

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**

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**Tickets \$5 & available January 6**

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



# THE LIND

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# 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

The Holiday season is behind us, and we are now into the second month of winter. I encourage everyone to be careful and avoid slips and falls during the icy months.

Membership renewals have come in at a rapid pace, and thanks again to all of those who helped out with this important job. Town and ASA programs are in full swing, and attendance appears to be booming. Great to see so many people participating in the many activities our Centre has to offer. On January 22 we held our first Let's Get Acquainted of the year. This is a time for new, and not so new members to learn more about the history, programs, and volunteer opportunities at the Centre. A new program called Coffee and Conversation has been introduced on Tuesday afternoons at 1:30 in the Lounge. Bring a coffee and engage in friendly conversation. Bistro lunches are back on offering an opportunity for a nice meal and some social time.

Here are some of the special events. On January 31, we had a Bingo night. I am writing this before it happens so I will talk about it next month. On February 14 we will be hosting a dinner and dance featuring Tony the Entertainer. It promises to be a great evening and what a way to celebrate Valentine's Day. Tickets are \$25 and are available at Reception. The Silver Stars are presenting a Cabaret of Comedies on Saturday February 22, and Sunday February 23. Tickets are only \$5 for a fun afternoon.

In January we unveiled the wood carvers quilt which is an amazing piece of work by our talented members. We also hosted a visit from MPP Dawn Gallagher Murphy, and Liberal Leader Bonnie Crombie. (Not at the same time of course).

Did you know that the ASA has a web site? It's a great place to keep up to date on what's going on at the Centre especially on days when you can't make it in person. I encourage you to have a look, I am sure you will find it interesting. Visit the website here: <https://www.auroraseniors.ca>

There are a lot of happy people at the Centre, and seeing all the smiling faces is a great way to help get us through the winter.

## ▶ 2025 ASA Board of Directors Elections

The ASA is currently in the process of finalizing this years Aurora Seniors Association Board of Directors Election. Nominations will be accepted in the very near future. Further Election communication will be posted around the Centre and E-Flashed this month. The Board of Directors is a very important aspect of the Centres success so please consider running for the board yourself or think of nominating a fellow member.

Thank you.

## ▶ Town of Aurora Winter 2025 Programs

**Winter 2025 programs have begun. Registration is currently available for the following program:**

**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 FULL

**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

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

**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

**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

**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

# LIVE YOUR BEST LIFE (Active & Healthy Aging)



**ZOOM**  
Wednesdays  
March 5 to April 23  
1 to 2:30 p.m.  
\$15.00/8 weeks

Join this information packed eight-week healthy living workshop on ZOOM 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.

Register at reception.



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



Click here to register online: [Live Your Best Life Program Registration Link](#)

# Indoor **WALKING CLUB**

This months Seminars  
are sponsored by



**CHARTwell**

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

## **February Seminars:**

**February 4**

Financial Literacy with Jennifer Walker of Carruthers and Walker Financial

**February 11**

Wills & Estate Planning with Sorbara Law

**February 18**

The Ageing Brain with CHATS

**February 25**

MAID and Grief with Jennifer McCrae of Soul Transitions

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.ca](mailto:wow@aurora.ca)

365-500-3161







FREE

# ZOOM n DRAW

THURSDAYS  
6:30 PM - 8:00 PM  
OVER ZOOM  
March 6 - 27

Join local artist Judy Sherman as she teaches you different drawing techniques.

Each week you will complete a new drawing

All supplies will be delivered to Aurora residents.

To register sign up at reception or email [wow@aurora.ca](mailto:wow@aurora.ca).  
Registration starts February 10.

Limited spots available.



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



Aurora Seniors Presents

# OTTAWA TULIP TIME

The best time to visit our Nation's Capital is in the spring, with the tulips in full bloom, the city is ablaze in beautiful colours and floral fragrance. Steeped in history, Ottawa is where English meets French and of course it is the home of our magnificent Parliament Buildings. Numerous museums, art galleries, shops and restaurants dot the landscape creating a wonderful ambience that everyone can enjoy! Stay at the beautiful 4 star Lord Elgin Hotel. This hotel is one of the most centrally located downtown Ottawa hotels, just a stone's throw away from the Rideau Canal and Confederation Park. Their excellent location puts bountiful delights within easy walking distance. Originally constructed in 1941, Lord Elgin is a piece of Ottawa's history. Independent and thoroughly Canadian, this historic landmark is a leader among downtown Ottawa hotels!

**Tour Includes:**

- \* Return transportation via deluxe coach
- \* 2 nights accommodation at the 4 star Lord Elgin Hotel (downtown Ottawa)
- \* 2 full breakfasts, 1 dinner
- \* Guided tour of Ottawa including Tulips & Parliament Buildings
- \* 1000 Islands luncheon cruise
- \* Admission to the Royal Canadian Mint
- \* Visit to Byward Market with time for shopping
- \* All taxes including HST & entrance fees
- \* Gratuities on included meals
- \* Baggage handling
- \* Tour escort

**May 13 to 15, 2025**

Price per person in Canadian Dollars

**TWIN \$859.00    SINGLE \$1159.00**

\$200.00 deposit due upon booking. Balance due 60 days prior to departure.

To book sign up at reception or for more information call Andrew Bailey at 365-500-3160 or call Year Round Travel at 416-499-1444



**PRESENTATION AT THE CLUB  
WEDNESDAY, FEBRUARY 19, AT 12:30 P.M.**

Cancellation Protection \$63.00 per person



**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  
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www.yearroundtravel.com



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ASA BISTRO

LUNCH SERVED AT 12 P.M.  
DOORS OPEN AT 11:45 A.M.

\$10 MEMBERS ONLY

Menu

**WEDNESDAY, FEBRUARY 12**

MAC AND CHEESE WITH GARDEN SALAD



**WEDNESDAY, FEBRUARY 26**

MEATBALLS WITH RICE AND PEAS

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

ALL BISTROS WILL BE CATERED BY  
HEALTHY NOW



February 12 Bistro tickets on sale from Monday, February 3 to Friday, February 7  
February 26 Bistro tickets on sale from Tuesday, February 18 to Friday, February 21  
Please Note: two tickets per member and no refunds.

► Centre Etiquette

- Please allow staff time and space to set-up your activity/program 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
  - If you spill your drink or need assistance with clean-up, please let staff know.
- Thank you for keeping our Centre an amazing place to enjoy!!

► Upcoming Seminars

**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**  
**7:30 p.m. Ballroom Dancing**

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

**Music by DJ Les**

- **February 7 & 28**
- **March 14 & 28**
- **April 4**



The dance kicks off with a line dance lesson at 6:45 p.m., followed at 7:30 p.m. by ballroom dancing and a few more line dances. Dance until 10:30pm. Free refreshments and cash bar. Themes this month are:  
 February 7: Enjoy our usual mix of ballroom, Latin, and line dances.  
 February 28: Join us for a special Retro Dance party (Hits from 60s, 70s, 80s).

## ▶ ASA Mah Jongg Lessons

Have you always wanted to learn how to play Mah Jongg? Well, here is your chance!!

We are having Mah Jongg Lessons beginning on Wednesday March 5, from 9 a.m. to 12 p.m. The Classes will run once a week for 6 weeks ending on Wednesday April 9.

There will be a sign-up sheet at Reception the first week of February and you will be contacted to confirm that you are registered in the lessons. Thank you.

June May - Co-Convenor of the ASC Mah Jongg group

## ▶ ASA Library

**Current theme** - The theme for the next month is "Cowboy Romance". Head on over to the corral and check out the Western love stories. Check the black shelf above the return box for these books.

**Book and puzzle donations (remain 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 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 set up. There are 2 sections – Non-Fiction (mostly Biographies) and Fiction (Novels and Murder Mysteries). Thanks to the Aurora Public Library for their generous donation.

**Date stamp** -We are grateful to Eileen who donated a Date Stamp to help us track book 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. 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

We have noticed that some members, when introduced to a new author, sign out all available copies of their books. Please limit yourself to 2 copies of a single author thus leaving some for other members. James Patterson is an exception to this limit. Kevin

## ▶ ASA Special Events Committee

The Special Event Committee has an exciting lineup of events for 2025. The committee is thrilled to present their Valentine's Dinner and Dance on Friday February 14 from 6 - 9:30 p.m. Join us for a delicious dinner followed by a night of music, dancing and entertainment featuring Tony Puglisi. Following this, The Bent Fork Improv Group will be doing a fun performance in the lounge on Friday, March 21 at 7 p.m. There will be Free tickets available at Reception starting on February 3. Stay tuned for the upcoming Events in the March newsletter.



**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**



**WEDNESDAY, FEBRUARY 12**

JOIN US  
1:00 PM - 3:00PM

IN THE LOUNGE FOR A PRE-VALENTINES EVENT

**Aurora Seniors Centre Presents**



**JOIN US FOR AN AFTERNOON OF FRIENDS,  
REFRESHMENTS AND A SCREENING OF  
THE DIVINE SECRETS OF THE YAYA SISTERHOOD**

*DIVINE SECRETS OF THE YA-YA SISTERHOOD (2002): SANDRA BULLOCK, ELLEN BURSTYN, ASHLEY JUDD, MAGGIE SMITH (PG-13, 116 MIN, DRAMA/COMEDY) FOLLOWS A PLAYWRIGHT AS SHE RECONCILES WITH HER MOTHER WITH THE HELP OF HER MOTHERS CHILDHOOD FRIENDS (THE YA-YA SISTERHOOD). THE FILM EXPLORES THEMES OF FAMILY, FORGIVENESS, AND FRIENDSHIP.*

**TICKETS ARE FREE AVAILABLE AT THE AURORA  
SENIORS CENTRE STARTING FEB 3  
LIMITED QUANTITY**

ENJOY AN AFTERNOON OF FUN WITH FRIENDS

# Valentine's Dinner & Entertainment



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

**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.

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





*Continental*  
**BREAKFAST**

**THURSDAY FEBRUARY 20 AT 10 A.M.**

**Tickets \$5 members only**  
(on sale February 3)

Join us for coffee, tea, croissants, butter,  
jam, muffins, danishes & fresh fruit.

**Proceeds to benefit Welcoming Arms**

Thank you to our sponsor

**AMICA**  
AURORA PROMENADE

# Indoor Garage Sale

Spread the Word



**Sunday**  
**April 27** | **8:30am to 1:00pm**

**Aurora Seniors Centre**  
**90 John West Way, Aurora**

[auroraseniors.ca](http://auroraseniors.ca)  
[seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)  
905 726 4767

There will also be many volunteer opportunities for the Garage Sale. More details to come next month. This is a great time to get involved at the Centre

## Save your Stuff!



**Annual Indoor Garage Sale: Sunday April 27**

**Donation Drop Off: Friday, April 25 & Saturday April 26**

Books, Toys, Gadgets, Small Appliances, Vintage Collectibles, Artwork, Tools, Musical Instruments, and more needed

We will not accept clothing, VHS tapes, large furniture, computer books and broken items.

Aurora Seniors Centre  
90 John West Way, Aurora

[seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)

[auroraseniors.ca](http://auroraseniors.ca)

905-726-4767





# Bake Sale

Sunday, April 27, 2024

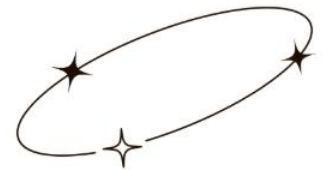
**Bakers needed!**

You can drop off any baked good donations  
Friday, April 25 or Saturday, April 26.

PLEASE LET US KNOW WHAT YOU ARE BAKING. EMAIL US AT  
[SENIORSCENTRE@AURORA.CA](mailto:SENIORSCENTRE@AURORA.CA)



# JEWELLERY DONATIONS



**Our Indoor Garage Sale will be on  
Sunday, April 27!**

We are seeking donations for our  
jewellery sale.  
Donations are now being accepted  
at Reception!

Costume or fine jewellery accepted!





A NIGHT OF COMEDY FROM



The evening will be led by  
our friends from Bent Fork Improv

*Attendance / Participation will be  
encouraged, but no pressure to participate*

FRIDAY, MARCH 21  
STARTING AT 7:00 PM

**FREE**  
*Limited Tickets Available*

**AURORA SENIORS CENTRE LOUNGE**

Aurora Seniors Presents

# ANNIE

Annie has reigned as one of the world’s most beloved family musicals since its original six-year Broadway run. Annie Bennett is the iconic mop-topped orphan who knows the sun will come out tomorrow for her, no matter how dark it gets today. (Even if “today” is under the domain of Miss Hannigan, the caretaker of the orphanage and an over-the-top misopedist.) When Annie and her scrappy dog, Sandy, are taken in by the secretary of the billionaire Daddy Warbucks, the girl's lifelong search to find her birth parents sets off a chain of wacky, heartwarming adventures.

**Date:** Thursday, May 8, 2025

**Price:** Member: \$215.00 per person  
Non Member: \$225.00 per person

**Depart:** 9:00 a.m. Stronach Recreation Complex

**Inclusions:** Return transportation via deluxe coach, lunch at The Parlour, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.

**Lunch:** 11:30 a.m. - 1:00 p.m.  
Enjoy a delicious lunch at The Parlour. All meals include salad, dessert, and tea or coffee.  
Choice of:  
1) Grilled Chicken Breast, Smokey Bacon and Mushroom Cream  
2) Sesame Crusted Salmon, Ginger and Scallion Vinaigrette  
3) Chef’s Choice Vegetarian Creation  
**MEAL SELECTION REQUIRED UPON BOOKING**

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

**Show:** 2:00 p.m. - 5:00 p.m.  
Reserved orchestra seating for Annie at the Stratford Festival Theatre



**Return:** Arrival in Aurora by 7:30 p.m.



## 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  
www.yearroundtravel.com

## ▶ Computer Club Information and Activities

Every Tuesday at 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.

Tuesday morning seminar schedule for February:

- February 4 – Intro to Virtual Reality (VR) (Doug & Ronen)
- February 11– Introductions to OneDrive (Doug)
- February 18 - Apple + Intro to Amazon Prime benefits (Herb)
- February 25 - Continuation of Amazon Prime features and benefits (Herb)

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.

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 on the website. 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 your suggestions to Bob Hedenberg at [bobhed65@gmail.com](mailto:bobhed65@gmail.com) or Doug Cooper at [techspeakr@gmail.com](mailto:techspeakr@gmail.com).

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





## ▶ Tuesday Night Movies at the Centre

**February 4 – Sister Act (1992): Whoopi Goldberg, Maggie Smith (PG-13, 97 min, Comedy)**

When a nightclub singer is forced to take refuge from the mob in a convent, she ends up turning the convent choir into a soulful chorus complete with a Motown repertoire, until the sudden celebrity of the choir jeopardizes her identity.

**February 11 – Conclave (2024): Ralph Fiennes, Ariella Glaser (PG, 120 min, Drama)**

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a conspiracy that could shake the very foundation of the Catholic Church.

**February 18 – Here (2024): Tom Hanks (PG-13, 121 min, Drama)**

A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life.

**February 25 – Two for the Road (1967): Audrey Hepburn, Albert Finney (PG, 111 min, Comedy, Drama)**

A couple in the south of France non-sequentially spin down the highways of infidelity in their troubled ten-year marriage.

Our Tuesday Night Movies begin at 6:30 p.m. admission is \$1.50 and include movie, refreshments, and popcorn! Movies are open to members only.

<p><b>ASA Board of Directors:</b></p> <p><b>President</b> Glen Sharp</p> <p><b>Vice President</b> Vacant</p> <p><b>Treasurer</b> Rob Ishoj</p> <p><b>Secretary</b> Rob Gaby</p> <p><b>Directors</b> Jim Abram Vern Cunningham Kevin Griffiths Julia Jackson 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> Julia Jackson—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 Assistant byorg@aurora.ca (365) 500 3161</p> <p>Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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Seeking Dumbbell donations for our WOW fitness programs. If you have any gently used weights, please drop off at Reception.

## Without Walls (WOW):

- Completely free program.
- You do not need to be a member of The Aurora Seniors Centre
- Zoom & Teleconference program options
- Telephone programs are multi-person phone conversations
- Offered 6 days a week, 30-minute programs.

***It is a Community Centre from the comfort of home!***

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

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

**Chair Yoga:** Join our Yoga instructor for simple movements and breath work anyone can do from a chair

**Coffee Chat:** Grab your favourite beverage and join us for a friendly conversation

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

**Jeopardy:** Trivia questions “Jeopardy” style, grab a pen and paper

**Sit & Strong:** Working on total body strength all from your chair, having fun along the way. Exercise band and weights optional

**Stories & Games:** Stories, Biographies, Travelogue, Celebration days, Music and more.

**Stretch & Strong:** Exercises to strengthen and stretch the entire body. Exercise band optional

**Virtual Fun & Games:** Various trivia and quizzes

**Walking Club Seminar:** Different seminar weekly, please see walking club poster in newsletter for monthly line up

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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.

### Contact Information:

Telephone: 365 500 3161 or Email: [wow@aurora.ca](mailto:wow@aurora.ca)

February 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 2</b> <b>12:30</b> Chair Exercise (Z)	<b>February 3</b> <b>10:15</b> Stretch & Strong (Z/T) <b>11:15</b> Delight (T) <b>3:15</b> Fun & Games (T)	<b>February 4</b> <b>10:15</b> Chair Yoga (Z/T) <b>2:00</b> Walking Club Seminar (Z) <b>3:15</b> Virtual Fun & Games (Z)	<b>February 5</b> <b>11:30</b> Sit, Stand & Balance (Z)  <b>3:15</b> Short Stories & Games (T)	<b>February 6</b> <b>10:15</b> Sit & Strong (Z) <b>11:15</b> Delight (T) <b>3:15</b> Chair Yoga (Z/T)	<b>February 7</b> <b>3:15</b> Fun & Games (T)
<b>February 9</b> <b>12:30</b> Chair Exercise (Z)	<b>February 10</b> <b>10:15</b> Stretch & Strong (Z/T) <b>11:15</b> Delight (T) <b>3:15</b> Card Bingo (Z/T)	<b>February 11</b> <b>10:15</b> Chair Yoga (Z/T) <b>2:00</b> Walking Club Seminar (Z) <b>3:15</b> Coffee Chat (T)	<b>February 12</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>February 13</b> <b>10:15</b> Sit & Strong (Z) <b>11:15</b> Delight (T) <b>3:15</b> Chair Yoga (Z/T)	<b>February 14</b> <b>3:15</b> Fun & Games (T)
<b>February 16</b>  <b>NO PROGRAMS</b>	<b>February 17</b>  <b>NO PROGRAMS</b>  HAPPY FAMILY DAY!	<b>February 18</b> <b>10:15</b> Chair Yoga (Z/T) <b>2:00</b> Walking Club Seminar (Z) <b>3:15</b> Virtual Fun & Games (Z)	<b>February 19</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>February 20</b> <b>10:15</b> Sit & Strong (Z) <b>11:15</b> Delight (T) <b>3:15</b> Chair Yoga (Z/T)	<b>February 21</b> <b>3:15</b> Fun & Games (T)
<b>February 23</b> <b>12:30</b> Chair Exercise (Z)	<b>February 24</b> <b>10:15</b> Stretch & Strong (Z/T) <b>11:15</b> Delight (T) <b>3:15</b> Jeopardy (Z/T)	<b>February 25</b> <b>10:15</b> Chair Yoga (Z/T) <b>2:00</b> Walking Club Seminar (Z) <b>3:15</b> Coffee Chat (T)	<b>February 26</b> <b>3:15</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>February 27</b> <b>10:15</b> Sit & Strong (Z) <b>11:15</b> Delight (T) <b>3:15</b> Chair Yoga (Z/T)	<b>February 28</b> <b>3:15</b> Fun & Games (T)

**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



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 Chair Yoga*(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) 6:30 Beginner Line Dance*	9:00 Woodshop 9:00 Get Fit* (H) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* 10:00 Snooker League 10:30 Ladies Laugh & Learn* 11:00 French 11:30 WOW Sit & 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) <p><b>February 5</b> 10:30 New Year Event 1:00 Seminar: Car Fit</p> <p><b>February 12</b> 1:00 Valentine's Movie</p> <p><b>February 12 &amp; 26</b> 12:00 Bistro</p> <p><b>February 19</b> 11:00 Let's Get Acquainted</p>	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 <p><b>February 7 &amp; 28</b> 7:00 Dance</p> <p><b>February 14</b> 6:00 Valentines Dinner &amp; Dance</p>
<p><b>February 24</b> 1:00 ASA Board of Directors (ATH)</p>				

**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