

THE ASA'S  
  
PRESENTS

# COMEDY AT CHRISTMASTIME

SKITS & SONGS TO TICKLE YOUR  
FUNNY BONE

Saturday, December 13 at 2 p.m.  
Sunday, December 14 at 2 p.m.

Tickets are \$5 and can be purchased at  
Reception starting November 10 .

Aurora Seniors Centre  
90 John West Way, Aurora  
905-726-4767 seniorscentre@aurora.ca

# 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)



## ▶ ASA Board of Directors

November started off at full speed as the Centre hosted our annual Holiday Market and Silent Auction. It was a great success with almost 600 visitors and 42 vendors. The silent auction offered some wonderful opportunities to pick up a unique item, and the tearoom was rocking all morning and sold out of everything. A huge thank you to the many volunteers who make this all possible.

On a cold, wet and windy November 9<sup>th</sup>, Jim Abram had the honour of laying a wreath at the cenotaph on behalf of the Aurora Seniors' Association. It is always a very moving ceremony, and despite the weather it was well attended. Later that week we attended the Aurora Sports Hall of Fame induction ceremonies where ASA member Erlinda Biondic was recognized for her achievements. Her acceptance speech was humorous, educational, and inspiring. Congratulations Erlinda!

As I write we are a few days away from the sold-out Evergreen Choir Christmas concert. I have the honour of being the emcee and I know we are all in for an afternoon of great music.

The ASA is hosting three Christmas lunches for members only on December 3, 10 and 17. This is a new venture for the ASA and was a big success with all lunch Sold-out.

Tony the Entertainer is coming back to the Centre for a Christmas show on Saturday December 6. I attended the Valentine's dinner and dance and it was a lot of fun. Tony brings a great deal of energy to the evening and shares a number of very familiar songs. Even if you are not a dancer you will probably find yourself up on the floor during the evening.

Membership renewals begin December 1, and the committee has come up with a streamlined approach to help reduce congestion. We have had a banner year for members, currently at over 1800 and hope to see each and every one of you back in 2026.

The Holiday season is fast approaching, and I hope it gives you a chance to spend time with family and friends and enjoy the warmth the season brings.

## ▶ Aurora Seniors Centre Holiday Closures/Hours

Wednesday, December 24 – 8:30 a.m. to 12 p.m.

Thursday, December 25 – Closed

Friday, December 26 – Closed

Monday, December 29 – 8:30 a.m. to 4:30 p.m.

Tuesday, December 30 – 8:30 a.m. to 9 p.m.

Wednesday, December 31 – 8:30 a.m. to 12 p.m.

Thursday, January 1 – Closed

Friday, January 2 – 8:30 a.m. to 4:30 p.m.

The Centre will be open regular hours other than the closure dates, Any questions, see staff.

## ▶ ASA 2026 Membership Renewals

**Your membership is now up for renewal.** It officially expires on December 31. In person membership renewals for 2026 will take place during the following days in December and January:

Monday, December 1 to Friday, December 5  
Monday, December 8 to Friday, December 12

*The above will take place in the lounge. There will be 4 volunteers helping with renewals and you may pay by credit card or debit card also in the lounge. Those paying by cash will go to the cashier at Reception.*

Monday, January 5 to Friday, January 9  
Monday, January 12 to Friday, January 16

*The above will take place in the lobby with two volunteers assisting in the first week and one in the second week.*

The cost of renewal is unchanged: **\$35** for Aurora members and **\$50** for everyone else.

### ONLINE MEMBERSHIP RENEWALS

On Dec 1st we will add the ability for people to renew their 2026 membership at the Aurora Senior Association online. If you attend the Computer Club Zoom sessions, you will be able to renew this online as well. This will not currently support new memberships because there are documents that need to be completed at the Centre for the staff there to set up your account for the first time.

A news item will appear on the Aurora Seniors Association website soon with a link to detailed instruction on how to complete your renewal payment online.

### THE TOWN WAIVER

The Town of Aurora requires every member to sign the waiver each year. If you are renewing in person, you will have to sign the next blank line on the back of your membership form.

### RENEWING ON DATES OTHER THAN THOSE SHOWN ABOVE

For in-person renewals, we prefer you to renew on the dates shown above; however, if that is not possible you may renew at Reception after the dates shown above, but there will not be extra volunteers to help you.



**MEMBERSHIP ASSISTANCE**

Aurora Seniors Association

FOR MORE INFORMATION:  
✉ [byorg@aurora.ca](mailto:byorg@aurora.ca)  
☎ 365 500 3161

Are you an older adult who needs assistance with your 2026 membership or activity fees?  
Contact Brandie to have a confidential conversation.

**HELP IS HERE**

Our Christmas Lunches on December 3, 10 and 17 are Sold Out. To coincide with the lunches, we will be running Food Drive throughout the Month. Please show support for this important cause



**HOLIDAY FOOD DRIVE**

**AURORA SENIORS CENTRE FROM MONDAY, DECEMBER 1 - THURSDAY, DECEMBER 18**

ONLY NON-PERISBLE FOOD ITEMS, AND PERSONAL CARE PRODUCTS ACCEPTED!

TO SUPPORT THE

**aurora foodpantry**

Aurora Seniors Association

**FOOD DRIVE**

## Town of Aurora Winter 2026 Programs

### Winter 2026 Town Program Registration will be:

**Resident: Monday, December 8**

**Non-Resident: Tuesday, December 16**

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 Monday, December 8, with a Customer Service Representative 9 a.m. to 12 p.m.

### 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	Jan 13	9:30am-10:15am	\$77.00/12	37908
Tue	Jan 13	10:30am-11:15am	\$77.00/12	37909

### 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 heart rate 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	Jan 15	9am - 9:30am	\$44.00/12	37910

### 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	Jan 14	7:30pm – 8:30pm	\$110/9 per person	37899

### 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.

\*No class Feb 16

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	7:30pm – 8:30pm	\$112/9 per person	37900*

### 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 Feb 16

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	8:30pm – 9:30pm	\$114/9 per person	37901*



**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	Jan 13	9am - 9:45am	\$77.00/12	37911

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

Get fit while you sit! This program uses cardiovascular exercise to improve your endurance and works the muscles to strengthen the entire body. This class is ideal for participants who are new to exercises or who prefer the aid of a chair during the routine.

Day	Date	Time	Fee/Class	Code
Tues	Jan 13	3pm - 3:45pm	\$77.00/12	37912
Thurs	Jan 15	3pm - 3:45pm	\$77.00/12	37913

**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.

Day	Date	Time	Fee/Class	Code
Fri	Jan 16	10am - 10:45am	\$77.00/12	37914

**CHRONIC PAIN MANAGEMENT****Age: 55+ years Location: ATH**

The Healthy Living Now Chronic Pain program offers tips and techniques to manage chronic conditions and emotions, including how to improve physical activity, breathing, muscle relaxation, healthy eating, problem solving skills, positive thinking, medication usage, and planning for the future. This program is offered in conjunction with Southlake Regional Health Centre. It is recommended to attend all sessions to get the most value out of the program.

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	1:30pm-3:30pm	Free/6	37915

**NEW CIRCL MOBILITY****Age: 55+ years Location: Hybrid (In person ATH & ZOOM)**

CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer. With the use of a chair, you will unlock your body's potential while you focus on flexibility, breathwork and mobility exercises.

**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	Jan 13	11am - 11:45am	\$77.00/12	37937

**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	Jan 13	1pm - 1:30pm	\$44.00/12	37916

**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 3

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	9am - 9:45am	\$77.00/12	37917
Fri	Jan 16	9am - 9:45am	\$77.00/12	37918*

**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	Jan 13	1:45pm - 2:45pm	\$77.00/12	37919

## 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 3

Day	Date	Time	Fee/Class	Code
Fri	Jan 16	11am – 12pm	\$77.00/12	37920*

## INTRODUCTION TO WEST COAST SWING

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

West Coast Swing is a fun and versatile social dance form suitable for a wide range of music including Jazz & Blues, Country & Western, R&B, Soul and Classic Rock. Although it has its roots in the “swing” family of dancing, its steps are quite different from the Jive and other traditional Swing dances. This program will get you started with the basic steps and figures of this popular dance form. Partners are required.

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	8:30pm – 9:30pm	\$110.00/9	37906

## 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	Jan 13	2:00pm – 3:15pm	FREE/4	37938



## KNITTING LEARN TO KNIT - STEP 1

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

A simple knit square or rectangle can become a button cowl, fingerless gloves or hat. In this LEARN TO KNIT class, you will learn several necessary basic skills to get started knitting; understanding yarn & gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practiced while knitting three small projects – a dishcloth, fingerless mitts and a cowl.

Participants need no prior experience knitting

**Note: There is a \$25 fee, payable to the instructor, at the first class for supplies. This fee covers needles and yarn suitable for the three class projects.**

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	10am – 11:15am	\$10.00/3	37939

## KNITTING LEARN TO KNIT - STEP 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	Feb 18	2pm – 3:15pm	\$45.00/4	37940

## 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. 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	Jan 13	10am – 11:15am	\$45.00/4	37941



## KNITTING: WINTER LOG CABIN BLANKET

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

This is a beginner style knit blanket that mimics the popular traditional log cabin quilt design. The blanket is a modular knit (knit all in one piece, join as you go, no seaming) in garter stitch (knit every row) and great for using up stash. It is a formula style design which allows you to be creative with your own colours, yarn weight and size. The final colour selections for your blanket can be made later. This class will acquaint you with the techniques and construction of knitting. Students should be proficient in basic knitting skills of casting on and simple knit stitch, however this class does not require advanced skills. Please pick-up a supply list at the ASC and bring supplies to the first class.

Day	Date	Time	Fee/Class	Code
Wed	Feb 18	10am – 11:15am	\$45.00/4	37949

## LEARN TO CROCHET

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

This class will serve as an introduction to crochet. You will learn the basic beginner stitches – chain, single, double, half double and treble stitches, increases and decreases, flat crochet and crochet in the round. We will learn to read crochet patterns and practice your new skills completing a couple of simple projects. Bring some DK or worsted weight yarn and 4mm crochet hook to the first class

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	2:30pm-3:45	\$45.00/4	37950

## LINE DANCING FOR BEGINNERS

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

Students will have opportunity to learn the basic concept of line dancing and specific line dances to the most popular Latin, Ballroom and Night Clubs & Music. Beginner class line dances will be chosen from the selection of dances and music that are played and danced in Toronto dance clubs. Students will also learn few more complicated dances. Knowledge that they will gain will give them the confidence to dance in the dance clubs during the practices sessions as well as evening parties.

Day	Date	Time	Fee/Class	Code
Tues	Jan 13	6:30pm - 7:30pm	\$85.00/10	37924
Tues	Jan 13	8pm – 9pm	\$85.00/10	38129

## 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: February 16

^note new Monday time

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	^9:00am – 10:15am	\$77.00/12	37925*
Thur	Jan 15	9:30am – 10:15am	\$77.00/12	37921

## 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 February 16

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	9am - 10am	\$77.00/12	37922*

## 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	Feb 14	1pm - 5pm	\$75.00/1	37903
Sat	Mar 28	1pm – 5pm	\$75.00/1	37904

## Program Prices & HST

The program fees for all Adult and Older Adult Programs include HST.

## 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	Jan 15	1pm - 1:45pm	\$102.00/12	37923

## PILOGA

**Age: 55+ years Location: ^ATH, \*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: February 16

>No Class: March 20 & April 3

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	9am - 9:45am	\$77.00/12	38079*~
Tues	Jan 13	11am - 11:45am	\$77.00/12	37926*
Fri	Jan 16	9am - 9:45am	\$77.00/12	37927^>

## NEW POWERFUL TOOLS FOR CAREGIVER

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

This is a 6-week, evidence-based workshop designed to empower caregivers with practical skills, emotional support and renewed confidence. Through engaging sessions and thoughtful discussions, participants will learn how to care for themselves while caring for others, leading to a healthier and happier caregiving journey. Whether you're new to caregiving or have years of experience, this workshop offers a safe, supportive space to grow, connect and thrive. This program is offered in partnership with Southlake Regional Health Centre.

Day	Date	Time	Fee/Class	Code
Wed	Mar 4	1:30pm - 3:30pm	FREE/6	37951

**Winter 2026 Town Program Registration will be:**

**Resident: Monday, December 8**

**Non-Resident: Tuesday, December 16**

Please note: Program Registration Forms will be available at Reception beginning Monday, December 8

## 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: February 16

Day	Date	Time	Fee/Class	Code
Mon	Jan 12	1:30pm - 2:30pm	\$77.00/12	37928*
Thurs	Jan 15	9:45am - 10:45 am	\$77.00/12	37929

## 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	Jan 14	12:15pm -1pm	\$77.00/12	37930

## NEW 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.

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	1pm -1:45pm	\$82.00/10	37944

## NEW 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.

Day	Date	Time	Fee/Class	Code
Wed	Jan 14	2pm - 2:45pm	\$70.00/10	37945

## 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	Jan 14	10am - 11am	\$77.00/12	37932

## 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	Jan 15	11am -12pm	\$77.00/12	37946

## NEW 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	Jan 13	10am – 10:45am	\$77.00/12	37947



## NEW 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	Jan 13	9am – 9:45am	\$77.00/12	37948

## 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. Zumba Gold  
Tuesday 11:00 a.m. Circl Mobility  
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	Winter 2026 season	See schedule	\$75.00/12 weeks	36872





# Indoor WALKING CLUB

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

## SEMINARS

**Tuesday December 2**

Be Well With Brandie

**Tuesday December 9**

Moving Through the Holidays with Lucy

**Tuesday December 16**

**NEW**

→ **1:00-2:00 p.m.**

Holiday Party with Chartwell  
Dress to impressive in your festive wear

**Tuesday December 23**

No Walking Club

**Walking Club resumes January 6 2026**

**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**



Tickets on sale at reception December 1 at 8:30 a.m.

# Dementia & Safety Awareness Fair:

## Together We Care



The event includes speakers that will empower, educate and share invaluable resources about Dementia.

**Saturday,  
January 10, 2026**  
**9:30 a.m. to 2:30 p.m.**

Aurora Seniors' Centre  
90 John West Way

Presentations from the Alzheimer Society of York Region and York Regional Police Seniors' Safety officers. Exercise demos and health related information booths.

### TWO WAYS TO REGISTER

**IN-PERSON** - Purchase **\$5 tickets** at the Aurora Seniors' Centre Reception, Memory Lane Home Living and the Alzheimer Society of York Region (Limited Availability).

**VIRTUAL** - Register at [aurora.ca/DementiaAndSafety](https://aurora.ca/DementiaAndSafety)

### KEYNOTE SPEAKER: Dr. Allen Power

MD, Geriatrician and Schlegel Chair in Aging and Dementia Innovation at the Schlegel-U. Waterloo Research Institute for Aging in Ontario. Dr. Power is an international educator and an acclaimed author of "Dementia beyond Drugs" & "Dementia beyond the Disease."

Lunch provided by Thompson Funeral Home.



## ***Fitness Drop in Classes***

Festive Fit & Fun: Tues Dec 9, 9 a.m.  
Jingle & Gentle Stretch: Fri Dec 12, 10 a.m.  
Get Strong & Sleigh the Season: Fri Dec 12, 11 a.m.  
Festive Fit & Fun: Tue Dec 16, 9 a.m.  
Get Fit & Merry Moves : Fri Dec 19, 9 a.m.  
Jingle & Gentle Stretch: Fri Dec 19, 10 a.m.  
Holiday Hustle Bootcamp: Tues Dec 30, 9 a.m.  
Festive Fit & Fun: Fri Jan 2, 9 a.m.  
Holiday Hustle Bootcamp: Tues Jan 6, 9 a.m.  
Get Fit & Merry Moves : Wed Jan 7, 9 a.m.  
Jingle & Gentle Stretch: Fri Jan 9, 10 a.m.  
Get Strong & Sleigh the Season: Fri Jan 9, 11 a.m.

**\$5 AT THE DOOR  
REGISTRATION  
IS NOT REQUIRED**  
All classes will be held  
at the Aurora Seniors Centre



## **SAVE THE DATE IT'S OUR BIRTHDAY!**

Aurora Seniors Centre is 20 years old.  
Join us to celebrate  
Wednesday January 21, 2026  
1 – 3 p.m. in the West McKenzie  
Everyone is welcome



# FAIR ACCESS

## Fee Assistance in Recreation


F.A.I.R. Access (Fee Assistance in Recreation) is a confidential fee assistance program for residents of Aurora to use for meaningful access to recreation programs and memberships. Qualifying Town of Aurora residents may receive up to \$250 per person per calendar year to use towards a recreation program or drop-in activity of their choice. Residents qualify based on their L.I.M. (Low Income Measure) as per Statistics Canada.


**Applications for 2026 will be accepted starting Monday, November 10, 2025. Visit link below for more information:**

<https://www.aurora.ca/recreation-arts-and-culture/recreation-programs-and-drop-in-activities/fair-access/>

**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**

**• December 5 & 19**



Join us on December 5 for our Ballroom Classics dance night and on December 19 for our Christmas-themed dance night. The dance events start with a line dance lesson at 6:45 p.m., followed at 7:30 p.m. by ballroom dancing and a few more line dances during the night. Admission: \$5 for members, \$7 for non-members. Music by DJ Les.

## ► ASA Website Survey

We are working on making our website better and more user-friendly, and we need your input! We E-Flashed the Survey on November 28 so please provide your feedback through the E-flash or stop by the Centre this month to fill it out in person. Click link to view the ASA website.

<https://www.auroraseniors.ca/>

## ▶ ASA Gardening Committee – extra plants

The gardening season has come to a close and we are so grateful for all the positive comments and compliments we have received this year. I am sure that the stunning Canna lilies grown in the bocce court garden (thanks to Fiona and Bob Gamble for their donation of the rhizomes) caught your attention. The rhizomes have now been lifted, cleaned and dried and are ready for storage until planting time next season. It is amazing how they multiply and, after keeping those we will plant again next season, I have 56 extras looking for a place to grow. They are easily stored for the winter in a cool place and can be grown in a sunny spot in the garden or in containers on a patio, deck or balcony. If you would like to have some, please leave your name and the quantity in you would like to take at the front desk and I will happily give them to you. A sign up sheet will be available on Monday, December 1 if you are interested.

Thank you. Stella Henderson on behalf of the gardening crew!

## 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!



## ▶ ASA Special Events Committee

The **Special Events Committee** would like to thank the members of the **ASA** for their support in 2025. It has been a very successful year of fun events. We welcomed many local talents, Lianne Harris, The Pacemakers, Tony the Entertainer, The Flailing Shilaleighs and The Bent Fork improv group. A very special thank you to Elfriede and Sabrina Greupner for volunteering their time to host Trivia nights.

The committee is looking forward to entertaining our members in 2026 with a number of new talents and events. Special thank you to the members of The Special Events Committee for their hard work and dedication in making these events successful. We wish you all a very **Merry Christmas and a very Happy New Year. All the best in 2026.**

## ▶ ASA Library

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

**Book Donations:** Many thanks to all members who generously donate books. We appreciate this!!

**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 continue 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.

**Sue Grafton:** We are trying to expand our collection Sue Grafton's alphabet thrillers. The current hardcover collection starts at 'R' going to 'Y' although 'X' is missing. We understand that 'Z' does not exist. If you have any of her earlier alphabet thrillers that you would like to donate please drop them in our return box.

**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. 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 Garden Boxes

Thank you to all the gardeners who signed up for garden box on the Deck. Many members enjoyed and admired the contents while having their Bistro and BBQ lunches on the patio. We hope you will join us next year and sign up will be in early May. If you have a preference of box number there will be a section on the updated application in the Spring and we will try to accommodate as much as we can, on a first come first come, first served basis.



AURORA SENIORS ASSOCIATION PRESENTS:

# MAGIC FOR ALL AGES SHOW

**Saturday January 24, 2026**

Aurora Seniors Centre

1:30 p.m. doors open

2:00 p.m. show time

Adult tickets: \$15

Children over 10: \$10

Children 10 & under: FREE

light refreshments available

**Scott Dietrich**

Award Winning Magician, Speaker, Author, &  
former YTV Personality



## Holiday Sing-Along WITH ASA'S JUST KEEP SINGING

Get cozy and join us for a Holiday Sing-Along with Just Keep Singing! Share the joy of music and community with friends old and new. All are welcome! No experience needed, just a willingness to have fun!

**Save the Date!**



**December 18 2025**

**9:30-11:00 a.m.**

**Aurora Seniors Centre  
In the lounge**

Wear your festive wear! We will  
belt out your favorite holiday tunes and make  
some merry memories together!





Discover  
THE DELMANOR  
DIFFERENCE

**DELMANOR**

Aurora  
Inspired Retirement Living™

**BOOK YOUR TOUR TODAY!**

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

# ASA SEWING SALE!

**FRIDAYS, DECEMBER 5, 12 & 19**  
**FROM 10 A.M. TO 3 P.M.**  
**IN THE CRAFT ROOM**

All proceeds support your  
Aurora Seniors Association



**CONTACT US**

Aurora Seniors Centre  
90 John West Way

**905 726 4767**

[auroraseniors.ca](http://auroraseniors.ca)





## OPENING SOON

Learn about Aurora's newest senior lifestyles residence

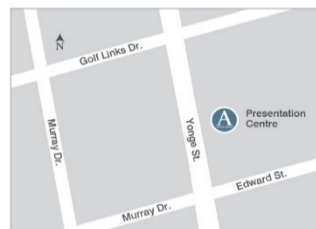
Opening this November, discover senior living like you've never seen before. Amica Aurora Promenade will offer Independent Living, Assisted Living, and Memory Care lifestyle options, with access to well-appointed amenities, chef-prepared meals, enriching social activities and personalized care.

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



## ▶ ASA Activity News

### **Bid Euchre (Thursdays) – Beginners welcome**

Our Thursday Bid Euchre groups meet's form 1 – 4 p.m. every Thursday. This is a fun social group so If you are looking to learn more about the game stop by and they will assist you.

### **Cribbage**

We play every Wednesday from 1 – 3 p.m.

If you want to brush up on your game, please stop by between 12:30 to 1 p.m. Regular games begin at 1 p.m.

### **Fun Night**

We meet every Friday from 7 – 9 p.m. We have fun playing different games and we will gladly teach you. Join us for a relaxing, enjoyable evening. No sign-up required just come at the start time to ensure we can get you involved in a game.

### **Day and Overnight Trip suggestions**

We're super excited to share that we're in the process of planning our Day and Overnight trip schedule for 2026, and we would absolutely love your input

Pick up a ballot at Reception and let us know up to 3 Day and Overnight locations/attractions you'd like to visit next year.

When complete Just drop off in the black mailbox by Reception

All suggestions will be reviewed in our planning. Thank you



The Aurora Seniors Centre Team would like to wish all of you a Safe and Happy Holiday Season—whichever holiday you celebrate! It's been such a great year, and we have been so happy to see you all throughout the year at the Centre. Thank you for supporting us this year. All the Best in 2026.

Sincerely, Seniors Centre Team

## ► 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 have added an individual help session for members immediately following the Tuesday sessions from 11 a.m. – 12 p.m. No appointment is required.

We continue to provide personal help by appointment on Tuesday afternoons between 1 and 3 p.m. depending on volunteer availability. If you are looking for help, you can send a request in an email to [cclub@auroraseniors.ca](mailto:cclub@auroraseniors.ca).

Tuesday morning seminar schedule for December:

- December 2 – General Q&A
- December 9– Transferring and preserving photos from your iPhone (Herb)
- December 16- End of Year Meet & Greet (Coffee and Sweets provided)
- December 23– Closed – resume in January
- December 30 – Closed – resume in January

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 have decided to stop posting full session recordings for presenter privacy reasons and to respect paid members. 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

## ► 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

## ► 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 at all times.
  - 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.

## ► Tuesday Night Movies

### **December 2 – Christmas Vacation (1989): Chevy Chase (PG, 97 min, Comedy)**

The Griswold family's plans for a big family Christmas predictably turn into a big disaster.

### **December 9 – It's a Wonderful Life (1946): (PG, 130 min, Feel-Good Romance)**

An angel is sent from Heaven to help a desperately frustrated businessman see the value of his own life

### **December 16 – Miracle on 34<sup>th</sup> Street (1947): Maureen O'Hara (PG, 96 min, Romantic Comedy)**

After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article. When his sanity is questioned, a lawyer defends him in court by arguing that he's not mistaken.

### **December 23 – Irving Berlin's "White Christmas" (1980): Bing Crosby (PG, 120 min, Comedy, Musical)**

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

### **December 30 – The Grand Seduction (2014): Brendan Gleeson (PG, 113 min, Comedy)**

To survive, a dying Newfoundland fishing village must convince a young doctor to take up residence by any means necessary.

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.

<b><u>ASA Board of Directors:</u></b> <b>President</b> Glen Sharp <b>Vice President</b> Julia Jackson <b>Treasurer</b> Harold Reiter <b>Secretary</b> Rob Gaby <b>Directors</b> Jim Abram Vern Cunningham Kevin Griffiths Theresa McKenzie Nancy Spinks	<b><u>ASA Committees:</u></b> <b>By-Law Committee</b> John Scherrer <b>Finance Committee</b> Harold Reiter <b>Fundraising Committee</b> Vern Cunningham <b>Membership &amp; Volunteers Committee</b> Carol Hedenberg <b>Operations &amp; Activities Committee</b> Julia Jackson <b>SAGA Committee</b> Jim Abram <b>Special Events Committee</b> Nandy Singh	<b><u>Aurora Seniors Centre Staff:</u></b> Vacant Adult Program Coordinator  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
---	---	--



## 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

**Concussion Prevention Program:** Join us to learn concussion prevention strategies and connect with others in this engaging, informative session.

**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

**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.

**Dec 2:** Be better with Brandie

**Dec 9:** Moving Through the Holidays with Lucy

**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](mailto:wow@aurora.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>December 1</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Card Bingo (Z/T)	<b>December 2</b> <b>11:00</b> Chair Yoga (Z/T) <b>2:00</b> Walking Club Seminar(Z)	<b>December 3</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>December 4</b> <b>10:15</b> Sit & Strong (Z) <b>2:15</b> Coffee Chat(T) <b>3:15</b> Chair Yoga (Z/T)	<b>December 5</b> <b>3:15</b> Fun & Games (T)
<b>December 7</b> <b>12:30</b> Chair Exercise (Z)	<b>December 8</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Fun & Games (T)	<b>December 9</b> <b>11:00</b> Chair Yoga (Z/T) <b>2:00</b> Walking Club Seminar(Z)	<b>December 10</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>December 11</b> <b>10:15</b> Sit & Strong (Z) <b>2:15</b> Name that holiday tune (Z) <b>3:15</b> Chair Yoga (Z/T)	<b>December 12</b> Fun & Games (T)
<b>December 14</b> <b>12:30</b> Chair Exercise (Z)	<b>December 15</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Fun & Games (T)	<b>December 16</b> <b>11:00</b> Chair Yoga (Z/T) <b>3:15</b> Silly Holiday Wear Virtual Fun & Games (Z)	<b>December 17</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Travel Destination: California	<b>December 18</b> <b>10:15</b> Sit & Strong (Z) <b>2:15</b> Coffee Chat(T) <b>3:15</b> Chair Yoga (Z/T)	<b>December 19</b> <b>3:15</b> Holiday Edition Fun & Games (T)
<b>December 21</b>  <b>NO PROGRAMS</b>	<b>December 22</b> <b>3:15</b> Jeopardy (Z/T)	<b>December 23</b>  <b>NO PROGRAMS</b>	<b>December 24</b>  <b>NO PROGRAMS</b>	<b>December 25</b>  <b>NO PROGRAMS</b>	<b>December 26</b>  <b>NO PROGRAMS</b>
<b>December 28</b>  <b>NO PROGRAMS</b>	<b>December 29</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Fun & Games	<b>December 30</b>  <b>NO PROGRAMS</b>	<b>December 31</b>  <b>NO PROGRAMS</b>	<b>January 1</b>  <b>NO PROGRAMS</b>  <b>Happy 2026!</b>	<b>January 2</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 365-500-3161

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 10:00 Italian 10:15 WOW Stretch & Strong* (Z/T) 10:30 Men's Shed 11:15 Conversational Spanish 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 3:30 Men's Shed Carpet Bowling 3:15 WOW Fun/Games*(T)  <b>December 15</b> 1:00 ASA Board of Directors (ATH)	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) 11:00 Zumba Gold* 10:30 Balance* 10:30 Piloga* (ATH) 11:00 Circl Mobility* 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)  <b>December 3, 10 &amp; 17</b> 11:45 Christmas Lunches	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) 10:00 Men's Shed Bocce 10:00 Yoga - Chair, Movement & Mindfulness* 10:30 Keep Singing 11:00 Badminton 11:30 Snooker League 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 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 6:30 Bid Euchre 7:00 Fun Night   <b>December 5 &amp; 19</b> 7:00 Dance