

December 2023

INSIDE THIS EDITION:

1 – 2	“Winter is Coming” – Fall Prevention Strategies
3	Winter Program Guide
4 – 5	Winter Fitness Registered Programs
6	F.A.I.R. Access & Sport Workshops
7	Recreation & Healthy Active Living Leadership
8 – 9	Recipe – Cranberry Crumble Bars
9	Aquatics Customer Satisfaction Survey
10	Exercise Technique – Lat/Row Machine
11 – 13	Squash Program Information
14 – 15	Personal Training & Trainer Tips
16	Fitness Staff
17 – 18	Special Events – Christmas Market & Menorah Lighting Ceremony

“WINTER IS COMING”

Written by Joanne Donohue, Fitness Assistant

Anyone who watched the series Game of Thrones will remember this often-repeated phrase. While many enjoy winter and all that it brings, many of us are wondering how we can navigate another winter without a fall. Falls can happen at anytime of the year both inside and outside the home.

Joints at risk for breakage include the wrist, hip, shoulder, arm, knee, and ankle.

Those with osteoporosis need to take additional precautions when outside. Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone. The loss of bone density can put people of any age at risk for a fracture, and falls become more worrisome.



Fall Prevention Strategies

Exercise is advised and recommendations for those with Osteoporosis includes four types of exercise.

1. Strength exercises – 2 x week
2. Posture exercises – Daily
3. Balance exercises – Daily
4. Weight bearing cardio – 150 minutes/week

It is wise to consider weather conditions before venturing outdoors and postpone errands that can be done another day. If you must go outdoors, make sure you have proper footwear and leave enough time to avoid rushing. Ice grips can be added to outdoor footwear and many boots are now manufactured with them built in. Keep in mind that if you wear such devices, a fall can still happen. Remember to remove them before going indoors, as they can be slippery when wet.

Falls are the number one reason for injury-related death, hospitalization and emergency room visits for older adults in Canada.

Effective ways to prevent falls:

- Exercise incorporating both balance and strength exercises
- Wear proper well-fitted footwear
- Take your time especially when walking outdoors in slippery conditions
- Get enough sleep
- Manage your medications
- Good nutrition and drink plenty of fluids
- Ensure there is adequate lighting
- Use non-slip rugs
- Use handrails
- Be mindful of pets

Beneficial exercises to improve balance:

- Heel-to-toe walking in a straight line
- Using a stability ball
- Climbing stairs
- Biking outdoors
- Yoga
- Tai chi
- Pilates

Please check out Club Aurora's Group Fitness schedule for Yoga, Pilates, and Nia class times.

How to get up from a fall:

- Slowly roll onto your side
- Push yourself to a side sitting position
- Slowly get onto your hands and knees
- Crawl towards a sturdy piece of furniture
- Kneel side-on to the chair/couch with your strongest leg closest to it, then slide the foot of the strongest leg forward so that it is flat on the floor leaving the other knee on the floor
- Put both hands down on the chair or sofa
- Push through your hands and foot, slowly standing up bringing the other leg up and slowly turn your body to sit firmly on the chair or sofa
- Sit and assess any injuries

If you have any questions or want to know more about balance exercises, please ask the fitness staff for assistance.

Sources:

- www.Parachute.ca
- www.mayoclinic.org
- www.osteoporosis.ca/copn
- www.gov.bc.ca

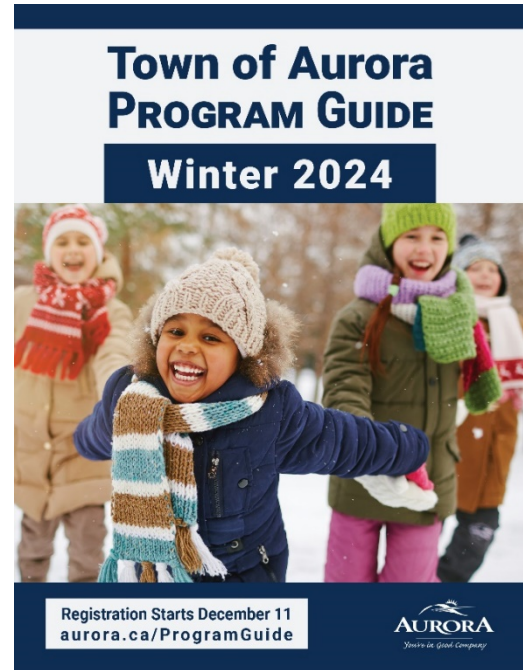
WINTER 2024 PROGRAM GUIDE

The Winter 2024 Program Guide will be available to view online on **Tuesday, December 5**. To view the program guide online, go to our [Program Guide](#) webpage.

Registration Dates – Online & In-Person

Recreation Programs – Winter	
Residents	Non-Residents
December 11	December 18
Aquatic Learn to Swim Programs – Winter	
Residents	Non-Residents
December 13	December 20

Register Online – To register online, go to our [Program Guide](#) webpage and view our online guide. Once you have selected the program you wish to register for, simply click on the code # and you will automatically be directed to our e-PLAY online registration system.



Register In-Person – To register in-person, visit the A.F.L.C. or S.A.R.C. to pay in-person.



WINTER FITNESS REGISTERED PROGRAMS

ARTHRITIS AQUAFIT

Age: 18+ years

Location: AFLC Desjardins Pool

This 45-minute specialty class is for people who suffer from arthritis. The objective of the recreational exercises are to reduce pain and help maintain or increase joint mobility, muscular strength and endurance.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 11	1:55pm - 2:40pm	\$55.80/9 Older Adult	29871
			\$69.75/9 Adult	

PILATES

Age: 14+ years

Location: Lind Realty Team Fitness Studio

Pilates is a highly effective way to shape up, slim down and feel great. It is a contemporary approach to mind/body exercise. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging, and revitalizing workout.

*No class Feb 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 8	1:30pm - 2:30pm	\$69.20/8 Member	*29887
			\$83.05/8 Non-Member	
Wed	Jan 10	7:30pm - 8:30pm	\$77.85/9 Member	29873
			\$93.42/9 Non-Member	



SILVER SPINNERS CYCLEFIT

Age: 55+ years

Location: Cyclefit Studio

This 30-minute beginner cycling class provides a gentle, yet challenging ride geared towards the older adult at a more comfortable and slower pace. Learn proper bike set-up, proper riding technique and positioning for a comfortable and enjoyable workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 9	10:30am - 11:00am	FREE/9 Member	29874
			\$48.15/9 Non-Member	

STRICTLY BEGINNER CYCLEFIT

Age: 14+ years

Location: Cyclefit Studio

Developed for those who want to try a cyclefit class. This 45-minute cycling class provides a gentle, yet challenging ride geared towards those that are just starting out. Learn proper bike set-up, proper riding techniques, positioning and pacing strategies for a comfortable and enjoyable workout.

Note: Not suitable for advanced cyclefit participants

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 10	10:00am - 10:45am	FREE/9 Member	29875
			\$60.75/9 Non-Member	



YOGA

Age: 14+ years

**Location: Aurora Town Square
Program Room #2**

Club Aurora now offers Hatha Yoga for those who prefer a true body/mind experience. This program consists of stretching and toning, which help to keep joints flexible, improve circulation and reduce stress.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 9	7:00pm – 8:00pm	\$108.00/9 Member \$129.60/9 Non-Member	29876
		7:00pm – 8:00pm	\$108.00/9 Member \$129.60/9 Non-Member	
Thu	Jan 11	7:00pm – 8:00pm	\$108.00/9 Member \$129.60/9 Non-Member	29877
		7:00pm – 8:00pm	\$108.00/9 Member \$129.60/9 Non-Member	



ZUMBA TONING

Age: 14+ years

Location: Lind Realty Team Fitness Studio

The Zumba Toning program offers the best of both worlds. The exhilarating experience of a Zumba “fitness party” with the benefits of safe and effective strength training. It’s an easy-to follow, health-boosting dance-fitness program for all levels of fitness. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 9	10:20am – 11:05am	FREE/9 Member	29878
			\$60.75/9 Non-Member	

GUIDED HIKES

Age: 18+ yrs

Location: Shepherds Bush

These walks are designed to encourage families to get active, while enjoying York Region’s finest nature walking trails. These walks can range in time from 60 to 90 minutes. Comfortable clothing and appropriate footwear are recommended. Leashed dogs are welcome.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Feb 18	9:00am – 10:15am	\$5.00/1	29879



e-PLAY

F.A.I.R. ACCESS

The Town of Aurora will begin accepting 2024 F.A.I.R. Access applications online and in-person starting on November 13, 2023. All applications must be resubmitted annually with appropriate supplementary documentation to verify eligibility. Please complete an application form for 2024 even if you have successfully received funding for 2023.

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 of their choice. Residents qualify based on their L.I.M. (Low Income Measure) as per Statistics Canada.

FAIR ACCESS

Fee Assistance In Recreation

Application Timing & Processes

The approximate processing time for Fee Assistance applications is 2 to 4 weeks from the time of submission. We strongly advise that families apply well in advance (minimum four weeks) before the designated registration start date of the program you wish to register for.

You will be notified by a Town Employee via phone or email advising you of your application status. Funding is not retroactive, and cannot be applied or used towards registrations made prior to funding approval

[F.A.I.R. Access - Online Application Form](#)

CALLING ALL COACHES, PARENTS, ATHLETES AND OFFICIALS

The Town of Aurora is excited to announce a FREE educational series with Sport Law called "Creating & Maintaining an Inclusive Environments". Visit our [Sport Workshops](#) webpage for full details.

Creating and Maintaining an Inclusive Environment

WITH MELISSA KNOX



Workshop 3:
Thursday, December 7
7 p.m. to 8 p.m. (virtual)

FREE EVENT • REGISTRATION REQUIRED

aurora.ca/sportworkshops

SPORT LAW
We know sport.

AURORA

RECREATION & HEALTHY ACTIVE LIVING LEADERSHIP

High School Credit Course

There is a need for more females in leadership positions in sport including coaches, officials and administrators. Through the work of the Sport Plan, Town of Aurora is committed to supporting more females to step into those roles and are excited for the 2nd year of our Recreation & Healthy Active Living Leadership high school credit course.

In collaboration with ASK Online Canada, Town of Aurora will be delivering a female and gender diverse hybrid (face-to-face and online) leadership course where students can obtain a grade 12 credit towards their high school diploma.

Students will explore the benefits of providing a welcome, safe, and positive space for lifelong participation in physical activity and develop leadership skills that contribute to a successful participant experience. In addition, students will apply their learning to host a community event and provide mentoring opportunities that enhance the health and well-being of others.

Winter 2024 Course

- Winter 2024: February 14 to May 15, 2024
- Registration: Starts on October 2, 2023

[Register Online – Recreation & Healthy Active Living Leadership](#)

Female Recreation and Active Living Leadership High School Course

- NCCP coaching certification
- First aid training
- Leadership and communication skills training
- Practice and event planning knowledge and much more!

Receive a grade 12 credit towards your OSSD!

Enrol now!

aurora.ca



AURORA

Cranberry Crumble Bars

Total Time: 1 hr. 20 mins * Makes 15 servings * Serving Size: 1 bar



These cranberry-orange bars freeze well. Make a batch on a free afternoon and pop them in the freezer so you'll always have a healthy dessert on hand when company calls.

Ingredients

For the Filling:

2 cups cranberries
Zest and juice of 1/2 orange (see Tip)
6 tablespoons granulated sugar
1 ½ tablespoons cornstarch
2 teaspoons almond extract
¼ teaspoon ground cinnamon

For the Crust:

1 ½ cups all-purpose flour
1 ½ cups almond flour
½ cup granulated sugar
1 teaspoon baking powder
¼ teaspoon salt
¼ teaspoon ground nutmeg
Zest of 1/2 orange
4 tablespoons cold unsalted butter, cubed
2 large egg whites
1 ½ teaspoons vanilla extract
2 teaspoons powdered sugar (optional)

Preparation

1. Preheat oven to 375 degrees F. Line a 9x13-inch baking pan with parchment paper, letting some overhang on the long sides. (The extra will help you lift the bars out.)
2. To prepare filling: Combine cranberries, orange zest, orange juice, 6 tablespoons granulated sugar, cornstarch, almond extract, and cinnamon in a small bowl; stir well. Set aside.
3. To prepare crust: Whisk all-purpose flour, almond flour, 1/2 cup granulated sugar, baking powder, salt, nutmeg, and orange zest in a medium bowl. Work butter into the mixture, using your hands to pinch and rub until the pieces are flattened and the mixture is crumbly and resembles sand.
4. Lightly beat egg whites and vanilla in a small bowl with a fork. Pour into the flour mixture and use the fork to scoop down from the sides and up through the center until the whites are well incorporated. Set aside 1/2 cup of the mixture.
5. Press the remaining mixture into the prepared baking pan to form a bottom crust.
6. To assemble and bake: Give the cranberry mixture a quick stir, then pour it over the crust, spreading evenly. Sprinkle the reserved crust mixture on top.

7. Bake until the top is lightly browned, about 40 minutes. Transfer to a wire rack and let the bars cool in the pan for 15 minutes. Lift the long sides of the parchment to remove and place on a cutting board. Use a sharp knife to cut into 15 bars. Cool completely. Garnish with powdered sugar before serving, if desired.

Tips: If you don't have a microplate or zester, don't skip the zest. Instead, use a vegetable peeler to take just the orange part of the skin off the fruit. Leave behind as much of the white pith as possible. Then stack the strips and mince them with a sharp knife.

Sugar Substitute: Use Splenda Sugar Blend for Baking. Follow package directions to use 6 Tbsp. equivalent for filling and 1/2 cup equivalent for crust. Omit powdered sugar garnish.

To make ahead: Let bars cool completely, then layer in a container or sealable bag between sheets of parchment paper. Refrigerate for up to 1 day or freeze for up to 4 months. To serve from frozen, place on a platter and let thaw for 1 hour.

Nutrition Facts: Calories 199; Total Carbohydrate 27g; Dietary Fiber 2g; Total Sugars 13g; Protein 4g; Total Fat 9g; Saturated Fat 2g; Cholesterol 8mg; Vitamin A 111IU; Vitamin C 4mg; Folate 38mcg; Sodium 84mg; Calcium 48mg; Iron 1mg; Magnesium 37mg; Potassium 39mg mg; potassium 860mg

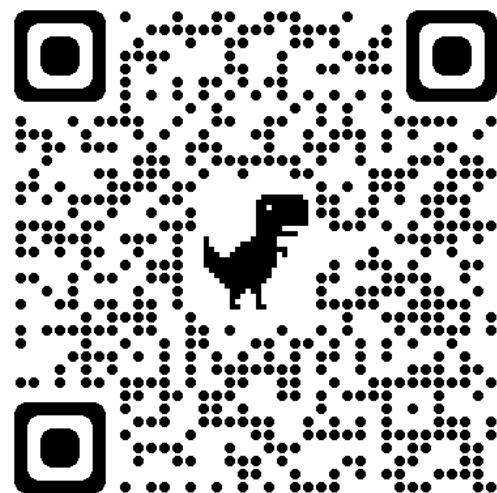
For more delicious recipes, visit these healthy recipe websites at [Eating Well](#) or [All Recipes](#).

AQUATICS CUSTOMER SATISFACTION SURVEY

The Aquatics Division is conducting a 2-week Customer Satisfaction Survey from Tuesday, November 28 to Monday, December 11, 2023. As participants in our Aquatics programs, we are looking for your feedback on how to improve our services.

For ease of convenience, we have created a QR code and/or a direct link, which will take you to our survey. We are aware that your time is valuable, but we would appreciate your feedback and love to hear what you have to say regarding our programs.

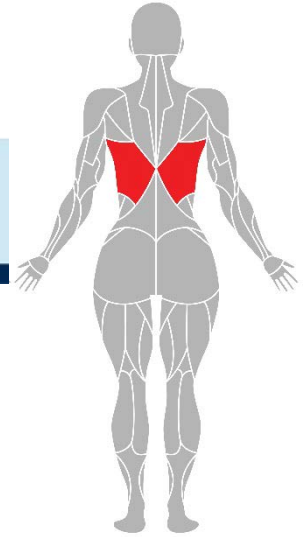
[Take Survey Now.](#)



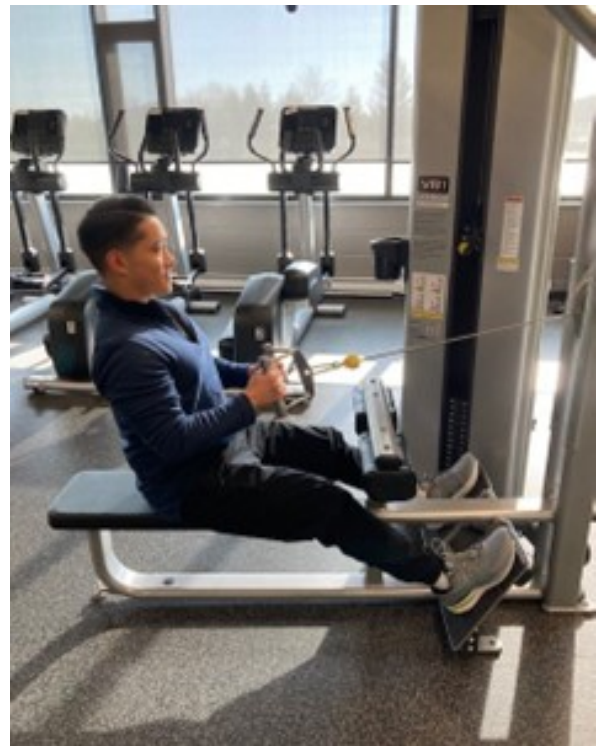
EXERCISE TECHNIQUES

Lat / Row Machine - Beginner

Target Body Part	Latissimus Dorsi, Rear Deltoids, Rhomboids, Trapezius
Equipment Required	Lat Row Machine #13



1. Sit on bench with your feet on pads, legs extended with a slight bend in the knees. Lean forward and grab the handle.
2. Keeping arms slightly bent at the elbow, pull the bar to your abdominal area while leaning slightly more than 90 degrees, contracting both your abdominals and rhomboid muscles (mid-back).
3. Throughout the entire exercise, ensure that your legs/knees do not bend. Avoid swaying forwards or backwards during the movement.
4. Repeat this action for the desired number of repetitions.



If you are unsure how to perform any exercise correctly, please ask the fitness staff for assistance.

SQUASH MEMBERSHIP INFORMATION & WINTER PROGRAMS

Memberships are now available for purchase online at [e-PLAY](#).

The Squash Membership Package includes unlimited use of the squash courts, no court fees, and 2 nights (Monday and Wednesday) of house league. Visit our [Squash](#) webpage for more information.

Package Information	Monthly		12 Months	
	Resident	Non-Resident	Resident	Non-Resident
Adult	\$40.30	\$50.38	\$464.50	\$580.63
Youth / Older Adult	\$32.25	\$40.31	\$371.70	\$464.50

SQUASH HOUSE LEAGUE

This is a mixed team’s event, open to all levels of play.

The level of play varies from advanced (Level 1) to beginner/intermediate (Level 5). Each player plays a 40-minute match per night for their team. Play begins as early as 5:40pm and ends at 9:40pm. Note: Members are entitled to sign-up for 2 free nights (Monday and Wednesday) of house league and must pay the applicable \$41.62 fee for a third night.

LEARN TO PLAY

Age: 8+ Level: Beginner to Advanced

This program emphasizes the technical aspects of the game of squash in a fun, yet competitive environment. Participants will be partnered with others of similar ability. Participants must provide their own eye protection and squash racquet.

WOMEN’S LEARN TO PLAY SQUASH

Age: 18+ years

This program is an introductory recreational program that emphasizes the technical aspects of the game of squash in a fun, yet competitive environment. Taught by our female squash pro, the program is aimed at female participants 18+ years who are new to the sport. Participants will be partnered with others of similar ability.



NEW PROCESS FOR SQUASH COURT BOOKINGS

Effective January 2, 2024, Squash Members are no longer required to reserve a court online, and will now be able to book via telephone, email or in-person 7 days in advance for prime-time court bookings (see below for days/times). Members can continue to attend as a drop-in without reservations.

Non-member squash participants may attend as a drop-in without reservation for all prime and non-prime times.

As a reminder, the following days and times outline prime and non-prime time hours.

HOURS	DAYS	TIME
PRIME-TIME	Monday to Friday	5 p.m. to 10 p.m.
	Saturday and Sunday	8 a.m. to 5 p.m.
	Statutory Holidays	All Day
NON-PRIME TIME	Monday to Friday	6 a.m. to 5 p.m.

SQUASH ONTARIO OUTSTANDING ACHIEVEMENT AWARD

2023 Recipient - Howard Seto, Representing Club Aurora Fitness Centre



L-R: Diana Dawson-Young (Fitness Coordinator), Howard Seto, Wayne de Ryck (Fitness Coordinator)

Howard has been the Squash Pro at Club Aurora Fitness Centre, at the Town of Aurora for over 10 years. Since then, Howard has been instrumental in building our squash programs throughout the community. He is known throughout the Aurora community and is well liked by all who know him. Howard has been involved in running and expanding our House Leagues and our Learn to Play programs. Our Leagues are jam-packed and our Learn to Play programs have expanded to ages 8 years and up.

Recently, Club Aurora expanded its Learn to Play programs to offer a Women's only section. Howard has spent countless volunteer hours organizing and promoting the game of squash. His passion and dedication over his 25+ years as a Squash Pro/Player has been a key factor in Club Aurora's overall success. We would like to recognize Howard Seto for his passion and dedication to advancing the game of squash. Congratulations Howard!

HOUSE LEAGUE – WINTER 2024

Age: 14+ years

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Squash House League	Mon Jan 8 to Mar 4 *No class Feb 19	5:40pm to 9:40pm	FREE/8 Member \$89.62/8 Non-Member	29884*
Squash House League	Wed Jan 10 to Mar 6	5:40pm to 9:40pm	FREE/9 Member \$95.62/9 Non-Member	29885
Round Robin	Fri Jan 12 to Mar 8 *No class Feb 16	6:00pm to 8:00pm	\$41.62/8 Member \$89.62/8 Non-Member	29886*

LEARN TO PLAY

Age: 8+ Level: Beginner to Advanced

Age: Women's - 18+ years

LEVEL	START/END DATE	TIME	FEE/CLASS	CODE
Beginner	Thu Jan 11 to Mar 7	5:30pm to 6:30pm	\$90.00/9 Member \$108.00/9 Non-Member	29880
Intermediate	Thu Jan 11 to Mar 7	6:30pm to 7:30pm	\$90.00/9 Member \$108.00/9 Non-Member	29881
Advanced	Sat Jan 13 to Mar 2 *No class Feb 17	9:00am to 11:00pm	\$97.65/7 Member \$117.20/7 Non-Member	29882*
Beginner for Women (Split into 2 time slots, based on skill level)	Sun Jan 14 to Mar 3 *No Class Feb 18	9:00am to 12:00pm	\$105.00/8 Member \$126.00/8 Non-Member	29883*



PERSONAL TRAINING



Club Aurora offers a variety of personal training packages to fit any budget.

We offer both private.

and semi-private training options.

For more information, please email

fitness@aurora.ca.

ABOUT OUR EXPERT STAFF

Our professional trainers have the skills you need to be successful. Each trainer has a background and education suited to a variety of fitness needs. All staff members are fully certified by nationally accredited organizations.

PERSONAL TRAINING PACKAGES

Competitive rates and packages are available for every budget. Unlike some private gyms, you do not need to be a member of Club Aurora to benefit from its great personal training packages.

PRIVATE PERSONAL TRAINING	MEMBER	NON-MEMBER
Individual Session	\$69.85	\$87.31
3 Session Package*	\$163.50	\$204.38
5 Session Package	\$285.35	\$356.69
10 Session Package	\$540.80	\$676.00
20 Session Package	\$1,061.45	\$1,326.81
SEMI-PRIVATE PERSONAL TRAINING^	MEMBER (per person)	NON-MEMBER (per person)
Individual Session	\$52.90	\$66.13
3 Session Package*	\$122.75	\$154.44
5 Session Package	\$213.30	\$266.63
10 Session Package	\$406.30	\$507.88
20 Session Package	\$751.25	\$939.06

* 3 Session package is a one-time only offer.

^ Semi-Private Personal Training fees are per person.

TRAINER TIPS

Written by Lisa Carter, Fitness Attendant, C.S.E.P. Certified Personal Trainer

PLAN YOUR FITNESS JOURNEY

When beginning your fitness journey, it is best to start off with two to three workouts per week and then add more as you progress and get into the new habit. This way both your body and mind have time to adapt to the new exercise and routine. Promising to hit the fitness centre six days a week from the get-go is a recipe for burn out and failure. Always plan for success!

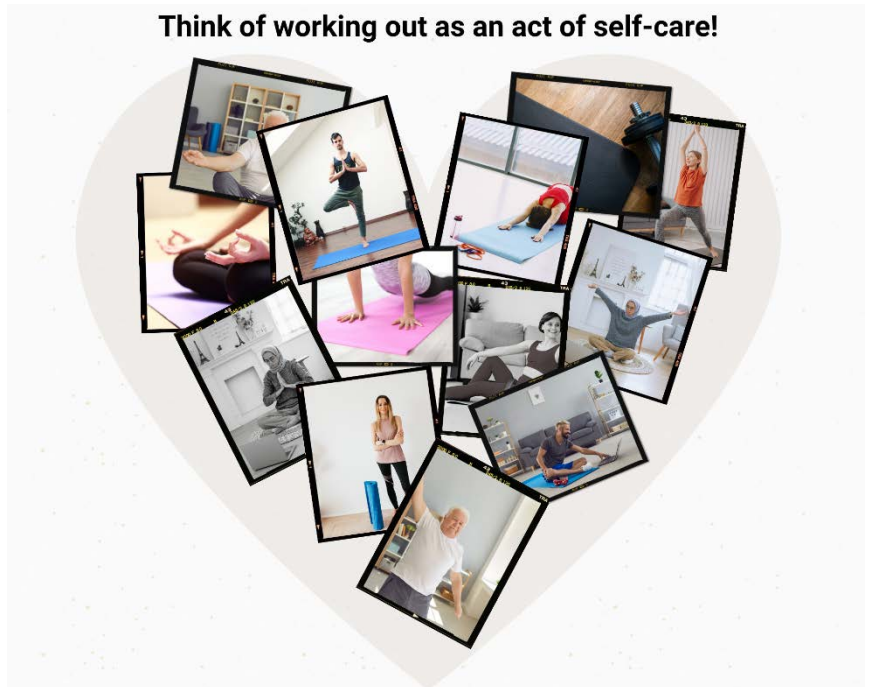


DOES EXERCISE HAVE AN EFFECT ON MY MENTAL HEALTH?

Yes! Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. You don't have to be a fitness fanatic to reap the benefits.

Research indicates that even modest amounts of exercise can make a real difference. No matter your age or fitness level, you can use exercise as a powerful tool to deal with mental health problems, improve your energy and outlook, and get more out of life.

Think of working out as an act of self-care!



Need answers to your fitness questions? You can email fitness@aurora.ca and one of Club Aurora's fitness professionals would be happy to answer your fitness and exercise questions.

CLUB AURORA FITNESS STAFF

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Let us help you achieve your health and fitness goals!

A ONE HOUR WORKOUT IS 4% OF YOUR DAY. NO EXCUSES.

AURORA'S

CHRISTMAS

MARKET

2023

Presented by  Healthy Planet.

DECEMBER 1 TO 3 AND
DECEMBER 8 TO 10

5 p.m. to 9 p.m.

(no admittance after 8:45 p.m.)

AURORA TOWN PARK
49 Wells Street

NEW FESTIVE VENDORS
EACH NIGHT
FIRE JUGGLING SHOWS,
BUSKER SHOWS,
ENTERTAINMENT, AND SANTA!

aurora.ca/ChristmasMarket

905-726-4762 | #AuroraChristmasMarket



Please note, we reserve the right to cancel, amend or change activities.

TOWN OF AURORA

FREE EVENT

MENORAH LIGHTING CEREMONY



MONDAY, DECEMBER 11, 2023

Aurora Town Hall - 100 John West Way

Town Hall doors open at 6 p.m.

Program starts at 6:30 p.m.

All are welcome to join in the festivities which include the lighting of the menorah, traditional celebratory foods and a mentalist performance.

aurora.ca/MenorahLighting

905-726-4762

#AuroraMenorahLighting   

We reserve the right to cancel, amend, or change activities.

