for the next month is “Scandinavian Mysteries”. This theme has been very popular. There are several books remaining. Check the black shelf above the return box for these books.

Book and Puzzle Donations (remains suspended)

- We are maintaining the suspension of book donations (both paperback and hardcover) as well as puzzle donations. We received several generous donations but are unable to handle any more due to a shortage of shelf space.
- 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.

New large Print Book section

- The large print book section is now completely setup. There are 2 sections – Non-Fiction (mostly Biographies) and Fiction (Novels and Murder Mysteries). Again, thanks to the Aurora Public Library for their generous donation.

Date Stamp

- We are grateful to the member who donated a Date Stamp to help us better track when books are donated.

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. James Patterson is an exception to this limit.

General Administration

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

Kevin

▶ Special Events Committee

Happy New Year from the Special Events Committee. Thanks to all the committee members and the members of the ASA for a successful 2024 of fun events. The committee is thrilled to present their Valentine's Dinner and Dance on Friday, February 14, 6 to 9:30 p.m. Join us for a delicious dinner followed by a night of music, dancing and entertainment featuring Tony Puglisi. Tickets are available at the Reception.

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

LUNAR NEW YEAR CELEBRATION

**Join us in the West McKenzie at the
Seniors Centre for a fun morning of
entertainment as we celebrate the
year of the Snake.**

**WEDNESDAY,
FEBRUARY 5
10:30 A.M.**

**Limited tickets available at
Reception.**

**FREE
ENTRY**



Valentine's Dinner & Entertainment



Friday, February 14

6 - 9:30 p.m.

Dinner 6 p.m.

Entertainment: 7 p.m.

Tickets: \$25

Available at Reception on
Thursday, January 2.

Join us for an evening of fun with a delicious dinner followed by singing and dancing with Tony the Entertainer.

Dinner Menu:

Chicken Souvlaki, Rice,
Potatoes, Greek Salad
& Dessert
Cash Bar

Singles and Couples Welcome.

Aurora Seniors Centre
90 John West Way
905 726 4767

Aurora Senior Centre's own



Presents

CABARET OF COMEDIES

2 SHOWS ONLY

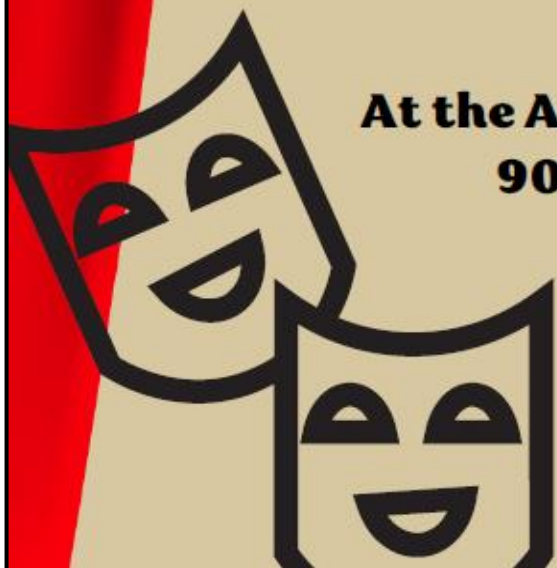
Saturday, February 22 at 2 p.m.

Sunday, February 23 at 2 p.m.

**LIVE
PERFORMANCE**

Tickets \$5 & available January 6

**At the Aurora Seniors Centre
90 John West Way**



▶ Computer Club Information and Activities

Computer Club Information and Activities for January 2025 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.

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. If you would like help with your online renewals email to book a time slot and we will be happy to help. Tuesday morning seminar schedule for January:

- January 7 – General Q&A (Doug)
- January 14– Intro to Virtual Reality (VR) (Doug & Ronen)
- January 21– Apple AI Introduction (Herb)
- January 28– Preparing your iPad for another user, managing Appstore subscriptions, Getting iCloud ready to use (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.

SPREAD THE WORD Our Annual Giant Garage Sale will be in 2025, and we count on donations from members and the community to make this sale a success. Don't forget items for our Diamond Elephant Room where you will find donated higher quality items at a fraction of their value. PLEASE NO VHS tapes, magazines, computer books or clothing We will be accepting items closer to the sale date. More News to come.

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!

▶ Tuesday Night Movies at the Centre

January 7 – The Grand Seduction (2013): Taylor Kitsch, Brendan Gleeson (PG-13, 97 min, Comedy)

To survive, a dying Newfoundland fishing village must convince a young doctor to take up residence by any means necessary.

January 14 – White Bird (2023): Helen Mirren, Ariella Glaser (PG-13, 121 min, Drama)

Struggling to fit in at his new school after being expelled for his treatment of Auggie Pullman, Julian is visited by his grandmother and is transformed by the story of her attempts to escape Nazi-occupied France during World War II.

January 21 – The Good Lie (2014): Reese Witherspoon (PG-13, 121 min, Drama)

A group of Sudanese refugees, given the chance to resettle in the U.S., arrive in Kansas City, Missouri, where their encounter with an employment agency counselor forever changes all of their lives.

January 28 – You Gotta Believe (2024): Luke Wilson, Greg Kinnear (PG, 104 min, Family)

A Little League baseball team of misfits dedicates their season to a player's dying father. In doing so, they accomplish the impossible by reaching the World Series finals in a game that became an ESPN instant classic.

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 Kevin Griffiths Julia Jackson 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 Julia Jackson—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 Assistant byorg@aurora.ca (365) 500 3161</p> <p>Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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The Aurora Seniors Centre Team would like to wish you all a Happy New Year and all the best in 2025!

Sincerely, Karie, Andrew, Brandie & Bill.

January 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>This legend indicates how each WOW program will be available for this month! T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference</p>			<p>January 1 No Programs</p> <p>Happy New Year!</p>	<p>January 2 3:15 Chair Yoga (Z/T)</p>	<p>January 3 3:15 Fun & Games (T)</p>
<p>January 5 12:30 Chair Exercise (Z)</p>	<p>January 6 10:15 Stretch & Strong (Z/T)</p> <p>3:15 Fun & Games (T)</p>	<p>January 7 10:15 Chair Yoga (Z/T)</p> <p>3:15 Coffee Chat (T)</p>	<p>January 8 11:30 Sit, Stand & Balance (Z)</p> <p>3:15 Stories & Games (T)</p>	<p>January 9 NEW 10:15 Sit & Strong (Z)</p> <p>3:15 Chair Yoga (Z/T)</p>	<p>January 10 3:15 Fun & Games (T)</p>
<p>January 12 12:30 Chair Exercise (Z)</p>	<p>January 13 10:15 Stretch & Strong (Z/T)</p> <p>3:15 Card Bingo (Z/T)</p>	<p>January 14 10:15 Chair Yoga (Z/T)</p> <p>3:15 Virtual Fun & Games (Z)</p>	<p>January 15 11:30 Sit, Stand & Balance (Z)</p> <p>3:15 Stories & Games</p>	<p>January 16 NEW 10:15 Sit & Strong (Z)</p> <p>3:15 Chair Yoga (Z/T)</p>	<p>January 17 3:15 Fun & Games (T)</p>
<p>January 19 12:30 Chair Exercise (Z)</p>	<p>January 20 10:15 Stretch & Strong (Z/T)</p> <p>3:15 Fun & Games (T)</p>	<p>January 21 10:15 Chair Yoga (Z/T)</p>	<p>January 22 11:30 Sit, Stand & Balance (Z)</p> <p>3:15 Stories & Games</p>	<p>January 23 NEW 10:15 Sit & Strong (Z)</p> <p>3:15 Chair Yoga (Z/T)</p>	<p>January 24 3:15 Fun & Games (T)</p>
<p>January 26 Chair Exercise (Z)</p>	<p>January 27 10:15 Stretch & Strong (Z/T)</p> <p>NEW* 11:15 Delight (T)</p> <p>3:15 Jeopardy (Z/T)</p>	<p>January 28 Chair Yoga (Z/T)</p>	<p>January 29 11:30 Sit, Stand & Balance (Z)</p> <p>3:15 Stories & Games (T)</p>	<p>January 30 NEW 10:15 Sit & Strong (Z)</p> <p>NEW* 11:15 Delight (T)</p> <p>3:15 Chair Yoga (Z/T)</p>	<p>January 31 3:15 Fun & Games (T)</p>



***Delight Program requires pre-registration**

For further information please contact:

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

Monday 8:30 a.m. to 4:30 p.m.	Tuesday 8:30 a.m. to 9 p.m.	Wednesday 8:30 a.m. to 4:30 p.m.	Thursday 8:30 a.m. to 4:30 p.m.	Friday 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 9:00 Beginner Bid Euchre 9:45 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 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 Seminar 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 Coffee & Conversation 1:45 Get Strong* (ATH) 2:15 Pickleball (Men) 3:00 Chair Fit* (ATH) 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* 10:00 Snooker League 11:00 French 11:30 WOW Sit, Stand & Balance (Z) 12:15 Walk Fit (AFLC) 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Bridge 1:30 Snooker League 1:30 Pain Management* (ATH) 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 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) 3:00 Chair Fit* (ATH) 3:15 WOW Chair Yoga (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
January 13 1:15 Fit Minds Try It (Z)	January 7 3:00 Chair Fit Try It (ATH)	January 22 11:00 Let's Get Acquainted 1:00 Seminar: Estate Planning	January 9 10:00 Wood Carvers Quilt Reveal 1:15 Pilates Try It (ATS) 3:00 Chair Fit Try It	January 10 & 24 7:00 Dance
January 20 1:00 ASA Board of Directors (ATH)		January 29 12:00 Bistro		January 31 7:00 Not Your Average Bingo Night

Please note: Pickleball times and registration are subject to change. Refer to the Pickleball schedule (at the Centre or auroraseniors.ca)
 Aurora Seniors Centre (905) 726 4767