

| 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<br>9:00 Badminton<br>9:00 Ladies Billiards<br>9:00 Move & Tone* (Z)<br>9:30 Men's Shed<br>9:30 Knotty Knitters<br>9:00 Beginner Bid Euchre<br>9:45 Italian<br>10:00 Chair Yoga*<br>10:15 WOW Stretch & Strong* (Z/T)<br>12:30 Duplicate Bridge<br>1:00 Carpet Bowling<br>1:00 American Mah-Jongg<br>1:30 Snooker League<br>1:30 Stretch & Tone*(H)<br>3:00 Mixed Pickleball<br>3:15 WOW Fun/Games*(T) | 8:30 Woodcarving<br>9:00 Boot Camp*<br>9:30 Balance*<br>10:00 Snooker League<br>10:00 Colour & Chat<br>10:00 Computer Seminar<br>10:15 WOW Stretch & Strong*(Z/T)<br>10:30 Balance*<br>10:35 Piloga*<br>11:15 Yoga Mat* (ATH)<br>11:30 Fit & Fun*<br>12:30 Pickleball (Women)<br>12:45 Table Tennis<br>1:00 Bid Euchre<br>1:00 Core* (ATH)<br>1:30 Walking Club (AFLC)<br>1:30 Snooker League<br>1:30 Coffee & Conversation<br>1:45 Get Strong* (ATH)<br>2:15 Pickleball (Men)<br>3:00 Chair Fit* (ATH)<br>4:00 Badminton<br>6:00 Poker<br>6:30 Movie<br>6:30 Beginner Woodcarving<br>6:30 Yoga: Sunset* (ATH) | 9:00 Woodshop<br>9:00 Get Fit* (H)<br>9:45 German<br>10:00 Chair Yoga*<br>10:00 Knitting*<br>10:00 Snooker League<br>11:00 French<br>11:30 WOW Sit, Stand & Balance (Z)<br>12:15 Walk Fit (AFLC)<br>1:00 Let's Create<br>1:00 Canasta<br>1:00 Cribbage<br>1:30 Bridge<br>1:30 Snooker League<br>1:30 Pain Management* (ATH)<br>1:45 Choir<br>2:30 Knitting*<br>3:15 WOW Stories/Games (T) | 8:30 Woodcarving<br>9:00 Art<br>9:00 Basic Cardio*(H)<br>9:00 Stamp Club<br>9:30 Men's Fit* (ATH)<br>9:45 Stretch & Tone*(H)<br>10:00 Men's Shed Bocce<br>10:00 Snooker League<br>10:30 Keep Singing<br>11:00 Badminton<br>12:30 Table Tennis<br>12:30 Pickleball (Men)<br>12:30 Poker<br>1:00 Bid Euchre<br>1:30 Snooker League<br>2:30 Pickleball (Women)<br>3:00 Chair Fit* (ATH)<br>3:15 WOW Chair Yoga (Z/T)<br>6:30 Yoga: Restorative* (ATH)<br>7:45 Yoga: Anxiety* (ATH) | 9:00 Woodshop<br>9:00 Piloga* (ATH)<br>9:30 Quilt 'n Sew<br>9:00 Get Fit* (H)<br>9:30 Writers Circle<br>9:30 Mandarin Singing<br>9:30 Men's Shed<br>10:00 Chair: Gentle Exercise*<br>11:00 Get Strong* (H)<br>12:30 Pickleball (Mixed)<br>12:45 Bingo<br>1:00 American Mah-Jongg<br>1:30 Book Club<br>2:30 Pickleball (Mixed)<br>3:15 WOW Fun/Games *(T)<br>6:30 Bid Euchre<br>7:00 Fun Night |
| <b>January 13</b><br>1:15 Fit Minds Try It (Z)  | <b>January 7</b><br>3:00 Chair Fit Try It (ATH)  | <b>January 22</b><br>11:00 Let's Get Acquainted<br>1:00 Seminar: Estate Planning  | <b>January 9</b><br>10:00 Wood Carvers Quilt Reveal<br>1:15 Pilates Try It (ATS)<br>3:00 Chair Fit Try It   | <b>January 10 &amp; 24</b><br>7:00 Dance  |
| <b>January 20</b><br>1:00 ASA Board of Directors (ATH)  |  | <b>January 29</b><br>12:00 Bistro   |   | <b>January 31</b><br>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