



## VIRTUAL SENIORS' ACTIVE LIVING FAIR

FITNESS DEMOS • INTERACTIVE SEMINARS • EVENT PACKAGE

Join us for the entire day or part of the day!

Tuesday, July 28 2026  
9 a.m. to 3:45 p.m.  
on ZOOM  
Phone in option available

How to Register or for more information  
Email: [wow@aurora.ca](mailto:wow@aurora.ca)  
Call: 365 500 3342



This event is hosted by Aurora Seniors' Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Province of Ontario.



Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres  
La voix des centres pour aînés



Funding provided by:



### Full schedule of the event on page 5

# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

It has been said that it's a beautiful thing when a career and a passion come together and this rings true for REALTOR® Lenard Lind who has been providing "Service with Professionalism" in Aurora and the surrounding areas for over 30 years

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-  ONLINE & SOCIAL MEDIA EXPOSURE
-  EXPERIENCED REAL ESTATE TEAM

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### MEMBER AFFILIATIONS & DESIGNATIONS



**LENARD LIND**  
BROKER OF RECORD & OWNER

OFFICE: 905-841-0000  
TOLL FREE: 888-727-8223  
LENARD@LINDREALTY.CA



ISO 9001: 2008 REGISTERED

# 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)

## ► From Town Staff – Parking Lot Update

*We would like to share some important 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 that the Centre will stay open.*

Roof replacement work has progressed nicely, and we anticipate completion on **Friday, July 3**.

Following completion of the Roof work The South parking lot shared by the Seniors' Centre and Town Hall, along with the walkway to the Centre from John West Way, will undergo a full redesign to improve safety, accessibility, and overall usability.

John West Way Sidewalk replacement work will begin first and is expected to begin **early July** with signage being installed during the week of June 29. Access to the Centre will be through the Front doors of the Centre and the parking lot will remain open during this work. Access to the Centre from John West Way will be limited during this work.

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

Following the John West Way replacement work the main South parking lot will be closed mid-July and will remain closed until the project is complete with an 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 during the lot closure 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:**

The Seniors Centre Team will do our best to provide up to date messaging on any impacted areas of the Centre through your activity coordinators and E-flashes.

### **Maps & Visuals:**

Maps showing the construction area and available parking options are available at the Centre and further information is available at <https://engageaurora.ca/townhallparking>

We know this will require some adjustment, and we sincerely appreciate your understanding as we complete this important work.

See staff if you have any questions.

## ▶ ASA Board of Directors



Summer has officially arrived so let's enjoy it and not complain too much when it gets hot and humid. Remember last winter.

June has been a very busy month at the Centre. Our AGM was held on June 10 with over 130 members in attendance. The new Board members were sworn in and the Executive was introduced. Your Board members are *Glen Sharp, President, Julia Jackson, Vice-President, Harold Reiter, Treasurer, Rob Gaby, Secretary, and the Directors are Jim Abram, Nancy Spinks, Theresa McKenzie, Rob Seath, and John Pelletier. Shirley Dionne is the Board Recording Secretary.* After the meeting we enjoyed a great BBQ lunch and a big thank you goes out to all the volunteers who put it together for us. Thank you for your support.

The Evergreen Choir entertained an audience of 120 with their Spring Concert on June 13. Everyone loved the selection of songs which were performed beautifully by the choir. A great afternoon was had by all.

The annual Walking Challenge has been completed and over the four weeks more than 70 members walked over 14000 kilometres in South-East Asia. Pretty impressive. Thanks to Geoff Roberts for being our tour guide and making us all feel like we had been there.

A sold-out crowd enjoyed Murder Mystery Night on June 20. The West-McKenzie room was transformed into a Speakeasy and many guests, including yours truly, dressed for the occasion. Thank you to event chair Catherine DeVries for her hard work and creativity and to the Fundraising committee for a wonderful evening.

Muffin Mondays have been popular as always, and thanks to Lynette for being there every week to greet everyone wanting a muffin and a coffee.

On July 1, members from the Men's Shed will be marshalling the Canada Day parade so be sure to give us a wave as we pass by in golf carts.

The planter boxes on the deck are full and flourishing. Thanks to the members who make sure they are watered regularly.

Our new roof is well under way. The weather has been fairly co-operative with not too much rain to get in the way of the project. Once the roof is complete, the parking lot work will begin shortly after. The Centre will remain open throughout the work and parking will be available in the north lot and on the street so don't hesitate to come to the Centre.

Glen Sharp - President



**FITNESS DEMOS • INTERACTIVE SEMINARS • EVENT PACKAGE**

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# VIRTUAL SENIORS' ACTIVE LIVING FAIR

Tuesday, July 28 2026

9 a.m. to 3:45 p.m.

on ZOOM

Phone in option available

## How to Register

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

Call: 365 500 3342

**9 a.m. Opening Remarks and Frauds & Scams with Ontario Securities Commission**

**10:15 a.m. Chair Fitness Chair Fitness**

**11 a.m. Cooking for One**

**12 p.m. Break for Lunch**

**1 p.m. Ripleys Aquarium live tour**

**2 p.m. How to Maintain & Improve Balance in Seniors with Bayview Physiotherapy**

**3 p.m. Name That Tune**

This event is hosted by Aurora Seniors' Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Province of Ontario.



Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés



Funding provided by:



## 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



## FALL 2026 TOWN PROGRAM

Registration will begin:

**Residents:** Monday, August 10

**Non-residents:** Monday, August 17

**Argentine Tango Milonga Workshop**

**Age: 18+ years Location: ASC**

This 4-week workshop focuses on Milonga, a relaxed folk style dance in the family of Argentine Tango.

Prerequisite: previous introduction to the basics of Argentine Tango.

Partners are required; however, the program fee is based on individual participants.

| Day | Date  | Time           | Fee/Class | Code  |
|-----|-------|----------------|-----------|-------|
| Wed | Aug 5 | 8:30pm- 9:30pm | \$56.00/4 | 41090 |

**BALANCE IMPROVEMENT**

**Age: 55+ years Location: \*\*This class will be moving to ATH for the summer session only\*\***

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 |

**BALLROOM AND LATIN BASICS REFRESHER**

**Age: 18+ years Location: ASC**

This 4 week program offers both review and practice of the basic steps to dances previously taught at the beginner level, including but not limited to: Cha Cha, Rumba, Mambo/Cumbia, and Social Foxtrot. Prerequisite: previous enrollment in the Ballroom and Latin Dance program.

Partners are required; however, the program fee is based on individual participants

| Day | Date  | Time            | Fee/Class | Code  |
|-----|-------|-----------------|-----------|-------|
| Wed | Aug 5 | 7:30pm – 8:30pm | \$56.00/4 | 41089 |

**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 | 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 7 | 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 7 | 3pm - 3:45pm | \$51.00/8 | 39338 |

## CHAIR: GENTLE EXERCISE

**Age: 55+ years Location: ATH \*\*This class will be moving to ATH for the summer session only\*\***

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 |

## 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

| Day | Date    | Time        | Fee/Class | Code  |
|-----|---------|-------------|-----------|-------|
| Fri | July 10 | 11am - 12pm | \$51.00/8 | 39329 |

## 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: August 3

| Day | Date   | Time                 | Fee/Clas  | Code  |
|-----|--------|----------------------|-----------|-------|
| Mon | July 6 | 9:00 a.m. - 9:45 a.m | \$51.00/8 | 39192 |

## 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: 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  |
|-----|---------|--------------|-----------|-------|
| 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 |

## 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 | FULL |
| Wed | Aug 5  | 12:15 – 12:45pm | \$26.00/4 | FULL |

## 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 |

## WALK FIT

**Age: 55+ years Location: ASC**

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. Bring your water bottle and be ready to have fun! Please meet in 3<sup>rd</sup> floor program room on the first day.

| 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: ATH**

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 |
|-------|--------|---------------|-----------|------|
| Thurs | July 9 | 9am – 11:30am | \$76.00/4 | FULL |

## NEW WATERCOLOUR LANDSCAPE

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

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 |
|-------|-------|---------------|-----------|------|
| Thurs | Aug 6 | 9am - 11:30am | \$76.00/4 | FULL |

## YOGA: CHAIR YOGA

**Age: 55+ years Location: \*\*This class will be moving to ATH for the summer session only\*\***

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 FULL |

## YOGA: HATHA

**Age: 55+ years Location: ASC**

These classes will greatly benefit for those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Please note this class will involve floor work.

| Day | Date   | Time         | Fee/Class | Code  |
|-----|--------|--------------|-----------|-------|
| Mon | July 6 | 12:15-1:15pm | \$51.00/8 | 40900 |

## 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 | SUMMER 2026 | See schedule | \$51.00/8 weeks | 39461 |

## PAINT & SIP

MONDAY JULY 13 | 12:30 - 4:30 PM  
At Aurora Town Hall



**Spend a relaxing afternoon with local artist Eva Folks to paint this summer landscape.**

A \$70 fee includes all art supplies and light refreshments (coffee, tea, and some sweet treats.)  
Sign up at reception.



**Menu:**

- Hamburger
- Sausage on a bun
- Chicken on a bun
- Salad, Dessert



**Dates:**

- Wednesday, July 8
- Wednesday July 22
- Doors open 11:45am

| Date    | # of tickets available | Tickets are \$10.00 and on sale                          |
|---------|------------------------|--|
| July 8  | 65                     | Tickets on sale<br>Monday, June 29 to Friday,<br>July 3  |
| July 22 | 65                     | Tickets on sale<br>Monday, July 13 to Friday, July<br>17 |

Limit of 2 tickets per member



# JULY JOLLIES ON ZOOM

July Jollies brings together a mix of exciting games, brain-teasing trivia, clever word scrambles, and puzzling challenges to keep everyone engaged and entertained. Whether you are in it to win it or just along for the fun, there is something for everyone. Come ready to think fast, laugh lots, and enjoy some lighthearted July cheer!

**July 16<sup>th</sup> 2026  
3:15-3:45 p.m.  
ON ZOOM**

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

## Dynamic Downsizers

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Special Events Committee Presents:

# ICE CREAM SOCIAL

Wednesday August 19, at 1 p.m.

AURORA SENIORS CENTRE

- Build your own ice cream sundae
- Live Music presented by Dave's Vinyl Cafe
- Dancing (optional)
- Tickets on sale July 13 at reception (limited tickets available)



FOR AN EXTRA COST BAILEYS WILL BE AVAILABLE FOR YOUR ICE CREAM

**Tickets**  
**\$10 for members**  
**\$12 for non-members**

## FIT & BALANCED

No registration required

\$5 Drop-in/per class

Enjoy a full-body workout that combines light cardio, strength training, and balance exercises to help you stay active and independent. These drop in classes work to improve muscle strength, coordination, and stability while keeping you moving in a fun and supportive atmosphere.



**DATES:**  
**July 10, 17, & 24 2026**

**TIME:**  
**9:15 to 10 a.m.**

**LOCATION:**  
**Aurora Seniors Centre**



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)

**TrueNorth SENIOR SERVICES**

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Email  
[info@truenorthseniorservices.ca](mailto:info@truenorthseniorservices.ca)

Visit Our Website  
[truenorthseniorservices.ca](http://truenorthseniorservices.ca)

**Aurora Seniors Association**

# Half Price Membership

Starting July 1 the ASA is offering NEW & RENEWAL memberships for half price. This is a perfect time for your friends and neighbours to join and see how amazing our Centre is.

**Residents: \$17.50**  
**Non Residents: \$25.00**

**GOOD UNTIL DECEMBER 31, 2026**

## Do you have Barriers to Participation?



- Financial
- Mobility
- Transportation
- Reluctance to participate

We can help! Let's talk!

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

365 500 3341

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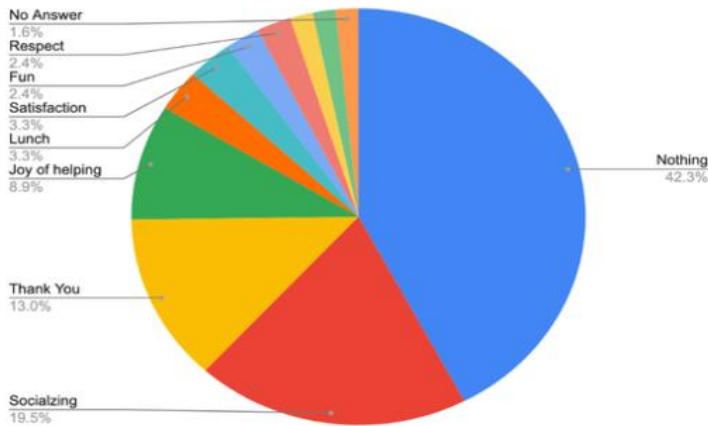
APARTMENTS, INDEPENDENT  
& ASSISTED LIVING

905-503-9505 | [DelmanorAurora.com](http://DelmanorAurora.com)

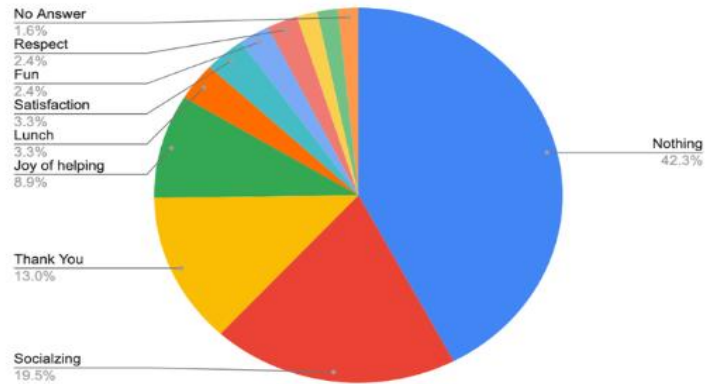
## ASA Activities

Our Membership and Volunteer Committee surveyed the volunteers that attended the Volunteer Appreciation Luncheon in May, and these are the results.

Why do you volunteer at ASA?



What do you want in return for volunteering?



### THESE ACTIVITIES ARE TAKING A BREAK FOR THE SUMMER:

- FRIDAY NIGHT DANCES
- DUPLICATE BRIDGE\* Parking Lot Closure
- CONVERSATIONAL SPANISH
- EVERGREEN CHOIR
- SILVER STARS
- COMPUTER CLUB

### BOCCE

Regular Bocce is scheduled to begin on Tuesday July 7 at 9 a.m.

Men's Shed Bocce is scheduled to begin on Thursday July 9 at 10 a.m.

### CRIBBAGE Wednesdays 1 – 3 p.m.

Did you play cribbage years ago? If you want to refresh your skills or learn to play come at 12:30 p.m. Games start at 1 sharp.



### LEARN TO PLAY BID EUCHRE Mondays 9 a.m.

No pressure! We will teach you the fundamentals of the game

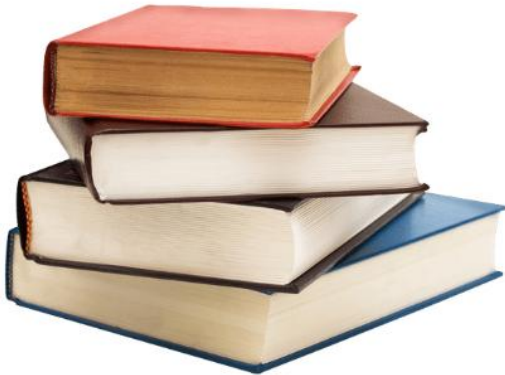
### FUN NIGHT Friday 7 – 9 p.m.

Fun night is exactly what it is "FUN". We play games, mostly with cards, all easy and fun. We will teach you.

### QUILT & SEW Friday 9 – 3 p.m.

Do you have a sewing project you haven't finished? Come join us, we have the equipment!

## LIBRARY NEWS



### Monthly Special

The special book promotion for this month is **Domestic Thrillers**. These domestic suspense novels typically take place in a family or neighbourhood setting, focusing on character development and relationships. Please drop in and check them out.

### Recent Promotions

Great news. We have just been made aware of a member of the Seniors Centre who is a published author. **Gina X. Grant** has written a series of murder mysteries. A number of these books have "**Unlikely**" as a part of the title. One of the chief characters is

Agatha Shadwell. Gina was kind enough to donate a series of six novels that are now available in our "New and Notable" section. Her books are well written. Finally, **Martha Grimes** has arrived in force. Martha is an award-winning author of over 30 novels. Her main character is Superintendent Richard Jury of Scotland Yard.

### 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 Mold

Kindly examine your donations for mold 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 books 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 grey return box by the door. Leave them on the top of the box should they be too thick to fit through the slot.

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   |                    |  |

**SPOTS STILL AVAILABLE!**

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



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

|   |  |  |
|---|--|--|
| 250 Consumers Road #715<br>North York ON<br>M2J 4V6 | P: 416 499 1444<br>F: 416 499 1448<br>TF: 1 888 804 8841 | Ontario Registration #4281143<br>Email: craiglugsdin@bellnet.ca<br>www.yearroundtravel.com |
|---|--|--|

Aurora Seniors Presents

# St. Jacobs Market

St. Jacobs is home to the largest population of Old Order Mennonites in Canada, you'll often see farmers on local roads traveling to the market by horse & buggy. Visit the Market to see hundreds of vendors selling a variety of items from food to art, collectibles and more. Since 1975, visitors have enjoyed an upbeat, bustling atmosphere with outside and inside shopping venues, food courts and flea market stalls. Fresh local fruits and vegetables, quality meats and cheeses, locally-produced maple syrup, honey, preserves, baking, authentic cuisine from many cultures, imported produce, various gluten-free and organic options, local crafts and housewares are just a slice of what you'll find at the St. Jacobs Farmers' Market. **Please note: This trip involves a significant amount of walking.**

- |                |  |                    |   |
|----------------|--|--------------------|---|
| <b>Date:</b>   | Thursday, July 23, 2026  | <b>Inclusions:</b> | Return transportation via deluxe coach, visit to St. Jacobs, lunch, gratuity on meal, driver gratuity, & all taxes. |
| <b>Depart:</b> | 8:30 a.m.      Stronach Recreation Complex   |                    |   |
| <b>Market:</b> | 10:30 a.m. - 11:45 a.m.      Enjoy shopping at St. Jacobs Market with a large selection of fruit, vegetables, crafts and other fine items.             | <b>To Book:</b>    | Sign up at reception or for more information contact Brandie Yorg at 365-500-3161                                   |
| <b>Lunch:</b>  | 12:00 noon - 1:45 p.m.      Enjoy a delicious meal at Jacobs Grill. Choice of:    1) Fish & Chips<br>2) German Schnitzel Dinner    3) Vegetarian Pasta |                    |   |
- MEAL SELECTION DUE UPON BOOKING**

**Village:** 2:00 p.m. - 4:00 p.m. The village of St. Jacobs is a beloved destination steeped in history and set in a charming location on the Conestoga River. This small community is known for original arts and crafts and a myriad of stores featuring home decor, clothing, jewellery, accessories, gourmet foods, antiques and gift shops.

**Return:** Arrival in Aurora approx. 6:00 p.m.

**Price:** Members:            \$150.00 per person  
Non Members:        \$160.00 per person



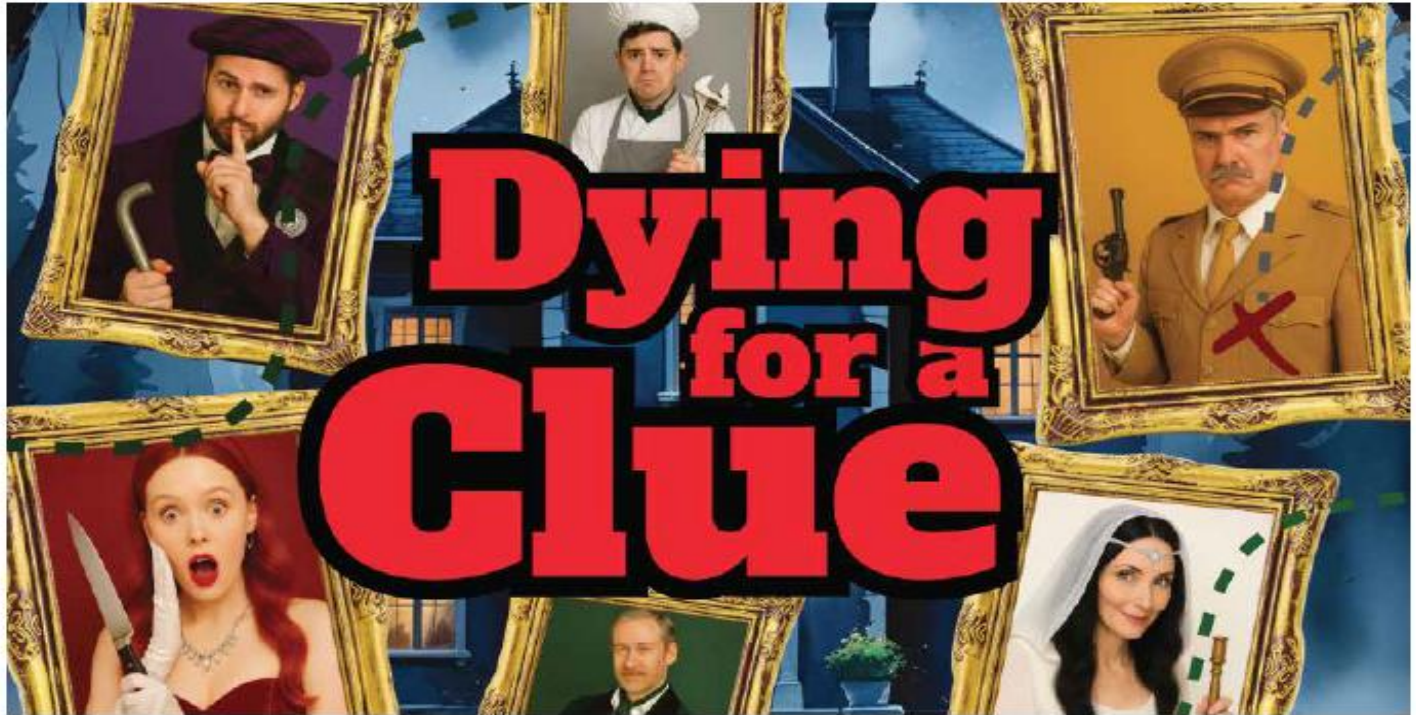
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Aurora Seniors Presents



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<br>Non Member: \$215.00 per person  |
| <b>Old Mill:</b> | 11:30 a.m. - 2:30 p.m.<br>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.<br>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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Aurora Seniors Presents

# Grand River Cruise

Begin your day at "The Landing" with complimentary coffee and muffin plus shopping in the large Craft Shop. Enjoy an interesting audiovisual presentation about the Grand River followed by a fabulous live Music Show featuring "The Blazing Fiddles". You will then embark on a 2 1/2 hour cruise featuring a sumptuous 3-course lunch. During your cruise your captain gives an informative narration about the Grand River and refreshments are served before returning to the dock.

**Date:** Wednesday, August 26, 2026

**Depart:** 9:00 a.m. Stronach Recreation Complex  
1400 Wellington St. E.

**Inclusions:** Return transportation via deluxe coach, luncheon cruise, visit to the Windmill Country Market, gratuity on meal, driver gratuity, and all taxes.

**Cruise:** 10:45 a.m. - 11:15 a.m.  
Complimentary coffee and muffin plus visit to the Craft Shop  
11:30 a.m. Live music show featuring "The Blazing Fiddles"  
12:30 p.m. - 3:00 p.m.  
Enjoy a 2 1/2 hour luncheon cruise on the Grand River. All meals include home baked bread, garden salad, vegetables, mashed potatoes, home baked apple pie, and tea or coffee  
Entree choice of 1) Beef 2) Chicken 3) Vegetarian Chili

**To Book:** Sign up at reception or for more information call Brandie Yorg at 365-500-3161

**NOTE: MEAL SELECTION DUE UPON BOOKING**

**Market:** 3:45 p.m. - 4:30 p.m.  
Visit to the Windmill Country Market

**Return:** Arrival in Aurora approx. 6:30 p.m.

**Price:** Member: \$185.00 per person  
Non Member: \$195.00 per person



*Sign up for our monthly  
Email Newsletter  
at [www.yearroundtravel.com](http://www.yearroundtravel.com)*



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[www.yearroundtravel.com](http://www.yearroundtravel.com)

Aurora Seniors Presents

# FUNNY GIRL

Fanny Brice has everything it takes to be Broadway's next big thing: the voice, the charm and more than a little chutzpah. But does she have "the look?" This touching comedy explores her unlikely rise to stardom with the Ziegfeld Follies as well as her turbulent love life with gambler Nick Arnstein. One of the greatest musical scores of all time, Funny Girl includes classics like "Don't Rain on My Parade", "I'm the Greatest Star", "People" and much more.

**Date:** Wednesday, September 23, 2026

**Depart:** 8:45 a.m. - Stronach Recreation Complex

**Lunch:** 11:00 a.m. - 12:30 p.m.  
 Enjoy a delicious lunch at the Queenston Heights Restaurant. Includes Soup of the Day, dessert, tea or coffee. Choice of:  
 1) Grilled Breast of Chicken with Roasted Garlic Glaze Seasonal Vegetables and Potatoes  
 2) Baked Rainbow Trout with Citrus Beurre Blanc Seasonal Vegetables and Potatoes  
 3) Vegetable Stir-fry, local Sautéed Vegetables, Bok Choy, Crispy Tofu, Basmati Rice, & Sweet Chili Sauce

**Show:** 1:00 p.m. - 3:30 p.m.  
 Reserved orchestra seating for Funny Girl

**Shopping:** 3:30 p.m. - 5:00 p.m.  
 Free time in Niagara-on-the-Lake

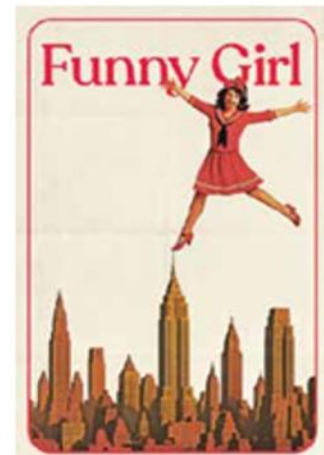
**Return:** Arrival in Aurora by 7:30 pm

**Price:** Members: \$225.00 per person  
 Non Members: \$235.00 per person

**Inclusions:** Return transportation via deluxe coach, lunch, reserved orchestra seating, driver gratuity, gratuity on meal, & all taxes.

**To Book:** Sign up at the reception or for more information call Brandie Yorg at 365-500-3161

**SHAW 20  
 FESTIVAL 26**



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## ▶ Computer Club Information and Activities

June-Sept 2026

Every Tuesday at 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 take a break from June 23rd - Aug 25th, resuming normal operation Sept 1.** If for some reason the parking lot is not open in September we will revert to Zoom (free) for those that are interested but will not have drop-in times until the parking lot is open. 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 September:

The computer club email address is below. Tuesday morning seminar schedule for September:

- Sept 1 – General Q&A (Doug)
- Sept 8 - Travel Technology - Power adapter/banks, Wifi sharing (hotspot), AI for planning, eSIMs, (doug) Travel Router(Ronen) • Sept 15– Apple Day - Apple news from the WWDC (Herb)
- Sept 22 – Video edition Intro (Ronen)
- Sept 29 – Streaming with your devices and VPN (Doug & Sabrina)

The Aurora Seniors Association website at <http://www.auroraseniors.ca/> is your best source for information about any of our programs or use one of the email addresses below.

We have covered many topics of general interest. We will post the presentation materials for the past month's sessions and feature some important topics that we think the general membership will find helpful. We have a Quick Link to these materials available on the ASA homepage. Review the list and see if you might learn something new! Your suggestions and comments about what you might like the computer club to do or what topics you would like to see in the Tuesday sessions are always welcome. Send your suggestions to [cclub@auroraseniors.ca](mailto:cclub@auroraseniors.ca)

**COMING IN AUGUST**

**BINGO ON ZOOM**

Get ready to shout "BINGO!" from the comfort of home! Join us on Zoom for laughs, friendly competition, and classic bingo fun!

Whether you are a seasoned bingo pro or brand new to the game, everyone is welcome. Grab your lucky charm, bring your game face, and get ready to mark those cards!

**THURSDAY AUGUST 13<sup>th</sup> & TUESDAY AUGUST 25<sup>th</sup>**  
at 3:15-3:45 pm  
**ON ZOOM**  
Join one or both! Cards are valid for both dates

**CARDS WILL BE EMAILED OR MAILED OUT TO REGISTRANTS**

email [wow@aurora.ca](mailto:wow@aurora.ca) to secure your spot and receive your BINGO card

► Tuesday Night Movies

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

**July 7 – Ladies in Lavender (2004): Judi Dench, Maggie Smith (PG 104, Drama)** Set in a quiet Cornish seaside village in the 1930s, this gentle drama tells the story of two elderly sisters who discover a young, injured Polish violinist washed ashore. As they nurse him back to health, his presence brings unexpected change, stirring feelings of love, jealousy, and longing, while brightening their otherwise peaceful lives.

**July 14– Sibling Rivalry (1990): Kristie Alley, Carrie Fisher, Sam Elliot (PG 13, 1 hour 27 minutes, Comedy)** This lighthearted comedy follows Marjorie Turner, a bored housewife who unexpectedly commits a murder during a botched affair. As she tries to cover up the crime, her quirky family—including her competitive sister—gets tangled in the chaos, leading to a string of humorous misunderstandings and escalating mishaps.

**June 21 – Rental Family (2025): Brendan Fraser (PG 13, 1 hour 49 minutes, Drama)** heartfelt and thought-provoking film that explores the meaning of connection, belonging, and what it truly means to be a family. The story follows individuals who, for various reasons, turn to a unique service that provides “rental” family members—offering companionship, support, and a sense of togetherness in times of need.

**PLEASE NOTE 6pm START**

**July 28– Project Hail Mary (2026): Ryan Gosling, Sandra Huller (PG 13, 2 hour 36 minutes, Science Fiction)** A science teacher wakes up alone on a spaceship far from Earth with no memory of how he got there. As his memories return, he realizes he’s on a critical mission to save humanity from a mysterious threat causing the sun to die. With time running out, he must rely on science, ingenuity, and an unexpected friendship to try to save the world.

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



## Without Walls (WOW):

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

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

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

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

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

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

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

## MONTHLY FEATURES:

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

**Virtual Seniors Active Living Fair:** Back by popular demand! Filled with interactive fun you can enjoy from the comfort of your own home. Fitness Demos, Interactive Seminars, Live Cooking presentation and MORE! Come for the entire day or part of the day! **Registration is required.**

**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

## Coming in August:

**BINGO:** Interested in playing BINGO on Zoom with us? Email [wow@aurora.ca](mailto:wow@aurora.ca) to register and receive your card—we would love to have you join the fun! Thursday August 13<sup>th</sup> & Tuesday August 25<sup>th</sup>

**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   |
|---|---|---|---|--|--|
| <p><b>This legend indicates how each WOW program will be available for this month!</b><br/>                     T -offered through Teleconference<br/>                     Z—offered through Zoom<br/>                     Z/T—offered through both Zoom &amp; Teleconference<br/>                     Questions or to register: email <a href="mailto:wow@aurora.ca">wow@aurora.ca</a> or phone 365-500-3342</p> |   |   | <p><b>July 1</b><br/>                     NO PROGRAMS</p> <p><b>HAPPY CANADA DAY</b></p>  | <p><b>July 2</b><br/>                     10:15<br/>                     Sit &amp; Strong (Z)</p>  | <p><b>July 3</b><br/>                     3:15<br/>                     Fun &amp; Games (T)</p>  |
| <p><b>July 5</b><br/>                     12:30<br/>                     Chair Exercise (Z)</p>   | <p><b>July 6</b><br/>                     10:15<br/>                     Strong &amp; Fit (Z/T)<br/>                     3:15<br/>                     Fun &amp; Games (T)</p>  | <p><b>July 7</b><br/>                     12:15<br/>                     Sit &amp; Stretch (Z/T)</p>  | <p><b>July 8</b><br/>                     11:30<br/>                     Sit, Stand &amp; Balance (Z)<br/>                     3:15<br/>                     Short Stories &amp; Games (T)</p>    | <p><b>July 9</b><br/>                     10:15<br/>                     Sit &amp; Strong (Z)</p>  | <p><b>July 10</b><br/>                     3:15<br/>                     Fun &amp; Games (T)</p> |
| <p><b>July 12</b><br/>                     12:30<br/>                     Chair Exercise (Z)</p>  | <p><b>July 13</b><br/>                     10:15<br/>                     Strong &amp; Fit (Z/T)<br/>                     3:15<br/>                     Card Bingo (Z/T)</p>    | <p><b>July 14</b><br/>                     12:15<br/>                     Sit &amp; Stretch (Z/T)<br/>                     3:15<br/>                     Coffee Chat (T)</p>            | <p><b>July 15</b><br/>                     11:30<br/>                     Sit, Stand &amp; Balance (Z)<br/>                     3:15<br/>                     Short Stories &amp; Games (T)</p>   | <p><b>July 16</b><br/>                     10:15<br/>                     Sit &amp; Strong (Z)<br/>                     3:15<br/>                     July Jollies</p> | <p><b>July 17</b><br/>                     3:15<br/>                     Fun &amp; Games (T)</p> |
| <p><b>July 19</b><br/>                     12:30<br/>                     Chair Exercise (Z)</p>  | <p><b>July 20</b><br/>                     10:15<br/>                     Strong &amp; Fit (Z/T)<br/>                     3:15<br/>                     Fun &amp; Games (T)</p> | <p><b>July 21</b><br/>                     12:15<br/>                     Sit &amp; Stretch (Z/T)<br/>                     3:15<br/>                     Virtual Fun &amp; Games(Z)</p> | <p><b>July 22</b><br/>                     11:30<br/>                     Sit, Stand &amp; Balance (Z)<br/>                     3:15<br/>                     Canadian Travel Destination (T)</p> | <p><b>July 23</b><br/>                     10:15<br/>                     Sit &amp; Strong (Z)</p>   | <p><b>July 24</b><br/>                     3:15<br/>                     Fun &amp; Games (T)</p> |
| <p><b>July 26</b><br/>                     12:30<br/>                     Chair Exercise (Z)</p>  | <p><b>July 27</b><br/>                     10:15<br/>                     Strong &amp; Fit (Z/T)<br/>                     3:15<br/>                     Jeopardy (Z/T)</p>      | <p><b>July 28</b><br/>                     9 a.m. – 3:45 p.m.<br/>                     Virtual Seniors Active Living Fair</p>   | <p><b>July 29</b><br/>                     11:30<br/>                     Sit, Stand &amp; Balance (Z)<br/>                     3:15<br/>                     Short Stories &amp; Games (T)</p>   | <p><b>July 30</b><br/>                     10:15<br/>                     Sit &amp; Strong (Z)</p>   | <p><b>July 31</b><br/>                     3:15<br/>                     Fun &amp; Games (T)</p> |
| <p><b>Coming in August... BINGO!</b></p> <p><b>Feeling lucky? Join us for a fun-filled game of BINGO on Zoom!</b><br/>                     Email <a href="mailto:wow@aurora.ca">wow@aurora.ca</a> to get your card and save your spot!<br/>                     BINGO Dates: Thursday August 13<sup>th</sup> &amp; Tuesday August 25<sup>th</sup></p>   |   |   |   |  |  |

| <b>Monday</b><br>8:30 a.m. to 4:30 p.m.   | <b>Tuesday</b><br>8:30 a.m. to 9 p.m.  | <b>Wednesday</b><br>8:30 a.m. to 4:30 p.m.   | <b>Thursday</b><br>8:30 a.m. to 4:30 p.m.   | <b>Friday</b><br>8:30 a.m. to 10 p.m.  |
|---|--|--|---|--|
| 9:00 Woodshop<br>9:00 Badminton<br>9:00 Ladies Billiards<br>9:00 Move & Tone* (Z)<br>9:00 Men's Fit* (ATH)<br>9:30 Knotty Knitters<br>9:00 Beginner Bid Euchre<br>10:00 Italian<br>10:15 WOW Stretch & Strong* (Z/T)<br>10:00 Men's Shed<br>1:00 Carpet Bowling<br>1:00 American Mah-Jongg<br>1:30 Snooker League<br>1:30 Stretch & Tone*(H)<br>3:00 Mixed Pickleball<br>3:15 WOW Fun/Games*(T)<br><br><b>July 20</b><br>ASA Board Meeting<br><br><b>July 13</b><br>12:30 Paint & Sip (ATH) | 8:30 Woodcarving<br>9:00 Boot Camp*<br>9:00 Bocce (July 7)<br>9:00 Zumba Gold Toning*<br>9:30 Balance*<br>10:00 Snooker League<br>10:00 Colour & Chat<br>10:00 Zumba Gold*<br>10:30 Balance*<br>11:00 Piloga*<br>12:15 WOW Sit & Stretch<br>12:30 Pickleball (Women)<br>12:45 Table Tennis<br>1:00 Bid Euchre<br>1:00 Core* (ATH)<br>1:30 Snooker League<br>1:45 Get Strong* (ATH)<br>2:15 Pickleball (Men)<br>3:00 Chair Fit* (ATH)<br>4:00 Badminton<br>6:00 Poker<br>6:30 Movie<br>6:30 Woodcarving<br><br><b>July 28</b><br>Virtual Seniors' Active Fair | 9:00 Woodshop<br>9:00 Get Fit* (H)<br>9:45 German<br>10:00 Chair Yoga*<br>10:00 Knitting*<br>10:00 Snooker League<br>11:00 French<br>11:30 WOW Sit & Balance (Z)<br>12:15 Walk Fit*<br>1:00 Let's Create<br>1:00 Canasta<br>1:00 Cribbage<br>1:30 Bridge<br>1:30 Snooker League<br>2:30 Knitting*<br>3:15 WOW Stories/Games (T)<br><br><b>July 1</b><br>Closed for Canada Day<br><br><b>July 8 &amp; 22</b><br>BBQ | 8:30 Woodcarving<br>9:00 Art<br>9:00 Basic Cardio*(H)<br>9:30 Snooker League<br>9:45 Stretch & Tone*(H)<br>10:00 Men's Shed Bocce (July 9)<br>10:30 Keep Singing<br>11:00 Yoga<br>11:00 Badminton<br>11:30 Snooker League<br>12:30 Table Tennis<br>12:30 Pickleball (Men)<br>12:30 Poker<br>1:00 Bid Euchre<br>1:30 Snooker League<br>1:30 Woodcarving Class<br>2:30 Pickleball (Women)<br>3:00 Chair Fit* (ATH)<br>3:15 WOW Chair Yoga (Z/T) | 9:00 Woodshop<br>9:00 Piloga* (AFLC)<br>9:30 Quilt 'n Sew<br>9:30 Writers Circle<br>9:30 Mandarin Singing<br>10:00 Men's Shed<br>10:00 Chair: Gentle Exercise*<br>11:00 Get Strong* (H)<br>12:30 Pickleball (Mixed)<br>12:45 Bingo<br>1:00 American Mah-Jongg<br>2:30 Pickleball (Mixed)<br>3:15 WOW Fun/Games *(T)<br>6:30 Bid Euchre<br>7:00 Fun Night |