



Special Events Committee Presents:

ICE CREAM SOCIAL

Wednesday August 19, at 1 p.m.

AURORA SENIORS CENTRE

90 John West Way, Aurora

- Build your own ice cream sundae
- Live Music presented by Dave's Vinyl Party
- Dancing (optional)
- Tickets on sale July 13
(limited tickets available)

FOR AN EXTRA COST BAILEYS WILL BE AVAILABLE FOR YOUR ICE CREAM



Tickets
\$10 for members
\$12 for non-members

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15105 YONGE STREET, SUITE 100
AURORA, ONTARIO L4G 1M3

WWW.LINDREALTY.CA

► From Town Staff – Parking Lot Update

The South Parking lot replacement work has progressed nicely. Thank you for understanding during this important work. We will continue to keep you updated on any timelines on the reopening of the lot and any further impacts.

Centre Access:

The Seniors' Centre remains open throughout the construction period. The main entrance continues as the primary point of entry and impacted areas have been fenced off to ensure safety.

Alternative parking during the lot closure is available at:

- Town Hall North Lot
- Queen's Jubilee Park
- Street Parking on Amber Hill Drive and John West Way
- **Drop-Off zone:** A temporary drop-off zone is available at the bus stop on John West Way. An accessible access ramp has been temporarily installed in this zone to help maintain access during construction. **Please do not park in this area!**
- **Accessible Parking:** 2 accessible parking zones are available on either side of the Drop off zone on John West Way during construction. **Please ensure your accessible parking permit is visibly displayed while parking in this area!**

Maps & Visuals:

Maps showing the construction area and available parking options are available at the Centre and further information is available at <https://engageaurora.ca/townhallparking>

We sincerely appreciate your understanding as we complete this important work.



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145 Murray Drive
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905-841-2777



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Home is where the heart lives. ♥

▶ ASA Board of Directors



Summer is flying by as it always does. I hope many of you are getting out for golf, bocce, walks, gardening or just relaxing on a patio.

The area outside the Centre continues to be a hub of activity. Things seem to be going well and we will be sure to let you know when we have an anticipated completion date. Members are adapting well to the changes in parking and it's great to see good attendance at our programs. The BBQ lunch last week was very well attended. Remember the lot north of Town Hall is open and there is always space available. If you are parking on the street pay close attention to the signs and fire hydrants. Some tickets have been issued and we want to keep that to a minimum. Staff have been very helpful when they notice that someone has parked in the wrong area and we appreciate their support.

As most of you know, the ASA has an annual donation budget, and the Seniors Affairs committee makes recommendations to the Board on how best to use it. This year our budget is \$4000.00. So far, we have donated \$500.00 to the Alzheimer's Society and an additional \$500.00 to the Aurora Food Pantry. It is a great part of my job to be able to present the cheques to these very worthwhile organizations.

DID YOU KNOW that we have a program called LET US KNOW. It is an opportunity for members to share program ideas, make suggestions, pass on compliments, or offer an opinion. Forms are on the bulletin board with instructions on what to do. All submissions will be responded to by the appropriate person or committee. This is your Centre so your comments and observations are appreciated.

Our annual Ice Cream Social will be held on Wednesday August 19. This is a lot of fun with music provided by Dave's Vinyl party. Tickets are only \$10 for members and \$12 for non-members.

I see more people out on the bocce courts lately. I joined in with the Tuesday group last week and we had a great time. Men's Shed had twelve players participate in our own unique version of the game. We were joking about a match between the two groups but we're not sure what rules we would play.

We will provide construction updates as they come available. In the meantime, continue to come out and enjoy the programs and fellowship that make our Centre the community that it is.

Glen Sharp - President

FRIENDLY REMINDER

- Working Dogs Only: Only service animals are permitted inside the Seniors Centre.
- Do Not Distract: Please do not pet or talk to service dogs while they are on duty.
- Pets at Home: We love your pets, but please keep them at home to ensure the comfort of all members



LET US KNOW

Complaints & Compliments

If you have a suggestion or comment, please write it below and post it on the bulletin board. We need your ideas, suggestions, concerns about the programs, projects, activities, scheduling, comments and general observations. We welcome your input. Please tell us what you think.

NAME	DATE
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PLEASE PRINT CLEARLY (If space is a problem, please also use the reverse side)

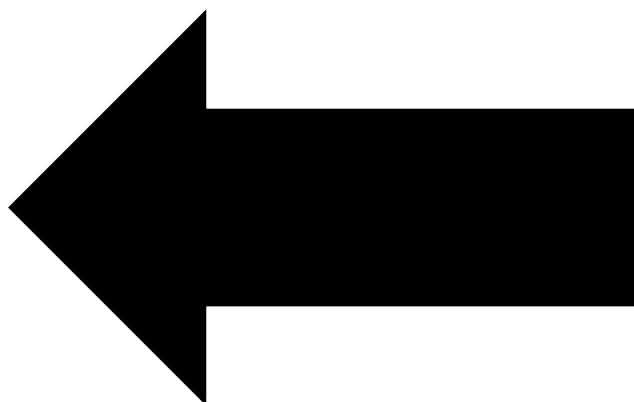
YOUR INPUT

If you are suggesting a new activity, are you willing to be the Co-ordinator?	YES	NO
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Your feedback will be included on the agenda for the next Membership & Volunteer Committee meeting. If we are able to provide an answer right away, we will do so. If additional information is needed, your question will be forwarded to the appropriate person or committee. You will be notified.

RESPONSE		
Signature	Title	Date

LET US KNOW forms are available from reception. Please fill it out and return to reception where it will be answered and hung up on the main bulletin board.



Half Price Membership

Starting July 1 the ASA is offering NEW & RENEWAL memberships for half price. This is a perfect time for your friends and neighbours to join and see how amazing our Centre is.

Residents: \$17.50

Non Residents: \$25.00

GOOD UNTIL DECEMBER 31, 2026



HOURS OF OPERATION

**DURING THE PARKING LOT PROJECT
RECEPTION VOLUNTEERS ARE ONSITE
MONDAY - FRIDAY 9AM - 2PM**

MONDAY	8:30AM-4:30 PM
TUESDAY	8:30AM-9:00 PM
WEDNESDAY	8:30AM-4:30 PM
THURSDAY	8:30AM-4:30 PM
FRIDAY	8:30AM-9:00 PM
SATURDAY	CLOSED
SUNDAY	CLOSED

CONTACT:

EMAIL: SENIORSCENTRE@AURORA.CA

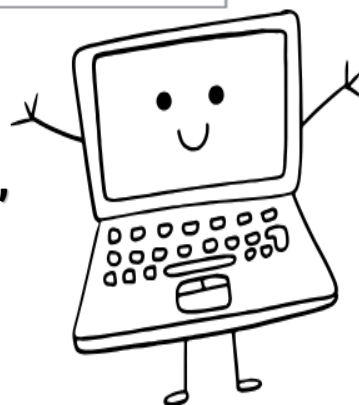
PHONE: 905 726 4767

WEBSITE: AURORASENIORS.CA

**DID
YOU
KNOW?**

**Our website has the most up-to-date
information about the Centre, including
newsletters, upcoming events, programs,
and announcements.**

**Visit us at:
www.auroraseniors.ca**



Town of Aurora FALL 2026 Programs

Fall 2026 Town Program Registration

How to Register:

1. Residents only – Monday August 10, 9 – 12 p.m. in the lounge at the Aurora Seniors Centre
2. Online using the Town of Aurora's E-play system. You can access E-play by visiting <http://www.aurora.ca/eplay>
3. Registration Forms will be available at reception

REGISTRATION:

Residents Monday August 10, 2026

Non-Residents: Monday August 17, 2026

LEGEND

ASC – Aurora Seniors Centre
 ATH – Aurora Town Hall
 AFLC – Aurora Family Leisure Centre
 Sports Dome – Lind Realty Sports Dome

BALANCE IMPROVEMENT

Age: 55+ years Location: ASC

This class uses practical and simple exercises using a sturdy chair. Achieve improved balance for everyday activities. Gain strength and confidence to maneuver through tasks, such as getting out of your chair, stepping over a curb and more.

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	9:30am- 10:15am	\$77/12	40113
Tue	Sept 22	10:30am- 11:15am	\$77/12	40114



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 get a taste of several popular dances like the cha-cha, rumba, mambo, merengue and foxtrot. This course will be taught by a couple so that participants may fully benefit from perspectives of both the leader and the follower. Prior dance experience is not necessary. Partners are required for this program.

*No Class Oct 21

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	7:30pm - 8:30pm	\$110/ 9 per person	40098

BALLROOM & LATIN DANCE LEVEL 2

Age: 18+ years Location: ASC

Focusing on "dancing for fun", this program will develop dance skills and steps previously taught in the Beginners level. Some new dances will be introduced such as the waltz, swing, samba, quickstep, salsa, cumbia or bachata. This course is taught by a couple so that participants fully benefit from perspectives of both the leader and the follower.

"Ballroom & Latin Dancing Beginners" or previous dance experience are preferred prerequisites for this class. Partners are required. *No Class Oct 21

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	8:30pm - 9:30pm	\$112/9 per person	40099

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 in order to provide in-depth instruction for each of the dance styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course. Partners are required. *No class Oct 12, 19 & 26

Day	Date	Time	Fee/Class	Code
Mon	Sept 14	7:30pm - 8:30pm	\$114/9 per person	40100

BALLROOM & LATIN DANCE LEVEL 4

Age: 18+ years Location: ASC

The Level 4 program will continue to offer more technique and figures to the dance styles in Level 3. This class will focus on two or three dances per session, in order to provide in-depth instruction for each style. Several sessions of Level 3 would be the preferred prerequisite for this course. Partners are required. *No class Oct 12, 19 & 26

Day	Date	Time	Fee/Class	Code
Mon	Sept 14	8:30pm – 9:30pm	\$116/9 per person	40149

BARRE FOR BETTER BALANCE

Age: 55+ years Location: ATH

A low-impact barre class specially designed for older adults to improve strength, balance, posture, and flexibility in a safe and supportive setting. Using a chair for stability, participants will perform controlled movements inspired by ballet and functional fitness. The class focuses on building flexibility, core and lower-body strength, enhancing coordination, and supporting everyday mobility. Modifications are offered throughout the class, making it suitable for a variety of fitness levels. No dance experience is required.

We will be having a FREE TRY IT class on Wednesday September 16, at 12:30

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	12:30 – 1:15	\$77/12	40150

BASIC CARDIO – HYBRID (in person ASC & ZOOM)

Age: 55+ years Location: ASC

This basic, cardiovascular only class takes you through simple choreography designed to gently raise your heart rate to improve fitness and burn fat.

Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. These classes are part of our Virtual All Access Pass.

Day	Date	Time	Fee/Class	Code
Thurs	July 9	9am - 9:30am	\$44/12	40115

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. *No class Oct 20

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	9am - 9:45am	\$77/12	40116

CHAIR FIT: SIT & STAND

Age: 55+ years Location: ATH

This gentle fitness class offers low-impact cardio and strengthening exercises performed both seated and standing. Participants will use a variety of equipment including light weights, resistance bands, and small balls to improve balance, mobility, and flexibility. Ideal for those new to fitness or looking to stay active in a safe and supportive setting.

We will be having a FREE TRY IT class on Tuesday September 15, at 3:00

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	3pm – 3:45pm	\$77/12	40117

CHAIR: GENTLE EXERCISE

Age: 55+ years Location: ASC

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.

Day	Date	Time	Fee/Class	Code
Fri	Sept 25	10am - 10:45am	\$77/12	40119

CORE ON THE FLOOR

Age: 55+ Location: ATH

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/Cl	Code
Tues	Sept 22	1pm – 1:30pm	\$44/12	40120

NEW FIT & BALANCED

Age: 55+ Location: AFLC

Enjoy a full body workout that combines light cardio, strength training, and balance to improve muscle strength, coordination, and stability while keeping you moving in a fun and supportive atmosphere.

We will be having a FREE TRY IT class on Monday September 21 at 10:45am

Day	Date	Time	Fee/Cla	Code
Wed	Sept 28	10:45am – 11am	\$70/11	41246



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: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. These classes are part of our Virtual All Access Pass. *No class Wed Oct 7 & 21

Day	Date	Time	Fee/Class	Code
Wed	Sept 30	9am – 9:45am	\$70/11	40121
Fri	Oct 2	9am – 9:45am	\$77/12	40122

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
Wed	Sept 22	1:45pm – 2:45pm	\$77/12	40123

GET STRONG

Age: 55+ Location: Hybrid (In-Person ASC and ZOOM)

See Above Description

Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. These classes are part of our Virtual All Access Pass. *We will be having a FREE TRY IT class on Friday September 18 at 11:00 a.m.*

Day	Date	Time	Fee/Class	Code
Fri	Sept 25	11am – 12pm	\$77/12	40124

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	Sept 23	2:30pm – 3:45pm	\$10.00/3	40125

KNITTING MOSAIC & SLIP STITCH

Age: 55+ years Location: ASC

A current, popular trend is color knitting using 2 related knitting techniques, mosaic and slip stitch knitting. Both differ from stranded colour work where 2 or more colours are knit together in the same round or row. Mosaic and slip stitch are easier in that only one colour is knit at a time and designs are usually charted. Check patterns called Shift, Nightshift., Swell or Hearthstone Wrap on Ravelry to see interesting examples of these techniques. This class will focus on techniques with suggestions given for projects knitters might try. Supplies needed are 3 or 4 different colours of yarn, preferably the same weight, proper sized needles for your yarn and other usual knitting implement, scissors, stitch markers.

*No class Oct 7

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	9:45am - 11am	\$45/4	40156

KNITTING: PROJECTS

Age: 55+ years Location: ASC

This class does not have a set agenda. It is an opportunity to get help with projects from previous knitting classes. Participants will be provided with a varied selection of patterns. They will be able to select projects they would like to try. They will learn what is involved in the pattern, then use class time to get help with any problem areas. Some printed notes will be shared in class, however the majority of information will be shared online or by links to Ravelry, which is a free knitting app. Participants must have internet access and a printer.

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	9:45am – 11am	\$45/4	40127

NEW LEARN TO SWIM FOR ADULTS

Age: 40+ years Location: AFLC DESJARDIN POOL

These lessons are for adults, taught by adults. On the first day, you will be screened and grouped with other adults of similar swim abilities. Work at your own pace and learn to be safe while having fun developing your skills and fitness!

We will be holding an information seminar in the lounge at the Aurora Seniors Centre LEARN TO SWIM: ASK THE SWIM INSTRUCTOR September 18, 10am registration required wow@aurora.ca or at reception.

Day	Date	Time	Fee/Class	Code
Fri	Oct 2	9:15 - 9:45am	121.50/10	40314
Fri	Oct 2	9:45 - 10:15am	121.50/10	40315
Fri	Oct 2	10:15 - 11:45am	121.50/10	40316

LINE DANCING FOR BEGINNERS

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.

*No class Oct 20

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	6:30pm – 7:30pm	\$70/11	41078

MENS FIT

Age: 55+ years Location: ATH

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. The instructor guides a series of exercises using weights, resistance bands, bodyweight movements and other materials. Exercises target all the major muscle groups including arms, legs, back, chest, and core. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate. *No Class Oct 12

We will be having a FREE TRY IT class on Monday September 14 at 9 a.m. and Thursday September 17 at 9:30 a.m.

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	9am – 9:45 am	\$77/12	40129
Thurs	Sept 24	9:30am – 10:15am	\$77/12	40130

MOVE & TONE

Age: 40+ years Location: ZOOM

This fitness class is offered through Zoom only. Participants will improve their cardiovascular endurance and strength, while toning their body through light weights and resistance bands. No class Oct 12

Day	Date	Time	Fee/Class
Mon	Sept 21	9:00 a.m. – 10:00 a.m.	Included in all access virtual pass

Osteoporosis Exercise: Strong & Steady

Age: 55+ years Location: ATH

This therapeutic exercise class is designed for individuals with osteoporosis or osteopenia who want to stay active and build strength safely. Using light weights, resistance bands, Pilates balls, and other supportive equipment, the class focuses on improving posture, balance, coordination, and overall body strength, with gentle stretching included. Exercises are performed at a comfortable, steady pace, with options provided to accommodate individual needs.

We will be having a FREE TRY IT class on Wednesday September 16 at 1:30 p.m.

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	1:30pm – 2:15pm	\$77/12	40163

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
Mon	Sept 26	1pm – 5pm	\$70.00/1	40161

PILATES FOR OLDER ADULTS

Age: 55+ years Location: ATH

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.

We will be having a FREE TRY IT class on Thursday September 17 at 1 p.m.

Day	Date	Time	Fee/Class	Code
Thurs	Sept 24	1pm - 1:45pm	\$94/11	40157

PILATES FOR MEN

Age: 55+ years Location: ATH

This low-impact mat Pilates class is designed specifically for men who want to move better, feel stronger, and protect their backs and joints. The class focuses on building a strong core, improving posture, and increasing flexibility in tight areas like hips and hamstrings. Exercises are performed on the floor using a mat. Movements support real-life activities such as bending, lifting, and staying steady on your feet. Beginner friendly no experience required.

We will be having a FREE TRY IT class on Thursday September 17 at 2:00 p.m.

Day	Date	Time	Fee/Class	Code
Thurs	Sept 24	2 pm– 2:45pm	\$94/11	40158

PILOGA

Age: 55+ years Location: ASC (Mon) & AFLC (Fri)

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.

*No class Oct 12

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	9am – 9:45am	\$70/11	40133
Fri	Sept 25	9am – 9:45am	\$77/12	40131

PILOGA

Age: 55+ years Location: (In-Person ASC and ZOOM)

See description above

Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. This class is part of our Virtual All Access Pass.*No class Oct 20

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	11am – 11:45am	\$70/11	40132

QI-GONG

Age: 55+ years Location: ATH

Qigong is a gentle, flowing mind body practice. Sets of movements are easily learned and offer many benefits for maintaining health during the senior years. As a low impact weight bearing activity qigong helps to improve strength, coordination and balance. These are important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. Join Linda to learn simple forms of Qigong that you can immediately bring into your daily life. This is an empowering practice. All levels are welcome. Qigong can be practiced both standing and seated.

Day	Date	Time	Fee/Class	Code
Wed	Oct 7	11:30m – 12:15pm	\$63/10	40134

QI-GONG & YOGA BLENDED

Age: 55+ years Location: ATH

Both practices of Qigong and Yoga offer so many benefits to your health and vitality. Imagine how amazing you can feel when combining the two modalities. Each session begins with breath awareness, follows with a gentle yoga warm-up and a qigong flow to balance the energy. A final relaxation follows to allow you time to fully absorb the benefits of your session. Please bring a yoga mat to the class. There will be standing and floor work involved.

*No Class Oct 12

We will be having a FREE TRY IT class on Monday September 14 at 2:00 p.m.

Day	Date	Time	Fee/Class	Code
Mon	Oct 5	2pm – 3pm	\$63/10	40135

STRETCH & TONE

Age: 55+ years Location: (In-Person ASC and ZOOM)

This class is designed for functional fitness. Functional fitness prepares and enhances the body for real life movement, and to make daily motions easier and safer. We use exercises that push, pull, bend, reach, and core exercises to keep you balanced and limber. Light weights, bands and body weight exercises will be incorporated. Real life strength and wellness! **Note:** Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. These classes are part of our Virtual All Access Pass.

*No Class Oct 12, 16, 26 and Nov 16

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	1:30pm – 2:30pm	\$56/9	40136
Thurs	Sept 24	9:45am – 10:45 am	\$77/12	40137



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. Bring your water bottle and be ready to have fun! Please meet in 3rd floor program room on the first day. *We will be having a FREE TRY IT class on Wednesday September 16 at 12:15 p.m.*

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	12:15pm – 1pm	\$77/12	40138

WALKING SOCCER FOR OLDER ADULTS

Age: 55+ years Location: SD

Are you ready to rediscover the joy of soccer in a safe, fun, and friendly environment? Walking soccer is a fantastic way to stay active, meet new friends, and enjoy the beautiful game at a pace that suits everyone. Whether you're a seasoned player or new to the sport, this modified, non-contact version of soccer is perfect for all ages and abilities, especially those with mobility challenges. What You Need:

Comfortable clothes

Running shoes

A big smile and a positive attitude!

Come and learn the basics, enjoy the camaraderie, and have a great time with walking soccer. We can't wait to see you on the field! *We will be having a FREE TRY IT class on Wednesday September 16 at 1:00 p.m.*

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	1pm – 2:30pm	\$100/12	40139

YOGA: CHAIR YOGA

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	Sept 23	10am - 11am	\$77/12	40140

YOGA: CHAIR MOVEMENT & MEDITATION

Age: 55+ years Location: ATH

How many times is your body in one place and your mind somewhere else? Learn how to connect the two so you enjoy life being fully present. Living with awareness of the moment and not being engrossed or obsessed about the future that can sometimes make us anxious and missing precious moments. Combined with traditional Chair yoga we will turn off the autopilot, find our breath and expand our awareness. We'll put our attention and focus 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, grateful and fully aware while living the moments of your life.

We will be having a FREE TRY IT class on Thursday September 17 at 11am

Day	Date	Time	Fee/Class	Code
Thurs	Sept 21	11am – 12pm	\$77.00/12	40141

YOGA: HATHA

Age: 55+ years Location: ASC

These classes will greatly benefit for those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Please note this class will involve floor work.

We will be having a FREE TRY IT class on Monday September 14 at 12:15pm

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	12:15-1:15pm	\$50.00/8	40142

NEW YOGA: INTRODUCTION TO CLASSICAL HATHA

Age: 55+ years Location: ATH

These classes will greatly benefit for those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Please note this class will involve floor work.

We will be having a FREE TRY IT class on Monday September 14 at 10:30am

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	10:30am to 11:30am	\$70/11	41099

YOGA: MAT & MEDITATION

Age: 40+ years Location: ATH

Join this unique mix of Mat Yoga and Meditation. The first half of the practice will consist of gentle and relaxing yoga movement on the mat. The use of provided blocks, straps, bolsters and blankets will enhance the experience. Stretches and yoga poses will improve flexibility and cultivate a calming breath helping with anxiety and stress. The second half will flow into a mindful and guided meditation. Yoga Nidra will be introduced about week 5. Yoga Nidra, or yogic sleep is a powerful technique to slow down the body and mind to a state between waking and sleeping. This practice is a treat to the body and soul. Yoga experience is not necessary. Dress comfortably and bring a yoga mat and a cozy blanket.

We will be having a FREE TRY IT class on Tuesday September 15 at 11am

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	11am – 12pm	\$77.00/12	41077

YOGA: RESTORATIVE

Age: 40+ years Location: ATH

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 quiet meditative state. Just a few of benefits of restorative yoga are it deeply relaxes the body, stills a busy mind, balances the nervous system and releases muscular tension, 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.

We will be having a FREE TRY IT class on Tuesday September 15 at 7:45pm

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	7:45pm – 8:45pm	\$70.00/11	40143

YOGA: SUNSET

Age: 40+ years Location: ATH

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	Sept 22	6:30pm – 7:30pm	\$70.00/11	40144

ZUMBA GOLD

Age: 40+ years Location: (In-Person ASC and ZOOM)

The design of the class introduces easy-to-follow Zumba; choreography to a Latin and World rhythms that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong

Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session. This class is part of our Virtual All Access Pass. *No class Oct 21

We will be having a FREE TRY IT class on Tuesday September 15 at 10am

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	10am – 10:45am	\$70/11	40145

ZUMBA GOLD TONING

Age: 40+ years Location: ASC

Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba Gold-Toning blends the Zumba; party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks or light hand weights to shake up and tone up those muscles!

*No class Oct 21

We will be having a FREE TRY IT class on Tuesday September 15 at 9am

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	9am – 9:45am	\$70/11	40146

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 virtually to any fitness classes. Attend as many classes as you wish during the season. 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 10:00 a.m. Zumba Gold

Tuesday 11:00 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

Date	Time	Fee/Class	Code
M-F	FALL	See schedule	\$77/12
			4010

VIRTUAL FITNESS ALL-ACCESS PASS



Our all-access pass allows you to join any of our virtual (zoom) fitness classes! This is a great value!

September - December

All fitness levels • Age Group 40+

For more info, email wow@aurora.ca

SCHEDULE:

Monday

9 a.m. Move & Tone

1:30 p.m. Stretch & Tone

Tuesday

10 a.m. Zumba Gold

11 a.m. Piloga

Wednesday

9 a.m. Get Fit

Thursday

9 a.m. Basic Cardio

9:45 a.m. Stretch & Tone

Friday

9 a.m. Get Fit

11 a.m. Get Strong



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call to book a tour!

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WALKING SOCCER

Whether you are a seasoned player or new to the sport, this modified, non-contact version of soccer is perfect for all ages and abilities. Come and learn the basics, enjoy the camaraderie, scrimmage with fellow players and have a great time !

Each Session Includes

- ✓ Coaching from Aurora Soccer Club Coaches
- ✓ Drills & technique training
- ✓ Scrimmage Time to put your skills to the test

**Wednesdays 1:00-2:30 p.m.
\$100.00/12 sessions**

**Join us for a free TRY IT September 16th
1:00 - 2:30 p.m. at the LIND Realty Dome
Registration required
Sign up begins Aug 24th by email wow@aurora.ca
or at reception**



AURORA SOCCER CLUB



Aurora Seniors Association Fundraising Committee

NEEDS YOUR HELP

**OUR HOLIDAY MARKET IS FAST APPROACHING
AND WE NEED SILENT AUCTION ITEMS:**

HOW CAN YOU HELP?

Please consider donating yourself or asking your favourite local businesses (hair stylist, barber, fitness studio, massage therapist, coffee shops etc.) to support our event by donating:

- Gift Cards
- Gift Baskets
- Products or services
- New Items in original packaging



WHY THIS IS IMPORTANT?

The Silent Auction is one of our biggest fundraisers and helps support many of our programs and events, including:
Christmas lunches, Bistro, Activity supplies and much more.....

**ALL ITEMS CAN BE DROPPED OFF AT RECEPTION
FROM SEPTEMBER 8 TO SEPTEMBER 18**

SAVE THE DATE

OVER 50 EXHIBITORS!

- ▶ On-site and Virtual Health Presentations
- ▶ Fitness Demonstrations
- ▶ Blood Pressure Clinic
- ▶ Grab Bags Available (limited quantities)
- ▶ Free BBQ Lunch (limited quantities)

AURORA SENIORS' CENTRE

SENIORS ACTIVE LIVING FAIR

SAVE THE DATE

Saturday October 3

9 - 1 pm

FREE EVENT

Menu:

Hamburger
Sausage on a bun
Chicken on a bun
Salad, Dessert



Dates:

Wednesday, Aug 12
Wednesday Aug 26
Doors open 11:45am

Date	# of tickets available	Tickets are \$10.00 and on sale
August 12	65	Tickets on sale Wednesday July 22 to Friday, Aug 7
August 26	65	Tickets on sale Wednesday Aug 12 to Friday, Aug 21

Limit of 2 tickets per member

Dynamic Downsizers™

Moving You From
Overwhelmed to Overjoyed™

- ✓ **PACK**
- ✓ **MOVE**
- ✓ **SETUP**
- ✓ **DECLUTTER**



When You're Ready
Contact Us: 416-288-8368

hello@dynamicdownsizers.com | www.dynamicdownsizers.com

TRY IT WEEK

**SEPTEMBER
14 - 21**

FREE ADMISSION

Space Is Limited

Registration begins
Monday, August 24
email wow@aurora.ca
or sign up at reception

Monday September 14th

Men's Fit (ATH) 9:00 a.m.
Intro to Hatha Yoga (ASC) 10:30 a.m.
Hatha Yoga (ASC) 12:15 p.m.
Qi Gong & Yoga Blend (ATH) 2:00 p.m.

Tuesday September 15th

Zumba Toning (ASC) 9:00 a.m.
Zumba GOLD (ASC) 10:00 a.m.
Mat & Meditation (ATH) 11:00 a.m.
Chair Fit: Sit & Stand (ATH) 3:00 p.m.
Restorative Yoga (ATH) 7:45 p.m.

Wednesday September 16th

Walk Fit (AFLC) 12:15 p.m.
Barre for Better Balance (ATH) 12:30 p.m.
Walking Soccer (LIND) 1:00 p.m.
Osteoporosis Exercise (ATH) 1:30 p.m.

Thursday September 17th

Men's Fit (ATH) 9:30 a.m.
Chair Movement & Mindfulness
(ATH) 11:00 a.m.
Pilates (ATH) 1:00 p.m.
Pilates for Men (ATH) 2:00 p.m.

Friday September 18th

Get Strong (ASC) 11:00 a.m.

Monday September 21st

Fit & Balanced (AFLC) 10:45 a.m.





AURORA ADULT SWIM LESSONS

Adult swim lessons designed for adults and taught by experienced adult instructors

**NEW
THIS
FALL**



FOR ADULTS BY ADULTS

- ✓ Learn to swim
- ✓ Build confidence in the water
- ✓ Improve swimming skills
- ✓ Work at your own pace
- ✓ Safe & supportive environment

**FRIDAY MORNINGS
THREE DIFFERENT TIME SLOTS**

9:15 – 9:45 – 10:15 A.M.

\$121.50/10 SESSIONS

If learning to swim is on your list, or if you have ever felt unsure in the water, come chat with our Swim Instructor and discover how our adult swim program run by adults can help.

Join us Friday September 18th
at 10:00 a.m. in the lounge for
Learn to Swim: Ask the Swim Instructor
Registration is required

email wow@aurora.ca or sign up at reception



SAVE THE DATE

ANNUAL OPEN HOUSE WEDNESDAY OCTOBER 7



- ▶ VISIT US AND SEE ALL WE HAVE TO OFFER!
- ▶ TAKE A TOUR AND MEET OUR VOLUNTEERS.
- ▶ REFRESHMENTS AND DRAW PRIZES WILL BE AVAILABLE!

POP-UP LINE DANCE Evening!

FRIDAY AUGUST 7TH & 14TH
6:00 PM TO 8:00 PM

MUSIC AND LESSONS BY DJ ROY

LOCATION West McKenzie Ballroom
(AT THE CENTRE)

1\$ DAILY ACTIVITY FEE WILL BE ACCEPTED
Open to ASA Members

★ GOOD MUSIC ★
★ GREAT MOVES ★
★ GOOD VIBES! ★

★ **Come Dance, Have Fun.** ★
Even if you have never line danced before.

JEWELLERY DONATIONS



We are seeking donations for our jewellery sale.

Donations are now being accepted at Reception!

Costume or fine jewellery accepted!



FIT & BALANCED



Enjoy a full body workout that combines light cardio, strength training, and balance to improve muscle strength, coordination, and stability while keeping you moving in a fun and supportive atmosphere.

MONDAYS 10:45 A.M. AT AFLC
\$70.00/ 11 SESSIONS

FREE TRY IT
MONDAY SEPTEMBER 21ST
10:30 A.M. AFLC
REGISTRATION REQUIRED
SIGN UP BEGINS AUG 24TH BY
EMAIL WOW@AURORA.CA OR
AT RECEPTION

NEW
THIS FALL

Introduction to Classical HathaYoga

NEW
THIS FALL

This beginner-friendly class focuses on gentle, therapeutic yoga movements designed to support your body without strain or friction. Practice with a chair and mat as you build awareness, balance, and ease. Start where you are—welcome to traditional Hatha yoga.

Please note this class will involve floor work
BYOM (Bring your own mat)



Mondays 10:30-11:30 a.m.
at Aurora Town Hall



\$70.00/11 sessions



Free TRY IT
Monday September 14th
10:30 a.m. at ATH
Registration required

Sign up begins Aug 24th by email wow@aurora.ca or at reception

Chair Fit: Sit & Stand

This program includes a combination of seated and standing exercises designed to improve cardiovascular endurance, strength, flexibility, and balance. Using a chair for support when needed, participants will work all major muscle groups in a safe and supportive environment. This class is ideal for those who are new to exercise or prefer the aid of a chair during their fitness routine.

Tuesdays 3:00-3:45 p.m.
Aurora Town Hall
\$77.00/12 session



FREE TRY IT
Tuesday September 15th
3:00 p.m. at ATH
Registration Required

Sign up begins Aug 24th by email wow@aurora.ca or at reception

Indoor WALKING CLUB



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

Mark your calendars
Walking Club will be
back Sept 29!

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

WALK STRETCH LEARN



► Activity News

THESE ACTIVITIES ARE TAKING A BREAK FOR THE SUMMER:

- FRIDAY NIGHT DANCES
- DUPLICATE BRIDGE
- CONVERSATIONAL SPANISH
- FRIDAY NIGHT BID EUCHRE
- EVERGREEN CHOIR
- CONVERSATIONAL GERMAN
- SILVER STARS
- COMPUTER CLUB

BOCCE

Regular Bocce Tuesday and Fridays at 9 a.m.
Men's Shed Bocce Thursday July 9 at 10 a.m.

CRIBBAGE Wednesdays 1 – 3 p.m.

Did you play cribbage years ago?

If you want to refresh your skills or learn to play come at 12:30 p.m. Otherwise games start at 1:00 p.m. sharp.

LEARN TO PLAY BID EUCHRE Mondays 9 a.m.

No pressure! We will teach you the fundamentals of the game

FUN NIGHT Friday 7 – 9 p.m.

Fun night is exactly what it is "FUN". We play games, mostly with cards, all easy and fun. We will teach you.

QUILT & SEW Friday 9 – 3 p.m.

Do you have a sewing project you haven't finished? Come join us, we have the equipment! Please note; you do not have to stay the whole day. Come & see what we do!



The **Special Events Committee** is excited to bring you a variety of fun and memorable events over the coming months!

Kicking things off with our Ice Cream Social on Wednesday, August 19, from 1:00–3:00 p.m. Tickets are available for purchase at the reception desk. 🍦

Put your thinking caps on and join us for an entertaining Trivia Night on October 16. Then, get ready to hit the dance floor as the Pacemaker Band takes the stage on Friday, November 27, from 7:00–9:30 p.m. for an evening filled with music, dancing, and great company.

We'll wrap up the year in style on December 31 as we say goodbye to 2026 and welcome 2027 at our New Year's Eve Lunch 🥂🎉🍷.

We can't wait to celebrate with you and hope to see you at these exciting events!

▶ Library News

NOTE: Our library email address is asalibrary@auroraseniors.ca Please send us a note, drop by the library or drop a note in the return box if you have any questions.

Monthly Special

The special book promotion for this month remains **Domestic Thrillers**. These domestic suspense novels typically take place in a family or neighbourhood setting, focussing on character development and relationships. Who will disrupt the seemingly perfect family's life??? Drop in and check them out!

Recent Promotions

Great news. We have just been made aware of a member of the Seniors Centre who is a published author. **Gina X. Grant** has written a series of murder mysteries. A number of these books have "**Unlikely**" as a part of the title. One of the chief characters is Agatha Shadwell. Gina was kind enough to donate a series of six novels. Her books are well written and now available in the regular mystery section.

Book and Puzzle Donations

We continue to accept book and puzzle donations (up to 1000 pieces). Please limit your donations to a small number at one time. Our members prefer thrillers, novels, biographies, sports and romance. Due to limited space, we cannot accept Cookbooks, Self Help, Dictionaries, Travel Books and Children's books.

Water Damage or Mould

Kindly examine your donations for mould and/or water damage. We do not shelf donations with this damage.

Large Print Book section

Just a reminder of the large print book section. There are 2 parts – Non-Fiction (mostly Biographies) and Fiction (Novels and Murder Mysteries). Many thanks to the Aurora Public Library for their generous donation.

Borrowing Books

The process is straight forward as there is no sign-out. You borrow the book(s)/puzzle(s) and then return them 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 grey return box by the door. Leave them on the top of the box should they be too thick to fit through the slot.



▶ WOODCARVERS GROUP

Woodcarving Training Sessions for 2026 and 2027

The woodcarving training sessions will begin on Thursday September 17, at the ASC workshop starting at 1.30pm. The Thursday afternoon sessions will continue through to 2027.

There will be a change to the program this season to allow for more variety with the training applications. Each application will last for 4 weeks. There will be a small charge for each application to cover the cost of supplies. Participants will be required to purchase their own tools for working at home. The workshop has a limited number of tools for use at the workshop.



We will be available at the workshop on every Thursday afternoon starting on August 20 to discuss the program and to give a small demonstration of the carving process. ASC members are welcome to join us on Thursday nights between 6.00pm and 9.00pm where you will be able to discuss the program with us.

We would like your input regarding projects you would like to carve. Some of the more popular projects have been toys, TV characters, animals, Christmas ornaments, wood burning scenes, small construction projects. We are open to your suggestions.

The majority of our members have completed the course over the last 10 years. We are a friendly group and we do take safety procedures seriously.

Looking forward to meeting you

Mel James

ASC carving coordinator



ABUNDANCE

ON ZOOM

August 20th 2026
3:15-3:45 p.m.
ON ZOOM

Join us for a variety of activities designed to spark fun, connection, and creativity. From engaging games and thought-provoking trivia to entertaining word puzzles and exciting challenges, there is plenty for everyone to enjoy. Come ready to share some laughs, put your skills to the test, and celebrate the abundance of FUN in August together!

email wow@aurora.ca for the link

JOIN US FOR

Categories

ON ZOOM

Thursday August 6th
3:15-3:45 p.m.
ON ZOOM

We choose a category and a letter, then work together as a group to come up with creative answers. No points, no pressure—just plenty of laughs, quick thinking, and shared fun.

Email wow@aurora.ca for the link

► Trips

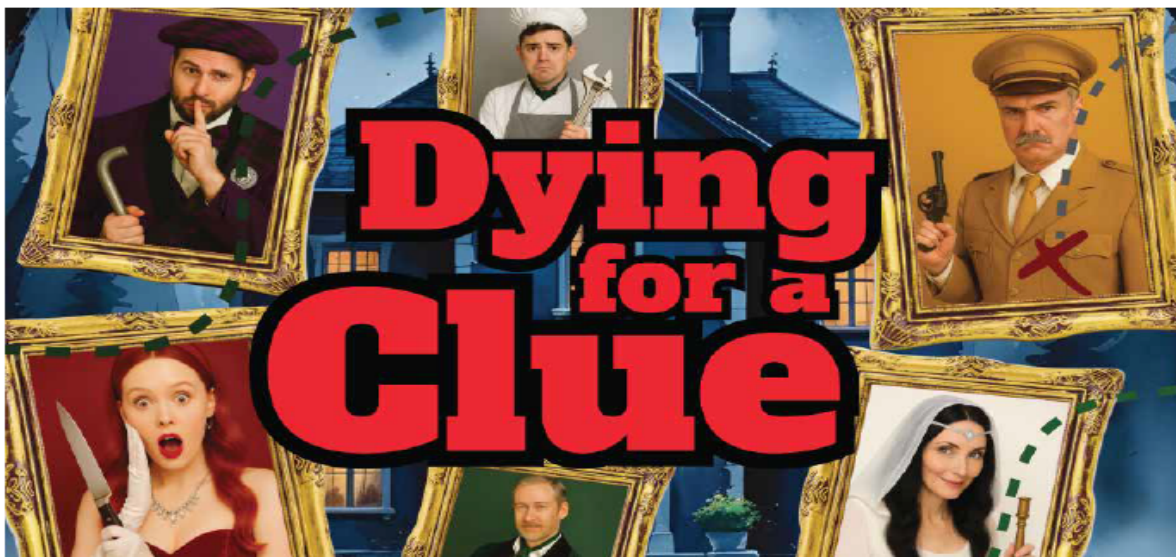
Travel Etiquette

We hope you enjoy traveling with us! To help ensure a comfortable and enjoyable trip for everyone, please keep the following in mind:

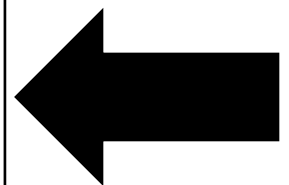
- Please indicate on the registration form if you require special seating on the bus.
- Use the same seat at the beginning and end of each day.
- Be on time for the bus to help keep the trip running smoothly.

Our Adult/Older Adult Programmer, Brandie Yorg, will be traveling with the group. If you have any questions or concerns, please speak with **Brandie** or contact her at **byorg@aurora.ca** or **365-500-3161**.

Aurora Seniors Presents



Spaces
still
available



Welcome to Mysteriously Yours for an afternoon of culinary and criminal intrigue, where laughter is served with your clues and murder lurks just beneath the surface. Since 1987, we've been crafting immersive, solvable mysteries full of quirky characters, intrigue, and audience participation. You'll be "Dying for a Clue!" in this thrilling new mystery inspired by the classic board game. It's murder at the manor when a gathering turns deadly... You'll mingle with suspicious suspects and watch as someone meets an untimely end. As clues emerge from every corner, it's up to you to try and deduce the room, the weapon, and the killer! Will you uncover the truth or will the manor's secrets remain buried? Cast your vote on who did it in this hilarious whodunit!

Date:	Thursday, August 13, 2026	Return:	Arrival in Aurora approx. 5:30 p.m.
Depart:	10:30 a.m. Stronach Recreation Complex	Price:	Member: \$205.00 per person Non Member: \$215.00 per person
Old Mill:	11:30 a.m. - 2:30 p.m. Buffet lunch and show at the historic Old Mill Restaurant	Inclusions:	Return transportation via deluxe coach, lunch & show, driver gratuity, gratuity on meal, and all taxes.
Cheese:	3:00 p.m. - 4:00 p.m. Visit to the Cheese Boutique	To Book:	Sign up at reception or for more information call Brandie Yorg at 365-500-3161



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

Aurora Seniors Presents

Grand River Cruise

Begin your day at "The Landing" with complimentary coffee and muffin plus shopping in the large Craft Shop. Enjoy an interesting audiovisual presentation about the Grand River followed by a fabulous live Music Show featuring "The Blazing Fiddles". You will then embark on a 2 1/2 hour cruise featuring a sumptuous 3-course lunch. During your cruise your captain gives an informative narration about the Grand River and refreshments are served before returning to the dock.

- | | | | |
|----------------|---|--------------------|--|
| Date: | Wednesday, August 26, 2026 | Inclusions: | Return transportation via deluxe coach, luncheon cruise, visit to the Windmill Country Market, gratuity on meal, driver gratuity, and all taxes. |
| Depart: | 9:00 a.m. Stronach Recreation Complex
1400 Wellington St. E. | | |
| Cruise: | 10:45 a.m. - 11:15 a.m.
Complimentary coffee and muffin plus visit to the Craft Shop
11:30 a.m. Live music show featuring "The Blazing Fiddles"
12:30 p.m. - 3:00 p.m.
Enjoy a 2 1/2 hour luncheon cruise on the Grand River. All meals include home baked bread, garden salad, vegetables, mashed potatoes, home baked apple pie, and tea or coffee
Entree choice of 1) Beef 2) Chicken 3) Vegetarian Chili
<small>NOTE: MEAL SELECTION DUE UPON BOOKING</small> | To Book: | Sign up at reception or for more information call Brandie Yorg at 365-500-3161 |
| Market: | 3:45 p.m. - 4:30 p.m.
Visit to the Windmill Country Market | | |
| Return: | Arrival in Aurora approx. 6:30 p.m. | | |
| Price: | Member: \$185.00 per person
Non Member: \$195.00 per person | | |



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



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North York ON
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Ontario Registration #4281143
Email: yearroundtravel@on.aibn.com
www.yearroundtravel.com

Aurora Seniors Presents

FALLSVIEW CASINO

NIAGARA FALLSVIEW CASINO RESORT

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!

THURSDAY
SEPTEMBER
10
— 2026 —



DEPART:

9:00 a.m.
Aurora Recreation Complex
1400 Wellington St. East



CASINO:

11:15 a.m. – 4:15 p.m.
Enjoy a five hour visit to **Niagara Fallsview Casino** & receive **\$35.00** in slot play



RETURN:

Arrival in Aurora approx. 6:30 p.m.



INCLUSIONS:

Return transportation via deluxe coach,
5 hour visit to Fallsview Casino, \$35.00
slot play, and all taxes.



PRICE:

Members: **\$56.00** per person
Non Members: **\$65.00** per person



TO BOOK:

Sign up at reception or for more information
call **Brandie Yorg** at **365-500-3161**



NOTE:

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



RECEIVE
\$35
IN SLOT PLAY!
★ ★ ★

FALLSVIEW.
— CASINO RESORT —



TOUR DESIGNED BY
YEAR ROUND TRAVEL INC.

250 Consumers Road #715
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Email: craiglugsdin@bellnet.ca
www.yearroundtravel.com

Aurora Seniors Presents

FUNNY GIRL

Fanny Brice has everything it takes to be Broadway's next big thing: the voice, the charm and more than a little chutzpah. But does she have "the look?" This touching comedy explores her unlikely rise to stardom with the Ziegfeld Follies as well as her turbulent love life with gambler Nick Arnstein. One of the greatest musical scores of all time, Funny Girl includes classics like "Don't Rain on My Parade", "I'm the Greatest Star", "People" and much more.

Date: Wednesday, September 23, 2026

Depart: 8:45 a.m. - Stronach Recreation Complex

Lunch: 11:00 a.m. - 12:30 p.m.
Enjoy a delicious lunch at the Queenston Heights Restaurant. Includes Soup of the Day, dessert, tea or coffee. Choice of:
1) Grilled Breast of Chicken with Roasted Garlic Glaze Seasonal Vegetables and Potatoes
2) Baked Rainbow Trout with Citrus Beurre Blanc Seasonal Vegetables and Potatoes
3) Vegetable Stir-fry, local Sautéed Vegetables, Bok Choy, Crispy Tofu, Basmati Rice, & Sweet Chili Sauce

Show: 1:00 p.m. - 3:30 p.m.
Reserved orchestra seating for Funny Girl

Shopping: 3:30 p.m. - 5:00 p.m.
Free time in Niagara-on-the-Lake

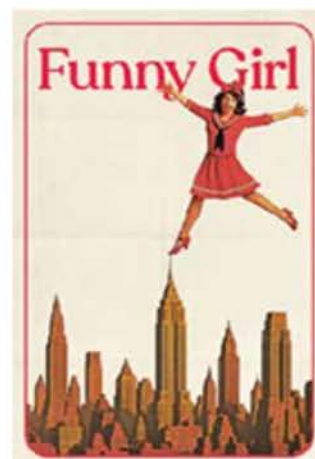
Return: Arrival in Aurora by 7:30 pm

Price: Members: \$225.00 per person
Non Members: \$235.00 per person

Inclusions: Return transportation via deluxe coach, lunch, reserved orchestra seating, driver gratuity, gratuity on meal, & all taxes.

To Book: Sign up at the reception or for more information call Brandie Yorg at 365-500-3161

**SHAW 20
FESTIVAL 26**



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: craig.lugsdin@gmail.com
www.yearroundtravel.com

Aurora Seniors Presents

Fall Colours

In Southern Georgian Bay

Come fall, Ontario's landscape bursts into colour. From fiery reds to bright yellows, photo-ops abound from the side of the road. We will drive along the Niagara Escarpment and connect with Hockley Valley Road, where the colours are usually quite grand. After a delicious lunch at Mylar & Loretta's in Springhampton, we'll travel to Blue Mountain Village. The weather may be cooler but the spectacular scenery will warm your heart. Our colour tour will come to an end as we drive down Airport Road and then across Hwy 9 to Horseshoe Hill Road which offers spectacular view of downtown Toronto from the top of the escarpment. Take advantage of the opportunity to witness the fall colours at their best.

Thursday,
October 8, 2026



DEPART: 9:00 a.m.
Aurora Recreation Centre,
1400 Wellington St. East



MUSEUM: 10:00 a.m. - 11:15 a.m.
Enjoy a 45 minute guided tour at the Museum of Dufferin. Three galleries and four historic buildings that host long-term and short-term exhibitions.



LUNCH: 12:00 noon - 1:30 p.m.
Enjoy a delicious meal at Mylar & Loretta's. Lunch includes a garden salad, roast turkey with vegetables, apple crisp, and tea or coffee.



VILLAGE: 2:30 p.m. - 4:30 p.m.
Visit Blue Mountain and experience the magic of the included Open-Air Gondola ride to the top of the mountain to view the spectacular fall colours. After your return to the village, explore a number of shops and stores to suit all tastes and styles.



RETURN: Arrival in Aurora approx. 7:00 p.m.



PRICE:
Members: \$190.00 per person
Non Members: \$200.00 per person



INCLUSIONS:
Return transportation via deluxe coach, lunch, sightseeing, gondola ride, gratuity on meal, driver gratuity, & all taxes.



TO BOOK: Sign up at reception or for more information contact
Brandie Yorg at 365-500-3161



► Computer Club Information and Activities

We take a break from June 23rd - Aug 25th, resuming normal operation Sept 1. If for some reason the parking lot is not open in September we will revert to Zoom (free) for those that are interested but will not have drop-in times until the parking lot is open. We have added an individual help session for members immediately following the Tuesday sessions from 11a-noon. No appointment is required. We continue to provide help by appointment Tuesday afternoons between 1p and 3p. If you are looking for help, you can send a request in an email to Bob and Doug.

The computer club email address is below. Tuesday morning seminar schedule for September:

- Sept 1 – General Q&A (Doug)
- Sept 8 - Travel Technology - Power adapter/banks, Wifi sharing (hotspot), AI for planning, eSIMs, (doug) Travel Router(Ronen)
- Sept 15– Apple Day - Apple news from the WWDC (Herb)
- Sept 22 – Video edition Intro (Ronen)
- Sept 29 – Streaming with your devices and VPN (Doug & Sabrina)

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. We will post the presentation materials for the past month's sessions and feature some important topics that we think the general membership will find helpful. We have a Quick Link to these materials 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 cclub@auroraseniors.ca

COMING IN AUGUST

BINGO ON ZOOM

Get ready to shout "BINGO!" from the comfort of home! Join us on Zoom for laughs, friendly competition, and classic bingo fun!

Whether you are a seasoned bingo pro or brand new to the game, everyone is welcome. Grab your lucky charm, bring your game face, and get ready to mark those cards!

Thursday August 13th & Tuesday August 25th
at 3:15-3:45 pm
ON ZOOM

Join one or both! Cards are valid for both dates

CARDS WILL BE EMAILED OR MAILED OUT TO REGISTRANTS

email wow@aurora.ca to secure your spot and receive your BINGO card

BINGO					BINGO				
15	16	45	59	73	10	42	48	63	
14	31	47	67	87	11	46	58	72	
7	17	26	57	64	14	21	47	67	
3	26	40	55	60	7	17	26	64	
					5	26	40	55	

► Tuesday Night Movies

Tuesday Night Movies begin at 6:30 p.m. admission is \$1.50 and include movie, refreshments, and popcorn!

August 4 – Ladies in Lavender (2004): Judi Dench, Maggie Smith (PG 104, Drama) Set in a quiet Cornish seaside village in the 1930s, this gentle drama tells the story of two elderly sisters who discover a young, injured Polish violinist washed ashore. As they nurse him back to health, his presence brings unexpected change, stirring feelings of love, jealousy, and longing, while brightening their otherwise peaceful lives.

August 11– EPIC – Elvis Presley in Concert (2026): Elvis Presley (PG 13, 1 hour 36 minutes, Documentary) Elvis sings and tells his story like never before in a new cinematic experience from visionary filmmaker Baz Luhrmann

August 18 – Grumpy Old Men (1993): Jack Lemmon, Walter Matthau (PG 13, 1 hour 43 minutes, Comedy) In this hilarious romantic comedy for the truly young at heart. The bitter bickering between these two bachelors deepens when the beautiful Ann-Margaret moves into the neighbourhood.

August 25– The Devil Wears Prada (2006): Meryl Streep, Anne Hathaway (PG 13, 1 hour 49 minutes, Science Fiction) Aspiring journalist Andy Sachs lands a job as assistant to the powerful and demanding Miranda Priestly, editor-in-chief of a top fashion magazine. As Andy navigates the glamorous but high-pressure world of fashion, she learns valuable lessons about ambition, success, and staying true to herself.

<u>ASA Board of Directors:</u> President Glen Sharp Vice President Julia Jackson Treasurer Harold Reiter Secretary Rob Gaby Directors Jim Abram Theresa McKenzie Nancy Spinks Rob Seath John Pelliter	<u>ASA Committees:</u> By-Law Committee John Scherer Finance Committee Harold Reiter Fundraising Committee Rob Seath Membership & Volunteers Committee Carol Hedenberg Operations & Activities Committee Julia Jackson SAGA Committee Jim Abram Special Events Committee Nandy Singh	<u>Aurora Seniors Centre Staff:</u> Andrew Bailey Adult/Older Adult Coordinator abailey@aurora.ca (365) 500 3160 Brandie Yorg Adult/Older Adult Programmer byorg@aurora.ca (365) 500 3161 Gillian Simpkin Seniors Program Assistant gsimpkin@aurora.ca (365) 500 3342 Bill Hawke Primary Facility Operator bhawke@aurora.ca
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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

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

MONTHLY FEATURES:

August Abundance: Fast-paced games, big laughs, and perfectly coordinated chaos—live on Zoom. Expect games, jokes, trivia, brainteasers and lots of shared laughs.

BINGO: Get ready to call BINGOOO. This month we have two dates for Bingo on Zoom, let us know if you would like to receive a card to play, cards can be reused for both, cards can be picked up or emailed.

Categories: Work as a team to provide quirky, one-of-a-kind answers for each category—creativity (and a little silliness) wins!

Name that Tune: From classic hits to crowd-favourites, Name That Tune on Zoom will keep you guessing, dancing and singing along

Sit, Stand & Balance: Seated and standing exercises designed to strengthen and improve core, strength and balance.

Sit & Stretch: A full body, seated stretching program focused on improving flexibility, easing tension, and elongating major muscle groups to support mobility and comfort.

Strong & Fit: Focuses on a whole-body workout consisting of cardio, strength and stretching. Exercise bands are used (optional).

Stories & Games: Stories, Biographies, Celebration Days, Music and more.

Travel Destination: Embark on a journey exploring new destinations from the comfort of your home.

Virtual Fun & Games: Various trivia and quizzes

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 3342 or Email: wow@aurora.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 2 NO PROGRAMS	Aug 3 NO PROGRAMS	Aug 4 12:15 Sit & Stretch (Z/T) 3:15 Coffee Chat (T)	Aug 5 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Aug 6 10:15 Sit & Strong (Z) 3:15 Categories (Z)	Aug 7 3:15 Fun & Games (T)
Aug 9 12:30 Chair Exercise (Z)	Aug 10 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	Aug 11 12:15 Sit & Stretch (Z/T)	Aug 12 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Aug 13 10:15 Sit & Strong (Z) 3:15 BINGO (Z)	Aug 14 3:15 Fun & Games (T)
Aug 16 12:30 Chair Exercise (Z)	Aug 17 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	Aug 18 12:15 Sit & Stretch (Z/T) 3:15 Virtual Fun & Games(Z)	Aug 19 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Aug 20 10:15 Sit & Strong (Z) 3:15 August Abundance (Z)	Aug 21 3:15 Fun & Games (T)
Aug 23 12:30 Chair Exercise (Z)	Aug 24 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	Aug 25 12:15 No Class 3:15 BINGO (Z)	Aug 26 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Aug 27 10:15 Sit & Strong (Z) 3:15 Name That Tune (Z)	Aug 28 3:15 Fun & Games (T)
Aug 30 NO PROGRAMS	Aug 31 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)	<u>This legend indicates how each WOW program will be available for this month!</u> T -offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference Questions or to register: email wow@aurora.ca or phone 365-500-3342			

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) 9:00 Men's Fit* (ATH) 9:30 Knotty Knitters 9:00 Beginner Bid Euchre 10:00 Italian 10:15 WOW Stretch & Strong* (Z/T) 10:00 Men's Shed-legion 12:15 Hatha Yoga 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) <u>August 24</u> 1:00 ASA Board Meeting	8:30 Woodcarving 9:00 Boot Camp* 9:00 Bocce 9:00 Zumba Gold Toning* 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Zumba Gold* 10:30 Balance* 11:00 Piloga* 12:15 WOW Sit & Stretch 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:30 Snooker League 2:15 Pickleball (Men) 3:00 Chair Fit* (ATH) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Woodcarving	9:00 Woodshop 9:00 Get Fit* (H) 10:00 Chair Yoga* 10:00 Knitting* 10:00 Snooker League 11:00 French 11:30 WOW Sit & Balance (Z) 12:15 Walk Fit 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Bridge 1:30 Snooker League 3:15 WOW Stories/Games (T) <u>Aug12 & 26</u> 11:45 BBQ <u>Aug 19</u> 1:00 Ice Cream Social	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:30 Snooker League 9:45 Stretch & Tone*(H) 10:00 Men's Shed Bocce 11:00 Badminton 11:30 Snooker League 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:30 Snooker League 1:30 Woodcarving Class 2:30 Pickleball (Women)	9:00 Woodshop 9:00 Piloga* 9:00 Bocce 9:30 Quilt 'n Sew 9:30 Writers Circle 9:30 Mandarin Singing 10:00 Men's Shed-legion 10:00 Chair: Gentle Exercise* 11:00 Get Strong* (H) 12:30 Pickleball (Mixed) 12:45 Bingo-legion 1:00 American Mah-Jongg 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 7:00 Fun Night <u>Aug 7 & 14</u> 6:00 Line Dancing