

Did you hear? It's our birthday!

Aurora Seniors Centre is 20!

Join us to celebrate! Everyone is welcome



*Wednesday January 21, 2026
1:00-3:00 p.m.*

Drop in and mingle with old and new friends, light refreshments, and cake cutting

THE LIND

REALTY TEAM INC.

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THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

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▶ ASA Board of Directors

The holiday season is upon us, and I hope all of you will have time to spend with friends and family. I know we will enjoy the excitement on the faces of our grandchildren as they share in all the magic of Christmas.

Congratulations to Andrew Bailey, who has been selected as the new Adult/Older Adult Co-ordinator for the Aurora Seniors' Centre. We know you will continue to do a great job looking out for all of us, and we look forward to working together in the new year.

It should be no surprise that our Christmas lunches were a big hit as we gave 300 members the opportunity to enjoy fellowship and a wonderful meal. Thanks to Carol Hedenberg for taking the lead on this for us.

Membership renewals took off during the first two weeks of December. Registration tables will be open once again at the beginning of January. Your current membership will expire as of January 31, 2026. Be sure to renew and continue to be part of our ASC community. Town of Aurora programs have wrapped up for the fall, and registration is on-going for the winter session. Programs are filling up so don't be disappointed.

Many ASA programs are continuing over the holidays, so be sure to check the schedule which is posted around the Centre.

On January 21, 2026 your Centre will officially be twenty years old. Some exciting special activities have been planned for that day so be sure to put it in your calendar. Come join us to celebrate a great twenty years.

This time of year, it's very easy to look outside and decide to stay home. I urge everyone to make that extra effort to get out. I guarantee you it will help you get over the winter blues.

Lastly, from your Board of Directors, have a safe and happy holiday season and we look forward to a wonderful 2026.

Glen Sharp
President Aurora Seniors Association



SCENT FREE ZONE

Help us keep the air we share
healthy and fragrance-free

▶ ASA 2026 Membership Renewals

If you haven't already done so, you have until January 31 to renew, after which you will not be able to check in.

The dates you may renew your membership in person from 9 am to 3 pm are as follows:

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

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

ONLINE MEMBERSHIP RENEWALS

On Dec 1st we will add the ability for people to renew their 2026 membership at the Aurora Senior Association online. If you attend the Computer Club Zoom sessions, you will be able to renew this online as well. This will not currently support new memberships because there are documents that need to be completed at the Centre for the staff there to set up your account for the first time.

A news item will appear on the Aurora Seniors Association website soon with a link to detailed instruction on how to complete your renewal payment online.

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.

MEMBERSHIP ASSISTANCE

Aurora Seniors Association

Are you an older adult who needs assistance with your 2026 membership or activity fees?

Contact Brandie to have a confidential conversation.

FOR MORE INFORMATION:
✉ byorg@aurora.ca
☎ 365 500 3161

HELP IS HERE

Town of Aurora Winter 2026 Programs

Winter 2026 Town Program Registration is currently available

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

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	Jan 13	9:30am-10:15am	\$77.00/12	37908
Tue	Jan 13	10:30am-11:15am	\$77.00/12	37909

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	Jan 15	9am - 9:30am	\$44.00/12	37910

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	Jan 14	7:30pm – 8:30pm	\$110/9 per person	37899

BALLROOM & LATIN DANCE LEVEL 2

Age: 18+ years Location: ASC

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

*No class Feb 16

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	7:30pm – 8:30pm	\$112/9 per person	37900*

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 Feb 16

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	8:30pm – 9:30pm	\$114/9 per person	37901*

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	Jan 13	9am - 9:45am	\$77.00/12	37911

CHAIR FIT

Age: 55+ years Location: ATH

Get fit while you sit! This program uses cardiovascular exercise to improve your endurance and works the muscles to strengthen the entire body. This class is ideal for participants who are new to exercises or who prefer the aid of a chair during the routine.

Day	Date	Time	Fee/Class	Code
Tues	Jan 13	3pm - 3:45pm	\$77.00/12	37912
Thurs	Jan 15	3pm - 3:45pm	\$77.00/12	37913

CHAIR: GENTLE EXERCISE

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Fri	Jan 16	10am - 10:45am	\$77.00/12	37914

CHRONIC PAIN MANAGEMENT

Age: 55+ years Location: ATH

The Healthy Living Now Chronic Pain program offers tips and techniques to manage chronic conditions and emotions, including how to improve physical activity, breathing, muscle relaxation, healthy eating, problem solving skills, positive thinking, medication usage, and planning for the future. This program is offered in conjunction with Southlake Regional Health Centre. It is recommended to attend all sessions to get the most value out of the program.

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	1:30pm-3:30pm	Free/6	37915 Full

NEW CIRCL MOBILITY

Age: 55+ years Location: ZOOM

CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer. With the use of a chair, you will unlock your body's potential while you focus on flexibility, breathwork and mobility exercises. 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	\$77.00/12	37937

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	Jan 13	1pm - 1:30pm	\$44.00/12	37916 Full

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 3

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	9am - 9:45am	\$70.00/11	37917 Full
Fri	Jan 16	9am - 9:45am	\$77.00/12	37918* Full

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	Jan 13	1:45pm - 2:45pm	\$77.00/12	37919 Full

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 3

Day	Date	Time	Fee/Class	Code
Fri	Jan 16	11am – 12pm	\$77.00/12	37920*

INTRODUCTION TO WEST COAST SWING

Age: 18+ years Location: ASC

West Coast Swing is a fun and versatile social dance form suitable for a wide range of music including Jazz & Blues, Country & Western, R&B, Soul and Classic Rock. Although it has its roots in the “swing” family of dancing, its steps are quite different from the Jive and other traditional Swing dances. This program will get you started with the basic steps and figures of this popular dance form. Partners are required.

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	8:30pm – 9:30pm	\$110.00/9	37906

NEW 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/Class	Code
Tues	Jan 13	2:00pm – 3:15pm	FREE/4	37938 Full

VISIT OUR WEBSITE



www.auroraseniors.ca

KNITTING LEARN TO KNIT - STEP 1

Age: 55+ years Location: ASC

A simple knit square or rectangle can become a button cowl, fingerless gloves or hat. In this LEARN TO KNIT class, you will learn several necessary basic skills to get started knitting; understanding yarn & gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practiced while knitting three small projects – a dishcloth, fingerless mitts and a cowl.

Participants need no prior experience knitting

Note: There is a \$25 fee, payable to the instructor, at the first class for supplies. This fee covers needles and yarn suitable for the three class projects.

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	10am – 11:15am	\$10.00/3	37939 Full

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	Feb 18	2:30pm – 3:45pm	\$45.00/4	37940

NEW 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	Jan 13	10am – 11:15am	\$45.00/4	37941 Full

KNITTING: WINTER LOG CABIN BLANKET

Age: 55+ years Location: ASC

This is a beginner style knit blanket that mimics the popular traditional log cabin quilt design. The blanket is a modular knit (knit all in one piece, join as you go, no seaming) in garter stitch (knit every row) and great for using up stash. It is a formula style design which allows you to be creative with your own colours, yarn weight and size. The final colour selections for your blanket can be made later. This class will acquaint you with the techniques and construction of knitting. Students should be proficient in basic knitting skills of casting on and simple knit stitch, however this class does not require advanced skills. Please pick-up a supply list at the ASC and bring supplies to the first class.

Day	Date	Time	Fee/Class	Code
Wed	Feb 18	10am – 11:15am	\$45.00/4	37949

LEARN TO CROCHET

Age: 55+ years Location: ASC

This class will serve as an introduction to crochet. You will learn the basic beginner stitches – chain, single, double, half double and treble stitches, increases and decreases, flat crochet and crochet in the round. We will learn to read crochet patterns and practice your new skills completing a couple of simple projects. Bring some DK or worsted weight yarn and 4mm crochet hook to the first class

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	2:30pm-3:45pm	\$45.00/4	37950 Full

LINE DANCING FOR BEGINNERS

Age: 55+ years Location: ASC

Students will have opportunity to learn the basic concept of line dancing and specific line dances to the most popular Latin, Ballroom and Night Clubs & Music. Beginner class line dances will be chosen from the selection of dances and music that are played and danced in Toronto dance clubs. Students will also learn few more complicated dances. Knowledge that they will gain will give them the confidence to dance in the dance clubs during the practices sessions as well as evening parties.

Day	Date	Time	Fee/Class	Code
Tues	Jan 13	6:30pm - 7:30pm	\$85.00/10	37924
Tues	Jan 13	8pm – 9pm	\$85.00/10	38129



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: February 16

^note new Monday time

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	9:00am – 10:15am	\$77.00/12	37925* Full
Thur	Jan 15	9:30am – 10:15am	\$77.00/12	37921

MOVE & TONE

Age: 40+ years Location: Zoom

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

*No class February 16

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	9am - 10am	\$77.00/12	37922*

Program Prices & HST

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

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	Feb 14	1pm - 5pm	\$75.00/1	37903
Sat	Mar 28	1pm - 5pm	\$75.00/1	37904

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	Jan 15	1pm - 1:45pm	\$102.00/12	37923

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: February 16

>No Class: March 20 & April 3

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	9am - 9:45am	\$77.00/12	38079*~
Tues	Jan 13	11am - 11:45am	\$77.00/12	37926* Full
Fri	Jan 16	9am - 9:45am	\$77.00/12	37927^> Full

NEW POWERFUL TOOLS FOR CAREGIVER

Age: 55+ years Location: ATH

This is a 6-week, evidence-based workshop designed to empower caregivers with practical skills, emotional support and renewed confidence. Through engaging sessions and thoughtful discussions, participants will learn how to care for themselves while caring for others, leading to a healthier and happier caregiving journey. Whether you're new to caregiving or have years of experience, this workshop offers a safe, supportive space to grow, connect and thrive. This program is offered in partnership with Southlake Regional Health Centre.

Day	Date	Time	Fee/Class	Code
Wed	Mar 4	1:30pm - 3:30pm	FREE/6	37951

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: February 16

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	1:30pm - 2:30pm	\$77.00/12	37928* Full
Thurs	Jan 15	9:45am - 10:45am	\$77.00/12	37929 Full

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	Jan 14	12:15pm - 1pm	\$70.00/11	37930

VIRTUAL FITNESS

ALL ACCESS PASS

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

For more info, email wow@aurora.ca



Registration required



NEW 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.

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	12:30pm - 1:30pm	\$82.00/10	37944

NEW 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.

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	1:30pm - 2:45pm	\$70.00/10	37945

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	Jan 14	10am - 11am	\$77.00/12	37932 Full

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	Jan 15	11am - 12pm	\$77.00/12	37946

NEW 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	Jan 13	10am - 10:45am	\$77.00/12	37947

NEW 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	Jan 13	9am - 9:45am	\$77.00/12	37948

VIRTUAL ALL-ACCESS PASS NEW

Enjoy Our Fitness Classes Virtually at Home!

VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years Location: ZOOM

Our all-access pass allows you to join any of our virtual fitness classes: 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. Circl Mobility

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	Winter 2026 season	See schedule	\$77.00/12 weeks	37905

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

Dementia & Safety Awareness Fair: Together We Care



The event includes speakers that will empower, educate and share invaluable resources about Dementia.

**Saturday,
January 10, 2026
9:30 a.m. to 2:30 p.m.**

Aurora Seniors' Centre
90 John West Way

Presentations from the Alzheimer Society of York Region and York Regional Police Seniors' Safety officers. Exercise demos and health related information booths.

TWO WAYS TO REGISTER

IN-PERSON - Purchase \$5 tickets at the Aurora Seniors' Centre Reception, Memory Lane Home Living and the Alzheimer Society of York Region (Limited Availability).

VIRTUAL - Register at aurora.ca/DementiaAndSafety

KEYNOTE SPEAKER: Dr. Allen Power

MD, Geriatrician and Schlegel Chair in Aging and Dementia Innovation at the Schlegel-U. Waterloo Research Institute for Aging in Ontario. Dr. Power is an international educator and an acclaimed author of "Dementia beyond Drugs" & "Dementia beyond the Disease."

Lunch provided by Thompson Funeral Home.

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

• January 9 & 23



Join us on January 9 and on January 23 for our regular Friday dances. The dance events start with a line dance lesson at 6:45pm, followed at 7:30pm by ballroom dancing and a few more line dances during the night. Admission: \$5 for members, \$7 for non-members.

Aurora's Got Talent (AGT)

January 30, 2026, 7:30pm - 10:30pm

Aurora Senior Centre, 90 John West Way, West McKenzie Hall

Admission: \$5 members, \$7 non-members.

Tickets will be sold at the Aurora Senior Centre reception on Monday, January 5, 2026 (or at the door if there are any left). Including refreshments, and cash bar. Non-members and singles are welcome

The Friday Dance group is sponsoring a special entertainment and dance night. Different from our regular dances, on this Friday we will feature:

- Oldies and new songs sang by our members
- Live guitar music featuring classic hits
- Highlights of line dancing and partner dancing

The entire dance floor will be open all night for dancing, so you can join us for the dance, or just listen to music and watch the performers.



HOSTED BY AURORA SENIORS ASSOCIATION SPECIAL EVENTS COMMITTEE

Valentine's Dinner & Dance

FEBRUARY 13TH

Entertainment by George St. Kitts

\$25 FOR MEMBERS

\$30 FOR NON MEMBERS

DOORS OPEN AT 5 PM

DINNER AT 6PM

DANCE 7 - 9:30 PM

TICKETS GO ON SALE JANUARY 12, AT RECEPTION



Indoor WALKING CLUB

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

SEMINARS

Tuesday January 6

Striding Out With Lucy

Tuesday January 13

TBA

Tuesday January 20

TBA

Tuesday January 27

Inspirational Stories: Sandy Bundy

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



FREE BLOOD PRESSURE CLINIC

January 28 - 10:30 to 11:30 a.m.

Join us in the Library for a free blood pressure check, courtesy of our friends at Chartwell Retirement Residence. No registration required!

SPREAD THE WORD OUR INDOOR GIANT GARAGE SALE

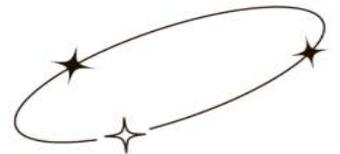
Will be happening again in April 2026, and we count on donations from members and the community to make this sale a success. Don't forget items for our Diamond elephant Room where you will find donated higher quality items at a fraction of their value.

PLEASE NO VHS tapes, magazines, computer books or clothing.

WE WILL BE ACCEPTING ITEMS CLOSER TO THE SALE DATE.
MORE NEWS TO COME.



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!



CHAIR FIT

The class focuses on improving strength, flexibility, and balance. We will use a variety of seated exercises, light hand weights, resistance bands, and the participant's body weight. Modifications are provided to accommodate different fitness levels. This is a social class with upbeat music to keep the energy fun. The goal is to improve functional fitness with a smile on your face.



FREE TRY IT CLASS

TUESDAY JANUARY 6 AT 3:00 P.M.
3RD FLOOR AURORA TOWN HALL

REGISTRATION REQUIRED AT RECEPTION

CLASSES BEGIN
THURSDAY JANUARY 13
3-3:45 P.M.
AT TOWN HALL
\$77.00/12 CLASSES

FREE TRY IT CLASS

TUESDAY JANUARY 8 AT 3:00 P.M.
3RD FLOOR AURORA TOWN HALL

REGISTRATION REQUIRED AT RECEPTION

CLASSES BEGIN
THURSDAY JANUARY 16
3-3:45 P.M.
AT TOWN HALL
\$77.00/12 CLASSES



Older Adult 55+

LEARN TO PLAY WALKING SOCCER



Walking Soccer is a modified version of the traditional game. It's designed for a slower pace and lower impact, making it accessible to a wider range of ages and abilities. It's a non-contact sport where running and jogging are not allowed, ensuring a safe and enjoyable experience for everyone involved.

COME OUT & LEARN TO PLAY AT THE LIND REALTY TEAM SPORTS DOME!

No experience necessary!
All you need is a pair of running shoes.

Wednesday January 14
12:30 - 1:30 pm
\$82.00/10 weeks
Register at reception

Questions please contact seniorscentre@aurora.ca or call 365 500 3161

"We have a lot of competition among ourselves, which I love because we support our team. Everyone applauds when someone makes a magical play, a great pass, or an outstanding shot. Any age can enjoy it because the spirit is present."

"People love playing it, and I think once you're hooked on soccer, even from a young age, you're hooked for life. I never thought I'd play soccer again when I quit at 44. Walking soccer has been the best thing for us."

"I had a hip replacement in November of 2021. I meant for about eight or nine months of 2022 (before the operation), I was walking with a cane so I thought my whole soccer days were all over. Four months after having that hip replacement, I was playing walking soccer."

"I said no and then she insisted, and I said 'OK, let's give it a try'. So, a couple of weeks later, we went. And I really enjoyed it."

WALKING SOCCER SCRIMMAGE

AT THE LIND REALTY TEAM SPORTS DOME

This session is for the player who already did Learn to Play or is familiar with soccer. Walking Soccer is a modified version of the traditional game. It's designed for a slower pace and lower impact, making it accessible to a wider range of ages and abilities. It's a non-contact sport where running and jogging are not allowed, ensuring a safe and enjoyable experience for everyone involved.



- ✓ Wednesday January 14, 2026
- ✓ 1:30 to 2:45
- ✓ \$70.00 for 10 weeks
- ✓ Register at reception

Program Highlights:

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

Drills & Technique: Participate in engaging drills designed to enhance your technique and understanding of the game.

Scrimmage Time: Put your skills to the test with friendly scrimmages that emphasize teamwork and fun.

What You Need:

- Comfortable clothes
- Running shoes
- A big smile and a positive attitude!

Email: seniorscentre@aurora.ca
Phone: 365-500-3161



AURORA SENIORS ASSOCIATION PRESENTS:

MAGIC FOR ALL AGES SHOW

Saturday January 24, 2026

Aurora Seniors Centre

1:30 p.m. doors open

2:00 p.m. show time

Adult tickets: \$15

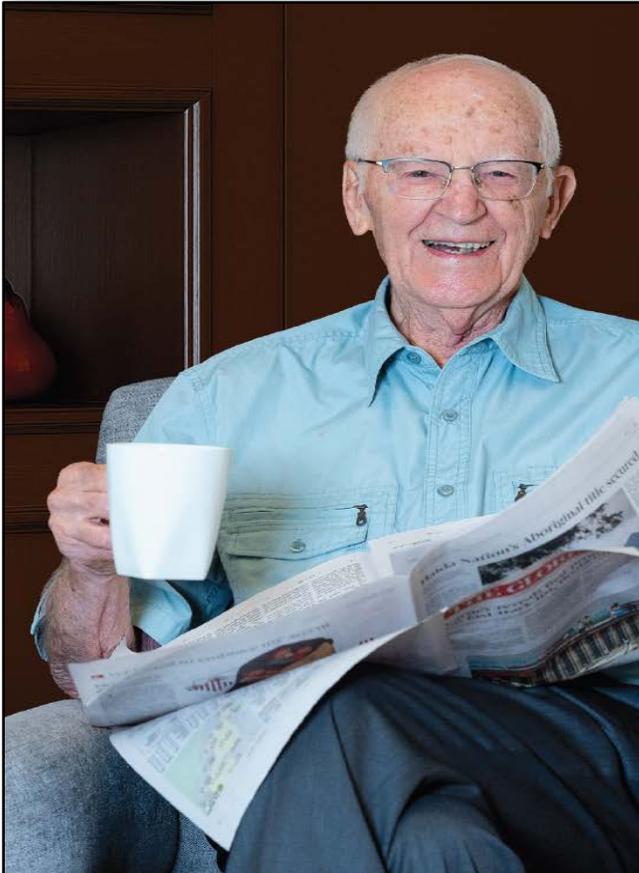
Children over 10: \$10

Children 10 & under: FREE

light refreshments available

Scott Dietrich

Award Winning Magician, Speaker, Author, &
former YTV Personality



Discover THE DELMANOR DIFFERENCE

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25 BUTTERNUT RIDGE TRAIL, AURORA

▶ ASA Activity News

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.

▶ Special Events Committee

The **Special Events Committee** would like to thank the members of the **ASA** for their support in 2025. It has been a very successful year of fun events. We welcomed many local talents, Lianne Harris, The Pacemakers, Tony the Entertainer, The Flailing Shilaleighs and The Bent Fork improv group. A very special thank you to Elfriede and Sabrina Greupner for volunteering their time to host Trivia nights.

The committee is looking forward to entertaining our members in 2026 with a number of new talents and events. Special thank you to the members of The Special Events Committee for their hard work and dedication in making these events successful. We wish you all a very **Merry Christmas and a very Happy New Year. All the best in 2026.**



🎉 **Happy New Year!** 🎉

What an amazing year it's been! We've loved every moment spent with you at the Seniors Centre—your smiles, laughter, and energy make this community so special.

Thank you for being part of the fun in 2025. Let's make 2026 even brighter, filled with friendship, joy, and unforgettable memories!

💎 **Wishing you happiness, health, and plenty of reasons to celebrate in the year ahead!** 💎

Cheers,
Your Seniors Centre Team

▶ Computer Club Information and Activities

Every Tuesday from 10 – 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 11a-noon. 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.

Tuesday morning seminar schedule for January:

- January 6 – General Q&A
- January 13– Using Canva (Sabrina)
- January 20 – Using Facetime and Preview (Herb)
- January 27– Using Whatsapp (Cary)

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 are always welcome. Send your suggestions to cclub@auroraseniors.ca

▶ 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



Wednesday January 21 is our 20th Anniversary Celebration. All activities from 1:00 to 3:00 will be cancelled. Please join us to celebrate this important milestone in the West McKenzie.

▶ Tuesday Night Movies

January 6 – New Years Eve (2011): Halle Berry, Jessica Biel, Jon Bon Jovi (PG 13, 117 min, Comedy, Romance, Drama)

Before the ball drops in Times Square, a group of singles and couples lives intertwine in the Big Apple. The couples and singles celebrate love, hope, forgiveness, second chances and fresh starts, in intertwining stories told amidst the pulse and promise of New York City on the most dazzling night of the year.

January 13 – Freaky Friday (2003): Jamie Lee Curtis, Lindsay Lohan (PG, 96min, Comedy)

A mother and daughter don't relate to each other on anything. Then one night a little mystic mayhem changes their lives, and they wake up to the biggest freak-out ever. Tess and Anna are trapped inside each other's body!

January 20 – Eleanor the Great (2025): June Squibb, Erin Kellyman, Jessica Hecht (PG 13, 98 min, Comedy Drama)

A spirited 94-year-old who tells a tale that takes on a dangerous life of its own. Eleanor Morgenstin has always stayed engaged and connected to the people around her. So, after a devastating loss, she relocates from Florida to New York City to live with her daughter and grandson.

January 27 – Freakier Friday (2025): Jamie Lee Curtis, Lindsay Lohan (PG, 110 min, Comedy)

Tess's daughter Anna now has a daughter of her own and soon, a stepdaughter. As they navigate the joys and challenges when two families merge, lightning just may strike twice.

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><u>ASA Board of Directors:</u> President Glen Sharp Vice President Julia Jackson Treasurer Harold Reiter Secretary Rob Gaby Directors Jim Abram Vern Cunningham Kevin Griffiths Theresa McKenzie Nancy Spinks</p>	<p><u>ASA Committees:</u> By-Law Committee John Scherrer Finance Committee Harold Reiter Fundraising Committee Rob Seath Membership & Volunteers Committee Carol Hedenberg Operations & Activities Committee Julia Jackson SAGA Committee Jim Abram Special Events Committee Nandy Singh</p>	<p><u>Aurora Seniors Centre Staff:</u> Andrew Bailey Adult Program Coordinator abailey@aurora.ca (365) 500 3160 Vacant Adult/Older Adult Programmer Brandie Yorg Seniors Program Assistant byorg@aurora.ca (365) 500 3161 Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				January 1 NO PROGRAMS HAPPY 2026	January 2 3:15 Fun & Games (T)
January 4 12:30 Chair Exercise (Z)	January 5 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	January 6 12:15 Chair Yoga (Z/T) 2:00 Walking Club Seminar(Z)	January 7 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	January 8 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	January 9 Fun & Games (T)
January 11 12:30 Chair Exercise (Z)	January 12 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	January 13 12:15 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z)	January 14 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories (T)	January 15 10:15 Sit & Strong (Z) 2:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	January 16 3:15 Fun & Games (T)
January 18 12:30 Chair Exercise (Z)	January 19 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	January 20 12:15 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z)	January 21 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories (T)	January 22 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	January 23 3:15 Fun & Games (T)
January 25 12:30 Chair Exercise (Z)	January 26 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)	January 27 12:15 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games	January 28 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: New Zealand (T)	January 29 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	January 30 3:15 Fun & Games (T)

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

T— offered through Teleconference

Z—offered through Zoom

Z/T—offered through both Zoom & Teleconference

Questions or to register:

email wow@aurora.ca or phone 365-500-3161

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) 10:30 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 3:30 Men's Shed Carpet Bowling 3:15 WOW Fun/Games*(T) January 19 1:00 ASA Board of Directors (ATH)	8:30 Woodcarving 9:00 Bocce 9:00 Boot Camp* 9:00 Zumba Gold Toning* 9:15 Yoga Mat* (ATH) 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminar 10:00 WOW Chair Yoga*(Z/T) 10:00 Zumba Gold* 10:30 Balance* 11:00 Piloga* 11:00 Circl Mobility* (ATH) 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core* (ATH) 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 Woodcarving 6:30 Yoga: Sunset* (ATH) 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) 1:00 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) January 14 & 28 11:45 Bistro January 28 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) 10:00 Men's Shed Bocce 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) 6:30 Yoga: Restorative* (ATH) 7:45 Yoga: Anxiety & Stress* (ATH)	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 January 9 & 23 7:00 Dance

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