

free entry

Holiday MARKETPLACE

Sunday November 2, 2025



**35 LOCAL VENDORS AND ARTISANS
SILENT AUCTION AND COZY TEA ROOM
THE PERFECT EVENT FOR YOUR HOLIDAY SHOPPING**

Aurora Seniors Centre, 90 John West Way

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
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-  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

▶ ASA Board of Directors

Fall has officially arrived and so far, it has been a good start to the season. Activities at the Centre are back in full swing as the full program schedule has resumed.

Speaking of things returning, the BBQ season at the Centre is over and Bistro lunches are back. The September lunch was great and a big thank you goes out to all the volunteers who help with set up, serving and clean up. You make the lunches a really nice event. Thank you also to the volunteers who provide the bar service which adds an extra touch. The cost to members for a lunch ticket remains at \$10 and tickets go fast so keep an eye out for the next date. The ASA is charged roughly \$12.50 per meal plus coffee so we continue to subsidize the lunch to keep the price down.

Have you heard of Let's Get Acquainted. It's an opportunity for new and not so new members to come and learn a little about the history of the Centre, the relationship between the ASA and the Town, and volunteering. We do our best to answer questions and a facility tour is always available. The next LGA will be on Wednesday October 22 beginning at 11 a.m. We had a great turn-out last month so please join us in October.

It's nice to see the bocce courts busy, but sadly there isn't much time left in the season, but we will do our best to go as long as we can. The Snooker league is in full swing, and the numbers have really grown. This is a fun group for players of all skill levels. Although we keep score, at the end of the day it's all about friendship and fun. On Monday mornings there is an opportunity for women who want to give it a try with someone on hand to help as needed.

Replacement of the leaky roof is still in the works, and we expect that to be completed in the spring. We continue to have good communication with staff at Town Hall regarding work to be done at the Centre.

Trivia Night is coming up on Friday, October 3, and as usual it sold out faster than a Taylor Swift concert and is a lot cheaper. There have been a few tickets returned if you are interested please ask Reception! Look for another one in the Spring 2025.

Mark your calendar for the always fantastic Holiday Market to be held on Sunday, November 2. It's a great time to get in some early holiday shopping, maybe pick up some deals and support the vendors.

That's all for now. Time to get the fall/winter jackets out.

Glen

▶ Centre Etiquette

- Please treat Volunteers, fellow ASA members, and Staff with the outmost respect at all times while in the Centre. Please review and adhere to the ASA Code of Conduct and the Town of Aurora Community Code of Conduct located in the Centre.
- Please clean up after yourself whether it be in the lounge or in your activity/program room at the Centre.
- If you spill your drink or need assistance with clean-up, please let staff know
- The temperature at the Centre is scheduled so with the changing temperatures on the way for the Fall, if you feel cool, we recommend bringing an extra layer of clothing as some rooms are cooler than others

Thank you.

Town of Aurora Fall 2025 Programs

Town of Aurora 2025 Fall program registration is open:

Here's how to register:

1. Online using the Town of Aurora's E-play system. You can access E-play by visiting <http://www.aurora.ca/eplay>
2. Registration Forms will be available at Reception
3. Register in Lounge at the Aurora Seniors Centre

LEGEND

ASC – Aurora Seniors Centre

ATH – Aurora Town Hall

NEW BOUQUET BASICS WORKSHOP

Age: 55+ years Location: ASC

In this hands-on workshop, a professional florist will guide you in creating your own handcrafted bouquet. All materials are provided including: flowers, greenery, ribbons, wrapping paper.

Day	Date	Time	Fee/Class	Code
Fri	Oct 24	2pm – 4pm	\$60.00/1	37093

NEW KNITTING FOR CHARITY

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Cla	Code
Tues	Oct 28	2:30pm – 3:45pm	FREE/4	TBD

NEW KNITTING PROJECTS

Age: 55+ years Location: ASC

This class does not have a set agenda. It is an opportunity to get help with projects from previous knitting classes with Beth. Participants will also be provided with a varied selection of 15 plus patterns which involve techniques with which the students may be unfamiliar. Students will be able to select projects they would like to try, ones with which they are familiar with say 75% of what is involved in the pattern, and then use class time to get help with the problem areas. Some printed notes will be shared in class but the majority of information will be shared on line or by links to Ravelry, to save the center from printing costs. Students therefore need to have internet access and a printer available to them. It is also important they have joined the knitting app Ravelry. If you are unfamiliar with Ravelry it is a fabulous FREE knitting app and you will be shown how to join in the first class

Day	Date	Time	Fee/Class	Code
Tues	Oct 28	10am – 11:15am	\$45.00/4	TBD

KNITTING LEARN TO KNIT PART 2

Age: 55+ years Location: ASC

In this class you will learn various techniques (increases, decreases, seaming, bias knitting, reading charts) and stitches (cables, lace, ribs, knit & purl combos) which will enable you to go on and create your own designs. For each new stitch or technique you will also be given a pattern for a simple project you can knit using that new skill. This class is suitable for the advanced beginner. It would be an excellent follow up to the Learn to Knit Part 1.

List of supplies will be available at reception

Day	Date	Time	Fee/Class	Code
Wed	Oct 29	10am – 11:15am	\$45.00/4	36891

KNITTING MITTENS

Age: 55+ years Location: ASC

Everyone enjoys the cozy warmth of a pair of hand knit wool mittens. In this class you will learn a good basic mitten. You will also learn adjustments/techniques which will allow you to create various styles of mitts – gauntlet, fingerless, felted, thrummed. This is an advanced beginner class - Students must be proficient in basic knitting skills. Students need to pick these supplies and bring to your first class.

List of supplies will be available at reception.

Day	Date	Time	Fee/Class	Code
Wed	Nov 5	2:30pm-3:45pm	\$45.00/4	36888

PAINT & SIP

Age: 18+ years Location: ATH

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

Day	Date	Time	Fee/Class	Code
Sat	Oct 25	1pm - 5pm	\$70/1	36870
Sat	Nov 22	1pm - 5pm	\$70/1	36871

NEW WREATH WORKSHOP

Age: 55+ years Location: ATH

In this hands-on workshop, a professional florist will guide you to create an original and beautiful seasonal wreath! All materials are provided.

Day	Date	Time	Fee/Class	Code
Thur	Nov 13	7pm - 9pm	\$70.00/1	37094

VIRTUAL ALL-ACCESS PASS NEW

Enjoy Our Fitness Classes Virtually at Home!

VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years Location: ZOOM

Our all-access pass allows you to join any of our virtual fitness classes: Participants in this program will receive their zoom links the day before each program's scheduled start. This is a great value!

Schedule:

Monday 9 a.m. Move & Tone

Monday 1:30 p.m. Stretch & Tone

Tuesday 10:00 a.m. Circl Mobility

Tuesday 11:00 a.m. Zumba Gold

Wednesday 9:00 a.m. Get Fit


Thursday 9:00 a.m. Basic Cardio

Thursday 9:45 a.m. Stretch & Tone

Friday 9:00 a.m. Get Fit

Friday 11:00 a.m. Get Strong

Day	Date	Time	Fee/Class	Code
M-F	Fall 2025 Season	See schedule	\$75.00/12 weeks	36872



**FREE
BLOOD PRESSURE CLINIC**

October 15 - 10:30 to 11:30 a.m.
October 29 - 10:30 to 11:30 a.m.

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

BOUQUET BASICS WORKSHOP

In this hands-on workshop, a professional florist will guide you in creating your own handcrafted bouquet. All materials are provided including: flowers, greenery, ribbons, wrapping paper.

Friday October 24 2025

2-4:00 P.M.

Aurora Seniors Centre

\$60.00

REGISTRATION REQUIRED
AT RECEPTION



Indoor WALKING CLUB



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

SEMINARS

Tuesday October 7

Ears to Life: Understanding & Managing Hearing loss

Tuesday October 14

Inspirational Stories - Rob Seath

Tuesday October 21

TBA

Tuesday October 28

Healthy Aging & Nutrition

**All seminars offered on zoom
please email byorg@aurora.ca to receive the link.**

Aurora Family Leisure
Complex
wow@aurora.ca
365-500-3161

WALK STRETCH LEARN



ASA BISTRO

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

\$10 MEMBERS ONLY

MENU

WEDNESDAY, OCTOBER 15

SWEET & SOUR MEATBALLS WITH RICE
AND PEAS.

WEDNESDAY, OCTOBER 29

MAC AND CHEESE WITH GARDEN SALAD

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



October 15 Bistro Tickets on sale from Monday, October 6 to Friday, October 10
October 19 Bistro tickets on sale from Monday, October 20 to Friday, October 24

Please Note: two tickets per member and no refunds.

ALL BISTROS WILL BE CATERED BY

HEALTHY NOW

Healthy Now

MEAL PREP • JUICES • CATERING

www.HealthyNow.ca

Phone: 647-210-0047

Email: Christine@HealthyNow.ca

LET'S GET ACQUAINTED

CALLING ALL MEMBERS!

Learn more about about **YOUR** Seniors Centre:

- Ways to keep socially connected
- Activities & Programs
- Special Events
- Information & Learning Sessions
- Travel
- Volunteer Opportunities
- Meet other members

WEDNESDAY OCTOBER 22ND AT 11:00 A.M.

PLEASE REGISTER FOR THIS SESSION AT RECEPTION



OPENING SOON

Learn about Aurora's newest senior lifestyles residence

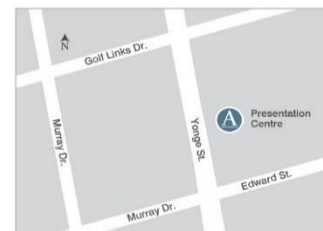
Opening this November, discover senior living like you've never seen before. Amica Aurora Promenade will offer Independent Living, Assisted Living, and Memory Care lifestyle options, with access to well-appointed amenities, chef-prepared meals, enriching social activities and personalized care.

Visit our Presentation Centre to reserve your suite, secure your pre-open rate and learn the perks of being a founding member.

CALL US WITH ANY
QUESTIONS at 905-726-2220.

[AMICA.CA/AURORAPROMENADE](https://amica.ca/aurorapromenade)

PRESENTATION CENTRE:
14785 Yonge St. (beside the LifeLabs)



AMICA
AURORA PROMENADE

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

• October 10 & 24



Join us on October 10 for our Ballroom Classics dance night. And mark your calendar with the October 24 date, when we hold our Halloween Dance Party. Remember to dress in your best Halloween outfit.

The dance events start with a line dance lesson at 6:45pm, followed at 7:30pm by ballroom dancing and a few more line dances during the night. Admission: \$5 for members, \$7 for non-members. Music by DJ Les.

LADIES LAUGH & LEARN

Ladies, let's connect!

Join us on Wednesday mornings to meet new friends and try different activities.

Each week will have social time, light refreshments, and some fun. Something different every week.

Wednesdays starting October 15

10:30 a.m. - noon

\$15/8 weeks, Limited to 25 spaces.

**Register at reception beginning
Monday, September 15**



AURORA SENIORS ASSOCIATION

AURORA MEN'S SHED OPEN HOUSE

You Are Invited

4
OCTOBER

11 a.m. to 4 p.m.
Aurora Seniors Centre
90 John West Way

A place to belong, build, and be yourself. Our Men's Shed Open House invites you to see how we combine conversation and community, with friendship and purpose. Drop by for a tour, a chat, and light lunch. Whether you're here to learn, teach, or just be part of something, you'll find your spot. Bring a friend, bring your curiosity, and leave with a smile

Seniors Discount Night

EVERY WEDNESDAY

4pm-8pm

15% OFF

and FREE DESSERT with your meal !



**Open Daily
7am to 9pm**

Bunchberry Diner
165 Wellington Street East
905-503-1133



AURORA SENIORS CENTRES MANDARIN SINGING
GROUP WITH COLLABORATION WITH THE
HUAYUN AURORA MULTICULTURAL ASSOCIATION
PRESENTS

Mid Autumn Moon Festival

**WEDNESDAY,
OCTOBER 8
10:15 A.M.**

tickets available at Reception.

Join us in the West McKenzie at the
Centre for a festive morning of fun
entertainment as we celebrate the
Mid Autumn Festival

FREE

▶ ASA Library

NOTE: Our new library email address is asalibrary@auroraseniors.ca Please send us a note or drop by the library if you have any questions or suggestions.

Recent Political Promotion Still Active

We have identified a number of political biographies and heart stopping politically oriented thrillers for your enjoyment. I know you will be surprised at what politicians have to say about themselves.

Jeffery Archer

We have recently received an excellent set of 6 Jeffery Archer CD Audio Books. Most are part of the "Clifton Chronicles". Drop in if you would like to borrow one of them.

Please Note: We are looking to complete our set of Jeffery Archer hardcover copies of the "Clifton Chronicles". Please let us know if you have any copies you would consider donating to the library.

Book and Puzzle Donations

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

Water Damage or Mould

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

Large Print Book section

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

Borrowing Books

The process is straight forward as there is no sign-out. You can borrow as many as you wish and then return the book(s) when you have finished.

We have noticed that some borrowers when introduced to a new author borrow all available copies of their books. Please limit yourself to 2 copies of a single author thus leaving some for other borrowers. James Patterson is an exception to this limit.

General Administration

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

▶ ASA Website Survey

We are working on making our website better and more user-friendly, and we need your input! Please watch for the upcoming e-flash with the survey link or stop by the Centre between October 1 and October 31 to fill it out in person. Click link to view the ASA website. <https://www.auroraseniors.ca/> Thanks for your feedback.



A PLACE TO *live well.*

**CHOOSE YOUR LIFESTYLE.
INDEPENDENT LIVING, SUPPORTIVE
LIVING AND SHORT TERM STAYS.**

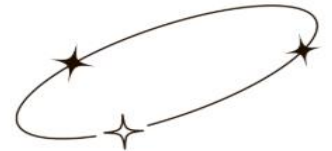
DELMANOR

Aurora
Inspired Retirement Living™

BOOK YOUR TOUR TODAY!

**905-503-9505 | DelmanorAurora.com
25 BUTTERNUT RIDGE TRL, AURORA**

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!



OACAO 2025 Fall WEBINAR SERIES

FREE

THE CANADIAN DENTAL CARE PLAN (CDCP)

JOIN EAPO AND SERVICE CANADA FOR THIS WEBINAR, THAT WILL PROVIDE AN OVERVIEW OF THE CANADIAN DENTAL CARE PLAN (CDCP), INCLUDING ELIGIBILITY CRITERIA, SERVICES COVERED, COSTS AND THE APPLICATION PROCESS. WE WILL ALSO REVIEW INFORMATION ON MY SUN LIFE ONLINE ACCOUNT, OTHER PLANS, AND NON-INSURED HEALTH BENEFITS

**THURSDAY, OCTOBER 30
1 - 2 P.M.**

**STREAMED IN THE LOUNGE
OR**

EMAIL [WOW@AURORA.CA](mailto:wow@aurora.ca) FOR THE LINK TO WATCH AT HOME

THANK YOU TO OUR SPONSORS & VOLUNTEERS OF OUR HIDDEN TREASURES OF ONTARIO WINE TASTING FUNDRAISING EVENT

We extend our heartfelt gratitude to all the sponsors and volunteers who made the Hidden Treasures of Ontario wine tasting event on Saturday September 13, a memorable success. Your generous support, time, and dedication helped us raise vital funds for the Aurora Seniors Association.



NOT YOUR AVERAGE
BINGO NIGHT
HALLOWEEN EDITION
COSTUMES ENCOURAGED (BUT NOT REQUIRED)

OCTOBER 31



7 - 9:30 PM

Doors Open : 6:00 pm game starts at 7:00 pm

TICKETS AVAILABLE OCTOBER 1

\$10 FOR MEMBERS

\$15 FOR NON-MEMBERS

Included: 2 bingo cards per game, pizza, prizes,
friends, fun and laughs.

Extras available for purchase: additional bingo card

Grand Prize 50/50 game to end the night

GAMES | FOOD | PRIZES | CASH BAR



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



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: Wednesday, November 12, 2025

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 Andrew Bailey at 365-500-3160

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

► Computer Club Information and Activities

Every Tuesday from 10 to 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 are adding an individual help session for members immediately following the Tuesday sessions from 11 a.m. to 12 p.m. No appointment required.

We continue to provide personal help by appointment on Tuesday afternoons between 1 and 3 p.m. If you are looking for help, you can send a request in an email to cclub@auroraseniors.ca.

Tuesday morning seminar schedule for October:

- October 7 – General Q&A
- October 14 – Cloud Refresher (Doug)
- October 21 - Apple Day – What is new in iPadOS/iOS 26 (Herb)
- October 28 – Upgrading to Windows 11 (Bob)

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

We have covered many topics of general interest. Recordings of the past years' Zoom sessions are being maintained at <http://www.auroraseniors.ca/>. We now have a Quick Link to these recordings 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 Bob Hedenberg at bobhed65@gmail.com or Doug Cooper at techspeakr@gmail.com.

► 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.

► New Conversational Spanish Interest List

We are looking to start a New Conversational Spanish activity at the Centre!

If you are Interested, please put your name on the sign sheet at Reception for us to gauge interest.

We would be looking at Monday afternoons from 1 – 2 p.m. for this new activity

We are beginning to plan our 2025 Day/Overnight trip planning for the Centre. If you have any attractions or locations, you'd like to visit please fill out a ballot available at Reception of where you'd like us to go. All will be reviewed and considered

► Tuesday Night Movies

October 7 – A Touch of Class (1973): George Segal (PG, 106 min, Romantic Comedy) **

An insurance man and a recently divorced female fashion designer become clandestine lovers in a London-Spain tryst.

October 14 – Butch Cassidy and the Sundance Kid (1969): Robert Redford (PG, 110 min, Action)

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

October 21 – Sherlock Holmes (2009): Robert Downey Jr. (PG-13, 128 min, Action)

Detective Sherlock Holmes and his stalwart partner Watson engage in a battle of wits and brawn with a nemesis whose plot is a threat to all of England.

October 28 – Downton Abby (2019): Maggie Smith (PG, 122 min, Drama)

The Crawleys and their servants prepare to host King George V and Queen Mary at Downton Abbey.

Tuesday Night Movies begin at 6:30 p.m. admission is \$1.50 and include movie, refreshments, and popcorn! Movies are open to members only, no reserved seating please.



Our Toronto Blue Jays Baseball team have Won the American League division and are heading to the Playoffs. We are hopeful to have some Playoff viewing parties during their run to the World Series. The first weekday game is scheduled for **Tuesday, October 7. If this game is scheduled at 4 or 7 p.m. we may host a viewing party at the Centre and cancel our October 7 movie. We will keep everyone updated. LETS GO BLUEJAYS!

ASA Board of Directors:

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Rob Gaby

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Vern Cunningham

Kevin Griffiths

Theresa McKenzie

Nancy Spinks

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John Scherrer

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Harold Reiter

Fundraising Committee

Vern Cunningham

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Carol Hedenberg

Operations & Activities Committee

Julia Jackson

SAGA Committee

Jim Abram

Special Events Committee

Nandy Singh

Aurora Seniors Centre Staff:

Karie Papillon

Adult Program Coordinator

kpapillon@aurora.ca

(365) 500 3159

Andrew Bailey

Adult/Older Adult Programmer

abailey@aurora.ca

(365) 500 3160

Brandie Yorg

Seniors Program Assistant

byorg@aurora.ca

(365) 500 3161

Bill Hawke

Primary Facility Operator

bhawke@aurora.ca



Seeking Dumbbell donations for our WOW fitness programs. If you have any gently used weights, please drop off at Reception.

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

Chair Yoga: Join our Yoga instructor for simple movements and breath work anyone can do from a chair

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

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

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

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

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

Virtual Fun & Games: Various trivia and quizzes



We are so excited to be partnering with DELIGHT. The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia and care partners

Registration is required for this 8-week program Tuesdays and Thursdays 11:00 a.m. -12:00 p.m.

September 16th – November 6th

Each Session includes:

- 30 minutes of physical exercise
- Social connection
- Shared learning about healthy living and dementia, including strategies to support living well through physical activity, healthy eating, sleep, mental health and social support

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 3161 or Email: wow@aurora.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
This legend indicates how each WOW program will be available for this month! T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference Questions or to register: email wow@aurora.ca or phone 365-500-3161			October 1 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	October 2 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	October 3 3:15 Fun & Games (T)
October 5 12:30 Chair Exercise (Z)	October 6 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	October 7 11:00 Chair Yoga (Z/T) NEW 1:00 DELIGHT 2:00 Walking Club Seminar (Z)	October 8 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	October 9 10:15 Sit & Strong (Z) NEW 1:00 DELIGHT 3:15 Chair Yoga (Z/T)	October 10 3:15 Fun & Games (T)
October 12 NO PROGRAMS HAPPY THANKSGIVING	October 13 NO PROGRAMS HAPPY THANKSGIVING	October 14 11:00 Chair Yoga (Z/T) NEW 1:00 DELIGHT 2:00 Walking Club Seminar (Z)	October 15 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: Kansas (T)	October 16 10:15 Sit & Strong (Z) NEW 1:00 DELIGHT 3:15 Chair Yoga (Z/T)	October 17 3:15 Fun & Games (T)
October 19 12:30 Chair Exercise (Z)	October 20 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	October 21 11:00 Chair Yoga (Z/T) NEW 1:00 DELIGHT 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z)	October 22 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	October 23 10:15 Sit & Strong (Z) NEW 1:00 DELIGHT 1:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	October 24 3:15 Fun & Games (T)
October 26 12:30 Chair Exercise (Z)	October 27 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)	October 28 11:00 Chair Yoga (Z/T) NEW 1:00 DELIGHT 2:00 Walking Club Seminar (Z)	October 29 3:15 Spooky Stories & Monster Mischief (T)	October 30 10:15 Sit & Strong (Z) NEW 1:00 DELIGHT 2:15 Coffee Chat (T) 3:15 Chair Yoga (Z/T)	October 31 3:15 Haunted Halloween Fun & Games (T)

Monday 8:30 a.m. to 4:30 p.m.	Tuesday 8:30 a.m. to 9 p.m.	Wednesday 8:30 a.m. to 4:30 p.m.	Thursday 8:30 a.m. to 4:30 p.m.	Friday 8:30 a.m. to 10 p.m.
9:00 Woodshop 9:00 Badminton 9:00 Ladies Billiards 9:00 Move & Tone* (Z) 9:30 Men's Fit* (ATH) 9:30 Knotty Knitters 9:00 Beginner Bid Euchre 9:45 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 10:30 Men's Shed 12:15 Yoga: Hatha* 12:30 Duplicate Bridge 1:00 Carpet Bowling 1:00 American Mah-Jongg 1:30 Snooker League 1:30 Stretch & Tone*(H) 2:00 Qi-Gong & Yoga Blended (ATH) 3:00 Mixed Pickleball 3:15 WOW Fun/Games*(T)	8:30 Woodcarving 9:00 Bocce 9:00 Boot Camp* 9:00 Zumba Gold Toning* 9:15 Yoga Mat* (ATH) 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminar 10:00 WOW Chair Yoga*(Z/T) 10:00 Circl Mobility* 10:30 Balance* 10:30 Piloga* (ATH) 11:00 Zumba Gold* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core* (ATH) 1:30 Snooker League 1:45 Get Strong* (ATH) 2:15 Pickleball (Men) 3:00 Chair Fit* (ATH) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Woodcarving 6:30 Yoga: Sunset* (ATH) 6:30 Beginner Line Dance* 7:45 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 11:00 Qi-gong* (ATH) 11:30 WOW Sit & Balance (Z) 12:15 Walk Fit* (AFLC) 1:00 Walking Soccer - Learn to Play (S.D) * 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Chronic Pain Management* (ATH) 1:30 Bridge 1:30 Snooker League 1:45 Choir 2:00 Knitting* 3:15 WOW Stories/Games (T) October 8 10:15 Mid Autume Moon Festival Performance October 15 & 29 11:45 Bistro	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* (ATH) 9:45 Stretch & Tone*(H) 10:00 Men's Shed Bocce 10:00 Snooker League 10:30 Keep Singing 11:00 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:30 Snooker League 1:30 Woodcarving Class 2:00 Pilates* (ATH) 2:30 Pickleball (Women) 3:00 Chair Fit* (ATH) 3:15 WOW Chair Yoga (Z/T) 6:30 Yoga: Restorative* (ATH) 7:45 Yoga: Anxiety & Stress* (ATH)	9:00 Woodshop 9:00 Piloga* (ATH) 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 1:30 Book Club 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 6:30 Bid Euchre 7:00 Fun Night October 10 & 24 7:00 Dance October 31 Halloween Bingo Night
October 20 1:00 ASA Board of Directors (ATH)				