



2025 ANNUAL GENERAL MEETING (A.G.M.) Rob Gaby, Secretary

Our **2025** Annual General Meeting will be held **WEDNESDAY, JUNE 11th** starting at **11 a.m.**

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

The 2025 A.G.M. will mark 21 years of operation by the Aurora Seniors Association as an incorporated, non-profit organization.

The June 11th, 2025, A.G.M. will be a hybrid version – including in-person and virtual (ZOOM) attendance. Members must have current 2025 membership. Virtual (ZOOM) attendance will require pre-registration by 4:00 p.m. Friday, June 6th. Members can pre-register by phone (905-726-4767) or by email seniorscentre@aurora.ca. A link to the meeting will be e-mailed to pre-registered members prior to the meeting.

We are happy to report that as in previous years, barbecue refreshments will follow the A.G.M. for a cost of \$2.00 for members who attend the meeting. Complete agenda packages will be posted on the Centre's bulletin board, available at the Seniors' Centre Reception desk and on the ASA website - www.auroraseniors.ca - on **Thursday, June 5th, 2025**.

Questions may be put in writing using the Let Us Know form handed to Reception and by e-mail to the ASA President (glens44@hotmail.com) ahead of the A.G.M. Questions regarding ASA Financial Reports should be emailed to: asatreasurer@outlook.com. Questions received by June 6th will be addressed at the meeting. Questions received after June 6th and during the AGM will be addressed and responded to at the first meeting of the 2025-2026 Board.

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

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

THE LIND







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▶ ASA Board of Directors

May didn't give us the weather we hope for at this time of year, but it sure is great to be getting outside again.

We finished April on a high note with the Annual Giant Indoor Garage Sale. Donations poured in, and with the help of 140 volunteers and co-ordination by Glenn Reed and Theresa Mackenzie we raised just over \$20,000.00. This is the highest total ever and a new attendance record of 1262, including over 600 in the first hour was also established. It's a great community event and a big thank you to everyone for their support.

Our annual Board of Directors elections were held in May. It started with a very well attended All Candidates meeting with over 100 members hearing the candidates answer a number of questions. We received a great deal of positive feedback regarding the event. Thank you to all the candidates who stepped forward to run for one of the three spots on the Board. Congratulations to Theresa Mackenzie, Nancy Spinks, and Kevin Griffiths and welcome to the Board of Directors. They will be sworn in at our AGM on June 11 beginning at 11 a.m. and followed by a BBQ lunch for a cost of only two dollars. Please plan on joining us.

The Fund-raising Committee organized a bowling outing at the end of April. It was great fun, and another one is ready to go. Thanks to Ron Maislin for taking the lead on this. Have you tried Walking Soccer? Three Try-it sessions have been held and attendance has been very good. It's a lot of fun, and great exercise. A four-week program is planned for June so consider giving it a try.

On May 24, Brandie and Karie lead the way as 25 ASA members joined the Walk for Alzheimer's on the path around Lake Wilcox. Despite the weather it was a beautiful place to walk, and we had a great time. Our team raised just over \$4000.00, and in total there were 500 walkers and \$140,000.00 was raised. Thanks to Brandie for organizing this for us.

Have you checked out the gardens around the Centre? They look great, and we must thank the team that works so hard throughout the summer to keep it in shape. Thank you to Stella, Andrew, Rob, Lesley, Charlie, Jo, Judy, Martha, Nick, and Trudy.

Summer is not far off, so let's make the most of it.
Glen

▶ Thank you, Sylvia

After 15 years of leading our Evergreen Choir, Sylvia Gilchrist will be stepping away from her duties. On behalf of the whole ASA please join us in saying a huge thank you to Sylvia for organizing our choir in rehearsals leading up to their annual Spring and Christmas concerts. Also, a big thank you to Jim Gilchrist who MC'd our Concerts during this time as well.



Town of Aurora Summer 2025 Programs

Registration is currently available for Summer programs.

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 now.

BALANCE IMPROVEMENT

Age: 55+ years Location: ASC

Stay steady on your feet by strengthening your core and lower body. This class will include seated and standing exercises.

Day	Date	Time	Fee/Class	Code
Tue	July 8	9:30am-10:15am	\$50.00/8	35103
Tue	July 8	10:30am-11:15am	\$50.00/8	35104

BASIC CARDIO – HYBRID (in person & 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: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Thur	July 10	9am - 9:30am	\$29.00/8	35105



BASIC CARDIO

Age: 55+ years Location: ZOOM

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

Day	Date	Time	Fee/Class	Code
Thur	July 10	9am - 9:30am	\$29.00/8	35106

BOOT CAMP GOLD

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Tue	July 8	9am - 9:45am	\$32.00/4	35107
Tue	Aug 5	9am - 9:45am	\$32.00/4	35108

CHAIR: GENTLE EXERCISE

Age: 55+ years Location: ASC

Formerly named Chair Stretch. 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. Breathe deeper, stretch farther and grow stronger.

Day	Date	Time	Fee/Class	Code
Fri	July 18	10am - 10:45am	\$45.00/7	35128

Canada Day Seniors Centre Closure

The Centre will be open normal business hours on Monday, June 30

The Centre will be closed on Tuesday, July 1

Please see staff with any questions.

DRAWING FUNDAMENTALS

Age: 55+ years Location: ASC

Overcome your fear of drawing. Truly, anyone can learn to draw. Using a variety of tools each week you will be introduced to technical and creative exercises that will help you develop your drawing skills. Material costs are extra (a list is available at the Seniors Centre, the Aurora Family Leisure Complex and for download - please click the download in the extra details box).

Day	Date	Time	Fee/Class	Code
Wed	July 9	9am – 10:30am	\$105.00/8	35495

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:	Date	Time	Fee/Class	Code
Wed	July 9	9am – 9:45am	\$50.00/8	35125

GET FIT

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Wed	July 9	9am – 9:45am	\$50.00/8	35124

GET STRONG

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

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.

This is a hybrid class. Participants can attend in person or over zoom.

Day	Date	Time	Fee/Class	Code
Fri	July 18	11am – 12pm	\$45.00/7	35109

GET STRONG

Age: 55+ Location: Zoom

See description below left.

Day	Date	Time	Fee/Class	Code
Fri	July 18	11am – 12pm	\$52.00/8	35110

MEN'S FIT

Age: 55+ years Location: ATH (Aurora Town Hall)

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. Exercises target all the major muscle groups. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate.

This	Date	Time	Fee/Class	Code
Thur	July 10	9:30am – 10:15am	\$50.00/8	35111

MOVE & TONE

Age: 40+ years Location: Zoom

This program uses cardiovascular exercise to improve endurance! We will also use light weights and resistance bands to work your muscles to strengthen and tone your body. This class is designed for the active and independent adult.

*No Class: April 21

Day	Date	Time	Fee/Class	Code
Mon	July 7	9am - 10am	\$56.00/9	35112

Paint & Sip

Age: 18+ years Location: ATH (Aurora Town Hall)

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

Day	Date	Time	Fee/Class	Code
Mon	June 14	1pm – 5pm	\$60.00/1	35606
Mon	July 21	12:30pm – 4pm	\$60.00/1	35607

PILOGA – HYBRID (in person & Zoom)

Age: 55+ years Location: 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.

Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

Day	Date	Time	Fee/Class	Code
Tues	Jul 8	10:35am – 11:20am	\$50.00/8	35113

PILOGA

Age: 55+ years

Location: *Zoom (Tue), ATH^ (Fri)

See description above.

Day	Date	Time	Fee/Class	Code
Tue	July 8	10:35am – 11:20am	\$50.00/8	*35114
Fri	May 9	9:00am – 9:45am	\$50.00/8	^35115

SEATED CORE & PELVIC FLOOR NEW!

Age: 55+ years (LADIES ONLY) Location: ATH

Need to strengthen your core or midsection to help with balance or back pain but can't lie on the floor? Have questions about or a lack of control in your pelvic floor? Join Lucy to learn about how to challenge these areas in ways that feel safe, manageable and in a supportive female only environment.

Day	Date	Time	Fee/Class	Code
Wed	July 16	10am - 10:45am	\$39.00/6	37074

STRETCH & TONE – HYBRID (in person & ZOOM)

Age: 55+ years Location: ASC

This class is designed to strengthen and tone muscles to facilitate everyday living activities and improve appearance. A variety of light equipment will be used. The muscles will then be stretched to maintain or increase flexibility. Note: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person. *No Class: May 19

Day	Date	Time	Fee/Class	Code
Mon	July 14	1:30pm – 2:30 pm	\$38.00/6	*35116
Thu	July 10	9:45am – 10:45am	\$50.00/8	35117

STRETCH & TONE

Age: 55+ years Location: Zoom

(Description Previous page)

*No class: May 19

Day	Date	Time	Fee/Class	Code
Mon	July 14	1:30pm – 2:30pm	\$38.00/6	*35118
Thu	July 10	9:45am – 10:45am	\$50.00/8	35122

WALK FIT

Age: 55+ years Location: ATH

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

Day	Date	Time	Fee/Class	Code
Wed	July 16	12:15pm - 1pm	\$45.00/7	35119

WATERCOLOUR – COTTAGE NEW!

Age: 55+ years Location: ASC

This class is for participants with some experience with watercolours. It will concentrate on landscape scenes inspired by cottage country. It will incorporate watercolour skills used for interpreting rocks, lakes, reflections and trees. (Please see supply list online [HERE](#) or pick up at the Seniors Centre for suggested colours.)

Day	Date	Time	Fee/Class	Code
Tues	Aug 6	9:30am - 12pm	\$77.00/4	35612

WALKING SOCCER LEARN TO PLAY NEW!

Age: 55+ years Location: Lind Realty Team Sports Dome

Are you ready to rediscover the joy of soccer in a safe, fun, and friendly environment? 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.

Day	Date	Time	Fee/Class	Code
Wed	June 4	1:30pm - 2:15pm	\$41.00/4	36900

WATERCOLOUR – FLORALS NEW!

Age: 55+ years Location: ASC

This class is for participants with some experience with watercolours. It will concentrate on watercolour florals and will use transparent watercolours to produce luminous watercolour projects. The class will explore both realistic and expressionistic versions of watercolour florals. (Please see supply list online [HERE](#) or pick up at the Seniors Centre for suggested colours.)

Day	Date	Time	Fee/Class	Code
Tues	July 3	10am - 11am	\$76.00/4	35611

YOGA: CHAIR

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Wed	July 9	10am - 11am	\$50.00/8	35120

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: Basic Cardio, Get Fit, Get Strong, Move & Tone, Piloga and Stretch & Tone. 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 10:35 a.m. Piloga

Wednesday 9:00 a.m. Get Fit

Thursday 9:00 a.m. Basic Cardio

Thursday 9:45 a.m. Stretch & Tone

Friday 11:00 a.m. Get Strong

Day	Date	Time	Fee/Class	Code
M-F	Summer Season	See schedule	\$49.00/8	37088



Toronto Blue Jays Day

THURSDAY, JUNE 26 AT 1 P.M.

WEAR YOUR BLUE JAYS GEAR AND JOIN US AT 1 P.M. TO WATCH THE GAME IN THE LOUNGE

FREE TO MEMBERS!
ENJOY SOME REFRESHMENTS & CHEER OUR TEAM.
THANK YOU TO OUR FRIENDS AT

the RESIDENCES ON YONGE
905-724-3213

FOR PROVIDING THE REFRESHMENTS.

JUNE IS SENIORS MONTH

FREE FIT-A-THON

WEDNESDAY JUNE 4

10:30 AM - 10:50 AM

**GET STRONG
WITH LUCY**

11:00 AM - 11:20 AM

**BASIC CARDIO
WITH BRANDIE**

11:30 AM - 11:50 AM

**CHAIR YOGA
WITH DIANE**

SIGN UP FOR 1 CLASS OR THEM ALL!

SPACE IS LIMITED, SIGN UP NOW

JUNE IS SENIORS MONTH

INFORMATION SHARING

WEDNESDAY JUNE 11

11 AM - 1 PM

**ANNUAL GENERAL
MEETING**

WEDNESDAY JUNE 18

11 AM - 1 PM

**BRAIN FITNESS
LUNCH & LEARN**

1:30 PM - 2:30 PM

**REVERSE MORTGAGE
SEMINAR**

WEDNESDAY JUNE 25

1:30 PM - 3:30 PM

WELLNESS AFTERNOON

THURSDAY JUNE 26

1 PM - 4 PM

**BLUE JAYS GAME IN
THE LOUNGE**



ENERGIZE

GAME CHANGERS

LEGACY

UNITY

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For more information



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BBQ 

Dates:
Wednesday, July 2
Wednesday, July 16
Doors open 11:30am

Limit of 2 tickets per member

Menu:
Hamburger
Sausage on a bun
Chicken on a bun
Salad, Dessert

Tickets are \$10 and on sale		
Date	# of tickets available	
July 2, 11:45 a.m.	65	Tickets on sale Monday June 23 to Friday, June 27
July 16 11:45 a.m.	65	Tickets on sale Monday, July 9 to Friday, July 13

▶ Library News

New Theme

- The theme of "British Detectives" continues for this month. See if you can guess who we have chosen. Some old and some new. Check the black shelf above the return box for our mystery selections.

Book and Puzzle Donations

- **Note:** We have a portable folding puzzle board with handles, for puzzles of up to 1000 pieces. If you would like to have this item, please contact me at the library or the number above.
- We are continuing to accept book and puzzle donations (up to 1000 pieces). Please limit your donations to a small number at one time. We prefer thrillers, novels, biographies, sports and romance books.

New large Print Book section

- The large print book section is now setup. There are 2 sections – Non-Fiction (mostly Biographies) and Fiction (Novels and Murder Mysteries). 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.
- they be too thick to fit through the slot.

Please contact Kevin Griffiths by sending a [text to '\(416\) 433-4881'](tel:4164334881) or drop by the library if you have any questions or suggestions.

The following Events and Trips are currently on Waitlist:



Saturday, June 14 – Dinner Murder Mystery

Thursday, June 26 – Peterborough Lift Lock Cruise Trip



FATHER'S DAY LUNCH: GOLF TIPS & TRICKS

Want to make this Father's Day is a hole-in-one? Bring your dads, sons and grandsons to the Amica Aurora Promenade Presentation Centre! A golf professional from **Pheasant Run Golf Club** will present tips and tricks to improve your golf game, then a BBQ lunch will be served as you socialize with fellow golf lovers.

As always, bring your questions about our upcoming premium senior lifestyles residence.

Friday, June 13 | 12:00 – 2:00 p.m.

Presentation Centre: 14785 Yonge St. (beside the LifeLabs)

We look forward to seeing you.

Spaces are limited—

PLEASE RSVP TO SECURE YOUR
SPOT at 905-726-2220

AMICA.CA/AURORAPROMENADE

AMICA

AURORA PROMENADE

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: Thursday, June 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: \$51.00 per person
Non Members: \$60.00 per person

To Book: Sign up at reception or for more information
call Andrew Bailey at 365-500-3160



FALLSVIEW
CASINO RESORT

NOTE: Passengers must be 19 years of age or older with valid government photo I.D. in order to receive casino incentive

Town of Aurora Trip Etiquette

We hope you enjoy travelling with us! To help make your trip enjoyable we ask you to keep in mind the following:

1. Please let us know on the registration form if you require special seating on the bus.
2. Start and end the day in the same seat on the bus.
3. Our Adult/Older Adult Programmer, Andrew Bailey, travels with our trips. Please bring any concerns to Andrew or contact him at abailey@aurora.ca or 365 500 3160 prior to your trip.
4. Please be on time for the bus.
5. Please adhere to the Town of Aurora Community of Conduct while attending our trips



ASA Special Events Committee
Presents
The Flailing Shilaleighs





Join us for a live performance from The Flailing Shilaleighs specializing in East Coast, Celtic and Irish music.

Light Refreshments and Cash Bar

Friday, June 20

**Event 7 p.m.
Door: 6:30 p.m.**

Location: Aurora Seniors Centre
90 John West Way, Aurora ON L4G 6J1
Tel: 905 726 4767

\$20 Memeber
\$25 Non-Member

Limited tickets available at Reception

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

• June 13 & 27



Our last dance was a success, with a great turnout of ballroom and line dancers. This month, we'll be holding two dances. As usual, we'll play a great mix of moderate tempo and fast tunes, everything from waltz, foxtrot, tango and rumba to salsa, bachata, merengue, chacha, swing and jive.

Friday Night Dance Coordinator(s) Needed!

Our Friday Night Dances have grown in popularity and are currently managed by two volunteer coordinators and a dedicated group of helpers. One of our coordinators will be stepping down after August, so we are looking for someone to step in and help run these events. Responsibilities include coordinating and overseeing volunteers for each dance and managing the cash. If you are interested or would like to learn more, please email Barb at bczegel@sirius3.com.



June 9-14

FOOD DRIVE

Most Needed Items:

- canned fruit
- crackers
- cereal
- toilet paper
- juice boxes
- peanut-free snacks
- feminine products (pads)
- tea/coffee
- toothpaste
- baby formula
- milk alternatives such as oat milk
- adult diapers

To support the:



Drop off at the Aurora Seniors Centre (by the billiards room)

Lunch and Learn

Wednesday June 18, 11 a.m. - 1 p.m.

Come and learn about brain health followed by a lunch of sandwiches, veggies, fruit and dessert.

Thank you to our friends at Amica Aurora Promenade for this free event.

Limited tickets available starting June 2.



AMICA
AURORA PROMENADE

Aurora Seniors Centre
90 John West Way, Aurora
905 726 4767


AURORA
You're in Good Company

Wellness Afternoon

Wednesday June 25 | 1:30pm - 3:30pm

Enjoy an afternoon with information
on gut health, Fit Minds and
healthy food options.

Light refreshments included.

Thank you to our friends from
DelManor Aurora for this event!



FREE TICKETS AVAILABLE STARTING MONDAY JUNE 2

DELMANOR
Aurora
Inspired Retirement Living™

Aurora Seniors Centre
90 John West Way
905 726 4767


AURORA
You're in Good Company

► Special Events Committee

The Special Events committee is thrilled to present another fun filled evening featuring a live performance by the Flailing Shilaleighs on Friday, June 20, 6 pm in the West McKenzie. It will be another fantastic night of dancing and entertainment. The committee is looking forward to hosting Lianne Harris on Wednesday, July 23 at 2 p.m. The Pacemakers band will be returning for another fun evening of live music and dancing on Friday August 15 7 p.m. More details available next month.

Thanks to the committee members for their hard work and dedication for planning these events.

Bocce

will Resume on Tuesdays at 9 a.m. and continue every Tuesday morning weather permitting.

Cribbage

is every Wednesday from 1 – 3 p.m. Starting time is important. Experience players however if you want to learn come and have a chat with us,



We Help You Retire at Home

Simply Age is your all-in-one service for **aging in the comfort of your own home**— custom property maintenance, professional house cleaning, AODA services, healthy meals, emergency fall detection technology and more.

We do the work to keep you **safe, supported, and independent.**

Why Choose Us?



Stay Independent

No moving. No downsizing. Enjoy retirement from the comfort of home.



Zero Maintenance

Why risk your safety? We handle the chores, cleaning, repairs, yard work—so you don't have to.



Add Comfort

Need healthy meals or a tidy house? Add them anytime. Convenience is just a call away.

Contact Us To Sign Up!

(647) 717-7697

Contact@simplyage.ca

www.simplyage.ca

*Get 1 Month of FREE services for every neighbour you refer.

*Terms and conditions apply.



REVERSE MORTGAGE SEMINAR

WEDNESDAY JUNE 18



Unlock Your Home's Value with a CHIP Reverse Mortgage. Join in the lounge for an informative seminar on how CHIP Reverse Mortgages can be a powerful financial tool. Learn how to access your home equity without selling your home, providing financial flexibility and peace of mind in retirement.

Date: Wednesday June 18, 2025

Time: 1:30pm

Location: Aurora Seniors Centre

Presentation by Michelle Ghazouli and Warren Fetterly, Broker Owners
The Mortgage Centre

Aurora Seniors Presents

Niagara on the Lake

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. Savour the delicious culinary creations of Chef Bill Greenan, while enjoying a sophisticated setting with one-of-a-kind views of the winding Niagara River from the restaurant's elegant dining room. After lunch, enjoy wine tasting at De Simone Winery and end our visit to Niagara at Walkers Farmers' Market.

Date: Thursday, July 3, 2025

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
NOTE: GUESTS MAY SELECT ENTREE WHEN SEATED

Winery: 2:15 p.m. - 3:15 p.m.
Wine tasting at De Simone Vineyards

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: \$160.00 per person
Non Member: \$170.00 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 contact Andrew Bailey at 365-500-3160



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

ROARING '20s

ASA Special Events Committee presents The Roaring 20's



It was a time of the Jitter-Bug and Juke Boxes, the Bee's Knees and the Cat's Pajamas. Its era had no precedent and its place in history marks it as the most revolutionary decade of the 20th Century.

Shaking off the horrors of the recent world war, and reaping the windfall of economic growth, this time was fueled by the rise of women's power, prohibition, movies and jazz. It was an era bigger than life, louder than convention – it was the Roaring 20's!

1-hour presentation by Lianne Harris
Aurora Seniors Centre

Wednesday, July 23 at 2 p.m.

\$5 per ticket

Light refreshments included

Thanks to

THE ROXBOROUGH
RETIREMENT RESIDENCE

Aurora Seniors Presents

Lake Muskoka Luncheon Cruise

Embark on a 2 1/2 hour luncheon cruise aboard the Wenonah II. Built with all the style and grace of a 1907 Muskoka vessel, the ship combines turn-of-the-century charm with modern conveniences including air conditioning and an on-board elevator. After the cruise, we will visit the Muskoka Discovery Centre. The unique museum is where curiosity thrives and imaginations soar. As you wander through their captivating exhibits and galleries, you'll uncover the rich tapestry of Muskoka's history and culture. Our final stop is the Mariposa Market. Family owned and operated, come savour the aroma of Chelsea Buns and Muskoka Berry Pies hot out of the oven. Treat yourself to scratch recipe gingersnap cookies, humungous apple fritters, gooey sea salted butter tarts and eclairs positively stuffed with real whipped cream.

Date: Thursday, August 14, 2025

Depart: 9:30 a.m. Stronach Recreation Complex
1400 Wellington St. E.

To Book: Sign up at reception or
for more information call
Andrew Bailey at
365-500-3160

Cruise: 11:30 a.m. - 2:00 p.m.
Enjoy a 2 1/2 hour luncheon cruise on Lake Muskoka. Meal includes: Sliced Roasted Turkey Breast, Traditional Stuffing, Turkey Gravy, Roast Potatoes & Seasonal Vegetables

Museum: 2:15 p.m. - 3:15 p.m.
Visit to the Muskoka Discovery Centre

Market: 3:45 p.m. - 4:30 p.m.
Visit to the Mariposa Market

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

Inclusions: Return transportation via deluxe coach, 2 1/2 hour luncheon cruise, visit to the Discovery Centre, visit to Mariposa Market, gratuity on meal, driver gratuity, and taxes.

Price: Member: \$180.00 per person
Non Member: \$190.00 per person



Our Peterborough Lift Lock Cruise on June 26 is currently on Waitlist.

Aurora Seniors Presents

ANYTHING GOES

Set sail on the S.S. American! This dazzling production breathes new life into Cole Porter's timeless tale of romance, intrigue and high-seas hijinks. Follow the delightful antics of Reno Sweeney, a spirited nightclub singer, as she navigates love triangles, mistaken identities and comical misunderstandings on a transatlantic voyage. Featuring beloved songs like "It's De-Lovely," "You're the Top," and the showstopping title number "Anything Goes," this fresh revival brims with spectacular dance numbers and non-stop laughter.

Date: Friday, September 26, 2025
Depart: 9:00 a.m. Stronach Recreation Complex

Lunch: 11:00 a.m. - 12:30 p.m.
Enjoy a delicious buffet lunch at the Prince of Wales Hotel

Show: 1:00 p.m. - 3:30 p.m.
Reserved orchestra seating at the Shaw Festival Theatre

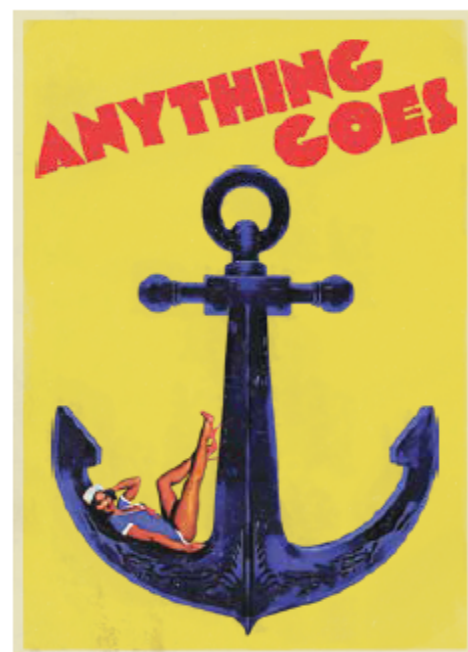
Return: Arrival time in Aurora by 6:00 pm

Inclusions: Return transportation via deluxe coach, lunch, reserved orchestra seating for the performance of Anything Goes, gratuity on meal, driver gratuity and all taxes.

Price: Member: \$210.00 per person
Non Member: \$220.00 per person

To Book: Sign up at reception or for more information call Andrew Bailey at 365-500-3160

**SHAW 20
FESTIVAL 25**



Sign-up for our monthly E-Newsletter
at yearroundtravel.com



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► 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 continue to provide 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 Bob and Doug. Their email addresses are below.

Tuesday morning seminar schedule for June:

- June 3 – General Q&A
- June 10 – Your phone as a PC (Doug)
- June 17 - Apple Productivity Suite (Herb)
- June 24 – Q&A – Get ready for summer (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. 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.

Author Talk



Join us in the Lounge on Thursday, June 19 at 10 a.m.
as we welcome Author Angie Littlefield
for a presentation on her book: *Walking with Oma: A Memoir*

The presentation will include a lovely walk through
the Elbe River Valley.

Walking with Oma seamlessly intertwines a picturesque journey through the serene Elbe River Valley of Germany with a profound exploration of identity and the reconciliation of intergenerational trauma. Following in the footsteps of her Jewish grandmother, affectionately referred to as "Oma", the author embarks on a 600-kilometer trek, engaging in poignant conversations with survivors of World War II, individuals who may have crossed paths with Oma during her arduous journey from Theresienstadt Concentration Camp in the Czech Republic to Hamburg, Germany in 1945.

The following Activities at the Centre will be cancelled on Wednesday, June 11 due to the Annual General Meeting.

- Conversational French
- Conversational German
- Woodshop
- Billiards Room (at 11 a.m.)
- Let's Create
- Ladies, Laugh & Learn

please make note if you participate in one of these activities

▶ Tuesday Night Movies at the Centre

June 3 – My Cousin Vinny (1992): Joe Pesci, Marisa Tomei (R, 120 min, Drama)

Two New Yorkers accused of murder in rural Alabama while on their way back to college call in the help of one of their cousins, a loudmouth lawyer with no trial experience.

June 10 – Breakfast at Tiffany's (1961): Audrey Hepburn (PG, 115 min, Romantic Comedy)

A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.

June 17 – The Young Victoria (2008): Emily Blunt (PG, 105 min, Drama)

A dramatization of the turbulent first years of Queen Victoria's rule, and her enduring romance with Prince Albert.

June 24 – The Sting (1973): Paul Newman, Robert Redford (PG, 130 min, Crime, Comedy-Drama)

Two grifters team up to pull off the ultimate con.

Our 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.



Any Movie suggestions? Grab a ballot from Reception and let us know. Just drop in the Black box by Reception when completed. Thanks

<u>ASA Board of Directors:</u> President Glen Sharp Vice President Vacant Treasurer Rob Ishoj Secretary Rob Gaby Directors Jim Abram Vern Cunningham Kevin Griffiths Julia Jackson John Scherrer	<u>ASA Committees:</u> By-Law Committee John Scherrer—Chair Finance Committee Rob Ishoj—Chair Fundraising Committee Vern Cunningham—Chair Membership & Volunteers Committee Carol Hedenberg—Chair Operations & Activities Committee Julia Jackson—Chair SAGA Committee Jim Abram—Chair Special Events Committee Nandy Singh—Chair	<u>Aurora Seniors Centre Staff:</u> 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
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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 & Strong: Working on total body strength all from your chair, having fun along the way. Exercise band and weights optional

Stories & Games: Stories, Biographies, Travelogue, Celebration days, Music and more.

Stretch & Strong: Exercises to strengthen and stretch the entire body. Exercise band optional

Virtual Fun & Games: Various trivia and quizzes

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

June 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
June 1 12:30 Chair Exercise (Z)	June 2 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	June 3 10:00 Chair Yoga (Z/T)	June 4 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	June 5 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	June 6 3:15 Fun & Games (T)
June 8 12:30 Chair Exercise (Z)	June 9 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	June 10 10:00 Chair Yoga (Z/T) 3:15 Coffee Chat (T)	June 11 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	June 12 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	June 13 3:15 Fun & Games (T)
June 15 12:30 Chair Exercise (Z)	June 16 10:15 Stretch & Strong (Z/T) 3:15 Card Bingo (Z/T)	June 17 10:00 Chair Yoga (Z/T)	June 18 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	June 19 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	June 20 3:15 3:15 Fun & Games (T)
June 22 12:30 Chair Exercise (Z)	June 23 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	June 24 10:00 Chair Yoga (Z/T) 3:15 Virtual Fun & Games (Z)	June 25 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	June 26 3:15 Chair Yoga (Z/T)	June 27 3:15 Fun & Games (T)
June 29 12:30 Chair Exercise (Z)	June 30 10:15 Stretch & Strong (Z/T) 3:15 Jeopardy (Z/T)	<p><u>This legend indicates how each WOW program will be available for this month!</u></p> <p>T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference</p>			

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 Shed 9:30 Knotty Knitters 9:00 Beginner Bid Euchre 9:45 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 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) 3:00 Mixed Pickleball 3:15 WOW Fun/Games*(T)	8:30 Woodcarving 9:00 Bocce 9:00 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminar 10:00 WOW Chair Yoga*(Z/T) 10:30 Balance* 10:35 Piloga* 11:15 Yoga Mat* (ATH) 11:30 Fit & Fun* 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 Beginner Woodcarving 6:30 Yoga: Sunset* (ATH) 6:30 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 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Bridge 1:30 Snooker League 1:30 Walking Soccer (S.D.) 1:45 Choir 2:00 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) 9:45 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 1:00 Pilates* (ATH) 1:30 Snooker League 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 9:30 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
June 16 1:00 ASA Board of Directors (ATH)		June 4 10:30 Fit a Thon June 11 11:00 AGM June 18 11:00 Lunch & Learn 1:30 Reverse Mortgage Seminar June 25 1:30 Wellness Afternoon	June 19 10:00 Author Talk June 26 1:00 Toronto Blues Jays Day	June 13 & 27 7:00 Dance June 20 7:00 Flailing Shilaleighs