

**Aurora Seniors Centre own**



A Comedic

# SPRING FLING

**Saturday May 30, 2026**

**Sunday May 31, 2026**

**2 p.m.**

**LIVE  
PERFORMANCE**

**Tickets \$5.00**

**Available for purchase at reception May 4**

**At the Aurora Seniors Centre  
90 John West Way**



# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

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# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

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

[WWW.LINDREALTY.CA](http://WWW.LINDREALTY.CA)

*thank you*

Once again, the ASA spring garage sale was a huge success, and the credit goes to all of our ASA members, Older Adult program and Facilities town staff. You donated your jewelry, books, collectibles, and so much more. You spread the word to your friends and communities so that they could donate and buy. You baked.

You moved furniture and set up tables. You received donations. You organized and priced merchandise. You made coffee by the bucketloads and kept the volunteers fed. You assisted the customers and handled their payments. You got the cash counted and into the bank, and cleaned up the aftermath, so that by Monday morning we could function as normal.

Through all of your efforts we raised just over \$30,000.00 for the ASA this year! Congratulations to everyone on a job well done! We all benefit from this boost to program funding, so it's wonderful to see such a high level of engagement in the sale. You rock!

*5<sup>th</sup> Annual* AURORA SENIORS CENTRE

# WALKING CHALLENGE



## EVERY STEP COUNTS

**WALKING CHALLENGE LAUNCH SEMINAR  
TUESDAY MAY 5  
1:00 IN THE LOUNGE OR ON ZOOM**

**STARTS  
SATURDAY MAY 9**

**ENDS  
SATURDAY JUNE 5**

**Weekly  
Draw for  
prizes**

To register contact Brandie:



[byorg@aurora.ca](mailto:byorg@aurora.ca)



365 500 3161

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## ► From Town Staff

We would like to share some important upcoming updates about construction at the Seniors' Centre. We understand that changes like this can be inconvenient, and we truly appreciate your patience as we work to improve the space for everyone. Please rest assured the centre is staying open.

### **WHAT'S HAPPENING AND WHY**

#### **Roof and Parking lot Projects (May 2026 – September 2026)**

Beginning in May, full roof replacement work will take place at the Seniors' Centre and Town Hall. This work is expected to have minimal impact on daily activities, and all programs will continue as scheduled. There will be noise, possible odour and impact to areas where the Roof is being worked on. Temporary accessible parking spaces will be placed as our permanent spaces will be impacted. Some outdoor space around the Centre will be fenced off to ensure safety.

Following the roof work, the South parking lot shared by the Seniors' Centre and Town Hall, along with the walkway from John West Way, will undergo a full redesign to improve safety, accessibility, and overall usability. Construction is expected to begin the end of June, with the parking lot reopening in September. Once complete, the redesigned lot will include:

- 13 additional parking spaces
- Improved lighting
- Safer traffic flow
- Better accessibility for all users

### **WHAT THIS MEANS FOR YOU**

#### **South Parking Lot Closure:**

The main South parking lot will be fully closed starting the end of June and will remain closed until the project is complete (anticipated reopening in September).

#### **Centre Access:**

The Seniors' Centre will remain open throughout the construction period. The main entrance will continue to be the primary point of entry. Impacted areas will be fenced off to ensure safety.

#### **Alternative Parking Options:**

Parking will be available at:

- Town Hall North Lot
- Queen's Jubilee Park
- Street parking on Amber Hill Drive and John West Way

#### **Drop-Off & Accessible Parking:**

A temporary drop-off zone will be available at the bus stop on John West Way.

In addition, six accessible parking spaces will be available along John West Way during construction.

**Communication and Town Hall:**

The Seniors Centre Team will do our best to provide up to date messaging on any impacted area of the Centre through your activity coordinators, eflash and newsletters.

**A Town Hall will be held Wednesday, May 13 at 11:00 a.m. in the West McKenzie.**

Staff and our engineering team will share the most up-to-date information and answer questions. If you'd like to submit questions in advance, please email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) by Monday, May 11 or drop your questions off in if the secure box in front of Andrews office so we can do our best to answer them. To ensure a smooth meeting we will not be taking questions from the floor. If you can not attend in person, this will be offered via Zoom.

Please RSVP to attend the Town Hall at reception or email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) to receive the zoom link.


**Maps & Visuals:**

Maps showing the construction area and available parking options will be provided following the May 13 Town Hall.

We know this will require some adjustment, and we sincerely appreciate your understanding as we complete this important work. These improvements are being made with your safety, comfort, and experience in mind, and we are looking forward to sharing the upgraded space with you.



Thank you for your patience and continued support.

Andrew Bailey  
Adult/Older Adult Coordinator



**Town Hall Meeting**  
Roof and Parking lot Update  
Wednesday, May 13  
11:00 a.m.

**Attend In Person or on Zoom**  
Staff and the Engineering Team will share the latest information and answer submitted questions.

**Submit Questions by Monday, May 11**  
 [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)  
 Secure question box in front of Andrew's office  
Questions will not be taken from the floor.

**Parking & Construction Maps**  
Maps and visuals will be shared after the Town Hall.

**RSVP at Reception or email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) to receive the Zoom link**

**Coffee and cookies will be provided**

## ▶ ASA Board of Directors



As I write this month's note, volunteers are busy receiving, sorting, and displaying the hundreds of items for our annual Giant Indoor Garage Sale. Next month I will report on the results of this fantastic fundraising event.

I have been asked to explain the difference between Town of Aurora and ASA programs. The simple answer is that if it costs more than one dollar it's a Town program. ASA programs are led by volunteers while Town programs are led by paid and trained staff with necessary certifications. This, and many other items are covered at our Let's Get Acquainted sessions which are open to new and not so new members. We cover some of the history of the Centre, our relationship with the Town and the importance of volunteers as well as other topics. Our next LGA is Wednesday May 20 at 11 a.m. so please plan to join us.

There are twenty garden boxes on our deck. These are available for members to book at no charge on a first come first served basis. Look for the information at Reception.

Our annual Volunteer Celebration will be held on May 23. This year it will be a luncheon at the Centre. Members who have contributed twenty or more volunteer hours should have received their invitation to come in and pick up a ticket. Its sure to be a great day.

***From your Election Committee:*** *Your Board has been very busy during April preparing for our elections. We held a very successful Meet the Candidates event on April 15<sup>th</sup> with 115 members in attendance. The addition to the advance poll after the meeting was a success with 102 members voting. The advance poll on April 17<sup>th</sup> brought another 77 votes to the table. With almost ½ of the votes from last year we are in great shape for a fabulous election this year. The candidates did a great job fielding questions from our moderator, and the survey feedback we got from members was very positive. The newly elected board members will be introduced and sworn in at our AGM on Wednesday, June 10<sup>th</sup> beginning at 11:00 a.m. Details on the AGM are included in this newsletter.*

Our Men's Shed program was nominated for the Community Safety Award for marshalling the Canada Day parade and assisting with seating and helping guests at Town Square events. I am pleased to report that we won and we will be acknowledged at a special ceremony on May 25 at Town Square. Pretty exciting.

That's all for now.

What we need is some warm weather!

Glen Sharp

ASA President

## ▶ ASA 2026 Board of Directors Election



### **2026 ANNUAL GENERAL MEETING (A.G.M.)**

**Rob Gaby, Secretary**

Our **2026** Annual General Meeting will be held  
**WEDNESDAY, JUNE 10<sup>th</sup>** starting at **11 a.m.**

This is your opportunity to hear and comment on the year's progress and participate in decisions affecting your Association.

The 2026 A.G.M. will mark 22 years of operation by the Aurora Seniors Association as an incorporated, non-profit organization.

June 10<sup>th</sup>, 2026, A.G.M. will be a hybrid version – including in-person and virtual (ZOOM) attendance. Members must have current 2026 membership to attend.

Virtual (ZOOM) attendance will require pre-registration by 4:00p.m. Friday, June 5<sup>th</sup>. Members can pre-register by phone (905-726-4767) or by email ([seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)). A link to the meeting will be e-mailed to pre-registered members prior to the meeting.

We are happy to report that as in previous years a barbecue and refreshments will follow the A.G.M. for a cost of \$2.00 for members who attend the meeting. On **Thursday, June 4<sup>th</sup>, 2026**, a complete agenda package will be posted on the Centre's bulletin board, on the ASA website - [www.auroraseniors.ca](http://www.auroraseniors.ca) and a **LIMITED** number of copies will be available at the Seniors' Centre Reception desk.

Questions may be put in writing using the Let Us Know form handed to Reception and by e-mail to the ASA President ([glens44@hotmail.com](mailto:glens44@hotmail.com)) ahead of the A.G.M. Questions regarding ASA Financial Reports should be emailed to: [asatreasuer@auroraseniors.ca](mailto:asatreasuer@auroraseniors.ca). Questions received by June 5<sup>th</sup> will be addressed at the meeting. Questions received after June 5<sup>th</sup> and during the AGM will be addressed and responded to at the first meeting of the 2026-2027 Board.

The following is a general outline of the Agenda for the A.G.M. as detailed in **By-Law #1, Clause 1.17.02 Annual General Meeting**. At the A.G.M., in addition to all other member and Board of Director's business that may be transacted, the agenda will include the following:

- Acceptance of Officers
- The Report of the Directors
- The Financial Statements
- Report from the Auditors
- Auditors' appointment for the ensuing year and their remuneration
- New Business

# WELCOME

# LILI



## Our Summer Placement Student

Hello Everybody! Hi, my name is Lili, and I'm currently a Social Service Worker (SSW) student with a background in graphic design and creative work. I'm passionate about connecting with people and supporting my community in meaningful ways. Outside of my studies, I have a deep love for art and music, and I enjoy creative activities like pottery. I also find joy in nature, gardening, cooking, and baking, as well as spending time with animals. I'm excited to be part of the community and look forward to learning, growing, and contributing wherever I can.



Aurora Seniors Association  
The Evergreen Choir's 2026

# Spring Concert



Saturday, June 13 at 2 p.m.

Doors open at 1:30 p.m.

Director: Dr. Richard Heinzle

Accompanist: Craig Garnham

Tickets are \$5

Available May 11 at Reception

Aurora Seniors Centre  
90 John West Way, Aurora  
905 726 4767  
seniorscentre@aurora.ca  
auroraseniors.ca



## Town of Aurora Summer 2026 Programs

### Registration is currently available for Summer 2026 Town Programs

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	July 7	9:30am- 10:15am	\$51.00/8	39322
Tue	July 7	10:30am- 11:15am	\$51.00/8	39323

#### BASIC CARDIO – HYBRID (in person ASC & ZOOM)

Age: 55+ years Location: ASC

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

Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session.

Day	Date	Time	Fee/Class	Code
Thurs	July 9	9am - 9:30am	\$30.00/8	39324

#### BOOT CAMP GOLD

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Tue	July 8	9am - 9:45am	\$26.00/4	39325
Tue	Aug 4	9am – 9:45am	\$26.00/4	39626

#### 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	July 8	3pm – 3:45pm	\$51.00/8	39338

#### 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	July 10	10am - 10:45am	\$51.00/8	39237

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

## CHRONIC PAIN MANAGEMENT

Age: 55+ years Location: ATH

The Healthy Living Now 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.

Day	Date	Time	Fee/Class	Code
Wed	May 13	1:30pm – 3:30pm	FREE/6	40434

## 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

## DRAWING FUNDAMENTALS

Age: 55+ Location: ASC

Overcome your fear of drawing. Truly, anyone can learn to draw. Using a variety of tools each week you will be introduced to technical and creative exercises that will help you develop your drawing skills. Join a group of likeminded participants in a relaxed and inclusive atmosphere. Material costs are extra

Day	Date	Time	Fee/Class	Code
Wed	July 8	9am – 10:30am	\$80.00/6	40066



## 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

Day	Date	Time	Fee/Class	Code
Wed	July 8	9am – 9:45am	\$51.00/8	39328

## GET STRONG

Age: 55+ Location: ATH

Are you ready for the next challenge to step up your strength? This class uses seating and standing exercises to improve your strength, mobility and range of motion. Weights, bands and body weight exercises will be incorporated.

Day	Date	Time	Fee/Class	Code
Wed	July 8	1:00pm – 2:00pm	\$51.00/8	39330

## 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	July 10	11am – 12pm	\$51.00/8	39329

## 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/Clas	Code
Wed	May 13	2:30 pm– 3:45pm	\$45.00/4	39192

## 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

## 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	July 6	9:00 a.m. – 10:00 a.m.	Included in all access virtual pass

## 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	May 30	1pm – 5pm	\$70.00/1	39459
Mon	July 13	12:30 – 4:30	\$70.00/1	39457

## PILOGA

Age: 55+ years Location: ATH

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.

Day	Date	Time	Fee/Class	Code
Fri	July 10	9am – 9:45am	\$51.00/8	39333

## 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	July 7	11am – 11:45am	\$51.00/8	39332

## 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/Clas	Code
Mon	May 25	11:30m – 12:15pm	\$36.25/5	39880

## SEATED CORE & PELVIC CORE

Age: 55+ years Location: ATH

This female only class will help you strengthen your core (or midsection). Using a chair, this class stays off the floor!

Your instructor Lucy will also help you train your pelvic floor in a safe and manageable manner.

Day	Date	Time	Fee/Class	Code
Wed	July 8	12:15 – 12:45pm	\$26.00/4	39882
Wed	Aug 5	12:15 – 12:45pm	\$26.00/4	39883

**HearCANADA** will be onsite on Friday, May 29 from 9 a.m. to 3 p.m. They will take a brief case history to understand your hearing health, then will perform an otoscopy to check for cerumen (earwax) and conduct a hearing screening, which is a pass or fail hearing test. If necessary, they will provide primary earwax removal on-site.

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



## 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: August 3

Day	Date	Time	Fee/Class	Code
Mon	July 6	1:30pm – 2:30pm	\$51.00/8	39334
Thurs	July 9	9:45am – 10:45 am	\$51.00/8	39335

## WALKFIT

Age: 55+ years Location: ATH

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

Day	Date	Time	Fee/Class	Code
Wed	July 8	10:30 am – 11:15pm	\$51.00/8	39336

## NEW WATERCOLOUR FLORALS

Age: 55+ years Location: ASC

This class is for participants with some experience with watercolours. It will concentrate on watercolour florals and will use transparent watercolours to produce luminous watercolour projects. The class will explore both realistic and expressionistic versions of watercolour florals. (Please see supply list for suggested colours.)

Day	Date	Time	Fee/Class	Code
Tues	July 8	9am – 11:30am	\$76.00/4	40435

## NEW WATERCOLOUR LANDSCAPE

Age: 55+ years Location: ASC

This class is for participants with some experience with watercolours. It will concentrate on watercolour florals and will use transparent watercolours to produce luminous watercolour projects. The class will explore both realistic and expressionistic versions of watercolour florals. (Please see supply list for suggested colours.)

Day	Date	Time	Fee/Class	Code
Tues	Aug 6	9am – 11:30am	\$76.00/4	40436

## 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	July 8	10am - 11am	\$51.00/8	39337

## 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	July 7	10am – 10:45am	\$51.00/8	39341

## 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	July 7	9am – 9:45am	\$51.00/8	39342


**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 11:00 a.m. Get Strong

Date	Time	Fee/Class	Code
M-F 2026	See schedule	\$51.00/8 weeks	39461



**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!

**SCHEDULE:**

**Monday**  
 9 a.m. Move & Tone  
 1:30 p.m. Stretch & Tone


**Tuesday**  
 10 a.m. Zumba Gold  
 11 a.m. Piloga

**Wednesday**  
 9 a.m. Get Fit

**Thursday**  
 9 a.m. Basic Cardio  
 9:45 a.m. Stretch & Tone

**Friday**  
 11 a.m. Get Strong

All fitness levels • Age Group 40+  
 For more info, email [wow@aurora.ca](mailto:wow@aurora.ca)





## Name that Tune

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

Thursday May 28<sup>th</sup>  
 3:15-3:45pm.  
 ONZOOM

email [wow@aurora.ca](mailto:wow@aurora.ca) for the link. Links will be sent the morning of May 28<sup>th</sup>

**JOIN US FOR**  
**MAY MAYHEM**  
 ON ZOOM

May 7<sup>th</sup>  
 3:15-3:45 p.m.  
 ON ZOOM

This month we are serving up a multitude of magnificent fun and games to keep your tummy tickled, your brain buzzing, and your chaos delightfully coordinated.

Email [wow@aurora.ca](mailto:wow@aurora.ca) for the 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

May 8 & May 22

Join us on May 8 and 22 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.

In case of adverse weather conditions or cancellations, please check the dance status on the day of the event or before at [//advantica.com/asad](http://advantica.com/asad)



The Friday Dance group has created a new volunteer role:

**Public Relations and Outreach Coordinator.**

We're looking for a friendly, outgoing person to help promote our dance events, encourage participation, grow attendance, and assist with volunteer recruitment. This is a flexible, informal role focused on communication rather than administration.

**Interested? Visit us at a Friday dance or email Les at [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)**

**We love your pets, but please keep personal pets at home to ensure the comfort of all members**

The Aurora Seniors Centre welcome service animals that support our members 🐾

To help keep everyone safe and comfortable, we ask that:

- ✅ Service animals are always welcome and should be leashed or under control
- 🦺 Service animals wear a vest or harness
- 🙅 Please don't pet, feed, or distract service animals—they are working

**Thank you for helping us keep our space safe, inclusive, and welcoming for everyone ❤️**

JOIN US FOR A FREE  
**WALK & TALK  
WITH LUCY**

TUESDAY MAY 26  
11 - 12 P.M



JOIN LUCY IN THE LOUNGE FOR AN  
INFORMATIVE TALK FOLLOWED BY A  
WALK IN THE ARBORIUM

MONDAYS IN JUNE!  
9:30 - 10:30 A.M.

**Muffin  
Mornings**

\$2 for a fresh  
muffin with  
coffee or tea

\*Limited quantities available\*



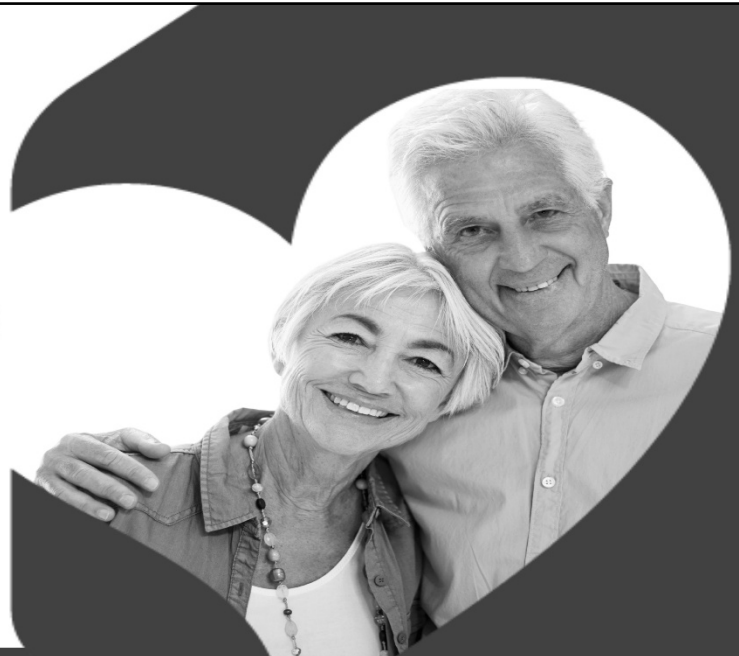
Sponsored by :

the  
**RESIDENCES**  
ON YONGE

**Dynamic**   
**Downsizers**

Moving You From  
Overwhelmed to Overjoyed

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



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

hello@dynamicdownsizers.com | www.dynamicdownsizers.com

## ▶ ASA ACTIVITIES

### LET'S CREATE

THANK YOU! To all the members, family and friends that donated jewellery for the Garage Sale. Stacey Stevens and the Wednesday Let's Create group get it ready for the big sale, thank you for all your hard work. The left-over jewellery moves on to other groups or organization for their sales to make them money, churches, legion, and Hospice groups. We collect the jewellery all year long, drop it off at the front desk.

### SNOOKER LEAGUE

How did May get here so soon? Our third and last 7-week schedule is now in effect. Following a one week break, Session 3 started April 27<sup>th</sup> and runs through June 11<sup>th</sup> the remaining 3 sessions this year will all be 8 weeks long.

A special shout-out to Paul Pandolfi who mentors ladies every Monday morning. (*We suspect he likes having the ladies all to himself 😊*) Monday mornings between 9:00am – 12:00pm, the Snooker Room is reserved for ladies only as they hone their skills to clobber the men in regular league play. This is a "drop-in" time. New Snooker Members are always welcomed, and you are encouraged to reach out to Scott using the contact info at the end of this announcement.

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.*

The Snooker Coordinator is Scott Ryckman and he can be reached at [ASAsnooker@outlook.com](mailto:ASAsnooker@outlook.com)

### MAHJONGG

**Saturday, April 18** was a wonderful day at the Centre, with 24 players taking part in our tournament and one outstanding timer – thank you, Irene! She kept us all aware of how much time we had left, and at times it felt like we were on *The Great Canadian Baking Show* 😄. We were also delighted to **honour June**, our previous convenor, with a celebratory cake and a surprise visit from Senior Centre President Glen Sharp, making the afternoon extra special.

#### **Congratulations to our winners:**

**First Place:** *Lauri Foss* – whose name will be engraved on the trophy

**Second Place (Tie):** *Sandra Hart and Aniita Freedland*

**Fourth Place:** *Carole Weiner*

**Fifth Place:** *Sheila Lorimer*

All other participants received an **Activity Card for the Centre**. Thank you to everyone who joined us and helped make the day such a success!



## **LIBRARY NEWS**

### **Recent Promotion**

We are back after several months off. Thanks to the just completed Garage Sale we received number of Sue Grafton novels and have nearly completed her collection of Alphabet series. We only need the 'A', 'C' and 'D' to make it complete.

Additionally, we have been introduced to a new author who is a member of the senior centre. The member is Brian Roach and he writes under 'Jeff Picard'. We have a copy of his latest novel 'The Thinking Garden' in our New and Notable Section. Please have a look.

### **Book and Puzzle Donations**

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

### **Water Damage or Mould**

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

### **Large Print Book section**

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

### **Borrowing Books**

The process is straight forward as there is no sign-out. You can borrow as many as you wish and then return the book(s) when you have finished. We have noticed that some borrowers when introduced to a new author borrow all available copies of their books. Please limit yourself to 2 copies of a single author thus leaving some for other borrowers. James Patterson is an exception to this limit.

### **General Administration**

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



**Thank you to everyone for attending our  
2025-2026  
Walking Club.**

**We are done for the season but will be back in  
September!**

Stay connected to everything you need to know.

# AURORA'S 2026 Municipal Election

AURORA VOTES 2026

Sign up for Election News to receive updates on:

- Important dates and deadlines
- Voting information and locations
- How to participate in the election

[aurora.ca/ElectionNews](http://aurora.ca/ElectionNews)



## JUNE IS SENIORS MONTH!

To celebrate we have several special programs throughout June. Here's a sneak peak with some save the dates and we have many more fun things planned.

**June 3 at 11 a.m.**

Wellness Afternoon with DelManor

**June 17 at 11 a.m.**

Fit-A-Thon

**June 18 at 1 p.m.**

Toronto Blues Jays Day

**June 25 10 a.m.**

Ask the Experts

# MURDER MYSTERY DINNER THEATRE



## FELON, FLAPPERS & FOUL PLAY

Saturday June 20, 2026

Doors Open at 5:00 p.m.

Dinner Theatre 5:30 p.m.

TICKETS \$55.00 PER PERSON

Available for purchase at reception May 11

Step back in time! 1920s costumes encouraged.

Full Menu available at reception

CASH BAR AVAILABLE IN THE LOUNGE STARTING AT 5:00 P.M.

DINNER AND MURDER WILL BE SERVED!





**LET'S GET  
ACQUAINTED**

**CALLING ALL MEMBERS!**

**WEDNESDAY MAY 27<sup>TH</sup>  
AT 11:00 A.M.**

Come out and learn more about your Seniors Centre:

- activities & programs
- special events
- information & learning sessions
- travel
- volunteer opportunities
- meet other members!

# GARDEN BOXES

Applications available  
Friday, May 1



We have 20 garden boxes available for members to use on the deck. We provide the box, soil, garden tools, and water. You provide the plants and/or seeds, and creativity. Boxes are only available to members, and priority will be given to those without access to greenspace (i.e. back yard). Boxes will be available for planting between Victoria Day and Thanksgiving.

Questions? Contact Brandie at [byorg@aurora.ca](mailto:byorg@aurora.ca) or 365-500-3161.

▶ 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:** Tuesday, June 2, 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

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**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 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 Presents

**A FRAGRANT & FLUTTERING ESCAPE**

NEOB Lavender is Niagara's first and only commercial lavender grower and essential oils producer. On our guided tour we will roam the fields, visit the aromatic greenhouse, and learn about the essential oils production. Next, we will have a delicious meal at the Queenston Heights Restaurant, just steps from Brock's Monument. This elegant restaurant is located in picturesque Queenston Heights Park, just ten minutes north of the falls at the edge of the Niagara Escarpment. After lunch, we will visit the Niagara Butterfly Conservatory. It's home to over 2,000 vibrant butterflies representing nearly 45 different species. The Conservatory features a glass-enclosed space spanning over 11,000 square feet, offering a tranquil atmosphere where butterflies freely flutter among visitors. Experience a fascinating stage of the butterfly's life cycle at the emergence window. Various species of butterfly, in their pupae stage, hang in this enclosed space. If you're lucky, you might even see a butterfly emerge from its pupa, hanging to dry its wings before its first flight.

- |                     |  |                    |  |
|---------------------|--|--------------------|--|
| <b>Date:</b>        | Wednesday, July 8, 2026  | <b>Inclusions:</b> | Return transportation via deluxe coach, visit to NEOB Lavender, lunch, wine tasting, visit to Walkers Farmers' Market, gratuity on meal, driver gratuity, & all taxes. |
| <b>Depart:</b>      | 8:30 a.m. - Stronach Recreation Complex  | <b>To Book:</b>    | Sign up at reception or for more information call Brandie Yorg at 365-500-3161   |
| <b>Rest Stop:</b>   | 10:00 a.m. - 10:30 a.m.<br>A quick rest stop in Grimsby  |                    |  |
| <b>Lavender:</b>    | 11:00 a.m. - 12:00 noon<br>Guided tour at NEOB Lavender Farm   |                    |  |
| <b>Lunch:</b>       | 12:15 p.m. - 2:00 p.m.<br>Enjoy a delicious meal at Queenston Heights<br>Choice of<br>1) Grilled Breast of Chicken<br>2) Baked Rainbow Trout<br>3) Nasi Goreng Style Rice Dish |                    |  |
| <b>Butterflies:</b> | 2:15 p.m. - 3:15 p.m.<br>Visit to the Butterfly Conservatory   |                    |  |
| <b>Market:</b>      | 3:30 p.m. - 4:30 p.m.<br>Visit to Walkers Farmers' Market  |                    |  |
| <b>Return:</b>      | Arrival in Aurora approx. 6:30 p.m.  |                    |  |
| <b>Price:</b>       | Member: \$190.00 per person<br>Non Member: \$200.00 per person   |                    |  |



**Attention:**  
This trip has lots of walking  
and uneven ground



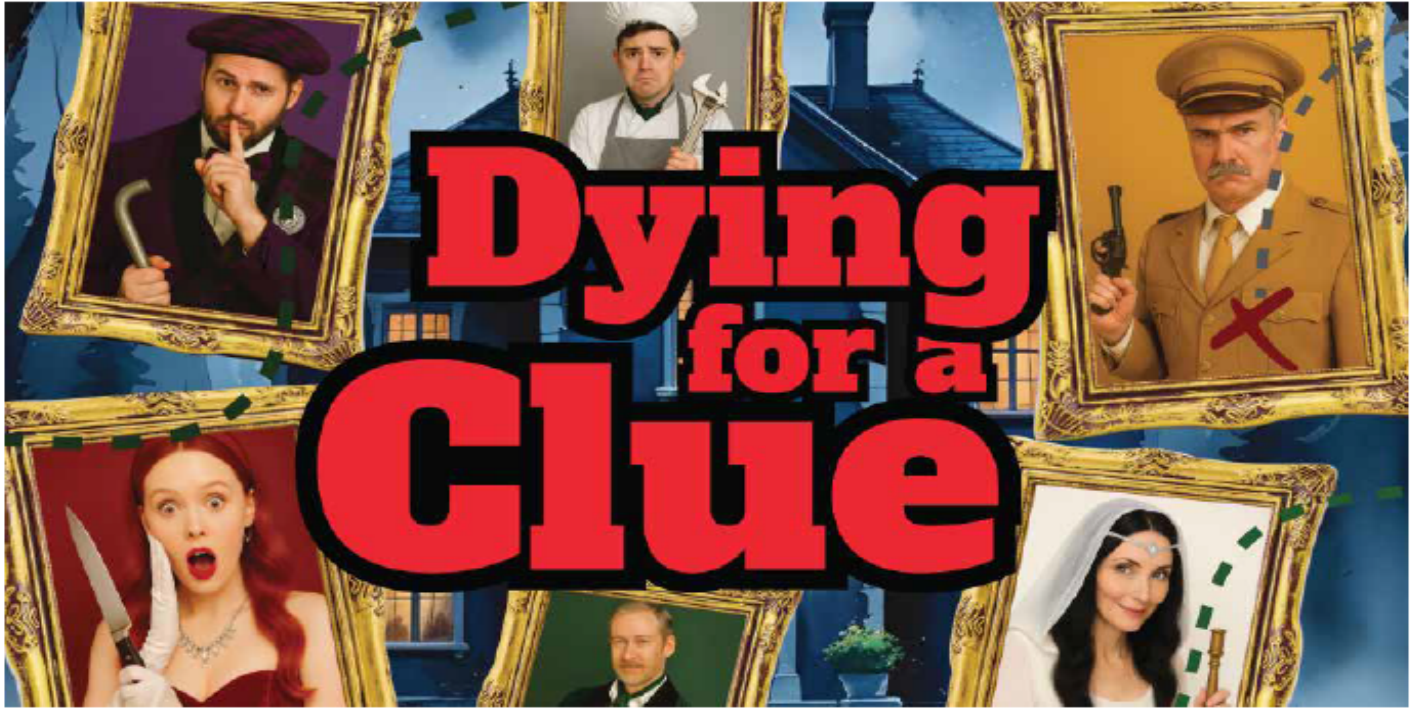
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www.yearroundtravel.com

Aurora Seniors Presents



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

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



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## ▶ 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 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 May:

- May 5 – General Q&A (Doug)
- May 12 - OneDrive Best Practices and Troubleshooting settings (Doug)
- May 19– Apple Day (Herb)
- May 26 – Streaming on Apple TV and Amazon (Sabrina/Bob)

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](mailto:cclub@auroraseniors.ca)

# ASA BISTRO

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

\$10 MEMBERS ONLY

**WEDNESDAY, MAY 20**  
**COLD PLATE - HAM, POTATO SALAD,**  
**COLESLAW, DINNER ROLL**



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

ALL BISTROS WILL BE CATERED BY  
HEALTHY NOW

May 20 Bistro tickets on sale from Monday, May 11 to Friday May 15  
Please Note: two tickets per member and no refunds.



## ▶ Tuesday Night Movies

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

**May 5 - Hamnet (2025): Jessie Buckley, Paul Mescal (PG 13 2 hours and 5 minutes)** Hamnet tells the powerful story of love and loss that inspired the creation of Shakespeare’s timeless masterpiece, Hamlet.

**May 12– Mothers Day (2016): Julia Roberts, Jennifer Anniston, Kate Hudson (PG 13m 1 hour 58 minutes, Comedy)** The Lives of a group of strong, loving and wildly imperfect women are followed during the week before Mother’s Day. A divorced mother deals with her kids new stepmom, a young mom is trying to find her birth mother and four families have one day to reconnect and embrace what’s new and to prepare for some big surprises.

**May 19 – Springsteen: Deliver Me from Nowhere (2025): Jeremy Allen White, Jeremy Strong (PG 13, 1 hour 59 minutes, Drama/Music)**  
 This film chronicles the making of Bruce Springsteens 1982 album Nebraska. On the cusp of global superstardom, the young singer-songwriter struggles to reconcile the pressures of success with the ghosts of his past.



**Do you have a movie recommendation.  
 Please let staff know!**

<p><b>ASA Board of Directors:</b>  <b>President</b>                  Glen Sharp  <b>Vice President</b>                  Julia Jackson  <b>Treasurer</b>                  Harold Reiter  <b>Secretary</b>                  Rob Gaby  <b>Directors</b>                  Jim Abram                  Vern Cunningham                  Theresa McKenzie                  Nancy Spinks                  Rob Seath</p>	<p><b>ASA Committees:</b>  <b>By-Law Committee</b>                  John Scherrer  <b>Finance Committee</b>                  Harold Reiter  <b>Fundraising Committee</b>                  Rob Seath  <b>Membership &amp; Volunteers Committee</b>                  Carol Hedenberg  <b>Operations &amp; Activities Committee</b>                  Julia Jackson  <b>SAGA Committee</b>                  Jim Abram  <b>Special Events Committee</b>                  Nandy Singh</p>	<p><b>Aurora Seniors Centre Staff:</b>                  Andrew Bailey                  Adult/Older Adult Coordinator  <a href="mailto:abailey@aurora.ca">abailey@aurora.ca</a>                  (365) 500 3160                    Brandie Yorg                  Adult/Older Adult Programmer  <a href="mailto:byorg@aurora.ca">byorg@aurora.ca</a>                  (365) 500 3161                    Gillian Simpkin                  Seniors Program Assistant  <a href="mailto:gsimpkin@aurora.ca">gsimpkin@aurora.ca</a>                  (365) 500 3342                    Bill Hawke                  Primary Facility Operator  <a href="mailto:bhawke@aurora.ca">bhawke@aurora.ca</a></p>
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## Without Walls (WOW):

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

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

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

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

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

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

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

## MONTHLY FEATURES:

**May Mayhem:** Fast-paced games, big laughs, and perfectly coordinated chaos—live on Zoom

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

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

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

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

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

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

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



We are so excited to be partnering with DELIGHT **again**. The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia/cognitive decline and their care partners. **Registration is required for this 8-week program Mondays and Wednesdays May 4<sup>th</sup> until June 29<sup>th</sup>** 30 minutes of physical exercise, and 30 minutes of social connection, and shared learning about healthy living and dementia, including strategies to support living well through physical activity, healthy eating, sleep, mental health and social support (NOTE: 1 hour in duration) **REGISTRATION REQUIRED**

**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](mailto:wow@aurora.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>May 1</b> Fun & Games (T)
<b>May 3</b> <b>12:30</b> Chair Exercise (Z)	<b>May 4</b> <b>10:15</b> Strong & Fit (Z/T) <b>11:00</b> DELIGHT (T) <b>Registration Required</b> <b>3:15</b> Fun & Games (T)	<b>May 5</b> <b>12:15</b> Sit & Stretch (Z/T) <b>1:00</b> Walking Challenge Launch Seminar(Z)	<b>May 6</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>11:00</b> DELIGHT (T) <b>Registration Required</b> <b>3:15</b> Short Stories & Games (T)	<b>May 7</b> <b>10:15</b> Sit & Strong (Z) <b>3:15</b> May Mayhem (Z)	<b>May 8</b> Fun & Games (T)
<b>May 10</b> <b>12:30</b> Chair Exercise (Z)	<b>May 11</b> <b>10:15</b> Strong & Fit (Z/T) <b>11:00</b> DELIGHT (T) <b>Registration Required</b> <b>3:15</b> Card Bingo (Z/T)	<b>May 12</b> <b>12:15</b> Sit & Stretch (Z/T)	<b>May 13</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>11:00</b> DELIGHT (T) <b>Registration Required</b> <b>3:15</b> Short Stories & Games (T)	<b>May 14</b> <b>10:15</b> Sit & Strong (Z) <b>2:15</b> Coffee Chat (T)	<b>May 15</b> <b>3:15</b> Fun & Games (T)
<b>May 17</b> <b>NO</b> <b>PROGAMS</b> <b>S</b>	<b>May 18</b> <b>NO PROGAMS</b> Happy Victoria Day	<b>May 19</b> <b>12:15</b> Sit & Stretch (Z/T) <b>3:15</b> Virtual Fun & Games(Z)	<b>May 20</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>11:00</b> DELIGHT (T) <b>Registration Required</b> <b>3:15</b> Canadian Travel Destination (T)	<b>May 21</b> <b>10:15</b> Sit & Strong (Z)	<b>May 22</b> <b>3:15</b> Fun & Games (T)
<b>May 24</b> <b>12:30</b> Chair Exercise (Z)	<b>May 25</b> <b>10:15</b> Strong & Fit (Z/T) <b>11:00</b> DELIGHT (T) <b>Registration Required</b> <b>3:15</b> Jeopardy (Z/T)	<b>May 26</b> <b>12:15</b> Sit & Stretch (Z/T)	<b>May 27</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>11:00</b> DELIGHT (T) <b>Registration Required</b> <b>3:15</b> Short Stories & Games (T)	<b>May 28</b> <b>10:15</b> Sit & Strong (Z) <b>3:15</b> Name that Tune (Z)	<b>May 29</b> <b>3:15</b> 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](mailto:wow@aurora.ca) or phone 365-500-3342

<b>Monday</b> 8:30 a.m. to 4:30 p.m.	<b>Tuesday</b> 8:30 a.m. to 9 p.m.	<b>Wednesday</b> 8:30 a.m. to 4:30 p.m.	<b>Thursday</b> 8:30 a.m. to 4:30 p.m.	<b>Friday</b> 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)	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* 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 Woodcarving  <b>May 26</b> 11:00 Lucy Walk & Talk	9:00 Woodshop 9:00 Get Fit* (H) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* 10:00 Snooker League 10:00 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)  <b>May 6 &amp; 20</b> 11:45 Bistro  <b>May 20</b> 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  <b>May 1</b> Trivia 7:00  <b>May 8 &amp; 22</b> 7:00 Dance  <b>May 30 &amp; 31</b> 2:00 Silverstars

**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