

ROARING '20s

ASA Special Events Committee
presents
The Roaring 20's



It was a time of the Jitter-Bug and Juke Boxes, the Bee's Knees and the Cat's Pajamas. Its era had no precedent and its place in history marks it as the most revolutionary decade of the 20th Century.

Shaking off the horrors of the recent world war, and reaping the windfall of economic growth, this time was fueled by the rise of women's power, prohibition, movies and jazz. It was an era bigger than life, louder than convention – it was the Roaring 20's!

1-hour presentation by Lianne Harris
Aurora Seniors Centre

Wednesday, July 23 at 2 p.m.

\$5 per ticket

Light refreshments included

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▶ ASA Board of Directors

Welcome to summer. As I am writing this the temperature is expected to reach 36 degrees. Good to know that the Centre is nice and cool and there is always water to drink in the Lounge and in West Mackenzie.

On June 11 we held the Association's AGM which was attended by 126 members. Thank you for your support. A big thank you also to the Membership and Volunteer team for helping with registration and organizing the great BBQ lunch. I want to recognize the Board's recording secretary Shirley Dionne for pulling together all the documentation for the meeting which helped make it run very smoothly.

Your 2025-2026 Board is Glen Sharp, President, Julia Jackson, Vice-President, Harold Reiter, Treasurer, Rob Gaby, Secretary, and Directors Jim Abram, Kevin Griffiths, Theresa McKenzie, and Nancy Spinks. We are off to a good start and have already had our first meeting where we selected Board liaisons for the ASA standing committees. Don't hesitate to speak with anyone on the Board if you have questions, comments, or suggestions.

The gardens around the Centre look great and the planter boxes on the deck are flourishing. Be sure to have a look.

Did You Know that the ASA has a five-year partnership agreement with the Town of Aurora. The Centre is owned by the Town and we pay roughly \$53,000.00 annually for use of dedicated and shared space in the building. This includes all the staff time and support as well all utilities. We certainly get our money's worth. Here are some recent examples of how it works. West Mackenzie has had a big hole in the wall for quite some time. The wall has been patched and mats have been hung for safety and to make sure it doesn't happen again. There was no cost to the Association. The flashing on the south side of the deck was falling down and that has been fixed, once again at no cost. You may have noticed the two shade structures at the bocce courts. These were purchased at the request of the players at a cost of just under \$900.00 each, but the installation was handled by Town staff at no cost to the ASA. As you can see, our partnership agreement is working very well.

Some activities shut down for the summer, but there is still an abundance of things to do including BBQ lunches. Tickets go fast so check to see when they go on sale. Enjoy your summer activities at the Centre, cottage, golf course or wherever the warm weather takes you.

Glen

► Town of Aurora Summer 2025 Programs

Registration is currently available for Summer programs.

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 will be available at Reception now.

BALANCE IMPROVEMENT

Age: 55+ years Location: ASC

Stay steady on your feet by strengthening your core and lower body. This class will include seated and standing exercises.

Day	Date	Time	Fee/Class	Code
Tue	July 8	9:30am-10:15am	\$50.00/8	35103
Tue	July 8	10:30am-11:15am	\$50.00/8	35104

BASIC CARDIO – HYBRID (in person & ZOOM)

Age: 55+ years Location: ASC

This basic, cardiovascular only class takes you through simple choreography designed to gently raise your heart rate to improve fitness and burn fat. Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Thur	July 10	9am - 9:30am	\$29.00/8	35105

BASIC CARDIO

Age: 55+ years Location: ZOOM

See description above

Day	Date	Time	Fee/Class	Code
Thur	July 10	9am - 9:30am	\$29.00/8	35106

BOOT CAMP GOLD

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Tue	July 8	9am - 9:45am	\$32.00/4	35107
Tue	Aug 5	9am - 9:45am	\$32.00/4	35108

CHAIR: GENTLE EXERCISE

Age: 55+ years Location: ASC

Formerly named Chair Stretch. This is a gentle exercise class. Learn how to gently stretch and strengthen, mobilize your joints and use your breath to relax, all with the aid of a chair. This is a great class for those new or returning to exercise or for individuals who suffer from arthritis, joint tightness, chronic pain or other conditions. Breathe deeper, stretch farther and grow stronger.

Day	Date	Time	Fee/Class	Code
Fri	July 18	10am - 10:45am	\$45.00/7	35128

GET FIT

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

Welcome to all around fitness! This class includes a warmup and 20 minutes of cardiovascular conditioning with easy-to-follow steps and upbeat music. There will be strength training with weights or bands, balance exercise, and flexibility training. Increase your fitness and have fun.

Note:	Date	Time	Fee/Class	Code
Wed	July 9	9am – 9:45am	\$50.00/8	35125

GET FIT

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Wed	July 9	9am – 9:45am	\$50.00/8	35124

GET STRONG

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

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.

This is a hybrid class. Participants can attend in person or over zoom.

Day	Date	Time	Fee/Class	Code
Fri	July 18	11am – 12pm	\$45.00/7	35109

GET STRONG

Age: 55+ Location: Zoom

See description below above

Day	Date	Time	Fee/Class	Code
Fri	July 18	11am – 12pm	\$52.00/8	35110

MEN'S FIT

Age: 55+ years Location: ATH (Aurora Town Hall)

This exercise class is designed specifically for men looking to maintain and build their physical health. The focus is on your full body: building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. Exercises target all the major muscle groups. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate.

This	Date	Time	Fee/Class	Code
Thur	July 10	9:30am – 10:15am	\$50.00/8	35111

MOVE & TONE

Age: 40+ years Location: Zoom

This program uses cardiovascular exercise to improve endurance! We will also use light weights and resistance bands to work your muscles to strengthen and tone your body. This class is designed for the active and independent adult.

No class August 4

Day	Date	Time	Fee/Class	Code
Mon	July 7	9am - 10am	\$56.00/9	35112

Paint & Sip

Age: 18+ years Location: ATH (Aurora Town Hall)

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	July 21	12:30pm – 4pm	\$60.00/1	35607

PILOGA – HYBRID (in person & Zoom)

Age: 55+ years Location: ASC

This class is designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to help burn fat.

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Tues	Jul 8	10:35am – 11:20am	\$50.00/8	35113

PILOGA

Age: 55+ years

Location: *Zoom (Tue), ATH^ (Fri)

See description above.

Day	Date	Time	Fee/Class	Code
Tue	July 8	10:35am – 11:20am	\$50.00/8	*35114
Fri	July 11	9:00am – 9:45am	\$50.00/8	^35115

STRETCH & TONE – HYBRID (in person & ZOOM)

Age: 55+ years Location: ASC

This class is designed to strengthen and tone muscles to facilitate everyday living activities and improve appearance. A variety of light equipment will be used. The muscles will then be stretched to maintain or increase flexibility. Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person. *No Class: August 4

Day	Date	Time	Fee/Class	Code
Mon	July 14	1:30pm – 2:30 pm	\$38.00/6	*35117

STRETCH & TONE

Age: 55+ years Location: Zoom

(Description Previous page)

*No class: August 4

Day	Date	Time	Fee/Class	Code
Mon	July 14	1:30pm – 2:30pm	\$38.00/6	*35118

WALK FIT

Age: 55+ years Location: ATH

Build your endurance, balance and strength in this walking class. You will be guided through walking intervals using your bodyweight to develop strength along the paved trails in the beautiful Aurora Arboretum or on the Chartwell Walking Track at the Aurora Family Leisure Complex. Bring your water bottle and be ready to have fun!

Day	Date	Time	Fee/Class	Code
Wed	July 16	12:15pm - 1pm	\$45.00/7	35119

YOGA: CHAIR

Age: 55+ years Location: ASC

Chair Yoga is for anyone who has movement limitations or is recovering from an injury and would like to start moving, or to be more active. A varied series of focused poses and movement flows, incorporating breath awareness and proper alignment, will help to develop strength, flexibility and balance.

Day	Date	Time	Fee/Class	Code
Wed	July 9	10am -11am	\$50.00/8	35120

VIRTUAL ALL-ACCESS PASS NEW

Enjoy Our Fitness Classes Virtually at Home!

VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years Location: ZOOM

Our all-access pass allows you to join any of our virtual fitness classes: Basic Cardio, Get Fit, Get Strong, Move & Tone, Piloga and Stretch & Tone. Participants in this program will receive their zoom links the day before each program's scheduled start. This is a great value!

Schedule:

Monday 9 a.m. Move & Tone

Monday 1:30 p.m. Stretch & Tone

Tuesday 10:35 a.m. Piloga

Wednesday 9:00 a.m. Get Fit

Thursday 9:00 a.m. Basic Cardio

Thursday 9:45 a.m. Stretch & Tone

Friday 11:00 a.m. Get Strong

Day	Date	Time	Fee/Class	Code
M-F	Summer Season	See schedule	\$49.00/8	37088

FALL 2025 Town Program Registration will begin:

Residents

Monday, August 11

Non-residents

Monday August 18

Our Niagara on the Lake trip on Thursday July 3 is FULL.

Please see reception to be put on the waitlist.



Half Price Membership

Starting July 1 the ASA is offering 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

Thank you

The Mahjong group would like to thank June May as she steps away from her role as Convenor of this very vibrant group.

We would like to thank her for her leadership and care over the past several years.



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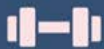
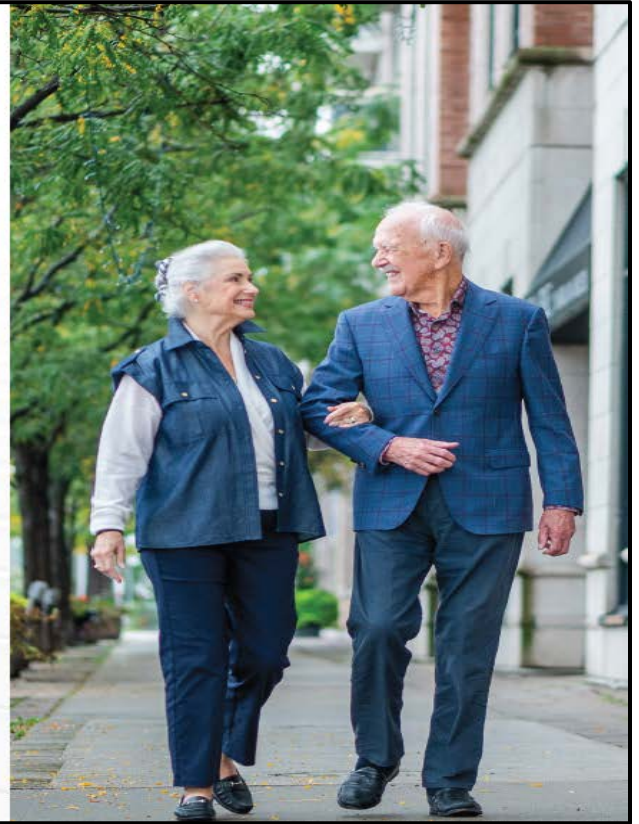
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FIT & FUN FOR SUMMER

**\$5 DROP-IN
REGISTRATION
NOT REQUIRED**



**Fridays 9 - 9:45 a.m.
July 18, July 25 & August 1**

Join in on some Friday morning fun! This class is for the active, independent older adult. Every week will be something different. There will always be a cardio component, strength and balance!



COLOUR & CHAT

**EVERYONE IS WELCOME.
DON'T HAVE SUPPLIES WE HAVE LOTS TO SHARE!**

Every Tuesdays 10:00 a.m. to 11:30 a.m.

BENEFITS OF COLOURING

IMPROVES MOOD
RELIEVES STRESS
RELIEVE ANXIETY
REDUCES AGITATION

PROMOTES MINDFULNESS
IMPROVES DEXTERITY (GRIP CONTROL)
IMPROVE MOTOR SKILLS
FULL BRAIN WORKOUT

Sarah's Singing Studio presents:

a decades show of love songs from the 1950s-2020s



Tuesday August 5 at 7 p.m.

Aurora Seniors Centre

Tickets \$5

On sale Monday July 7



SUMMER

Fling

**DANCE AND SING
WITH LIVE MUSIC & REFRESHMENTS
FEATURING THE PACEMAKERS**



FRIDAY, AUGUST 15

7 - 9:30 P.M.

**DOORS OPEN AT 6:30 P.M.
AT THE AURORA SENIORS**

Tickets:

Members: \$20

Non-Members: \$25

80 Tickets on sale at Reception

Cash Bar Available



BARBEQUE

Wednesday July 16 at noon

Thanks to our friends at Chartwell for this FREE lunch!

Join us for hotdogs, hamburgers, potato salad, all the toppings and dessert.

FREE Tickets available starting Monday July 7 at 8:30 a.m.

Tickets are for members only. Two tickets per member.



BBO



Dates:

Wednesday, July 2

Wednesday, July 30

Doors open 11:30am

Limit of 2 tickets per member

Menu:

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

Date	# of tickets available	Tickets are \$10 and on sale
July 2, 11:45 a.m.	65	Sold out
July 30 11:45 a.m.	65	Tickets on sale Monday, July 21 to Friday, July 25



THE WAIT *is* FINALLY OVER!

You're invited to the Amica Aurora Promenade Presentation Centre for our Model Suite Open House. Be among the first to view our model suite!

Chat with our team members about suite plans, pricing, and what life at the residence will be like once it opens. Refreshments will be served.



Saturday, July 12 *and* Sunday, July 13

11:00 a.m. – 3:00 p.m.

Presentation Centre: 14785 Yonge St. (*beside the LifeLabs*)

We look forward to seeing you.

NO RSVP REQUIRED.

TO LEARN MORE,
PLEASE CALL 905-726-2220.

AMICA.CA/AURORAPROMENADE

AMICA
AURORA PROMENADE

4th Annual Walking Challenge to South America!

This year was one for the books. We had an amazing turn out this year **over 90 participants** for our to South America.

Week 1 2999 kms

Week 2 2640 kms

Week 3 2992 kms

Week 4 2992 kms

**4 weeks we went
11,533.45 kilometers!**

Places we visited:

1. Caracas Venezuela
2. Barinas Venezuela
3. Montería Colombia
4. Cali Colombia
5. Quito Ecuador
6. Iquitos Perú
7. Tarapoto Perú
8. Juan Jui Perú
9. Ayacucho Perú
10. Machu Picchu Perú
11. La Paz Bolivia
12. Santa Cruz de la Sierra Bolivia
13. Uyuni Bolivia
14. Observatorio Paranal Chile
15. Córdoba Argentina
16. Montevideo Uruguay



EVERY STEP COUNTS!

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

- July 11 & 25
- August 8 & 22



Our **July 11 dance** will have a fun **Country Western theme**, featuring a great mix of **classic country music**—from smooth waltzes and rumbas to lively two-step, rock, and swing - plus a touch of **Latin flavor** with some great Latin tunes. So grab your cowboy hat, pull on those boots, and join us for an evening of dancing, country style! This is your chance to dress the part and dance the night away in true western style.

The **July 25 dance** will be our usual **ballroom night**, with a wonderful variety of music to keep you moving. Expect a balanced mix of **moderate and faster tempo tunes**, including everything from **waltz, foxtrot, tango, and rumba** to **salsa, bachata, merengue, cha-cha, swing, and jive**. It's the perfect night to enjoy your favorite ballroom and Latin dances!

The dance events start with a line dance lesson at 6:45pm, followed at 7:30pm by ballroom dancing and a few more line dances during the night.

Admission: \$5 for members, \$7 for non-members. Music by DJ Les.

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Help us keep the air we share
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The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions.

PLEASE

DO NOT wear perfume, cologne, aftershave or other scented products.

USE unscented personal care products.



Thank you for your co-operation!

▶ Activity News

Fundraising

The Special Events committee is thrilled to present another fun filled evening featuring a live performance by the Flailing Shilaleighs on Friday, June 20, 6 pm in the West McKenzie. It will be another fantastic night of dancing and entertainment. The committee is looking forward to hosting Lianne Harris on Wednesday, July 23 at 2 p.m. The Pacemakers band will be returning for another fun evening of live music and dancing on Friday August 15, 7 p.m. More details available next month.

Thanks to the committee members for their hard work and dedication for planning these events.

Bocce

will Resume on Tuesdays at 9 a.m. and continue every Tuesday morning weather permitting.

Cribbage

is every Wednesday from 1 – 3 p.m. Starting time is important. Experience players however if you want to learn come and have a chat with us.

Fun Night

is every Friday 7:00 p.m. sharp to 9:00 p.m. We play cards and board games decided by the table. You do not need to know how to play, we will teach you. Join us for fun, laughs and to meet new people.

Follow Us. Stay Up to Date.



facebook.com/auroraseniors



<https://www.instagram.com/auroraseniorsassociation>

Instagram

Do you have a beloved pet (or grand-pet!) with fur, feathers, or scales? We'd love to feature them in our Wednesday Pet Pals spotlight on Social Media!

Email WOW@aurora.ca

▶ Library News

Please contact Kevin Griffiths by sending a text to (416) 433-4881 or drop by the library if you have any questions or suggestions.

Biography and Sports

We have a large number of biographic and sports books. Please drop in and review our collection.

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 and Children's books.

New large Print Book section

Just a reminder that the large print book section is now setup. There are 2 sections – Non-Fiction (mostly Biographies) and Fiction (Novels and Murder Mysteries). Thanks to the Aurora Public Library for their generous donation.

Borrowing Books

The process is straight forward as there is no sign-out. You can borrow as many as you wish and then return the book(s) when you have finished.

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

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



Tickets available in August.

Aurora Seniors Presents

Lake Muskoka Luncheon Cruise

Embark on a 2 1/2 hour luncheon cruise aboard the Wenonah II. Built with all the style and grace of a 1907 Muskoka vessel, the ship combines turn-of-the-century charm with modern conveniences including air conditioning and an on-board elevator. After the cruise, we will visit the Muskoka Discovery Centre. The unique museum is where curiosity thrives and imaginations soar. As you wander through their captivating exhibits and galleries, you'll uncover the rich tapestry of Muskoka's history and culture. Our final stop is the Mariposa Market. Family owned and operated, come savour the aroma of Chelsea Buns and Muskoka Berry Pies hot out of the oven. Treat yourself to scratch recipe gingersnap cookies, humungous apple fritters, gooey sea salted butter tarts and eclairs positively stuffed with real whipped cream.

Date: Thursday, August 14, 2025
Depart: 9:30 a.m. Stronach Recreation Complex
1400 Wellington St. E.

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

Cruise: 11:30 a.m. - 2:00 p.m.
Enjoy a 2 1/2 hour luncheon cruise on Lake Muskoka. Meal includes: Sliced Roasted Turkey Breast, Traditional Stuffing, Turkey Gravy, Roast Potatoes & Seasonal Vegetables

Museum: 2:15 p.m. - 3:15 p.m.
Visit to the Muskoka Discovery Centre

Market: 3:45 p.m. - 4:30 p.m.
Visit to the Mariposa Market

Return: Arrival in Aurora approx 6:00 p.m.

Inclusions: Return transportation via deluxe coach, 2 1/2 hour luncheon cruise, visit to the Discovery Centre, visit to Mariposa Market, gratuity on meal, driver gratuity, and taxes.

Price: Member: \$180.00 per person
Non Member: \$190.00 per person



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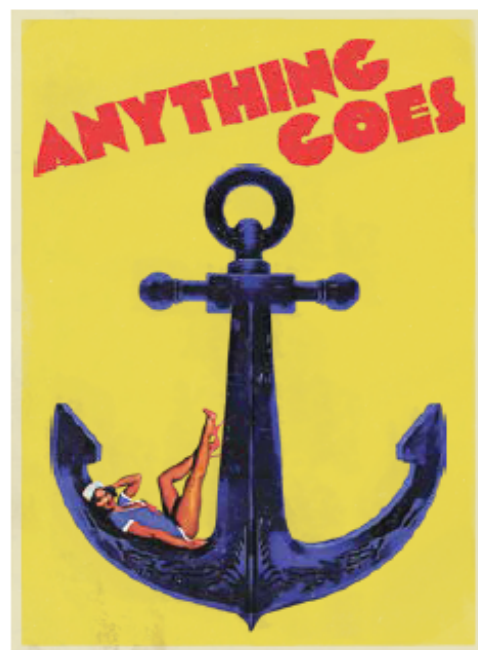
Aurora Seniors Presents

ANYTHING GOES

Set sail on the S.S. American! This dazzling production breathes new life into Cole Porter's timeless tale of romance, intrigue and high-seas hijinks. Follow the delightful antics of Reno Sweeney, a spirited nightclub singer, as she navigates love triangles, mistaken identities and comical misunderstandings on a transatlantic voyage. Featuring beloved songs like "It's De-Lovely," "You're the Top," and the showstopping title number "Anything Goes," this fresh revival brims with spectacular dance numbers and non-stop laughter.

- Date:** Friday, September 26, 2025
- Depart:** 9:00 a.m. Stronach Recreation Complex
- Lunch:** 11:00 a.m. - 12:30 p.m.
Enjoy a delicious buffet lunch at the Prince of Wales Hotel
- Show:** 1:00 p.m. - 3:30 p.m.
Reserved orchestra seating at the Shaw Festival Theatre
- Return:** Arrival time in Aurora by 6:00 pm
- Inclusions:** Return transportation via deluxe coach, lunch, reserved orchestra seating for the performance of Anything Goes, gratuity on meal, driver gratuity and all taxes.
- Price:** Member: \$210.00 per person
Non Member: \$220.00 per person
- To Book:** Sign up at reception or for more information call Andrew Bailey at 365-500-3160

**SHAW 20
FESTIVAL 25**



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at yearroundtravel.com



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► Computer Club Information and Activities

The Computer Club takes a break in July and August, resuming in September. Sessions and drop in resumes September 2nd. We will release a new schedule for the September newsletter.

The Aurora Seniors Association website at <http://www.auroraseniors.ca/> is your best source for information about any of our programs or use one of the email addresses below.

We have covered many topics of general interest. Recordings of the past years' Zoom sessions are being maintained at <http://www.auroraseniors.ca/>. We now have a Quick Link to these recordings available on the ASA homepage. Review the list and see if you might learn something new!

Your suggestions and comments about what you might like the computer club to do or what topics you would like to see in the Tuesday sessions is always welcome. Send your suggestions to Bob Hedenberg at bobhed65@gmail.com or Doug Cooper at techspeakr@gmail.com.



ZUMBA GOLD IS BACK!

AUGUST DROP INS

\$5.00 AT THE DOOR
NO REGISTRATION REQUIRED

9-9:45 a.m.
Friday August 8
Friday August 15
Friday August 22



This amazing program is very easy to follow so anyone at any age will be able to do Zumba Gold. Dances that are specifically highlighted in this program include the Merengue, Salsa, Cha Cha, Belly Dance, Flamenco and Tango. Dance your way to a more flexible, balanced you while improving your cardiovascular fitness!

▶ Tuesday Night Movies

July 1 – NO Movie Centre close “Happy Canada Day”

July 8 – Man of the Year (2007): Robin Williams (PG, 115 min, Comedy)

A comedian who hosts a news satire program decides to run for president and a computerized voting machine malfunction gets him elected.

July 15 – Mama Mia (2008): Meryl Streep (PG, 130 min, Romantic Comedy, Musical)

Donna, an independent hotelier, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She invites three men from her mother's past in hope of meeting her real father

July 22 – The Italian Job (2003): Mark Wahlberg (PG, 105 min, Drama)

After being betrayed and left for dead in Italy, Charlie Croker and his team plan an elaborate gold heist against their former ally.

July 29 – The Second Best Marigold Hotel (2015): Judi Dench (PG, 130 min, Comedy)

As the Best Exotic Marigold Hotel has only a single remaining vacancy, posing a rooming predicament for two fresh arrivals, Sonny Kapoor (Dev Patel) pursues his expansionist dream of opening a second hotel.

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, no reserved seating please

<u>ASA Board of Directors:</u> President Glen Sharp Vice President Julia Jackson Treasurer Harold Reiter Secretary Rob Gaby Directors Jim Abram Vern Cunningham Kevin Griffiths Theresa McKenzie Nancy Spinks	<u>ASA Committees:</u> By-Law Committee TBD Finance Committee TBD Fundraising Committee TBD Membership & Volunteers Committee TBD Operations & Activities Committee TBD SAGA Committee TBD Special Events Committee TBD	<u>Aurora Seniors Centre Staff:</u> Karie Papillon Adult Program Coordinator kpapillon@aurora.ca (365) 500 3159 Andrew Bailey Adult/Older Adult Programmer abailey@aurora.ca (365) 500 3160 Brandie Yorg Seniors Program Assistant byorg@aurora.ca (365) 500 3161 Bill Hawke Primary Facility Operator bhawke@aurora.ca
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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!

Breathe & Stretch: Emphasizing breathing for stress and relaxation while stretching the whole body.

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

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

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

July 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		July 1 CLOSED HAPPY CANADA DAY	July 2 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	July 3 NO CLASSES	July 4 3:15 Fun & Games (T)
July 6 12:30 Chair Exercise (Z)	July 7 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	July 8 3:15 Sit & Strong (Z/T)	July 9 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	July 10 NO CLASSES	July 11 3:15 Fun & Games (T)
July 13 12:30 Chair Exercise (Z)	July 14 10:15 Breathe & Stretch (Z/T) 3:15 Card Bingo (Z/T)	July 15 3:15 Sit & Strong (Z/T)	July 16 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	July 17 10:15 Sit & Strong (Z/T) 3:15 Coffee Chat (T)	July 18 3:15 Fun & Games (T)
July 20 12:30 Chair Exercise (Z)	July 21 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	July 22 3:15 Sit & Strong (Z/T)	July 23 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	July 24 10:15 Sit & Strong (Z/T)	July 25 3:15 Fun & Games (T)
July 27 12:30 Chair Exercise (Z)	July 28 10:15 Breathe & Stretch (Z/T) 3:15 Jeopardy (Z/T)	July 29 3:15 Sit & Strong (Z/T)	July 30 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	July 31 10:15 Sit & Strong (Z/T)	

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 10:15 Breathe & Stretch*(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 Bocce 9:00 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:30 Balance* 10:35 Piloga* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:30 Snooker League 2:15 Pickleball (Men) 3:15 WOW Sit & Strong*(Z/T) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving	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* (ATH) 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Bridge 1:30 Snooker League 3:15 WOW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* (ATH) 9:45 Stretch & Tone*(H) 10:00 Men's Shed Bocce 10:00 Snooker League 10:15 WOW Sit & Strong (Z/T) 10:30 Keep Singing 11:00 Badminton 11:00 Snooker 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:30 Snooker League 2:30 Pickleball (Women)	9:00 Woodshop 9:00 Piloga* (ATH) 9:30 Quilt 'n Sew 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
July 21 1:00 ASA Board of Directors (ATH) 12:30 Paint & Sip (ATH)	July 1 Closed for Canada Day	July 2 & 30 12:00 BBQ July 16 Chartwell BBQ July 23 2:00 Lianne Harris		July 11 & 25 7:00 Dance July 18 & 25 9:00 Fit & Fun Drop In