

November 2025

Fall Prevention: Staying Steady and Safe

Falls are a leading cause of injury among older adults, but the good news is that most falls are preventable. Fall Prevention Month in November is a time to raise awareness and promote strategies that help individuals, especially older adults, stay safe, confident, and independent.

Why Fall Prevention Matters

- 1 in 3 Canadian seniors experiences a fall each year, according to the Public Health Agency of Canada^[1].
- Falls are the leading cause of injury-related hospitalizations and deaths among people aged 65 and older^[2].
- Fear of falling can reduce activity levels, leading to further physical decline.

Tips to Maintain Balance and Prevent Falls

Stay Active

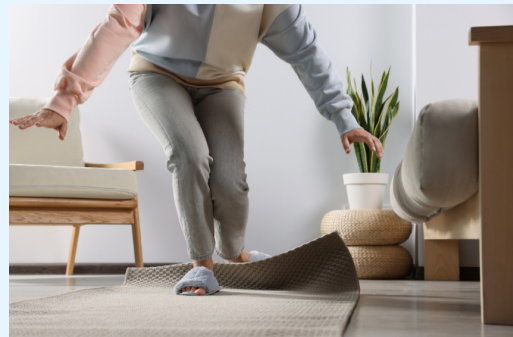
- Engage in regular physical activity to strengthen muscles and improve coordination. Activities like walking, tai chi, and chair exercises are excellent options.



Practice Balance Exercises

Incorporate simple exercises into your routine:

- Heel-to-toe walk
- Single leg stands
- Side leg raises
- Toe taps



Create a Safe Environment

- Remove tripping hazards like loose rugs and clutter.
- Install grab bars in bathrooms and handrails on stairs.
- Ensure good lighting in all areas of the home.

Wear Supportive Footwear

- Choose shoes with non-slip soles and good support. Avoid slippers, flip-flops, or high heels.

Stay Hydrated

- Dehydration can cause dizziness and increase fall risk. Drink water regularly throughout the day.

Consult a Healthcare Provider

- Before starting any new exercise routine, especially if you have chronic conditions, get medical advice to ensure safety.



References

[1] www.canada.ca

[2] www.canada.ca

The Aurora Seniors Centre will be running a variety of activities this month. You can visit their website at www.aurora.ca/seniors

NOVEMBER IS FALL PREVENTION MONTH

Wednesday, November 19

11 - 12 p.m.

Join Lucy in the West McKenzie for a class on Simple Exercises to improve your balance.

Wednesday, November 26

1 - 2 p.m.

Concussion Prevention Program

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

Watch this in the lounge on the big screen
or email wow@aurora.ca for the Zoom link.

WATCH FOR TIPS AND TRICKS ALL MONTH LONG

New Day Lockers

Installation of Day Lockers to Enhance Security

In response to recent thefts reported in the men's fitness and aquatic change rooms, the Town of Aurora has taken proactive steps to improve the safety and convenience of our facility users. A new bank of day lockers has been installed just outside the Fitness Centre and directly across from the Reception Desk. These lockers are available for use by all members and guests who wish to store clothing or personal items during their visit.



To ensure the security of belongings, users are encouraged to bring a sturdy

combination lock to secure their locker. Please note that locks must be removed after each use to allow others access to the lockers. This system is designed to provide a flexible and secure option for short-term storage while promoting shared access for all facility patrons.

We would like to remind all members that valuables should not be brought to the facility. Items such as wallets, electronics, and jewelry are best left at home whenever possible. While the new lockers offer added convenience, the Town of Aurora is not responsible for any lost or stolen articles. We appreciate your cooperation in helping us maintain a safe and welcoming environment for everyone.

Trainer Tips



Written by Lisa Carter - Trainer

Lisa Carter, our Trainer Tips columnist and C.S.E.P. Certified Personal Trainer, is dedicated to promoting community health and wellness. With her expert knowledge and friendly approach, Lisa empowers everyone, from beginners to fitness pros, to lead active, healthy lives.

How Do I Stay Motivated to Work Out as an Older Adult

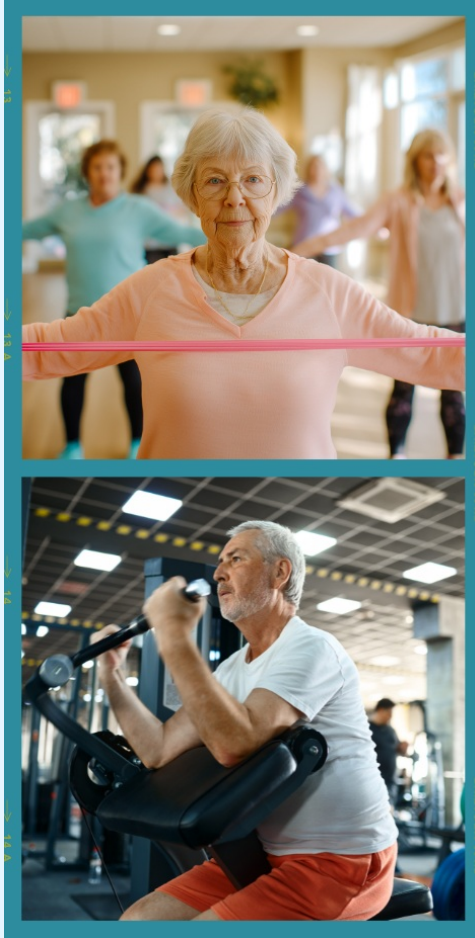
That is a great question! Motivation often shifts as we get older, but with the right mindset and strategies, it can become stronger and more meaningful than ever.

Here are some ways you can stay motivated as an older adult at the gym.

- Focus on function, not just looks. Instead of chasing a six-pack, think about being able to get up from the floor easily, climb stairs without effort, or play with grandkids without pain.
- Celebrate longevity. Each workout is an investment in keeping your independence, mobility, and confidence.
- Progress, not perfection. Small wins add up. Lifting a little more weight or improving balance is worth celebrating.

Below are some practical strategies to help stay motivated.

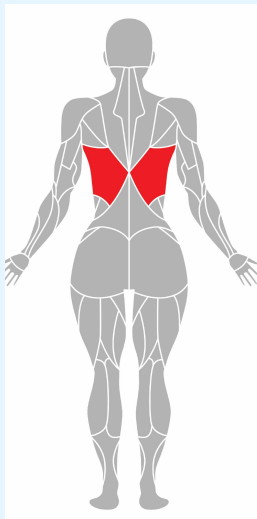
1. **Set meaningful goals.** Goals tied to lifestyle are more motivating than just weight loss.
2. **Track your wins.** Keep a simple notebook or use a phone app to write down what you lifted, how long you walked, or how you felt after. Seeing progress builds momentum.
3. **Make it social.** Find a workout friend, join a group class, or chat with staff. Having people who expect you increases accountability and enjoyment.
4. **Hire a trainer** (especially one who specializes in older adults). A trainer keeps things safe, structured and fun. They will also adapt exercises to your needs.



5. **Mix it up.** Rotate between strength, cardio, balance and flexibility. Boredom kills motivation, but variety keeps it fresh.
6. **Celebrate consistency, not just intensity.** Even on low-energy days, showing up matters. A short, light workout still counts.
7. **Remind yourself why you started.** Write down your 'why'. Maybe it is for more energy, better health, or independence. Keep this with you to remind yourself.

Email us your fitness questions.

Featured Exercise - Mid Row



Exercise Focus:

The mid row is a compound exercise targeting major muscle groups in the back, with a primary focus on the Latissimus Dorsi. The mid row will also see activation in the Rhomboids and Trapezius muscles. All of these muscles are important for movements such as arm extension and adduction, along with stabilizing the shoulder.

Proper Technique:

1. Set to the desired weight.
2. Place your feet on the footpad in front of you.
3. Reach forward and grab the handle with a neutral grip.
4. Sit upright and extend your legs, leaving only a slight bend in the knees, your arms should be fully extended in front of you.
5. Pull the attachment towards your



- stomach, squeezing your back and shoulder blades together.
6. Keep your core engaged and elbows close to your sides.
 7. Pause briefly at the top, before slowly returning to the starting position.
 8. Repeat for your desired number of repetitions.

Is there an exercise machine that you want to know how to use? Email us today.



Healthy Recipe of the Month

Sheet-Pan Eggs with Spinach & Ham

Whip up 12 servings of perfectly cooked eggs in just 45 minutes with this easy one-pan recipe that is ideal for brunch gatherings or healthy meal prep all week long.

Ingredients

- 18 large eggs
- ¼ cup reduced-fat milk
- 1 ½ teaspoons smoked paprika
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 teaspoon onion powder
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 1 cup shredded sharp Cheddar cheese
- ½ cup diced ham



Directions

1. Preheat oven to 300 degrees F. Generously coat a large, rimmed baking sheet with cooking spray.
2. Whisk eggs, milk, smoked paprika, salt, pepper and onion powder together in a

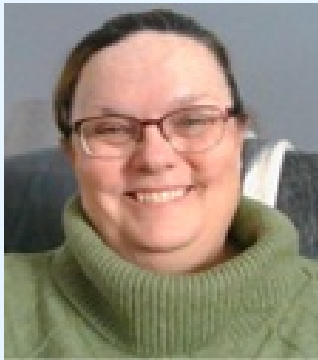
large bowl. Pour onto the prepared baking sheet and sprinkle with spinach, Cheddar and ham. Bake until just set, 20 to 25 minutes, rotating the pan from back to front halfway through baking to ensure even cooking. Cut into 12 squares and serve.

Tips

To make ahead: Wrap squares individually in plastic wrap or place them in a sealed container between layers of parchment paper; refrigerate for up to 3 days or freeze for up to 3 months. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

[Visit the website for more delicious recipes.](#)

Staffing Updates



Diana Dawson-Young
Fitness Coordinator

After 26+ years with the Town of Aurora, Diana officially retired on October 31st.

While her primary role had been within the Fitness Division, Diana had also taken on a variety of secondments in the Seniors, Youth, and Aquatics Divisions during her tenure.

Best Wishes on Your Retirement!



Alyssa Roberts
New Fitness Programmer

Alyssa brings over 20 years of diverse fitness experience, including group fitness, Aquafitness, personal training, and managing a private fitness business. She's worked in municipal roles with the City of Richmond Hill and Town of Newmarket, and officially joined our team on Monday, October 27.

We're excited to have her on board!

Learn to Play Squash Open Houses

Club Aurora is excited to announce Open House participation for those interested in our Learn to Play Squash Program. Designed for beginners who are eager to explore the dynamic and engaging sport of squash, this initiative aims to introduce the fundamentals of the game in a fun and supportive environment.



Club Aurora will be hosting two Beginner Squash Open Houses. These events are perfect opportunities for newcomers to get a taste of the game, meet our experienced instructors, and learn more about the program offerings.

Open House Dates:

- Saturday, November 15 from 11 a.m. to 1 p.m.
- Saturday, December 6 from 11 a.m. to 1 p.m.

Whether you're looking to try something new, get active, or meet new people, our Learn to Play Squash Program is the perfect starting point. Come join us at Club Aurora and discover the excitement of squash!

Interested participants are encouraged to reserve their spot by sending an email to squash@aurora.ca

We look forward to seeing you, so come out and Play!

Email us today to reserve your spot.



Santa Under the Stars Parade

Saturday, November 22, 2025

6 p.m. to 8 p.m.

Fall 2025 Program Guide

The Fall 2025 Program Guide is now available to [view online](#).

Registrations are now open for Recreation and Aquatic programs.

View the interactive guide and click on the code # to register online or pay in-person at the A.F.L.C., A.T.S. or S.A.R.C.

Don't delay, [register online](#)!



2026 Aquatic Leadership Courses

Aquatic Leadership registration is now available for all seasons of our 2026 Aquatic Leadership courses.

Full details at aurora.ca/AquaticLeadership.

Register online or pay in-person at the A.F.L.C., A.T.S. or S.A.R.C.

[View the Fall 2025 Program Guide Online](#)

Join our Aquafitness Team



We're Hiring: Aquafitness Instructors!

Are you passionate about fitness and love the water? Join our team as an Aquafit Instructor and make a splash while helping others stay active and healthy!

We're looking for energetic, certified instructors (WaterART, CALA, or equivalent) with great people skills and a valid Standard First Aid with CPR-C. Flexible availability including evenings, weekends, and holidays is a must.

Make waves in your career. Apply now and inspire others to move!

[Apply Online Today!](#)

Class Cancellation Procedure

Thank you for being a part of Club Aurora's fitness programs!

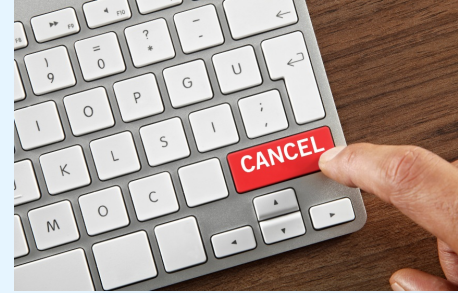
We know life can throw curveballs, and sometimes you might not be able to make it to your scheduled land or virtual fitness class. If that happens, please let us know as soon as possible.

By informing us of any last-minute changes or unforeseen conflicts, you help us offer your spot to another eager participant, ensuring everyone gets a chance to stay active and healthy.

Remember, cancellations apply to all group fitness, aquafitness, aqua leisure, and virtual programs.

To cancel your group fitness class registration, you can:

- Complete the online [Class Cancellation Form](#)
- [Email our Customer Service team](#)



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