## Fun After 55!

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	8:30 Woodcarving	9:00 Woodshop	8:30 Woodcarving	9:00 Woodshop
9:00 Badminton	9:00 Boot Camp*	9:00 Get Fit* (H)	9:00 Art	9:00 Piloga* (ATH)
9:00 Ladies Billiards	9:30 Balance*	9:45 German	9:00 Basic Cardio*(H)	9:30 Quilt 'n Sew
9:00 Move & Tone* (Z)	10:00 Snooker League	10:00 Chair Yoga*	9:00 Stamp Club	9:00 Get Fit* (H)
9:30 Men's Shed	10:00 Colour & Chat	10:00 Knitting*	9:30 Men's Fit* (ATH)	9:30 Writers Circle
9:30 Knotty Knitters	10:00 Computer Seminar	10:00 Snooker League	9:45 Stretch & Tone*(H)	9:30 Mandarin Singing
9:00 Beginner Bid Euchre	10:15 WOW Chair Yoga*(Z/T)	10:30 Ladies Laugh & Learn*	10:00 Men's Shed Bocce	9:30 Men's Shed
9:45 Italian	10:30 Balance*	11:00 French	10:00 Snooker League	10:00 Chair: Gentle
10:00 Chair Yoga*	10:35 Piloga*	11:30 WOW Sit & Balance (Z)	10:30 Keep Singing	Exercise*
10:15 WOW Stretch &	11:15 Yoga Mat* (ATH)	12:15 Walk Fit (AFLC)	11:00 Badminton	11:00 Get Strong* (H)
Strong* (Z/T)	11:30 Fit & Fun*	1:00 Let's Create	12:30 Table Tennis	12:30 Pickleball (Mixed)
12:30 Duplicate Bridge	12:30 Pickleball (Women)	1:00 Canasta	12:30 Pickleball (Men)	12:45 Bingo
1:00 Carpet Bowling	12:45 Table Tennis	1:00 Cribbage	12:30 Poker	1:00 American Mah-Jongg
1:00 American Mah-Jongg	1:00 Bid Euchre	1:30 Bridge	1:00 Bid Euchre	1:30 Book Club
1:30 Snooker League	1:00 Core* (ATH)	1:30 Snooker League	1:30 Snooker League	2:30 Pickleball (Mixed)
1:30 Stretch & Tone*(H)	1:30 Walking Club (AFLC)	1:30 Pain Management* ATH	2:30 Pickleball (Women)	3:15 WOW Fun/Games *(T)
3:00 Mixed Pickleball	1:30 Snooker League	1:45 Choir	3:00 Chair Fit* (ATH)	6:30 Bid Euchre
3:15 WOW Fun/Games*(T)	1:30 Coffee & Conversation	2:30 Knitting*	3:15 WOW Chair Yoga (Z/T)	7:00 Fun Night
	1:45 Get Strong* (ATH)	3:15 WOW Stories/Games (T)	6:30 Yoga: Restorative*	
	2:15 Pickleball (Men)	February 5	(ATH)	
	3:00 Chair Fit* (ATH)	10:30 New Year Event	7:45 Yoga: Anxiety* (ATH)	
	4:00 Badminton	1:00 Seminar: Car Fit		
	6:00 Poker			
	6:30 Movie	February 12		February 7 & 28
	6:30 Beginner	1:00 Valentine's Movie		7:00 Dance
February 24	Woodcarving			
1:00 ASA Board of	6:30 Yoga: Sunset* (ATH) 6:30 Beginner Line Dance*	February 12 & 26		February 14
Directors (ATH)		12:00 Bistro		6:00
				Valentines Dinner &
		February 19		Dance
		11:00 Let's Get		
		Acquainted		

**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