

Aurora Seniors Association  
Evergreen Choir  
invites you to their 2025

# Christmas Concert

Under the direction of Dr. Richard Heinzle

**Saturday November 22, at 2 p.m.**

Doors open at 1:30 P.M.

Tickets available at the Aurora Seniors Centre  
starting November 3.

**\$5**

Per Person

**Aurora Seniors Centre**  
**905 726 4767**

90 John West Way, Aurora

**auroraseniors.ca**

# THE LIND

REALTY TEAM INC.

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# THE LIND

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15105 YONGE STREET, SUITE 100  
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WWW.LINDREALTY.CA

## ▶ ASA Board of Directors

The garden boxes on the deck are being cleared, and the bocce season is coming to an end, sure signs that Fall is with us. We can only hope that winter is patient and doesn't arrive too soon.

Speaking of fall, November is Fall Prevention Month. Look for information on a session to help us avoid falling during the icy winter months. There will be some good tips and techniques which can be put to very practical use.

Snooker anyone? Last Friday, ASA members John Redden, Don Overington and I spent the afternoon repairing one of our tables where the felt was pulling away. It was a challenging exercise to take the end of the table apart and re-fit the felt with about 100 staples to keep everything nice and even. Thanks Don and John.

Our amazing Holiday Market will be held on Sunday November 2. This is a can't miss event with many great holiday gift ideas and a fantastic silent auction. It involves many volunteers so a special thanks to all of you.

Throughout September and October, the members of the Men's Shed program donated money in support of the KIND (Kids in Need Delivered) Program. Many children in Aurora are in need of school supplies, winter clothing, bus tickets and even glasses. The KIND program helps to address these needs and on October 24, we presented the program lead, Sandy Bundy with \$1200.00 to assist in her good work. Well done Men's Shed.

You are likely aware that our Co-Ordinator and friend Karie Papillon was successful in a recent competition for the position of Community Programs Supervisor. She will continue to teach her classes but will not be at the Centre on a daily basis. A job call has already been posted to fill her position. We thank Karie for everything she has done for us and for the Centre and wish her the best in her new role. She won't be a stranger.

December 1 marks the beginning of membership renewals at the Centre. A team of volunteers will be ready to welcome you back for another year. Membership fees have not changed, remaining at \$35.00 for Aurora residents and \$50.00 for non-residents. There is a requirement that everyone must sign the waiver at the time of renewal. This is no change from last year, and what a great bargain.

On Wednesday, October 22, we held another successful Let's Get Acquainted meeting with a great turn-out of new, not so new, and potential members coming out. Look for future dates to join us, and learn about the history of the Centre, our partnership with the Town and volunteer opportunities.

Did you know that our Centre will turn twenty in January? Plans are underway to celebrate this landmark. It will be a great way to help us through winter.

Time to get out the warm clothes. Glen

## ▶ ASA 2026 Membership Renewals

It is that time again! Membership renewals for 2026 will take place during December and January.

The dates you may renew your membership in person are as follows:

Monday, December 1 to Friday, December 5  
Monday, December 8 to Friday, December 12

*The above will take place in the lounge. There will be 4 volunteers helping with renewals and you may pay by credit card or debit card in the lounge. Those paying by cash will go to the cashier at Reception.*

Monday, January 5 to Friday, January 9  
Monday, January 12 to Friday, January 16

*The above will take place in the lobby with two volunteers assisting in the first week and one in the second week.*

The cost of renewal is unchanged: **\$35** for Aurora members and **\$50** for everyone else.

### **THE TOWN WAIVER**

The Town of Aurora requires every member to sign the waiver each year. If you are renewing in person, you will have to sign the next blank line on the back of your membership form.

### **RENEWING ON DATES OTHER THAN THOSE SHOWN ABOVE**

For in-person renewals, we prefer you to renew on the dates shown above; however, if that is not possible you may renew at Reception after the dates shown above, but there will not be extra volunteers to help you.

## ▶ Volunteers Needed For Membership Renewals

We will need many volunteers to help with Membership Renewals in December and January. If you can help, please check with Reception and fill in the day and time you are able to volunteer in the binder provided.

An orientation meeting will be held on Wednesday, November 26 at 11:45 a.m. in the Craft Room where everything you will need to know to help with membership renewals will be explained.

We sincerely thank in advance all those of you who volunteer to help with membership renewals.

## ► Centre Etiquette

- Please treat Volunteers, fellow ASA members, and Staff with the outmost respect at all times while in the Centre. Please review and adhere to the ASA Code of Conduct and the Town of Aurora Community Code of Conduct located in the Centre at all times.
  - Please clean up after yourself whether it be in the lounge or in your activity/program room at the Centre.
  - If you spill your drink or need assistance with clean-up, please let staff know
  - The temperature at the Centre is scheduled so with the changing temperatures on the way for the Fall, if you feel cool, we recommend bringing an extra layer of clothing as some rooms are cooler than others
- Thank you.

## ► Complimentary Hearing Checks

HearCANADA will be onsite on **Wednesday, November 12 from 9 a.m. to 2:30 p.m.** They will take a brief case history to understand your hearing health, then will perform an otoscopy to check for cerumen (earwax) and conduct a hearing screening, which is a pass or fail hearing test. If necessary, they will provide primary earwax removal on-site.



**A sign-up sheet is available at Reception. Space is limited.**

A flyer for the Aurora Seniors Association's "MEMBERSHIP ASSISTANCE" program. The flyer features a central graphic of four hands (two light-skinned, two dark-skinned) holding red hearts, with the Aurora Seniors Association logo above them. The text "MEMBERSHIP ASSISTANCE" is written in large, bold, blue, arched letters. Below this, it asks: "Are you an older adult who needs assistance with your 2026 membership or activity fees?" and provides contact information for Brandie. The phrase "HELP IS HERE" is on the right, and a red flower icon is at the bottom right. The bottom left contains contact details for Brandie Yorg.

  
**MEMBERSHIP ASSISTANCE**

FOR MORE INFORMATION:  
✉ [byorg@aurora.ca](mailto:byorg@aurora.ca)  
☎ 365 500 3161

Are you an older adult who needs assistance with your 2026 membership or activity fees?  
Contact Brandie to have a confidential conversation.

**HELP IS HERE**

## Town of Aurora Fall 2025 Programs

### Town of Aurora 2025 Fall program registration is open:

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

### PAINT & SIP

**Age: 18+ years Location: ATH**

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. A copy of each painting will be available at the ASC.

| Day | Date   | Time      | Fee/Class | Code  |
|-----|--------|-----------|-----------|-------|
| Sat | Nov 22 | 1pm – 5pm | \$70/1    | 36871 |

### NEW WREATH WORKSHOP

**Age: 55+ years Location: ATH**

In this hands-on workshop, a professional florist will guide you to create an original and beautiful seasonal wreath! All materials are provided.

| Day  | Date   | Time      | Fee/Class | Code  |
|------|--------|-----------|-----------|-------|
| Thur | Nov 13 | 7pm – 9pm | \$70.00/1 | 37094 |

### Winter 2026 Town Program

Registration will be:

Resident: Monday, December 8

Non-Resident – Tuesday, December 16

## NOVEMBER IS FALL PREVENTION MONTH

**Wednesday, November 12  
10 - 12 p.m.**

York Region Fall Prevention Committee will have a table in the lounge, come ask questions and get valuable information.

**Wednesday, November 19  
11 - 12 p.m.**

**Striding out with Lucy!**

Learn about Exercises and movements to keep your walking stride long and avoid shuffling and tripping when you walk.

**Wednesday, November 26  
1 - 2 p.m.**

**Concussion Prevention Program**

In this presentation, participants will learn about concussion prevention strategies to reduce their risk of injury. Participants will also be given the opportunity to discuss the presented information with other participants and provide feedback on the presentation after it is finished. For their effort, participants will be given a complimentary booklet that summarizes the material covered in the presentation.

Watch this in the lounge on the big screen or email [wow@aurora.ca](mailto:wow@aurora.ca) for the Zoom link.

WATCH FOR TIPS AND TRICKS ALL MONTH LONG

## WREATH WORKSHOP

Unleash your creativity in our seasonal wreath-making workshop, led by an experienced florist. With all materials provided, you'll discover the art of crafting a unique and breathtaking wreath that adds a touch of elegance to your home.

**THURSDAY NOVEMBER 13 2025  
7-9:00PM  
AURORA SENIORS CENTRE  
\$70.00  
REGISTRATION REQUIRED  
AT RECEPTION**

# Indoor WALKING CLUB



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

## SEMINARS

**Tuesday November 4**

Access Aurora

**Tuesday November 11**

Ask the Financial Expert:

It's not what you make it's what you keep

**Tuesday November 18**

How to Take Care of Your Feet

**Tuesday November 25**

Crime Stoppers

**All seminars offered on zoom**  
**please email [byorg@aurora.ca](mailto:byorg@aurora.ca) to receive the link.**

Aurora Family Leisure  
Complex  
[wow@aurora.ca](mailto:wow@aurora.ca)  
365-500-3161

**WALK STRETCH LEARN**



# FAIR ACCESS

## Fee Assistance in Recreation

F.A.I.R. Access (Fee Assistance in Recreation) is a confidential fee assistance program for residents of Aurora to use for meaningful access to recreation programs and memberships. Qualifying Town of Aurora residents may receive up to \$250 per person per calendar year to use towards a recreation program or drop-in activity of their choice. Residents qualify based on their L.I.M. (Low Income Measure) as per Statistics Canada.

**Applications for 2026 will be accepted starting Monday, November 10, 2025. Visit link below for more information:**

<https://www.aurora.ca/recreation-arts-and-culture/recreation-programs-and-drop-in-activities/fair-access/>

### ASA BISTRO

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

\$10 MEMBERS ONLY

#### MENU

#### WEDNESDAY, NOVEMBER 12

BAKED ZITI WITH CAESAR SALAD



#### WEDNESDAY, NOVEMBER 26

MEATLOAF WITH MASHED POTATOES & GRAVY AND VEGGIES

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



ALL BISTROS WILL BE CATERED BY  
HEALTHY NOW



November 12 Bistro Tickets on sale from Monday, November 3 to Friday, November 7

November 26 Bistro tickets on sale from Monday, November 17 to Friday, November 21

Please Note: two tickets per member and no refunds.

## ► ASA Website Survey

We are working on making our website better and more user-friendly, and we need your input! Please watch for an upcoming e-flash with a survey link or stop by the Centre later this month to fill it out in person. Click link to view the ASA website. <https://www.auroraseniors.ca/>  
Thanks for your feedback

**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**

- **November 14 & 28**
- **December 5 & 19**



Join us on November 14 for our Ballroom Classics dance night and on November 28 for our Texas/Country-themed dance night.

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

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

## **JEWELLERY DONATIONS**



**Our Indoor Garage Sale will be  
back in April**

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

Costume or fine jewellery accepted!



## ▶ ASA Library

Recent Political Promotion Soon to End.

We will be ending our political biographies promotion early in November. Drop in to find out what we choose as a replacement. Perhaps Canadian authors or local senior centre authors?

Jeffery Archer

We have recently received an excellent set of 6 Jeffery Archer CD Audio Books. Most are part of the "Clifton Chronicles". Drop in if you would like to borrow one of them.

Please Note: We continue looking to complete our set of Jeffery Archer hardcover copies of the "Clifton Chronicles". Please let us know if you have any copies you would consider donating to the library.

Sue Grafton

We are trying to expand our collection Sue Grafton's alphabet thrillers. The current hardcover collection starts at 'R' going to 'Y' although 'X' is missing. We understand that 'Z' does not exist. If you have any of her earlier alphabet thrillers that you would like to donate, please drop them in our return box.

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. Kindly examine your donations for mould and/or water damage prior to donating them.

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 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. Email us [asalibrary@auroraseniors.ca](mailto:asalibrary@auroraseniors.ca) if you have any questions.

## ▶ ASA Special Events Committee

The Special Events committee invites you to a fun filled evening of live music and dancing on Saturday, December 6th at 7 p.m. Come on out and enjoy the music by **"Tony the Entertainer"** as we welcome in the Christmas season and winter. Tickets are \$20/members and \$25/non-members and will be on sale November 3rd. This is the committee's final event for 2025. The Committee would like to Thank you.

Presented by the Special Events Committee

# Welcome Winter

Entertainmentt by:

## **TONY THE ENTERTAINER**

**SATURDAY DECEMBER 6**

**7 - 9:30 p.m.**

doors open at 6:30 p.m.

**MEMBERS \$20**

**NON-MEMBERS \$25**

**LIVE MUSIC | FOOD | DRINKS**

Tickets on sale November 3, 2025  
at reception

### Quilt 'N Sew Christmas Sale

In support of our Centre, it is sale time for the Sewing group.

We have great items for you to look at and buy.

We are open each Friday from 10 a.m. to 3 p.m. on the following Dates:

**Friday, November 28, December 5, December 12, December 19**

We look forward to seeing you and your friends.

Discover

THE **DELMANOR** DIFFERENCE

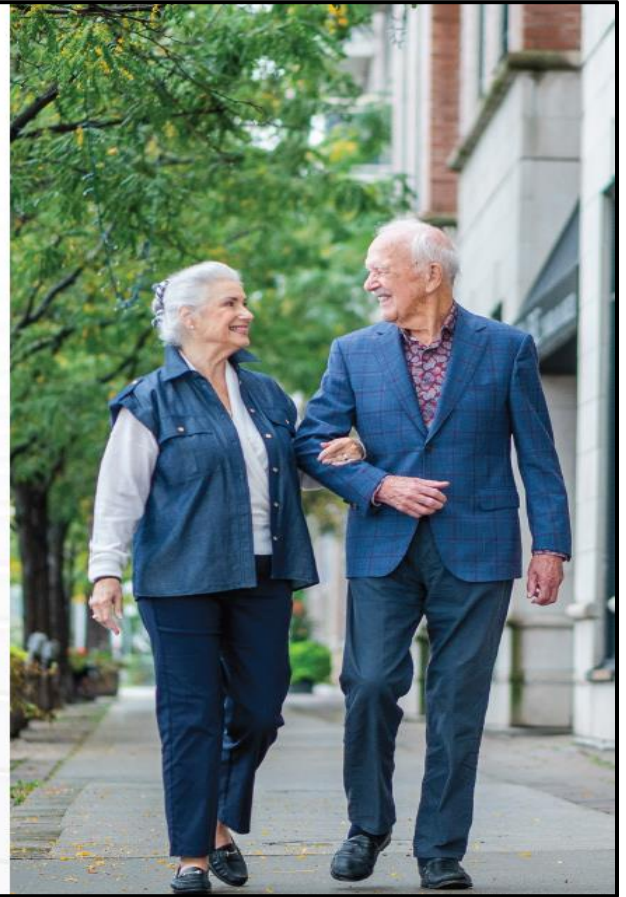
**Book your tour today!**

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**DelmanorAurora.com**



 **Webinar**

**Tax Talk**  
Series

**Ontario's Credits,  
Benefits and Supports  
for Seniors with  
Lower Income**



**November 12**  
**1 PM - 2 PM (ET)**



Elder Abuse  
Prevention  
Ontario

**Ontario** 



Two options to view this webinar:

1. The webinar will be available for viewing the Lounge at the Centre or
2. Email [wow@aurora.c.a](mailto:wow@aurora.c.a) to receive the link to view at home

# *Christmas Lunch*

**The ASA is giving back to our members  
We will be having 3 dates  
for our Christmas Lunch**

Tickets go on sale:

**Monday, November 3 at 8:30 a.m.**

2 tickets per person

Members only

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**Tickets \$5 - Cash Only**

All lunches at 12 p.m.

Doors open at 11:45 a.m.

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Wednesday, December 3

Wednesday, December 10

Wednesday, December 17

To accommodate everyone only 1 date may be purchased.

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**MENU**

**GARDEN SALAD, TURKEY, STUFFING, MASHED POTATOS, MIXED  
VEGGIES, CRANBERRY SAUCE, GRAVY  
& APPLE & CRANBERRY STRUDEL WITH WHIPPED CREAM  
LUNCH WILL INCLUDE COFFEE & TEA**

*A Million  
MOUTHFULS*

THE ASA'S

 Silver Stars

PRESENTS

# COMEDY AT CHRISTMASTIME

SKITS & SONGS TO TICKLE YOUR  
FUNNY BONE

Saturday, December 13 at 2 p.m.  
Sunday, December 14 at 2 p.m.

Tickets are \$5 and can be purchased at  
Reception starting November 10 .

Aurora Seniors Centre  
90 John West Way, Aurora  
905-726-4767 [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)



## OPENING SOON

Learn about Aurora's newest senior lifestyles residence

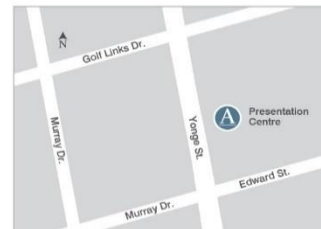
Opening this November, discover senior living like you've never seen before. Amica Aurora Promenade will offer Independent Living, Assisted Living, and Memory Care lifestyle options, with access to well-appointed amenities, chef-prepared meals, enriching social activities and personalized care.

Visit our Presentation Centre to reserve your suite, secure your pre-open rate and learn the perks of being a founding member.

CALL US WITH ANY  
QUESTIONS at 905-726-2220.

[AMICA.CA/AURORAPROMENADE](https://amica.ca/aurorapromenade)

PRESENTATION CENTRE:  
14785 Yonge St. (beside the LifeLabs)



**AMICA**  
AURORA PROMENADE

## ▶ ASA Activity News

### **NEW Conversational Spanish**

We are starting a Conversational Spanish activity beginning on November 3 in the Wycliffe Room at the ASC. The group will meet from 1 – 2 p.m. This is a drop in activity for those who would like to participate just stop. This will be volunteer led similar to our other Conversation languages groups. Stop by if you are interested

### **Bid Euchre (Thursdays) – Beginners welcome**

Our Thursday Bid Euchre groups meet's form 1 – 4 p.m. every Thursday. This is a fun social group so If you are looking to learn more about the game stop by and they will assist you.

### **Cribbage**

We play every Wednesday from 1 – 3 p.m.

If you want to brush up on your game please stop by between 12:30 to 1 p.m. Regular games begin at 1 p.m.

### **Fun Night**

We meet every Friday from 7 – 9 p.m. We have fun playing different games and we will gladly teach you. Join us for a relaxing, enjoyable evening. No sign-up required just come at the start time to ensure we can get you involved in a game.

### **Mahjong**

Sixteen enthusiastic members completed the six-week 3 hour/week on Tuesday, October 14 (Photo Below). We are excited for them to join us Monday and Friday afternoons! May the JOKERS be with you BUT NEVER in a PAIR.



Aurora Seniors Presents

# ***The Sounds of Christmas***

Now in its 11th spectacular year, The Sounds of Christmas has become a cherished holiday—a long-standing, heartwarming variety show that brings the magic of the season to life. This multi-generational production features a talented cast of youth performers and professional adult artists, sharing the stage in an unforgettable showcase of singing, dancing, live music, and festive cheer. Backed by a dynamic live band, the performance blends all styles of Christmas music—from nostalgic classics and joyful carols to country, Celtic, swing, and brand-new favourites that will have you clapping and singing along. More than just entertainment, The Sounds of Christmas is a show with heart. A portion of proceeds supports KidsAbility, a local children's charity that empowers young people with special needs—so you'll leave the theatre knowing you helped make a difference.

|                |                                                                                                                                                                                                                                                                        |                    |                                                                                                                              |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Date:</b>   | Thursday, December 4, 2025                                                                                                                                                                                                                                             | <b>Return:</b>     | Arrival in Aurora approx. 7:00 p.m.                                                                                          |
| <b>Depart:</b> | 9:30 a.m. Stronach Recreation Complex                                                                                                                                                                                                                                  | <b>Price:</b>      | Members: \$190.00 per person<br>Non Members: \$200.00 per person                                                             |
| <b>Lunch:</b>  | 11:15 a.m. - 1:00 p.m.<br>Enjoy a delicious meal at Golf's Steakhouse. Lunch includes a salad bar, dessert, & coffee or tea.<br>Choice of:<br>1) New York Striploin<br>2) Roast Prime Rib<br>3) Narrow Back Ribs<br>4) Chicken Cordon Bleu<br>5) Fresh Atlantic Salmon | <b>Inclusions:</b> | Return transportation via deluxe coach, buffet lunch, show ticket, lights, gratuity on meal, driver gratuity, and all taxes. |
|                |                                                                                                                                                                                                                                                                        | <b>To Book:</b>    | Sign up at reception or for more info call Andrew Bailey at 365-500-3160                                                     |
| <b>Show:</b>   | 2:00 p.m. - 4:30 p.m.<br>Reserved seating for the performance of The Sound of Christmas at the WMB Church in Waterloo                                                                                                                                                  |                    |                                                                                                                              |
| <b>Lights:</b> | 5:00 p.m. - 5:30 p.m.<br>Drive through the Gift of Lights                                                                                                                                                                                                              |                    |                                                                                                                              |



## **TOUR DESIGNED BY YEAR ROUND TRAVEL INC.**

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F: 416 499 1448  
TF: 1 888 804 8841

Ontario Registration #4281143  
Email: craiglugsdin@bellnet.ca  
www.yearroundtravel.com

## ► Computer Club Information and Activities

Every Tuesday from 10 to 11 a.m. we do sessions of general interest about everything from using your iPad or phone to keeping your passwords and information safe.

We have added an individual help session for members immediately following the Tuesday sessions from 11 a.m. to 12 p.m. No appointment is required.

We continue to provide personal help by appointment on Tuesday afternoons between 1 and 3 p.m. depending on volunteer availability. If you are looking for help, you can send a request in an email to [cclub@auroraseniors.ca](mailto:cclub@auroraseniors.ca).

Tuesday morning seminar schedule for November:

- November 4 – General Q&A
- November 11 – Finding Answers online (Doug)
- November 18 - Apple Day – (Herb)
- November 25 – AI discussion and Q&A (Ronen)

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 have decided to stop posting full session recordings for presenter privacy reasons and to respect paid members. 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

## ► Remembrance Day Service

Since 1919, Canadians have taken time to pause and remember those who have served and continue to serve Canada during times of conflict and peace. Ceremonies are held across Canada to mark the Armistice agreement that ended the First World War on November 11, 1918, at 11 a.m. In Aurora, these ceremonies have been centered around the Aurora War Memorial in Peace Park since 1925.

On Tuesday, November 11 we will have coverage from Ottawa on for viewing in the Lounge and observe a moment of silence at 11 a.m. **Lest we Forget.**



## ► Christmas Card for Canadian Soldiers

What to do (The box and Cards are in the Lounge): Write a personal note to a Canadian soldier that will not be home at Christmas. Once you are finished, write on the front of the envelope provided: "To a Canadian Soldier" Many people put their Home/school/church return address on the envelope or include an email address, and many people have heard back from soldiers that received their Christmas card. Our troops need to know that we are thinking of them at this special time of year and the sacrifices they are making and not being home with their family. Our goal this year is 8000 cards, to let the soldiers know that the community cares. No postage required.



## ► Tuesday Night Movies

### **November 4 – A Touch of Class (1973): George Segal (PG, 106 min, Romantic Comedy)**

An insurance man and a recently divorced female fashion designer become clandestine lovers in a London-Spain tryst.

### **November 11 – Runaway Jury (2003): John Cusack (PG-13, 127 min, Conspiracy Thriller)**

A juror, a lawyer and a mysterious woman stand in the way of a man trying to manipulate a trial.

### **November 18 – Working Girl (1988): Harrison Ford (14A, 113 min, Romantic Comedy)**

When a secretary's idea is stolen by her boss, she seizes an opportunity to steal it back by pretending she has her boss' job.

### **November 25 – The Mirror Crack'd (1980): Angela Lansbury (PG, 105 min, Mystery)**

Miss Jane Marple comes to solve the mystery when a local woman is poisoned, but a visiting movie star seems to have been the intended victim.

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.

|                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>ASA Board of Directors:</u></b><br><b>President</b><br>Glen Sharp<br><b>Vice President</b><br>Julia Jackson<br><b>Treasurer</b><br>Harold Reiter<br><b>Secretary</b><br>Rob Gaby<br><b>Directors</b><br>Jim Abram<br>Vern Cunningham<br>Kevin Griffiths<br>Theresa McKenzie<br>Nancy Spinks | <b><u>ASA Committees:</u></b><br><b>By-Law Committee</b><br>John Scherrer<br><b>Finance Committee</b><br>Harold Reiter<br><b>Fundraising Committee</b><br>Vern Cunningham<br><b>Membership &amp; Volunteers Committee</b><br>Carol Hedenberg<br><b>Operations &amp; Activities Committee</b><br>Julia Jackson<br><b>SAGA Committee</b><br>Jim Abram<br><b>Special Events Committee</b><br>Nandy Singh | <b><u>Aurora Seniors Centre Staff:</u></b><br>Vacant<br>Adult Program Coordinator<br><br>Andrew Bailey<br>Adult/Older Adult Programmer<br>abailey@aurora.ca<br>(365) 500 3160<br>Brandie Yorg<br>Seniors Program Assistant<br>byorg@aurora.ca<br>(365) 500 3161<br>Bill Hawke<br>Primary Facility Operator<br>bhawke@aurora.ca |
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## ► Let' us know

Do you have a comment to share? 'Let Us Know' forms are available on the front notice board or ask Reception. Please include your name, email or phone number so we can follow up with you.

## Without Walls (WOW):

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



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

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

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

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

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

**Concussion Prevention Program:** Join us to learn concussion prevention strategies and connect with others in this engaging, informative session.

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

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

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

**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.

**Striding out with Lucy:** Learn about Exercises and movements to keep your walking stride long and avoid shuffling and tripping when you walk.

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

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

**Walking Club Seminar:** Join us weekly for an educational seminar. Each week, we'll cover a new topic related to physical and mental well-being, healthy living, and active aging. From expert insights to practical tips, our seminars are designed to educate and inspire.

**Nov 4:** Access Aurora

**Nov 18:** How to take care of your feet

**Nov 11:** Ask the financial expert

**Nov 25:** Crime Stoppers

**Without Walls (WOW)** is just like attending a fitness class, seminar or playing a game at the Seniors Centre but from the comfort of your home.

## Contact Information:

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

| Sunday                                                   | Monday                                                                                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                     | Wednesday                                                                                                                                                      | Thursday                                                                                                             | Friday                                               |
|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| <b>November 2</b><br><b>12:30</b><br>Chair Exercise (Z)  | <b>November 3</b><br><b>10:15</b><br>Strong & Fit (Z/T)<br><b>3:15</b><br>Card Bingo (Z/T)                                                                                                                                                                                                                               | <b>November 4</b><br><b>11:00</b><br>Chair Yoga (Z/T)<br><b>2:00</b><br>Walking Club Seminar (Z)                                            | <b>November 5</b><br><b>11:30</b><br>Sit, Stand & Balance (Z)<br><b>3:15</b><br>Short Stories & Games (T)                                                      | <b>November 6</b><br><b>10:15</b><br>Sit & Strong (Z)<br><b>3:15</b><br>Chair Yoga (Z/T)                             | <b>November 7</b><br><b>3:15</b><br>Fun & Games (T)  |
| <b>November 9</b><br><b>12:30</b><br>Chair Exercise (Z)  | <b>November 10</b><br><b>10:15</b><br>Strong & Fit (Z/T)<br><b>3:15</b><br>Fun & Games (T)                                                                                                                                                                                                                               | <b>November 11</b><br><b>11:00</b><br>Chair Yoga (Z/T)<br><b>2:00</b><br>Walking Club Seminar (Z)                                           | <b>November 12</b><br><b>11:30</b><br>Sit, Stand & Balance (Z)<br><b>3:15</b><br>Travel Destination: Turkey                                                    | <b>November 13</b><br><b>10:15</b><br>Sit & Strong (Z)<br><b>2:15</b> Coffee Chat<br><b>3:15</b><br>Chair Yoga (Z/T) | <b>November 14</b><br><b>3:15</b><br>Fun & Games (T) |
| <b>November 16</b><br><b>12:30</b><br>Chair Exercise (Z) | <b>November 17</b><br><b>10:15</b><br>Strong & Fit (Z/T)<br><b>3:15</b><br>Jeopardy (Z/T)                                                                                                                                                                                                                                | <b>November 18</b><br><b>11:00</b><br>Chair Yoga (Z/T)<br><b>2:00</b><br>Walking Club Seminar (Z)                                           | <b>November 19</b><br><b>11:00**</b><br>Striding Out with Lucy! (Z)<br><b>3:15</b><br>Short Stories & Games (T)                                                | <b>November 20</b><br><b>10:15</b><br>Sit & Strong (Z)<br><b>3:15</b><br>Chair Yoga (Z/T)                            | <b>November 21</b><br><b>3:15</b><br>Fun & Games (T) |
| <b>November 23</b><br><b>12:30</b><br>Chair Exercise (Z) | <b>November 24</b><br><b>10:15</b><br>Breathe & Stretch (Z/T)<br><b>3:15</b><br>Fun & Games (T)                                                                                                                                                                                                                          | <b>November 25</b><br><b>11:00</b><br>Chair Yoga (Z/T)<br><b>2:00</b><br>Walking Club Seminar (Z)<br><b>3:15</b><br>Virtual Fun & Games (Z) | <b>November 26</b><br><b>11:30</b><br>Sit, Stand & Balance (Z)<br><b>1:00</b><br>Concussion Prevention Seminar (Z)<br><b>3:15</b><br>Short Stories & Games (T) | <b>November 27</b><br><b>10:15</b><br>Sit & Strong (Z)<br><b>2:15</b> Coffee Chat<br><b>3:15</b><br>Chair Yoga (Z/T) | <b>November 28</b><br><b>3:15</b><br>Fun & Games (T) |
| <b>November 30</b><br><b>12:30</b><br>Chair Exercise (Z) | <b><u>This legend indicates how each WOW program will be available for this month!</u></b><br>T— offered through Teleconference<br>Z—offered through Zoom<br>Z/T—offered through both Zoom & Teleconference<br>Questions or to register:<br>email <a href="mailto:wow@aurora.ca">wow@aurora.ca</a> or phone 365-500-3161 |                                                                                                                                             |                                                                                                                                                                |                                                                                                                      |                                                      |

| Monday<br>8:30 a.m. to 4:30 p.m.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Tuesday<br>8:30 a.m. to 9 p.m.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday<br>8:30 a.m. to 4:30 p.m.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Thursday<br>8:30 a.m. to 4:30 p.m.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Friday<br>8:30 a.m. to 10 p.m.                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| 9:00 Woodshop<br>9:00 Badminton<br>9:00 Ladies Billiards<br>9:00 Move & Tone* (Z)<br>9:30 Men's Fit* (ATH)<br>9:30 Knotty Knitters<br>9:00 Beginner Bid Euchre<br>10:00 Italian<br>10:15 WOW Stretch & Strong* (Z/T)<br>10:30 Men's Shed<br>12:15 Yoga: Hatha*<br>12:30 Duplicate Bridge<br>1:00 Conversational Spanish (NEW)<br>1:00 Carpet Bowling<br>1:00 American Mah-Jongg<br>1:30 Snooker League<br>1:30 Stretch & Tone*(H)<br>2:00 Qi-Gong & Yoga Blended (ATH)<br>3:00 Mixed Pickleball<br>3:30 Men's Shed Carpet Bowling<br>3:15 WOW Fun/Games*(T)<br><br><b>November 17</b><br>1:00 ASA Board of Directors (ATH) | 8:30 Woodcarving<br>9:00 Bocce<br>9:00 Boot Camp*<br>9:00 Zumba Gold Toning*<br>9:15 Yoga Mat* (ATH)<br>9:30 Balance*<br>10:00 Snooker League<br>10:00 Colour & Chat<br>10:00 Computer Seminar<br>10:00 WOW Chair Yoga*(Z/T)<br>10:00 Circl Mobility*<br>10:30 Balance*<br>10:30 Piloga* (ATH)<br>11:00 Zumba Gold*<br>12:30 Pickleball (Women)<br>12:45 Table Tennis<br>1:00 Bid Euchre<br>1:00 Core* (ATH)<br>1:30 Snooker League<br>1:45 Get Strong* (ATH)<br>2:15 Pickleball (Men)<br>3:00 Chair Fit* (ATH)<br>4:00 Badminton<br>6:00 Poker<br>6:30 Movie<br>6:30 Woodcarving<br>6:30 Yoga: Sunset* (ATH)<br>6:30 Beginner Line Dance*<br>7:45 Beginner Line Dance* | 9:00 Woodshop<br>9:00 Get Fit* (H)<br>9:45 German<br>10:00 Chair Yoga*<br>10:00 Knitting*<br>10:00 Snooker League<br>10:30 Ladies Laugh & Learn*<br>11:00 French<br>11:00 Qi-gong* (ATH)<br>11:30 WOW Sit & Balance (Z)<br>12:15 Walk Fit* (AFLC)<br>1:00 Walking Soccer - Learn to Play (S.D) *<br>1:00 Let's Create<br>1:00 Canasta<br>1:00 Cribbage<br>1:30 Chronic Pain Management* (ATH)<br>1:30 Bridge<br>1:30 Snooker League<br>1:45 Choir<br>2:00 Knitting*<br>3:15 WOW Stories/Games (T)<br><br><b>November 12 &amp; 26</b><br>11:45 Bistro | 8:30 Woodcarving<br>9:00 Art<br>9:00 Basic Cardio*(H)<br>9:00 Stamp Club<br>9:30 Men's Fit* (ATH)<br>9:45 Stretch & Tone*(H)<br>10:00 Men's Shed Bocce<br>10:00 Snooker League<br>10:00 Yoga - Chair, Movement & Mindfulness*<br>10:30 Keep Singing<br>11:00 Badminton<br>12:30 Table Tennis<br>12:30 Pickleball (Men)<br>12:30 Poker<br>1:00 Bid Euchre<br>1:30 Snooker League<br>1:30 Woodcarving Class<br>2:00 Pilates* (ATH)<br>2:30 Pickleball (Women)<br>3:00 Chair Fit* (ATH)<br>3:15 WOW Chair Yoga (Z/T)<br>6:30 Yoga: Restorative* (ATH)<br>7:45 Yoga: Anxiety & Stress* (ATH) | 9:00 Woodshop<br>9:00 Piloga* (ATH)<br>9:30 Quilt 'n Sew<br>9:00 Get Fit* (H)<br>9:30 Writers Circle<br>9:30 Mandarin Singing<br>10:00 Men's Shed<br>10:00 Chair: Gentle Exercise*<br>11:00 Get Strong* (H)<br>12:30 Pickleball (Mixed)<br>12:45 Bingo<br>1:00 American Mah-Jongg<br>1:30 Book Club<br>2:30 Pickleball (Mixed)<br>3:15 WOW Fun/Games *(T)<br>6:30 Bid Euchre<br>7:00 Fun Night<br><br><b>November 14 &amp; 28</b><br>7:00 Dance |