

We Need your help at our Garage Sale!

There will be many volunteer opportunities at this years Garage Sale.
Volunteer registration sheets available at Reception now.



Save your Stuff!



**Donations
Needed!**

Annual Indoor Garage Sale: Sunday, April 26

Donation Drop Off: Friday, April 24 & Saturday, April 25

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

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

Aurora Seniors Centre, 90 John West Way, Aurora

seniorscentre@aurora.ca

auroraseniors.ca

905-726-4767

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▶ ASA Board of Directors

Well, we've almost made it! Just a few more weeks of official winter, and then the usual last gasp at the beginning of April. Well done everyone. In ASA Board news, Kevin Griffiths has resigned his position as Director and in accordance with our By-laws we have appointed Rob Seath to fill the vacancy. We welcome Rob, and hope that Kevin will continue his great work in the library.

On February 13 the Special Events Committee hosted the Valentine's Dinner and dance to a sold-out crowd. Great food, music and fun were shared by all. On Wednesday February 18 an energetic crowd celebrated the Lunar New Year.

I'm sure you have noticed that someone important has been missing lately. Carol Hedenberg who is a fixture at reception and really throughout the Centre had an accident at home a few weeks ago and has been recuperating. Things are going well and we hope to see her back before too long. We miss you.

Did you know? We all know that at the Centre, a cup of coffee costs 50 cents and \$5.00 will buy a ten-cup card, but did you know that the actual cost of that coffee is about 71 cents. Many of you enjoy the great food and service at our Bistro lunches at a cost of only \$10 per person. The actual cost for each meal is approximately \$12.50. The ASA subsidizes both of these to keep costs for our members down.

Board Elections

It is that time of year for the Aurora Seniors' Association elections. Please see the Call for Nominations in this newsletter for important information and dates. I encourage you to consider putting your name forward to help us manage the affairs of your Seniors' Centre. If you have questions about what it means to be on the Board, don't hesitate to ask any of the Directors for assistance. Nomination forms will be available at reception on March 2.

Want to Make a Difference - Complete that Nominee Form now and have your contribution make a difference.

"NEW THIS YEAR" Proxy voting. If you want to vote and cannot be here during voting days, please look at the Proxy voting rules. Proxy forms with instructions will be available from reception also starting on March 2.

We are hoping for a great voter turn out this year!

The next time I write it will be Spring. YAY!

Glen Sharp
ASA President

▶ ASA 2026 Board of Directors Election

Call for Nominations

We are excited to announce the upcoming election for three (3) positions on the Board of Directors.

Key Dates:

Nomination Period: Monday, March 16 to Friday, March 27, 2026

All Candidates Meeting: Wednesday, April 15, 2026, at 10:30 a.m. in the West McKenzie Room (Lunch provided, tickets available Monday, March 30, members only, 2 tickets per member*)

*Limited ticketed event **Advance Voting Polls** after the meeting to accommodate immediate voting from 1:30 p.m. – 3:00 p.m.

Advanced Voting Periods:

Wednesday, April 15, 2026, from 1:30 p.m. to 3:00 p.m.

Thursday, April 17, 2026, from 9 a.m. to 2 p.m.

Regular Voting:

Monday, April 27 to Friday, May 1, 2026

from 9 a.m. to 2 p.m. daily

Vote Tabulation:

Friday, May 1, 2026, 2:00 p.m. to 3:30 p.m.

Winners will be announced once tabulation is complete. The Chair will call the absent nominees with results.

Eligibility:

Member in good standing

Bio and picture to be displayed to all members

NOMINATION FORMS ARE AVAILABLE AT RECEPTION.

Your Election Committee members

Vern Cunningham, Carm Cornacchia, Marco Vittiglio, Anna Pilato, Shirley Dionne

Town of Aurora Spring 2026 Programs

Spring 2026 Town Program Registration

How to Register:

1. Residents only - Monday March 9, 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

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 | April 7 | 9:30am- 10:15am | \$70.00/11 | 39178 |
| Tue | April 7 | 10:30am- 11:15am | \$70.00/11 | 39179 |

NEW 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 April 1, at 12:30

*No Class April 29

| Day | Date | Time | Fee/Class | Code |
|-----|---------|--------------|------------|-------|
| Wed | April 8 | 12:30 – 1:15 | \$63.00/10 | 39978 |

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 heartrate 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.

| Day | Date | Time | Fee/Class | Code |
|-------|---------|--------------|------------|-------|
| Thurs | April 9 | 9am - 9:30am | \$40.00/11 | 39180 |

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.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-----------------|--------------------|-------|
| Wed | April 22 | 7:30pm - 8:30pm | \$98/ 8 per person | 39246 |

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.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-----------------|--------------------|-------|
| Wed | April 22 | 8:30pm – 9:30pm | \$100/8 per person | 39247 |

REGISTRATION:

Residents Monday March 9, 2026

Non-Residents: Monday March 16, 2026

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 May 18

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-----------------|--------------------|--------|
| Mon | April 20 | 7:30pm – 8:30pm | \$102/8 per person | 39248* |

NEW 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 May 18

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-----------------|--------------------|--------|
| Mon | April 20 | 8:30pm – 9:30pm | \$104/8 per person | 39481* |

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 | April 7 | 9am - 9:45am | \$70.00/11 | 39181 |

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.

| Day | Date | Time | Fee/Class | Code |
|-------|---------|--------------|------------|-------|
| Tues | April 7 | 3pm – 3:45pm | \$70.00/11 | 39255 |
| Thurs | April 9 | 3pm – 3:45pm | \$70.00/11 | 39182 |

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.

*No Class April 24

| Day | Date | Time | Fee/Class | Code |
|-----|----------|----------------|------------|--------|
| Fri | April 17 | 10am - 10:45am | \$70.00/10 | 39184* |

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/Class | Code |
|------|---------|--------------|-----------|-------|
| Tues | April 7 | 1pm – 1:30pm | \$40.00/1 | 39185 |

NEW DELIGHT

Age: 55+ Location: Teleconference

We are excited to partner with the Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program, a free telephone-based program led by a registered group fitness instructor. Program runs for 8 weeks with twice weekly sessions (30 mins exercise + 30 mins social learning) designed for individuals living with dementia, care partners, and those seeking preventative strategies. *No class May 18

| Day | Date | Time | Fee/ | Code |
|-----------|------------------|-------------|------|--------|
| Mon & Wed | May 4 to June 29 | 11am – 12pm | Free | 39890* |

Program Prices & HST
The program fees for all Adult and Older Adult Programs include HST.

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 *No class April 24

| Day | Date | Time | Fee/Class | Code |
|-----|----------|--------------|------------|--------|
| Wed | April 8 | 9am – 9:45am | \$70.00/10 | 39186 |
| Fri | April 17 | 9am – 9:45am | \$70.00/10 | 39187* |

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 |
|------|---------|-----------------|------------|-------|
| Tues | April 7 | 1:45pm – 2:45pm | \$70.00/10 | 39189 |

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

*No Class: April 24

| Day | Date | Time | Fee/Class | Code |
|-----|-------|-------------|------------|--------|
| Fri | April | 11am – 12pm | \$70.00/12 | 39190* |

KNITTING FOR CHARITY

Age: 55+ years Location: ASC

Aurora is fortunate to have several non-profit organizations, service groups and volunteer organizations which provide a variety of services to our community. This is a FREE class and most supplies also provided FREE. This class will be offered several times a year, with each session focusing a particular type of project. Our first session will be knitting hats. Knitters who are familiar with knitting hats are welcome to enjoy the class as an opportunity for social knitting. This is not a learn to knit class, but the advanced beginner will be given help with techniques with which they are unfamiliar. **Please bring a selection of needles and usual knitting implements but yarn will be provided FREE.**

| Day | Date | Time | Fee/Cla | Code |
|------|---------|-----------------|---------|-------|
| Tues | April 7 | 2:00pm – 3:15pm | FREE/4 | 39221 |

KNITTING LEARN TO KNIT - STEP 2

Age: 55+ years Location: ASC

In this class you will learn various techniques (increases, decreases, seaming, bias knitting, reading charts) and stitches (cables, lace, ribs, knit & purl combos) which will enable you to go on and create your own designs. For each new stitch or technique, you will also be given a pattern for a simple project you can knit using that new skill. This class is suitable for the advanced beginner. It would be an excellent follow up to the Learn to Knit Part 1.

List of supplies will be available at reception

| Day | Date | Time | Fee/Class | Code |
|-----|---------|-----------------|-----------|-------|
| Wed | April 8 | 2:30pm – 3:45pm | \$45.00/4 | 39191 |

KNITTING: LEARN TO KNIT SOCKS

Age: 55+ years Location: ASC

Hand-knit socks are one of life's little luxuries that everyone should experience. As complicated as they appear when you read a sock pattern, they are really quite simple when someone shows you. In addition, sock yarns are some of the most fun yarns available today – hand paints, self-patterning and self-stripping. In this class, you will learn a basic top-down sock and allow you to treat yourself and those you love to the cozy comfort of hand-knit socks. This is an advanced beginner class. Please pick-up a supply list at the ASC and bring supplies to the first class.

| Day | Date | Time | Fee/Class | Code |
|-----|--------|------------------|-----------|-------|
| Wed | May 13 | 2:30 pm – 3:45pm | \$45.00/4 | 39192 |

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 | April 7 | 10am – 11:15am | \$45.00/4 | 39222 |

NEW KNITTING: SUMMER T-SHIRT

Age: 55+ years Location: ASC

This class is for advanced beginner, intermediate level knitters and requires the completion of homework as assigned. The project is a simple, adult sized, short sleeved, summer "t-shirt" style top. It is knit top down, on circular needles and has no seams. This basic pattern can easily be customized to change fit, sleeve and body length so you can create a top that fits just the way you like.

| Day | Date | Time | Fee/Clas | Code |
|-----|--------|-------------------|-----------|-------|
| Wed | May 13 | 10:00 am -11:15am | \$45.00/4 | 39193 |

KNITTING: TWIDDLE MAT

Age: 55+ years Location: ASC

A twiddle matt (sometimes called a fidget matt) is a small knitted lap blanket. It incorporates a few textured stitches with embellishments such as ribbons and beads attached. For many people with dementia, there are developments and changes to their personalities, one of which is to become increasingly agitated. Twiddle matts help to ease agitation and calm the person's mood, as they can keep their hands and minds occupied. Many hospital wards have found that the matts have a positive effect on patients by keeping them comforted, as well as encouraging movement and brain stimulation. In this class students will knit a basic Twiddle matt with textured stitches and add variety of attachments and embellishments. It will make a great gift for a loved one or as a charity donation. The class is FREE but students will be required to pay instructor \$20 for supplies at the first class. This will include all yarn and embellishments needed to create a twiddle mat. Knitters should bring their own 4 to 5mm needles, scissors, and tapestry needles.

| Day | Date | Time | Fee/Clas | Code |
|-----|---------|-----------------|----------|-------|
| Wed | April 8 | 2:30 pm -3:45pm | Free/4 | 39194 |

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: Monday May 18

| Day | Date | Time | Fee/Class | Code |
|------|----------|------------------|------------|--------|
| Mon | April 13 | 9:00am – 10:15am | \$63.00/10 | 39195* |
| Thur | April 9 | 9:30am – 10:15am | \$70.00/11 | 39200 |

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.

| Day | Date | Time | Fee/Class |
|-----|----------|------------------------|-------------------------------------|
| Mon | April 13 | 9:00 a.m. – 10:00 a.m. | Included in all access virtual pass |

NEW 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 April 1 at 1:30 p.m.

No Class April 29

| Day | Date | Time | Fee/Class | Code |
|-----|---------|-----------------|------------|-------|
| Wed | April 8 | 1:30pm – 2:15pm | \$63.00/10 | 39979 |

PAINT & SIP

SATURDAY MARCH 28
1:00 – 5:00 PM
The Aurora Seniors Centre

Join local artist Eva Folks to paint this cuddly picture to celebrate Spring.

A \$75 fee includes all art supplies and light refreshments (coffee, tea, and some sweet treats.)

Sign up at reception.



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

| Day | Date | Time | Fee/Class | Code |
|-----|----------|-----------|-----------|-------|
| Sat | April 18 | 1pm - 5pm | \$70.00/1 | 39458 |
| Sat | May 30 | 1pm - 5pm | \$70.00/1 | 39459 |

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.

| Day | Date | Time | Fee/Class | Code |
|------|---------|--------------|-------------|-------|
| Thur | April 9 | 1pm - 1:45pm | \$102.00/12 | 37923 |

NEW 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 April 2 at 2:00 p.m.

| Day | Date | Time | Fee/Class | Code |
|-------|---------|---------------|------------|------|
| Thurs | April 9 | 2 pm - 2:45pm | \$94.00/11 | |



PILOGA

Age: 55+ years Location: ^AFLC, *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.

No Class: *Monday May 18

| Day | Date | Time | Fee/Class | Code |
|-----|----------|--------------|------------|--------|
| Mon | April 13 | 9am - 9:45am | \$63.00/10 | 39202* |
| Fri | April 17 | 9am - 9:45am | \$77.00/12 | 39213^ |

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

| Day | Date | Time | Fee/Class | Code |
|------|--------|----------------|------------|-------|
| Tues | Jan 13 | 11am - 11:45am | \$77.00/10 | 39208 |

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 | April 22 | 11:30m - 12:15pm | \$58.00/8 | 39879 |

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.

| Day | Date | Time | Fee/Class | Code |
|-----|----------|------------------|-----------|-------|
| Mon | April 20 | 11:30m - 12:15pm | \$58.00/8 | 39880 |

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.

*No Class: May 18

| Day | Date | Time | Fee/Class | Code |
|-------|----------|-------------------|------------|--------|
| Mon | April 13 | 1:30pm – 2:30pm | \$63.00/10 | 39203* |
| Thurs | April 9 | 9:45am – 10:45 am | \$70.00/11 | 39204 |

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 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 | April 15 | 12:15pm -1pm | \$63.00/10 | 39209 |

WALKING SOCCER – LEARN TO PLAY

Age: 55+ years Location: SPORTS DOME

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. Learn from experienced coaches from the Aurora Soccer Club who will guide you through the basics and help you improve your skills.

*No session April 15

| Day | Date | Time | Fee/Class | Code |
|-----|---------|------------------|------------|--------|
| Wed | April 8 | 12:30pm - 1:30pm | \$91.00/11 | 39214* |

WALKING SOCCER SCRIMMAGE

Age: 55+ years Location: SPORTS DOME

With rule changes to ensure a non-contact and a slower-paced game, walking soccer is designed to keep you safe while having a blast. Everyone is welcome. This is your chance to get back on the field, no matter your fitness level or experience. Join the Aurora Soccer Club and be part of a supportive community that loves soccer as much as you do.

*No session April 15

| Day | Date | Time | Fee/Class | Code |
|-----|---------|-----------------|------------|--------|
| Wed | April 8 | 1:30pm - 2:45pm | \$77.00/11 | 39226* |

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 | April 15 | 10am - 11am | \$77.00/11 | 39210 |

YOGA: CHAIR MOVEMENT & MEDITATION

Age: 55+ years Location: ATH

Learn how to connect your body and mind. Combined with traditional Chair Yoga, we will turn off the autopilot, find our breath and expand our awareness. We’ll put our focused attention 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 and engaged.

| Day | Date | Time | Fee/Class | Code |
|-------|---------|------------|------------|-------|
| Thurs | April 9 | 11am -12pm | \$70.00/11 | 39217 |

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.

*No Class May 18

| Day | Date | Time | Fee/Class | Code |
|-----|---------|-------------|------------|--------|
| Mon | April 6 | 10am - 11am | \$70.00/11 | 39211* |

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

| Day | Date | Time | Fee/Class | Code |
|-----|---------|----------------|------------|-------|
| Tue | April 7 | 10am - 10:45am | \$70.00/11 | 39223 |

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 and 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

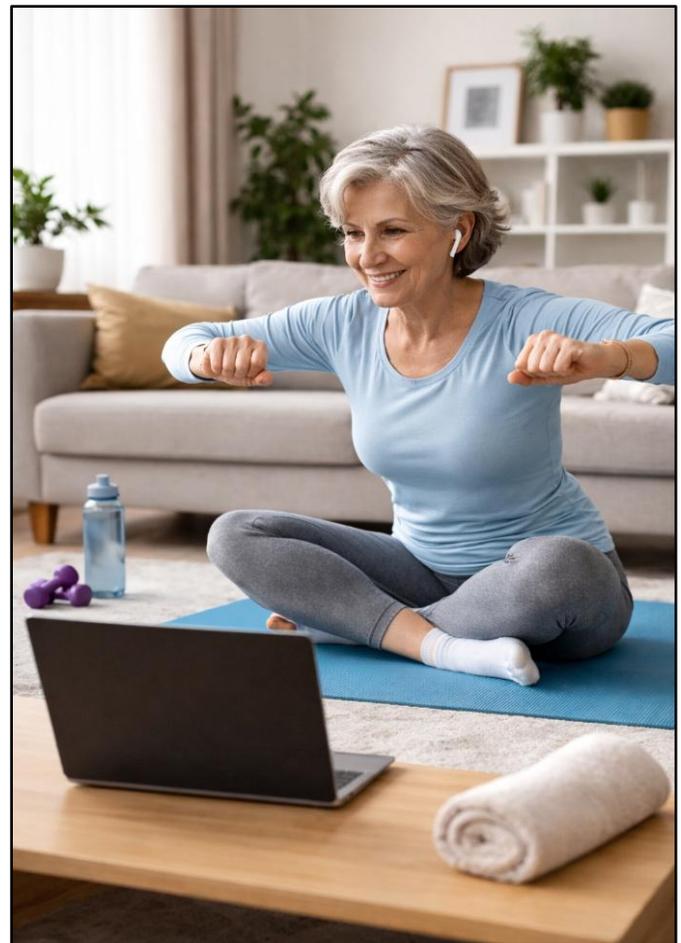
| Day | Date | Time | Fee/Class | Code |
|-----|--------------------|--------------|------------------|-------|
| M-F | Spring 2026 season | See schedule | \$70.00/10 weeks | 39460 |

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!

| Day | Date | Time | Fee/Class | Code |
|-----|---------|--------------|------------|-------|
| Tue | April 7 | 9am - 9:45am | \$70.00/11 | 39224 |



<https://www.facebook.com/auroraseniors>

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

Want to attend this Seminar from the comfort of home?
Email wow@aurora.ca to receive the ZOOM link
(link will be provided the day prior)

Ministry of Transportation



Driving Safely into Your Older Years Seminar



Date: Wednesday March 4

Time: 1 - 2 p.m.

Location: Aurora Seniors Centre Lounge or ZOOM
(email wow@aurora.ca for the link)

By attending this seminar, you will learn about:

- Trends and statistics for older drivers
- Signs of aging or medications as it relates to driving ability
- Testing requirements for those 80 years and older
- Testing requirements for drivers 70 years and older convicted of a collision
- Driving tips and review of some rules of the road



Free Seminar. No Registration required for in person. Please email wow@aurora.ca to receive the zoom link.

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

March 6
March 20



The Dance Committee needs volunteers. Please fill out a volunteer form at reception to help out with these fun evenings.

On January 30, we held a special entertainment and dance evening – our first event combining live performances by our members with dancing for our guests. The evening was a resounding success, and many attendees asked that we offer it again. We are pleased to announce two exciting dance events this month: Our regular Line Dance and Ballroom Dance evening will take place on March 6. The evening begins with a **Line Dance Lesson at 6:45pm**, followed by **Ballroom Dancing at 7:30pm**, with additional line dances throughout the night.

In case of an impending snowstorm or other adverse weather conditions, please check the dance status on the day of the event (or beforehand) by clicking on “**Dances**” in the Quick Links section of the main ASA web page or by visiting: [//advantica.com/asad](http://advantica.com/asad)

STAR SINGERS DANCE NIGHT
7:00 PM - 10:30 PM March 20, 2026

Friday Dance Group is sponsoring a special evening similar to our very well received January 30 “Aurora’s Got Talent” event. Featuring upbeat and romantic songs, both old and new releases, sung by our members and several guests featuring classic hits.

There will be a lot of line dancing and ballroom partner dancing. The dance floor will be open all evening! You are welcome to join us to dance or simply sit back and enjoy the music.

Tickets will be available for sale February 23 at Reception:
 Members – \$5.
 Non-Members – \$7

Some tickets may be available at the door if any left.
 Refreshments and Cash Bar

The **Star Singers Dance Night** on March 20 is a special evening that will once again combine live singing performances by our talented members and visiting guests with dancing throughout the night. Enjoy a wonderful selection of popular songs – both Oldies and newer releases – perfect for ballroom and line dancing.

The event runs from 7:30pm until 10:30pm.

AURORA SENIORS ASSOCIATION

GET TO KNOW YOUR CANDIDATES

Join us to learn more about your candidates for your Board of Directors.

When: Wednesday April 15 at 10:30 a.m.

Where: West McKenzie

A free, light lunch will be served after the meeting. Tickets required.

Advanced polls will be available after the meeting 1:30 p.m. to 3:00 p.m..



LIMITED TICKETS AVAILABLE STARTING MONDAY MARCH 30.
MEMBERS ONLY, A LIMIT OF 2 TICKETS PER MEMBER.



ZOOM n DRAW

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

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

Each week you will complete a new drawing

All supplies must be purchased.

To register sign up at reception.

Upon registration you will receive the material purchase list.

Registration starts Tuesday March 3.

Date: Thursday March 12 to Thursday April 2

Cost: \$15.00 plus materials

*participants must purchase own materials

Please pay cash at reception for this program





Bake Sale

Sunday, April 26, 2026

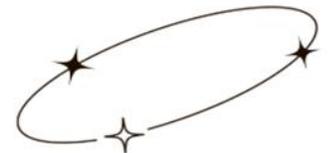
Bakers needed!

You can drop off any baked good donations
Friday, April 24 or Saturday, April 25.

PLEASE LET US KNOW WHAT YOU ARE BAKING.
EMAIL US AT SENIORSCENTRE@AURORA.CA



JEWELLERY DONATIONS

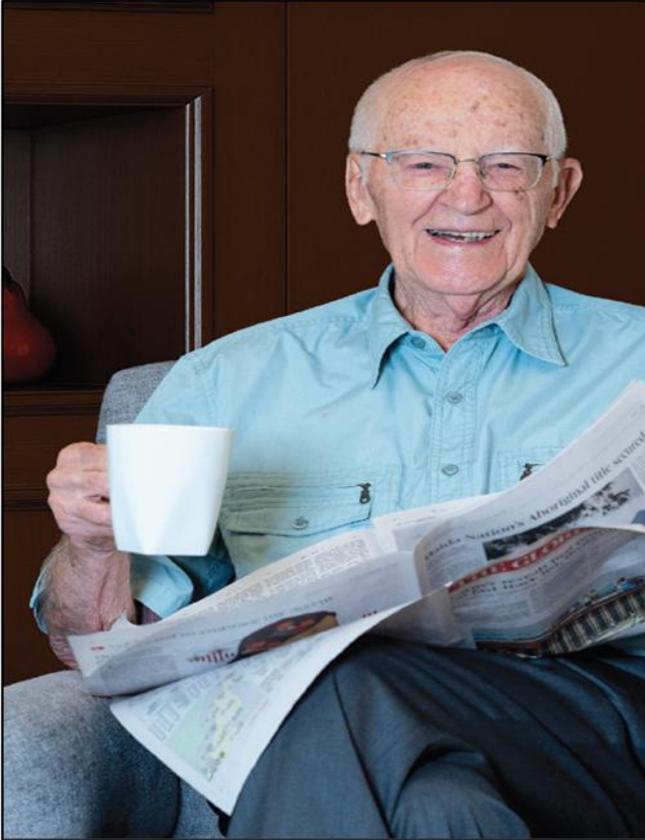


**Our Indoor Garage Sale will be
back in April**

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

Costume or fine jewellery accepted!





Discover
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Indoor **WALKING
CLUB**

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

SEMINARS

Tuesday March 3

ABCDE's of Diabetes

Tuesday March 10

Senior Safety and Emergency Planning

Tuesday March 17

NO WALKING CLUB

Tuesday March 24

Dynamic Downsizer

All seminars offered on zoom
please email wow@aurora.ca to receive the link.

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

WALK STRETCH LEARN



▶ ASA Activity News



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.

Snooker League

Our first session of 2026 has now ended, and we look forward to the second session commencing March 2nd for 7 weeks. The league continues to grow and there is currently a small wait list (but not enough to add another time slot.) The current time slots are:

- Monday 1:30
- Tuesday 10:00 & 1:30
- Wednesday 10:00 & 1:30
- Thursday 9:30, 11:30, and 1:30

Please note Monday mornings are reserved as practice/mentoring sessions for ladies only.

Scott Ryckman is the Snooker League Coordinator. You may contact him at asasnooker@outlook.com.

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.



SAVE THE DATE

The ASA will be hosting another Trivia Night in May.
More details in next months newsletter

► Special Events Committee

The Special Events committee would like to extend a heartfelt thank you to all who attended the Valentine dance. It was truly another night filled with fun, entertainment, and a whole lot of dancing! We hope you had as much fun as we did.

We are already looking forward to our next event, which will take place on Friday, March 27. This time, we are thrilled to announce that we will be featuring a live band, "The Coyotes". So, mark your calendars and get ready for another exciting night of music and dance. It's an event you won't want to miss! Your feedback is incredibly valuable to us. If you have any comments or suggestions regarding our events, please feel free to leave a comment at the front desk. We would love to hear from you and continue to make our events even better. We can't wait to see you at our next event



HOSTED BY AURORA SENIORS ASSOCIATION SPECIAL EVENTS COMMITTEE

Spring Fling Dance

Friday, March 27
Doors open at 6:30PM
Dancing & Music 7 - 9:30PM

Tickets:
\$20 for Members
\$25 for Non-Members

Enjoy an evening of live music and dancing with
THE COYOTES.

Relax with a cash bar, enjoy delicious snacks, and spend
the night dancing with friends.
A fun night out with great music and great company.

Purchase tickets at reception starting March 2.



We Need your help at our Garage Sale!

There will be many volunteer opportunities at this years Garage Sale. Volunteer registration sheets available at Reception now.

Indoor Garage Sale



**Sunday
April 26**

**8:30am to
1:00pm**

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



**auroraseniors.ca
seniorscentre@aurora.ca
905 726 4767**

SHAMROCK SHENANIGANS ON ZOOM

TUESDAY MARCH 17TH
2:15-2:45 P.M.

READY FOR SOME GOOD OLD-FASHIONED ST. PADDY'S DAY FUN?
JOIN US FOR GIGGLES, GAMES, SILLY SURPRISES, AND A WHOLE LOT
OF GREEN! EVERYONE WELCOME - LEPRECHAUNS OPTIONAL

EMAIL [WOW@AURORA.CA](mailto:wow@aurora.ca) FOR THE ZOOM LINK

ASA BISTRO

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

\$10 MEMBERS ONLY

WEDNESDAY, MARCH 11
BEEF CHILI AND A BISCUIT



WEDNESDAY, MARCH 25
CHICKEN CACCIATORE WITH MASH POTATO



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

ALL BISTROS WILL BE CATERED BY
HEALTHY NOW



March 11 Bistro tickets on sale from Monday, March 2 to Friday, March 6
March 25 Bistro tickets on sale from Monday, March 16 to Friday, March 20
Please Note: two tickets per member and no refunds.

SAVE THE DATE

FOR THE MAH JONGG TOURNAMENT OTHERWISE KNOWN AS BYE BYE HORRIBLE 2025 CARD

On Saturday, April 18 from 9:30am - 4pm, we will be holding our Mah Jongg Tournament at the Senior Centre. You MUST be available for the full day and you MUST arrive by 9:30am.

We will be playing using tournament expectations which is different from the regular Monday/Friday drop in games.

In tournament play, you will be seated randomly at a table for 4.

Round 1: In one hour, you will have played 4 games and kept score. There really is no chit chat nor saying which line you were playing.

Round 2: After an hour and a mini break, there will be another 4 games at a randomly picked table to be completed in an hour.

LUNCH BREAK

Round 3.

Scores will be totalled and prizes awarded.

The cost of this FULL day FUN tournament is \$50 which includes your lunch and prize money given to the winners.

In March, we will play games of 15 minutes to give everyone an idea of how long 15 minutes really is. If you are interested and can commit to the full day, please email Joanne by March 18 to be put on the list. A more detailed email will be sent to the participants.



Tournament Committee
Anita, Carole W, Gail, Irene, Joanne

Ladies Laugh & Learn

Watch for registration news in upcoming newsletters for the spring start to this fun filled program.



▶ 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

FALLSVIEW CASINO

Get dealt into the action at Fallsview Casino Resort! Whether your game is slots or tables, you'll find it all on one of the largest Casino gaming floors in the world. With over 3,000 slots and video poker machines there's countless ways to win. Try your luck on reel, video reel and video poker machines or take a shot on the progressives – the action is non-stop! From Blackjack to Baccarat, Poker, Craps, Roulette and Pai Gow Poker to Caribbean Stud and more, Niagara Fallsview Casino has something for everyone. Pull up a chair at one of over 100 tables and try your luck!



- Date:** Friday, April 10, 2026
- Depart:** 8:45 a.m. Stronach Recreation Complex
1400 Wellington St. East
- Casino:** 11:00 a.m. - 4:00 p.m.
Enjoy a five hour visit to **Niagara Fallsview Casino** & receive \$35.00 in slot play
- Return:** Arrival in Aurora approx. 6:00 p.m.
- Inclusions:** Return transportation via deluxe coach, 5 hour visit to Fallsview Casino, \$35.00 slot play, and all taxes.
- Price:** Members: \$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



FALLSVIEW
CASINO RESORT



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



STRATFORD FESTIVAL 2026 - Guys & Dolls is a timeless Broadway musical filled with charm, romance, and high-spirited fun. Set in 1950s New York City, the story follows the colourful world of gamblers, showgirls, and the Save-a-Soul Mission. When high-roller Sky Masterson accepts an unlikely bet to take the upright Sarah Brown to Havana, sparks fly in unexpected ways. Meanwhile, longtime gambler Nathan Detroit battles to keep his floating crap game alive while trying to finally marry his devoted fiancée, Miss Adelaide. Packed with classic songs, lively characters, and heartfelt humour, Guys & Dolls is a delightful tale of love, luck, and the gamble of finding happiness.

- | | |
|--|---|
| Date: Wednesday, May 20, 2026 | Return: Arrival in Aurora approx. 7:00 p.m. |
| Depart: 8:45 a.m. - Stronach Recreation Complex | Price: Member: \$225.00 p.p. Non Member: \$235.00 p.p. |
| Lunch: 11:00 a.m. - 12:45 p.m. Enjoy a delicious buffet lunch at the Elm Hurst Inn & Spa. Includes: Assorted breads, rolls & butters, daily soup, seasonal vegetable crudité, garden greens with garnishes & vinaigrettes chicken, fish, vegetarian pasta, seasonal vegetables, fruit, assorted desserts, and coffee or tea. | Inclusions: Return transportation via deluxe coach, buffet lunch, reserved orchestra seating, all gratuities, and all taxes. |
| Show: 2:00 p.m. - 5:00 p.m. Reserved orchestra seating for Guys & Dolls at the Stratford Festival Theatre | 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: craig.lugsdin@gmail.com
www.yearroundtravel.com

Aurora Seniors Seniors Presents

Lake Muskoka Luncheon Cruise

Set sail on a memorable voyage through the heart of Muskoka aboard the graceful Wenonah II. This modern-day replica of a traditional steamship captures the timeless elegance of a bygone era while offering all the comforts of today. Relax and unwind as you cruise the sparkling waters of Lake Muskoka, surrounded by stunning natural beauty, forested islands, and historic summer estates. While you take in the sights, enjoy a delicious unch served in the ship's beautifully appointed dining salon. Attentive service, locally inspired flavours, and panoramic views create an unforgettable Muskoka experience. A luncheon cruise aboard the Wenonah II offers the perfect blend of scenery, history, and hospitality — a quintessential Muskoka adventure.

- Date:** Thursday, June 18, 2026
- Depart:** 9:30 a.m. Stronach Recreation Complex
- Centre:** 11:30 a.m. - 12:30 p.m.
Guided tour of the Muskoka Discovery Centre
- Cruise:** 1:00 p.m. - 3:30 p.m.
Millionaires Row Lunch Cruise
Embark on a delightful 2 1/2 hour one way cruise, from Gravenhurst to Port Carling, featuring a delicious lunch served in the ship's elegant dining room, where you can enjoy panoramic views. Sail past the iconic Millionaires' Row and admire Muskoka's grand summer homes, a true showcase of the region's charm and beauty!
- Return:** Arrival in Aurora approx. 5:30 p.m.
- Inclusions:** Return transportation via deluxe coach, guided tour of the Muskoka Discovery Centre, luncheon cruise, driver gratuity, gratuity on meal, and all taxes.
- Price:** Member: \$195.00 per person
Non-Member: \$205.00 per person
- To Book:** Sign up at reception or for more information call Brandie Yorg at 365-500-3161



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Rd.
North York, Ontario
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 Centre Trip Cancellation Procedure

All refunds must be requested in writing 10 days in advance of the trip date.
If a request comes in within 10 days of a trip, a refund will only be issued if your trip is resold.
All requests must be directed to, Brandie Yorg, the Adult/Older Adult Programmer at the Centre, or via email at byorg@aurora.ca If a trip is cancelled due to low registration, a full refund will be issued.
Refunds are issued by cheque. Please allow 3 -5 weeks. All cheques are mailed.

▶ Computer Club Information and Activities

Every Tuesday at 10:00 a.m. to 11:00 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 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 March:

- Mar 3 – General Q&A (Doug)
- Mar 10 - Introduction to the Google/Android Camera App (Doug)
- Mar 17– Apple Day – Introduction to the Apple Camera App (Herb)
- Mar 24 – Cyber Safety – Staying secure online (Doug)
- Mar 31 - Getting the most from your photo prints (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

▶ Meet Your Town Staff



We are excited to be back to a full team!

On the left: Brandie Yorg is our Adult/Older Adult Programmer

In the middle: Andrew Bailey is our Adult/Older Coordinator

On the right: Gillian Simpkin is our Seniors Program Assistant

▶ Tuesday Night Movies



ACADAMY AWARD BEST OF THE PAST



March 3 – Blue Moon: (2025): Nominated for best original screenplay Ethan Hawke, Margaret Qally (R, 1 hour and 40 minutes, Drama) On the evening of March 31, 1943, legendary lyricist Lorenz Hart confronts his shattered self confidence in Sardi’s bar as his former collaborator Richard Rodgers celebrates the opening night of his ground breaking hit musical “Oklahoma!”

March 10– West Side Story (1961): Academy Award for best picture, best actor and best actress Natalie Wood, Richard Beymer, Russ Tamblyn (PG, 2 hours 31 minutes, Musical Romance)
Two youngsters from rival New York City gangs fall in love, but tensions between their respective friends build toward tragedy..

March 17 –Driving Miss Daisy (1989): Morgan Freeman, Jessica Tandy Academy Award for Best picture and best actress (PG, 1 hour and 38 minutes min, Comedy/Drama)
This is a story of a relationship between a 70 year old Southern woman and her black chauffeur, spanning 20 years.

March 24 – The Sting (1973): Paul Newman, Robert Redford Academy Award for Best picture, best director, best original screenplay (PG, 2 hours and 9 minutes, Comedy,/Crime) .
Two grifters team up to pull off the ultimate con.

March 17 – Rain Man (1988): Dustin Hoffman, Tom Cruise Academy Award for Best picture, best director, best actor and best original screen play (2 hours 13 minutes, Drama)
Charlie discovers he has an autistic brother named Raymond and is now taking him on the ride of his life. Raymond pushes Charlie to the limits of his patience then pulls him completely out of his self-centered world.

**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.**

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

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 FEATURE Shamrock Shenanigans: Feeling lucky? Looking for a wee bit of fun? Join us for this St. Patrick's Day virtual fun & games call.

Ministry of Transportation: Driving Safely into your Older Years Seminar

By attending this seminar, you will learn about: Trends and statistics for older drivers, Signs of aging or medications as it relates to driving ability, Testing requirements for those 80 years and older, Testing requirements for drivers 70 years and older convicted of a collision, Driving tips and review of some rules of the road.

Seated Yoga Stretch: Move slowly and purposefully through a series of fluid stretches designed to improve flexibility, enhance body awareness, and calm the mind.

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

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.

- March 3: ABCDE's of Diabetes
- March 10: Seniors Safety and Emergency Planning
- March 17: NO Walking club
- March 24: Dynamic Downsize

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 |
|---|---|---|---|---|---|
| March 1 12:30 Chair Exercise (Z) | March 2 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T) | March 3 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) 3:15 Virtual Fun & Games (Z) | March 4 11:30 Sit, Stand & Balance (Z) 1:00 Ministry of Transportation Seminar (Z) 3:15 Short Stories & Games (T) | March 5 10:15 Sit & Strong (Z) 3:15 Seated Yoga Stretch (Z/T) | March 6 3:15 Fun & Games (T) |
| March 8 12:30 Chair Exercise (Z) | March 9 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T) | March 10 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) | March 11 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | March 12 10:15 Sit & Strong (Z) 2:15 Coffee Chat (T) 3:15 Seated Yoga Stretch (Z/T) | March 13 3:15 Fun & Games (T) |
| March 15 12:30 Chair Exercise (Z) | March 16 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T) | March 17 12:15 Sit & Stretch (Z/T) 2:15 Shamrock Shenanigans (Z) | March 18 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | March 19 10:15 Sit & Strong (Z) 3:15 Seated Yoga Stretch (Z/T) | March 20 3:15 Fun & Games (T) |
| March 22 12:30 Chair Exercise (Z) | March 23 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T) | March 24 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) | March 25 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: Alaska | March 26 10:15 Sit & Strong (Z) 2:15 Coffee Chat (T) 3:15 Seated Yoga Stretch (Z/T) | March 27 3:15 Fun & Games (T) |
| March 29 12:30 Chair Exercise (Z) | March 30 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T) | March 31 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) | April 1 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | April 2 10:15 Sit & Strong (Z) 3:15 Seated Yoga Stretch (Z/T) | April 3 NO PROGRAMS GOOD FRIDAY |

This legend indicates how each WOW program will be available for this month!

T— offered through Teleconference

Z—offered through Zoom

Z/T—offered through both Zoom & Teleconference

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 11:15 Conversational Spanish 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 3:00 Men's Shed Carpet Bowling 3:15 WOW Fun/Games*(T) March 16 1:00 ASA Board of Directors (ATH) | 8:30 Woodcarving 9:00 Bocce 9:00 Boot Camp* 9:00 Zumba Gold Toning* 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminar 10:00 Zumba Gold* 10:30 Balance* 11:00 Piloga* 11:00 Circl Mobility* (Z) 12:15 WOW Chair Yoga*(Z/T) 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core* (ATH) 1:30 Walking Club (AFLC)* 1:30 Snooker League 1:45 Get Strong* (ATH) 2:15 Pickleball (Men) 3:00 Chair Fit* (ATH) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Line Dance* 8:00 Beginner Line Dance* | 9:00 Woodshop 9:00 Get Fit* (H) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* 10:00 Snooker League 10:30 Ladies Laugh & Learn* 11:00 French 11:30 WOW Sit & Balance (Z) 12:15 Walk Fit* (AFLC) 12:30 Walking Soccer - Learn to Play (S.D) * 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Chronic Pain Management* (ATH) 1:30 Bridge 1:30 Snooker League 1:45 Choir 2:30 Knitting* 3:15 WOW Stories/Games (T) March 11 & 25 11:45 Bistro March 25 10:30 Blood pressure Clinic | 8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* (ATH) 9:30 Snooker League 9:45 Stretch & Tone*(H) 10:30 Keep Singing 11:00 Yoga - Chair, Movement & Mindfulness* (ATH) 11:00 Badminton 11:30 Snooker League 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:00 Pilates* (ATH) 1:30 Snooker League 1:30 Woodcarving Class 2:30 Pickleball (Women) 3:00 Chair Fit* (ATH) 3:15 WOW Chair Yoga (Z/T) | 9:00 Woodshop 9:00 Piloga* (AFLC) 9:30 Quilt 'n Sew 9:00 Get Fit* (H) 9:30 Writers Circle 9:30 Mandarin Singing 10:00 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 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 6:30 Bid Euchre 7:00 Fun Night March 6 & 20 7:00 Dance March 7 Author Night March 27 Spring Fling with the Coyotes |

Please note: Pickleball times and registration are subject to change. Refer to the Pickleball schedule (available at the Centre or auroraseniors.ca)
 Aurora Seniors Centre (905) 726 4767