

# Indoor Garage Sale

Sunday  
April 26

8:30am to  
1:00pm

Aurora Seniors Centre  
90 John West Way, Aurora



[auroraseniors.ca](http://auroraseniors.ca)  
[seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)  
905 726 4767



This event is so successful because of your donations!  
Volunteers will be accepting your donations in the Seniors Centre parking lot on:

**Friday, April 24 from 8 a.m. to 4 p.m. and  
Saturday, April 25 from 8 a.m. to 1 p.m.**

# 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

## ALL OUR LISTINGS INCLUDE

-  PROFESSIONAL PHOTOGRAPHY
-  3D FLOORPLAN & VIRTUAL TOUR
-  PROFESSIONAL FEATURE BOOKLETS
-  LISTED ON MLS THROUGH TRREB
-  ONLINE & SOCIAL MEDIA EXPOSURE
-  EXPERIENCED REAL ESTATE TEAM

And more...

## SERVICE WITH PROFESSIONALISM

## 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)

The Lind Realty Team., Lenard Lind presents:

# MAKING HOUSING DECISIONS THAT WORKS FOR YOU

Join us for this FREE informative seminar in the Lounge  
Wednesday, April 29  
1:30 P.M.

The Lind Realty Team Inc., Lenard Lind and his team, are pleased to present a comprehensive information session on how to remain in your home longer, transition to a more manageable residence, or move to a facility that provides additional care.

Whatever your needs may be, it is important to consult the right professionals to assist with:

- **Preparing to Age in Place** – renovations and modifications like elevators and lifts for assisted living with special Guest Speaker!
- **Moving from One Location to Another** – market updates and available housing options, including new listings such as bungalow-style homes, one-floor gated communities, and condominium apartments. “Right sizing” your living space.
- **Decluttering** – Preparing your home for sale often starts with sorting your belongings: toss, keep, or donate. Professional services like Grief Relief and CleanSlate can help streamline the process with coordinated solutions such as junk removal, donation, storage, moving, painting, and item removal. Using one integrated service simplifies the process, reduces stress, and helps get your home market-ready faster.
- **Unlocking Equity to Help Fund Your Move** – information on Home Equity Bank loans (“reverse mortgages”), which provide access to funds using home equity
- **Legal Considerations** – Power of Attorney for Property and Personal Care, “Living Wills,” and ownership considerations such as joint tenancy or placing trustees/children on title
- **Questions from the Floor**

Determining the most suitable living arrangement can be a significant undertaking—often time-consuming and emotionally challenging. Working with experienced professionals who understand the process can help make these transitions much easier.

The Lind Realty Team Inc. is committed to providing education, guidance, and professional support during these important life transitions.

## ▶ ASA Board of Directors

Last month I wrote that it would be spring by the time the next newsletter came out. As I write this note, it is snowing outside. Winter never goes away quietly. Warmer weather is coming, I promise. Elections for the Board of Directors are coming up soon, and I hope interested members have submitted nomination forms. We are a better centre with input from our membership. The All-Candidates meeting is scheduled for April 15. It is a great opportunity to hear from the candidates and enjoy a light lunch. Please plan to attend.

The Great Indoor Garage Sale is coming up on Sunday April 26, so save your stuff and come out for some fun and some great deals.

If you are interested in learning more about the goings on at Board meetings, members are welcome to attend, listen in, and ask questions. The meetings are held on the third Monday of each month beginning at 1:00 p.m. in the Leksand Room on the main floor of Town Hall. We have been pleased to welcome a few guests recently and I think they found it interesting. We also have these standing committees which also meet monthly- Special Events, Membership and Volunteers, Operations and Activities, Seniors' Affairs, Grants and Donations, By-Law, and Fund-raising. We are in the process of establishing an IT committee. As with Board meetings, members are welcome to attend meetings of these committees.

**Did You Know?** The Aurora Seniors' Association is in the third year of our Partnership Agreement with the Town of Aurora. The building is owned by the Town and we are paying \$52294.00 as our share of the agreement for 2026. This money comes from membership dues, fundraising, and activity fees, so you can see why your dollar is important.

What do we get for our money? Support from the wonderful Recreation and Facilities staff who always go above and beyond expectations, heating, and cooling, lighting, and other amenities. We also have exclusive use of the office, the library, the computer room, the snooker room, and the wood shop. The other rooms are shared with Town of Aurora programs. We regularly hold Let's Get Acquainted sessions for new and not so new members. Another great opportunity to learn a little about the history of the Centre and how it operates. Everyone is welcome.

We have a great relationship with the Town staff all the way to the Director level. They respect and value the importance of the Aurora Seniors' Centre as our numbers continue to grow.

When I write next month, I guarantee that winter will be over.

Glen Sharp  
ASA President

---

### **The Aurora Seniors Centres 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 may wear a vest or harness
- 👉 Please don't pet, feed, or distract service animals—they're working
- 🏠 Pets at Home: We love your pets, but please keep personal pets at home to ensure the comfort of all members

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

## ▶ ASA 2026 Board of Directors Election

April is going to be a particularly busy month at the Centre. Nominations for the three vacant positions on the Board of Directors have closed, and we are preparing for our upcoming elections.

Again, this year we are having a “**Meet the Candidates**” event on Wednesday, April 15 at 11:00 a.m. The event will also be available by Zoom if members are unable to attend in person please email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) to receive the link (the link will be sent the day prior).

This event will give members a great opportunity to hear from the candidates.

Immediately after the event, members will be able to cast your vote at the advance voting table and enjoy a light lunch and coffee. Be sure to get your **FREE** ticket from reception starting on March 30<sup>th</sup>. If you are unable to attend, please be sure to cast your ballot during voting week which runs from April 27<sup>th</sup> to May 1<sup>st</sup>.

The following members have been nominated for the three open positions on the Board of Directors for 2026 and are eligible to stand as candidates.

**Glen Sharp**

**Rob Gaby**

**John Pelletier**

**John Scherrer**

Their photograph and biography will be posted in the lobby. The elected candidates will be confirmed at the 2026 Annual General Meeting on Wednesday, June 10.

### **Voting Periods:**

#### **Advanced:**

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

Thursday, April 17, 2026, From 9:00 a.m. to 2 p.m.

#### **Regular:**

Monday, April 27 to Friday, May 1, 2026, from 9 a.m. to 2 p.m. daily.

#### **Vote Tabulation:**

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

*Winners will be announced once tabulations are complete. The Chair will call the absent nominees within 60 minutes of the results.*

**EXCITING  
NEWS**

The Aurora Seniors Centres roof is being fixed. Tentative mid-April to mid-May (minimum estimate of 4-week period) There will be minimal interruption during this project.

Questions? Please speak to Andrew or Brandie.

## Town of Aurora Spring 2026 Programs

### Spring 2026 Town Program Registration

#### 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	April 7	9:30am-10:15am	\$70.00/11	Full
Tue	April 7	10:30am-11:15am	\$70.00/11	Full

#### NEW BARRE FOR BETTER BALANCE

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

A low-impact barre class specially designed for older adults to improve strength, balance, posture, and flexibility in a safe and supportive setting. Using a chair for stability, participants will perform controlled movements inspired by ballet and functional fitness. The class focuses on building flexibility, core and lower-body strength, enhancing coordination, and supporting everyday mobility. Modifications are offered throughout the class, making it suitable for a variety of fitness levels. No dance experience is required.

We will be having a FREE TRY IT class on Wednesday April 1, at 12:30

\*No Class April 29

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

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

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

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

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

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

#### BALLROOM & LATIN DANCE LEVEL 1

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

This stress-free introduction to the basics of Ballroom & Latin dancing can be used at dance clubs, weddings, dinner dances and more. Participants will get a taste of several popular dances like the cha-cha, rumba, mambo, merengue and foxtrot. This course will be taught by a couple so that participants may fully benefit from perspectives of both the leader and the follower. Prior dance experience is not necessary. Partners are required for this program.

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

#### BALLROOM & LATIN DANCE LEVEL 2

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

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

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

## BALLROOM & LATIN DANCE LEVEL 3

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

The Level 3 program will continue to offer more technique and additional figures to the dance styles covered in Level 2. Similar to Level 2, this class will focus only on two or three dances per session in order to provide in-depth instruction for each of the dance styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course. Partners are required. \*No class May 18

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

## NEW BALLROOM & LATIN DANCE LEVEL 4

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

The Level 4 program will continue to offer more technique and figures to the dance styles in Level 3. This class will focus on two or three dances per session, in order to provide in-depth instruction for each style. Several sessions of Level 3 would be the preferred prerequisite for this course. Partners are required. \*No class May 18

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

## BOOT CAMP GOLD

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

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

Day	Date	Time	Fee/Class	Code
Tue	April 7	9am - 9:45am	\$70.00/11	39181

## CHAIR FIT: SIT & STAND

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

This gentle fitness class offers low-impact cardio and strengthening exercises performed both seated and standing. Participants will use a variety of equipment including light weights, resistance bands, and small balls to improve balance, mobility, and flexibility. Ideal for those new to fitness or looking to stay active in a safe and supportive setting.

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

## CHAIR: GENTLE EXERCISE

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

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

\*No Class April 24

Day	Date	Time	Fee/Class	Code
Fri	April 17	10am - 10:45am	\$63.00/10	39184*

## CORE ON THE FLOOR

**Age: 55+ Location: ATH**

This class will focus on hip movement and strength and the supporting stomach muscles. Using bodyweight and bands to build strength and control to support your hips and back. All exercises will be done on the floor. Participants must be comfortable lying on their backs.

Day	Date	Time	Fee/Class	Code
Tues	April 7	1pm – 1:30pm	\$40.00/1	Full

## NEW DELIGHT

**Age: 55+ Location: Teleconference**

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

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

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

## GET FIT

**Age: 55+ Location: Hybrid (In-Person ASC and ZOOM)**

Welcome to all around fitness! This class includes a warmup and 20 minutes of cardiovascular conditioning with easy-to-follow steps and upbeat music. There will be strength training with weights or bands, balance exercise, and flexibility training. Increase your fitness and have fun.

**Note:** Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session \*No class April 24

Day	Date	Time	Fee/Class	Code
Wed	April 8	9am – 9:45am	\$70.00/10	Full
Fri	April 17	9am – 9:45am	\$70.00/10	Full

## GET STRONG

**Age: 55+ Location: ATH**

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

Day	Date	Time	Fee/Class	Code
Tues	April 7	1:45pm – 2:45pm	\$70.00/10	Full

## GET STRONG

**Age: 55+ Location: Hybrid (In-Person ASC and ZOOM)**

See Above Description

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

\*No Class: April 24

Day	Date	Time	Fee/Class	Code
Fri	April 17	11am – 12pm	\$63.00/10	39190 *

## KNITTING FOR CHARITY

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

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

Day	Date	Time	Fee/Class	Code
Tues	April 7	2:30pm – 3:45pm	FREE/4	Full

## KNITTING: LEARN TO KNIT SOCKS

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

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

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

## KNITTING: PROJECTS

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

This class does not have a set agenda. It is an opportunity to get help with projects from previous knitting classes. Participants will be provided with a varied selection of patterns. They will be able to select projects they would like to try. They will learn what is involved in the pattern, then use class time to get help with any problem areas. Some printed notes will be shared in class, however the majority of information will be shared online or by links to Ravelry, which is a free knitting app. Participants must have internet access and a printer.

Day	Date	Time	Fee/Class	Code
Tues	April 7	10am – 11:15am	\$45.00/4	39222

## NEW KNITTING: SUMMER T-SHIRT

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

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

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

## MENS FIT

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

This exercise class is designed specifically for men looking to maintain and build their physical health. The focus is on your full body: building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. The instructor guides a series of exercises using weights, resistance bands, bodyweight movements and other materials. Exercises target all the major muscle groups including arms, legs, back, chest, and core. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate. \*No class: Monday May 18

Day	Date	Time	Fee/Class	Code
Mon	April 13	9:00am – 9:45am	\$63.00/10	39195*
Thur	April 9	9:30am – 10:15am	\$70.00/11	39200

## MOVE & TONE

**Age: 40+ years Location: ZOOM**

This fitness class is offered through Zoom only. Participants will improve their cardiovascular endurance and strength, while toning their body through light weights and resistance bands.

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

## NEW Osteoporosis Exercise: Strong & Steady

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

This therapeutic exercise class is designed for individuals with osteoporosis or osteopenia who want to stay active and build strength safely. Using light weights, resistance bands, Pilates balls, and other supportive equipment, the class focuses on improving posture, balance, coordination, and overall body strength, with gentle stretching included. Exercises are performed at a comfortable, steady pace, with options provided to accommodate individual needs.

No Class April 29

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

## PAINT & SIP

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

Join local artist Eva Folks for an afternoon of painting! All supplies are included and you will leave with a completed seasonal picture! Light refreshments (coffee, tea and a sweet treat) will be served. A copy of each painting will be available at the ASC.

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

## PILATES FOR OLDER ADULTS

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

Pilates is a highly effective way to shape up and feel great. It is a contemporary approach to mind/body exercise, that uses floor and standing exercises. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging and revitalizing workout that will improve your balance, posture and mobility. Please bring a yoga mat and water to the class.

Day	Date	Time	Fee/Class	Code
Thur	April 9	1pm - 1:45pm	\$94.00/11	39201

## NEW PILATES FOR MEN

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

This low-impact mat Pilates class is designed specifically for men who want to move better, feel stronger, and protect their backs and joints. The class focuses on building a strong core, improving posture, and increasing flexibility in tight areas like hips and hamstrings. Exercises are performed on the floor using a mat. Movements support real-life activities such as bending, lifting, and staying steady on your feet. Beginner friendly no experience required.

Day	Date	Time	Fee/Class	Code
Thurs	April 9	2 pm – 2:45pm	\$94.00/11	39980



## PILOGA

**Age: 55+ years Location: ^AFLC, \*ASC**

This class is designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to help burn fat.

No Class: \*Monday May 18

Day	Date	Time	Fee/Class	Code
Mon	April 13	9am – 9:45am	\$63.00/10	39202*
Fri	April 17	9am – 9:45am	\$77.00/11	39213^

## PILOGA

**Age: 55+ years Location: (In-Person ASC and ZOOM)**

See description above

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

Day	Date	Time	Fee/Class	Code
Tues	April 7	11am – 11:45am	\$77.00/11	39208

## QI-GONG

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

Qigong is a gentle, flowing mind body practice. Sets of movements are easily learned and offer many benefits for maintaining health during the senior years. As a low impact weight bearing activity qigong helps to improve strength, coordination and balance. These are important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. Join Linda to learn simple forms of Qigong that you can immediately bring into your daily life. This is an empowering practice. All levels are welcome. Qigong can be practiced both standing and seated.

Day	Date	Time	Fee/Class	Code
Wed	April 22	11:30m – 12:15pm	\$58.00/8	39879

## QI-GONG & YOGA BLENDED

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

Both practices of Qigong and Yoga offer so many benefits to your health and vitality. Imagine how amazing you can feel when combining the two modalities. Each session begins with breath awareness, follows with a gentle yoga warm-up and a qigong flow to balance the energy. A final relaxation follows to allow you time to fully absorb the benefits of your session. Please bring a yoga mat to the class. There will be standing and floor work involved.

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

## STRETCH & TONE

**Age: 55+ years Location: (In-Person ASC and ZOOM)**

This class is designed for functional fitness. Functional fitness prepares and enhances the body for real life movement, and to make daily motions easier and safer. We use exercises that push, pull, bend, reach, and core exercises to keep you balanced and limber. Light weights, bands and body weight exercises will be incorporated. Real life strength and wellness! **Note:** Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session.

\*No Class: May 18

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

## WALK FIT

**Age: 55+ years Location: AFLC**

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

Day	Date	Time	Fee/Class	Code
Wed	April 15	12:15pm -1pm	\$63.00/10	39209

## WALKING SOCCER – LEARN TO PLAY

**Age: 55+ years Location: SPORTS DOME**

Walking soccer is a fantastic way to stay active, meet new friends, and enjoy the beautiful game at a pace that suits everyone. Whether you're a seasoned player or new to the sport, this modified, non-contact version of soccer is perfect for all ages and abilities, especially those with mobility challenges. Learn from experienced coaches from the Aurora Soccer Club who will guide you through the basics and help you improve your skills.

\*No session April 15

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

## WALKING SOCCER SCRIMMAGE

**Age: 55+ years Location: SPORTS DOME**

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

\*No session April 15

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

## YOGA: CHAIR YOGA

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

Chair Yoga is for anyone who has movement limitations or is recovering from an injury and would like to start moving, or to be more active. A varied series of focused poses and movement flows, incorporating breath awareness and proper alignment, will help to develop strength, flexibility and balance.

Day	Date	Time	Fee/Class	Code
Wed	April 15	10am - 11am	\$77.00/11	Full

## YOGA: CHAIR MOVEMENT & MEDITATION

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

Learn how to connect your body and mind. Combined with traditional Chair Yoga, we will turn off the autopilot, find our breath and expand our awareness. We'll put our focused attention on noticing and feeling what the body and mind does while engaging in movement. The goal is to take this practice off the chair so you can be fully present and engaged.

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

## YOGA: HATHA

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

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

\*No Class May 18

Day	Date	Time	Fee/Class	Code
Mon	April 6	12:15pm - 1:15 pm	\$70.00/11	39211*

## ZUMBA GOLD

**Age: 40+ years Location: (In-Person ASC and ZOOM)**

The design of the class introduces easy-to-follow Zumba; choreography to a Latin and World rhythms that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong

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

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

## ZUMBA GOLD TONING

**Age: 40+ years Location: ASC**

Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba Gold-Toning blends the Zumba; party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks or light hand weights to shake up and tone up those muscles!

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

## VIRTUAL ALL-ACCESS PASS NEW

**Enjoy Our Fitness Classes Virtually at Home!**

### VIRTUAL FITNESS: ALL-ACCESS PASS

**Age: 40+ years Location: ZOOM**

Our All-Access Pass allows you to join virtually to any fitness classes. Attend as many classes and you wish during the season. Participants in this program will receive their Zoom links the day before each program's scheduled start. This is a great value!

#### Schedule:

Monday 9 a.m. Move & Tone  
 Monday 1:30 p.m. Stretch & Tone  
 Tuesday 10:00 a.m. Zumba Gold  
 Tuesday 11:00 a.m. Piloga  
 Wednesday 9:00 a.m. Get Fit  
 Thursday 9:00 a.m. Basic Cardio  
 Thursday 9:45 a.m. Stretch & Tone  
 Friday 9:00 a.m. Get Fit  
 Friday 11:00 a.m. Get Strong

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

# ASA BISTRO

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

\$10 MEMBERS ONLY

**WEDNESDAY, APRIL 8**  
**EGG SALAD SANDWICH**  
**CHICKEN NOODLE SOUP**



**WEDNESDAY, APRIL 22**  
**MILD ITALIAN SAUSAGE, MASHED POTATO AND**  
**VEGGIES**



**WEDNESDAY, MAY 6**  
**MAC AND CHEESE, GARDEN SALAD**  
ALL BISTROS INCLUDE COFFEE/TEA  
AND DESSERT.  
CASH BAR AVAILABLE.



April 8 Bistro tickets on sale from Monday, March 30 to Thursday, April 2  
April 22 Bistro tickets on sale from Monday, April 13 to Friday, April 17  
May 6 Bistro will be on sale Monday, April 27 to Friday May 1  
Please Note: two tickets per member and no refunds.

ALL BISTROS WILL BE CATERED BY  
HEALTHY NOW



## Join Us for APRIL ON ZOOM ANTICS

Ready for some April Fools fun and a bit of lighthearted tomfoolery?

April brings warmth, joy, and the spark of spring—so let's celebrate with a virtual Fun & Games Call you will not want to miss!

Tuesday April 7<sup>th</sup>  
3:15–3:45 p.m.  
ON ZOOM

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

**April 10**



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

On March 20, we held a special Star Singers Dance entertainment and dance evening - a popular event combining live performances by singers from Aurora and Richmond Hill with dancing for our guests. Our regular Line Dance and Ballroom Dance evening will take place on April 10. The evening begins with a **Line Dance Lesson at 6:45pm**, followed by **Ballroom Dancing from 7:30pm to 10:30pm**, with additional line dances throughout the night. Admission: Members \$5. Non-Members \$7

**NOTE: Going forward at the Friday night dances we will not be offering a bar service.**

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



A PLACE TO  
*dine well.*

**DELMANOR**

Aurora  
Inspired Retirement Living™

**LUNCH & TOUR WITH US!**

905-503-9505 | [DelmanorAurora.com](http://DelmanorAurora.com)  
25 BUTTERNUT RIDGE TRAIL, AURORA

AURORA SENIORS ASSOCIATION

# GET TO KNOW YOUR CANDIDATES

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

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

Where: West McKenzie

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

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

LIMITED TICKETS AVAILABLE  
MEMBERS ONLY, A LIMIT OF 2 TICKETS PER MEMBER.

IF YOU LOVE TO DANCE YOU WILL LOVE ZUMBA GOLD



## ZUMBA GOLD

SPRING SESSION STARTS  
APRIL 7 TO JUNE 16

**\$70/11 weeks**  
Register at reception

*No experience necessary!*

**ZUMBA gold**

**10 A.M. - 10:45 A.M.**

This amazing program is very easy to follow so anyone at any age will be able to do Zumba Gold. Dances that are specifically highlighted in this program include the Merengue, Salsa, Cha Cha, Belly Dance, Flamenco and Tango. Dance your way to a more flexible, balanced you while improving your cardiovascular fitness!

## Qi-Gong & Yoga Blend Classes



**APRIL 20 - JUNE 22**  
Mondays from 2 - 3 p.m.  
\$58.00/9 classes  
Town Hall 3<sup>rd</sup> Floor  
Register at reception

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.



# Bake Sale

Sunday, April 26, 2026

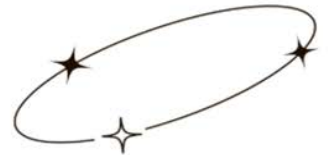
## Bakers needed!

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

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



# JEWELLERY DONATIONS



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

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

Costume or fine jewellery accepted!



# SAVE THE DATES

5th Annual

## WALKING CHALLENGE



Weekly  
Draw for  
prizes

### EVERY STEP COUNTS

WALKING CHALLENGE LAUNCH SEMINAR  
TUESDAY MAY 5 AT 1:00 IN THE SENIORS  
CENTRE LOUNGE.

STARTS  
FRIDAY MAY 9

ENDS  
SATURDAY JUNE 5

To register contact Brandie

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

365 500 3161



## Indoor WALKING CLUB



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

### SEMINARS

**Tuesday April 7**

Taking Steps to Feel Better with Geri

**Tuesday April 14**

Be Better With Brandie

**Tuesday April 21**

Alzheimer Society of Canada

**Tuesday April 28**

End of Year Party with Chartwell

All seminars offered on zoom  
please email [wow@aurora.ca](mailto:wow@aurora.ca) to receive the link.

Aurora Family  
Leisure Complex  
[wow@aurora.ca](mailto:wow@aurora.ca)  
365-500-3161

WALK STRETCH LEARN



## Let Us Know

Do you have a comment to share? 'Let Us Know' forms are available on the front notice board or ask Reception. Please include your name, email or phone number so we can follow up with you.

### Snooker League

April is now upon us and we are ending our second session of 2026 on April 16<sup>th</sup>. Our third session, also 7 weeks, will commence shortly after on April 27<sup>th</sup>. The registration email will go out to all snooker members around mid-April.

We are pleased to say that our new Subs List seems to be working and has been well received. We still have a short wait list and hope that we get enough interest among existing or new members to add another weekly time slot.

While the League plays on the two smaller tables, kudos to the Association for re-covering the two big tables in March. From all reports, this really needed to be done and will enhance the experience for our top tier of players.

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)

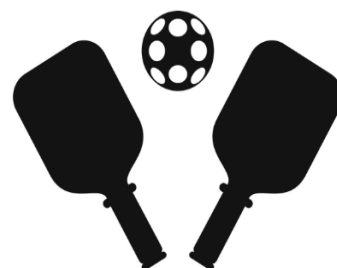
### Canasta – Beginners welcome

Canasta is always looking for new players. Interested individuals are welcome to sit in and watch a game on Wednesdays at 1:00 p.m. The basic rules are easy to learn and don't take long to pick up.

## FUN PICKLEBALL TOURNAMENT

We are having a fun Pickleball Tournament on Saturday April 18, 2026 at the Seniors Centre, with a Pizza Supper.

If you are interested in playing or volunteering, please email [pbtourneyasc@gmail.com](mailto:pbtourneyasc@gmail.com) for more information.



## WALKING SOCCER SCRIMMAGE

AT THE LIND REALTY TEAM SPORTS DOME

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



- ✓ Wednesday April 8 to June 24
- ✓ 1:30 to 2:45
- ✓ \$77.00 for 11 weeks
- ✓ Register at reception

### Program Highlights:

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

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

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

### What You Need:

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

Email: [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)  
Phone: 365-500-3161



Older Adult 55+

## LEARN TO PLAY WALKING SOCCER



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

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

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

Wednesday April 8 to June 24  
12:30 - 1:30 pm  
\$91.00/11 weeks  
Register at reception

Questions please contact [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) or call 365 500 3161

<p>“ We have a lot of competition among ourselves, which I love because we support our team. Everyone applauds when someone makes a magical play, a great pass, or an outstanding shot. Any age can enjoy it because the spirit is present.”</p> <p><small>Paula Ellis, Member of Walking Soccer Program</small></p>	<p>“ People love playing it, and I think once you're hooked on soccer, even from a young age, you're hooked for life. I never thought I'd play soccer again when I quit at 44. Walking soccer has been the best thing for us.”</p> <p><small>Robert Poirier, Member of Walking Soccer Program</small></p>	<p>“ I had a hip replacement in November of 2021. I mean for about eight or nine months of 2021 (before the operation), I was walking with a cane. So I thought my whole soccer days were all over. Four months after having that hip replacement, I was playing walking soccer.”</p> <p><small>John Ross, Member of Walking Soccer Program</small></p>	<p>“ I said no and then she insisted, and I said, 'OK, let's give it a try.' So, a couple of weeks later, we went. And I really enjoyed it.”</p> <p><small>Ashley Lynch and Elizabeth Peters, Members of Walking Soccer Program</small></p>
--	---	---	---



# LADIES LAUGH & LEARN

Wednesdays  
April 15 to May 20  
10 - 11:30 am  
\*Note new time  
\$15/6 weeks

## Ladies, let's connect!

Join us on Wednesday mornings to meet new friends and try different activities. Each week we will have social time, light refreshments, and some fun! Something different every week.



**Register at Reception starting April 1.**



## Aurora Senior Centre Knitting Circle

Our Knitting Circle started last fall and have so far knitted over 200 items, mostly hats, which have been donated to various Aurora Charities and Service Groups.

We could use your help with a couple of project ideas we plan to work on this spring and fall.

- ✔ We plan to knit **felted mittens** and would really appreciate the help of a crafter experienced in hand embroidery on felt so would could add decorative detail to the mitts.  
What we would hope is the crafter could spend maybe 2 classes with us to teach a few simple hand embroidery techniques and give us advice on tools best used for this form of embroidery.
- 🏠 This fall, we hope to begin knitting wardrobes for donated new or gently used teddy bears. These would be passed on before Christmas to a service group which could add them to Christmas parcels.  
If you care to donate a bear, new or gently used, we would gratefully accept them and hopefully get them all clothed in time for Christmas.



Any questions feel free to contact group coordinator **Beth** at [bethmcelman@hotmail.com](mailto:bethmcelman@hotmail.com)



AURORA SENIORS ASSOCIATION'S

# TRIVIA NIGHT

Tease Your Brain

Prizes & light refreshments  
Cash Bar Available

Friday, May 1

\$15 MEMBERS  
\$18 NON-MEMBERS

Aurora Seniors Centre  
Doors open at: 6:00pm  
Game starts at: 6:30pm

Tickets on sale starting April 6  
Each table of 6 will make up a team!



We are still looking for more Volunteers for Garage Sale day on Sunday April 26. If you are available to help please fill out the volunteer form at reception.

# Save your Stuff!



Annual Indoor Garage Sale: Sunday, April 26

**Donation Drop Off:**  
**Friday, April 24 & Saturday, April 25**  
**Pull up to the front doors and**  
**Volunteers will unload your car**

Books, Toys, Gadgets, Kitchen Appliances,  
Furniture, Vintage Collectibles, Artwork,  
Garden Tools, Musical Instruments,  
and more needed!

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



Aurora Seniors Centre,  
90 John West Way, Aurora  
seniorscentre@aurora.ca

auroraseniors.ca

905-726-4767

## MEN'S PILATES

REGISTRATION AT RECEPTION

Classes start  
April 9  
2:00 to 2:45 P.M.  
Town Hall 3<sup>rd</sup> Floor



This low-impact mat Pilates class is designed specifically for men 55+ who want to move better, feel stronger, and protect their backs and joints. The class focuses on building a strong core, improving posture, and increasing flexibility in tight areas like hips and hamstrings. Exercises are performed on the floor using a mat. Movements support real-life activities such as bending, lifting, and staying steady on your feet.  
Beginner-friendly no experience required.



## WALK FIT WITH LUCY

**WEDNESDAY**  
**April 15 to June 17**  
**12:15 P.M.**  
**Aurora Family Leisure Complex**  
**\$63/10 weeks**

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!

we

## ▶ Trips

### Travel Etiquette

We hope you enjoy traveling with us! To help ensure a comfortable and enjoyable trip for everyone, please keep the following in mind:

- Please indicate on the registration form if you require special seating on the bus.
- Use the same seat at the beginning and end of each day.
- Be on time for the bus to help keep the trip running smoothly.

Our Adult/Older Adult Programmer, Brandie Yorg, will be traveling with the group. If you have any questions or concerns, please speak with Brandie or contact her at byorg@aurora.ca or 365-500-3161.

Aurora Seniors Presents

# FALLSVIEW CASINO

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

- Date:** Friday, April 10, 2026
- Depart:** 8:45 a.m. Stronach Recreation Complex  
1400 Wellington St. East
- Casino:** 11:00 a.m. - 4:00 p.m.  
Enjoy a five hour visit to **Niagara Fallsview Casino** & receive \$35.00 in slot play
- Return:** Arrival in Aurora approx. 6:00 p.m.
- Inclusions:** Return transportation via deluxe coach, 5 hour visit to Fallsview Casino, \$35.00 slot play, and all taxes.
- Price:** Members: \$56.00 per person  
Non Members: \$65.00 per person
- To Book:** Sign up at reception or for more information call Brandie Yorg at 365-500-3161
- NOTE:** Passengers must be 19 years of age or older with valid government photo I.D. in order to receive casino incentive



**FALLSVIEW**  
CASINO RESORT



### TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

250 Consumers Road #715  
North York ON  
M2J 4V6

P: 416 499 1444  
F: 416 499 1448  
TF: 1 888 804 8841

Ontario Registration #4281143  
Email: craiglugsdin@bellnet.ca  
www.yearroundtravel.com

Aurora Seniors 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 lunch 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.

**Date:** Wednesday, July 8, 2026

**Depart:** 8:30 a.m. - Stronach Recreation Complex

**Rest Stop:** 10:00 a.m. - 10:30 a.m.  
A quick rest stop in Grimsby

**Lavender:** 11:00 a.m. - 12:00 noon  
Guided tour at NEOB Lavender Farm

**Lunch:** 12:15 p.m. - 2:00 p.m.  
Enjoy a delicious meal at Queenston Heights  
Choice of  
1) Grilled Breast of Chicken  
2) Baked Rainbow Trout  
3) Nasi Goreng Style Rice Dish

**Butterflies:** 2:15 p.m. - 3:15 p.m.  
Visit to the Butterfly Conservatory

**Market:** 3:30 p.m. - 4:30 p.m.  
Visit to Walkers Farmers' Market

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

**Price:** Member: \$190.00 per person  
Non Member: \$200.00 per person

**Inclusions:** Return transportation via deluxe coach, visit to NEOB Lavender, lunch, wine tasting, visit to Walkers Farmers' Market, gratuity on meal, driver gratuity, & all taxes.

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



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



**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

## ▶ Computer Club Information and Activities

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 have added an individual help session for members immediately following the Tuesday sessions from 11-12 p.m.. 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 April:**

- April 7 – General Q&A (Doug)
- April 14 - Snapseed (Sabrina)
- April 21– Apple Day - New from Apple, iOS26.4 (Herb)
- April 28 – Password Managers (Doug)

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)**



# Computer Volunteers Needed



If people are always asking for your help using their phone or computer you may just be able to help our fellow members of the ASA.

Every Tuesday the computer club offers members 1:1 help between 11 - 12 p.m. and 1 - 3 p.m.  
Hours are under your control.

**INTERESTED?**

LET US KNOW IF YOU THINK YOU CAN HELP BY SENDING AN EMAIL TO [CCLUB@AURORASENIORS.CA](mailto:CCLUB@AURORASENIORS.CA) WITH VOLUNTEER IN THE SUBJECT LINE. THANK YOU! - DOUG COOPER

## ▶ Tuesday Night Movies

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

**April 7 - Song Sung Blue: (2025): Hugh Jackman, Kate Hudson (PG 13 2 hours and 12 minutes, Drama/Musical)** Based on a true story, 2 down on their luck musicians form a Neil Diamon tribute band rising from dive bar gigs to unexpected hometown stardom.

**April 14– Get Low (2009): Robert Duvall, Sissy Spacek, Bill Murray (PG, 1 hour 43 minutes, Drama/Mystery)** A movie spun out of equal parts folk tale, fable and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party.....while he was still alive.

**April 21 –Ella McCay (2025): Emma Mackey, Jaimie Lee Curtis (PG 13, 1 hour and 54 minutes min, Comedy/Drama)** An idealistic young woman juggles her family and work life in a comedy about the people you love and how to survive them.

**April 28 – Best in Show (2000): Catherine O’Hara, Eugene Levy (PG 13, 1 hour and 30 minutes, Comedy/Mockumentary)**  
A beloved mockumentary-style comedy that takes a hilarious look behind the scenes of a prestigious dog competition—the Mayflower Kennel Club Dog Show in Philadelphia. Filmed as if it were a real documentary, the movie follows a group of wildly eccentric dog owners and their pampered pets as they compete for the “Best in Show” ribbon.

<p><b><u>ASA Board of Directors:</u></b></p> <p><b>President</b> Glen Sharp</p> <p><b>Vice President</b> Julia Jackson</p> <p><b>Treasurer</b> Harold Reiter</p> <p><b>Secretary</b> Rob Gaby</p> <p><b>Directors</b> Jim Abram Vern Cunningham Theresa McKenzie Nancy Spinks Rob Seath</p>	<p><b><u>ASA Committees:</u></b></p> <p><b>By-Law Committee</b> John Scherrer</p> <p><b>Finance Committee</b> Harold Reiter</p> <p><b>Fundraising Committee</b> Rob Seath</p> <p><b>Membership &amp; Volunteers Committee</b> Carol Hedenberg</p> <p><b>Operations &amp; Activities Committee</b> Julia Jackson</p> <p><b>SAGA Committee</b> Jim Abram</p> <p><b>Special Events Committee</b> Nandy Singh</p>	<p><b><u>Aurora Seniors Centre Staff:</u></b></p> <p>Andrew Bailey Adult/Older Adult Coordinator <a href="mailto:abailey@aurora.ca">abailey@aurora.ca</a> (365) 500 3160</p> <p>Brandie Yorg Adult/Older Adult Programmer <a href="mailto:byorg@aurora.ca">byorg@aurora.ca</a> (365) 500 3161</p> <p>Gillian Simpkin Seniors Program Assistant <a href="mailto:gsimpkin@aurora.ca">gsimpkin@aurora.ca</a> (365) 500 3342</p> <p>Bill Hawke Primary Facility Operator <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 FEATURE April Antics:** Ready for some April Fools fun and a bit of lighthearted tomfoolery? Join us for this virtual fun & games call

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

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

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

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

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

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

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

**Walking Club Seminar:** Join us weekly for an educational seminar. Each week, we'll cover a new topic related to physical and mental well-being, healthy living, and active aging. From expert insights to practical tips, our seminars are designed to educate and inspire.

**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>April 1</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>April 2</b> <b>10:15</b> Sit & Strong (Z) <b>2:15</b> Coffee Chat (T) <b>3:15</b> Seated Yoga Stretch(Z/T)	<b>April 3</b>  <b>NO PROGRAMS GOOD FRIDAY</b>
<b>April 5</b>  <b>NO PROGRAMS HAPPY EASTER</b>	<b>April 6</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Fun & Games (T)	<b>April 7</b> <b>12:15</b> Sit & Stretch (Z/T) <b>2:00</b> Walking Club Seminar(Z) <b>3:15</b> April Antics (Z)	<b>April 8</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>April 9</b> <b>10:15</b> Sit & Strong (Z) <b>3:15</b> Seated Yoga Stretch (Z/T)	<b>April 10</b> Fun & Games (T)
<b>April 12</b> <b>12:30</b> Chair Exercise (Z)	<b>April 13</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Card Bingo (Z/T)	<b>April 14</b> <b>12:15</b> Sit & Stretch (Z/T) <b>2:00</b> Walking Club Seminar(Z)	<b>April 15</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>April 16</b> <b>10:15</b> Sit & Strong (Z) <b>3:15</b> Class Cancelled	<b>April 17</b> <b>3:15</b> Fun & Games (T)
<b>April 19</b> <b>12:30</b> Chair Exercise (Z)	<b>April 20</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Fun & Games (T)	<b>April 21</b> <b>12:15</b> Sit & Stretch (Z/T) <b>2:00</b> Walking Club Seminar(Z) <b>3:15</b> Virtual Fun & Games	<b>April 22</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Canadian Travel Destination (T)	<b>April 23</b> <b>10:15</b> Sit & Strong (Z) <b>2:15</b> Coffee Chat (T) <b>3:15</b> Seated Yoga Stretch (Z/T)	<b>April 24</b> <b>3:15</b> Fun & Games (T)
<b>April 26</b> <b>12:30</b> Chair Exercise (Z)	<b>April 27</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Jeopardy (Z/T)	<b>April 28</b> <b>12:15</b> Sit & Stretch (Z/T) <b>2:00</b> Walking Club Seminar(Z)	<b>April 29</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>April 30</b> <b>10:15</b> Sit & Strong (Z) <b>3:15</b> Seated Yoga Stretch (Z/T)	<b>May 1</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 6:30 Beginner Line Dance* 8:00 Beginner Line Dance*	9:00 Woodshop 9:00 Get Fit* (H) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* 10:00 Snooker League 10:30 Ladies Laugh & Learn* 11:00 French 11:30 WOW Sit & Balance (Z) 12:15 Walk Fit* (AFLC) 12:30 Walking Soccer - Learn to Play (S.D) * 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Chronic Pain Management* (ATH) 1:30 Bridge 1:30 Snooker League 1:45 Choir 2:30 Knitting* 3:15 WOW Stories/Games (T)	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>April 20</b> 1:00 ASA Board of Directors (ATH)		<b>April 8 &amp; 22</b> 11:45 Bistro		<b>April 10</b> 7:00 Dance
		<b>April 22</b> 10:30 Blood pressure Clinic		<b>April 24, 25</b> Garage Sale Donation drop off
				<b>April 26</b> Garage Sale 8:30 – 1 pm

**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