

## October 2023

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## HOLIDAY SCHEDULES – THANKSGIVING DAY

Have fun over the holidays! We have programs and activities for everyone to enjoy.

Visit our [Holiday Schedules](#) webpage for full details.

**THANKSGIVING DAY WEEKEND**  
Saturday, October 7 to Monday, October 9



## Mental Health Awareness

Reprinted from October 2021

Written by Wayne de Ryck, Fitness Coordinator

### Cognitive Distortions & Negative Thinking Patterns

It is common for all of us to engage in internal conversations with ourselves. Having these kinds of conversations with ourselves is perfectly normal and in fact, everybody does it.

However, many of us do not even realize the mental health consequences associated with these conversations, especially when our thoughts become irrational and/or negative. Significant mental health problems may occur when we let these conversations take on a life of their own. In this instance, our thoughts ultimately create an unhealthy attitude, one that works against us and not for us.

Cognitive distortions are habitual ways of thinking that are often inaccurate and negatively biased.

For example, imagine looking at a picture of yourself. What are the first thoughts that come to mind? At this point, the conversation with yourself has already started internally. If you answer something like, "I don't look so good", "I look ugly", "who can love this face?", these are all examples of unhealthy or negative thinking. These thoughts are deemed "irrational" because they have little or no basis. They are simply thoughts. Reality dictates that everyone is loved by someone, and true beauty emanates from within each of us.

The most common types of skills learned in psychotherapy today focuses on our thinking patterns and the conversations we are having

with ourselves. Our thought patterns can be changed through a process referred to as "Cognitive Restructuring". By simply recognizing and adjusting our automatic thought patterns, we can influence our emotions and behaviors in a positive fashion.

By learning how to identify our thoughts and our "faulty thinking" patterns, one can learn how to address thoughts in a healthier more rational and productive manner. The goal is to turn those negative internal conversations into positive dialogues.

The following presentation illustrates very nicely the common examples of Cognitive Distortions or Negative "Faulty Thinking" patterns.

[Cognitive Distortions and Negative Thinking \(YouTube video\)](#)

We can ultimately serve ourselves by realizing that our thoughts are simply just thoughts, and that we have the ability to shift the way we think about any situation or anything that may arise in our lives.

**Remember, "Like thoughts in the mind, clouds can appear to be permanent. But remember the clouds are just passing by and the blue sky is always there".** ~Quote sourced from Headspace app.

Source Used in this Article: [Positive Psychology](#)



## FALL 2023 PROGRAM GUIDE

The Fall 2023 Program Guide is now available for online viewing on our [Program Guide](#) webpage! Registrations are open for our Recreation and Aquatic programs.

**Register Online** – To register online, go to our [Program Guide](#) webpage. 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.



## CALLING ALL COACHES, PARENTS, ATHLETES AND OFFICIALS

The Town of Aurora is excited to announce a FREE three-part educational series with Sport Law called 'Maintaining and Creating Inclusive Environments'. Visit our Sport Workshops webpage for full details. [aurora.ca/sportworkshops](http://aurora.ca/sportworkshops)

### Creating and Maintaining an Inclusive Environment

Workshop 1:  
Saturday, October 14  
10:30 a.m. to 12 p.m.

Workshop 2:  
Saturday, October 14  
1:30 p.m. to 3 p.m.

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

Aurora Public Library  
FREE EVENT • REGISTRATION REQUIRED



WITH  
**MELISSA KNOX**

[aurora.ca/sportworkshops](http://aurora.ca/sportworkshops)

**SPORT LAW**  
We know sport.



These sessions are focussed on 'Creating and Maintaining Inclusive Environments' in sport, healthy active living, and community programming.

- All sessions are FREE.
- Registration is required.
- Recommended to attend all sessions, but not a requirement.
- Sessions are appropriate for all roles involved in sport, healthy active living and community



## One Pan Chicken Parmesan Pasta

Total Time: 45 minutes \* Makes 4 servings \* Serving Size: 1 ½ cups



This Chicken Parmesan pasta uses the one-pot pasta method to cook your noodles, chicken, and sauce all in one skillet for a fast and easy dinner with minimal cleanup. Finish the dish under the broiler to achieve a delicious, melted cheese crust.



### Ingredients

- 2 tbsp. extra-virgin olive oil, divided
- ¼ cup whole-wheat panko breadcrumbs
- 1 tbsp. plus 1 tsp. minced garlic, divided
- 1 pound boneless, skinless chicken breast, cut into 1/2-inch pieces
- 1 tsp. Italian seasoning
- ¼ tsp. salt
- 3 cups low-sodium chicken broth
- 1 ½ cups crushed tomatoes
- 8 ounces whole-wheat penne
- ½ cup shredded mozzarella cheese
- ¼ cup shredded Parmesan cheese
- ¼ cup chopped fresh basil

### Preparation

1. Heat 1 tbsp. oil in a large broiler-safe skillet over medium-high heat. Add panko and 1 tsp. garlic. Cook, stirring, until the panko is golden brown, 1 to 2 minutes. Transfer to a small bowl and set aside. Wipe out the pan.
2. Heat the remaining 1 tbsp. oil in the pan over medium-high heat. Add chicken, Italian seasoning, salt, and the remaining 1 tbsp. garlic. Cook, stirring frequently, until the chicken is no longer pink on the outside, about 2 minutes. Add broth, tomatoes, and penne. Bring to a boil and cook, uncovered, stirring frequently, until the penne is cooked, and the sauce has reduced and thickened, 15 to 20 minutes.
3. Meanwhile, position an oven rack in the upper third of the oven. Preheat the broiler to high. When the pasta is cooked, sprinkle mozzarella over the penne mixture. Place the pan under the broiler; broil until the mozzarella is bubbling and beginning to brown, about 1 minute. Top with the panko mixture, Parmesan, and basil.

Nutrition Facts: Calories 538; Total Carbohydrate 56g; Dietary Fiber 7g; Total Sugars 7g; Protein 41g; Total Fat 17g; Saturated Fat 5g; Cholesterol 77mg; Vitamin A 489IU; Vitamin C 10mg; Folate 18mcg; Sodium 612mg; Calcium 213mg; Iron 5mg; Magnesium 49mg; Potassium 875mg

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

## EXERCISE TECHNIQUES

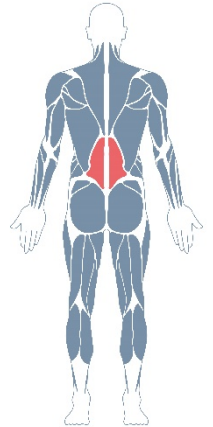
### Low Back Machine - Beginner

**Target Body Part**

Erector Spinae

**Equipment Required**

Lower Back Machine #1



1. Select your desired workout weight.
2. Adjust the seat height to sit with your midsection (navel) in line with the axis of rotation. (The red sticker located on the machine frame.)
3. Raise and lower the seat by using the yellow seat adjustment lever.
4. Position the footrest so that your knees are at, or greater than, a 90-degree angle to your hips. (Knees in line with your hips or slightly higher than your hips.)
5. Position the movement pad on your upper back and not on your mid-back or neck area.
6. Ensure that your hips are firmly back against the seat back.
7. Contract your lower back and abdominal muscles and push back on the movement pad extending backwards in a slow and controlled manner.
8. Do not hyperextend your back beyond the upright-seated position.
9. Exhale on exertion as you move backward.
10. Ensure that you are not pushing with your legs to generate backward force.
11. Pause slightly at the end range of this motion.
12. Return slowly to the starting position ensuring that you keep tension on your lower back muscles. Do not allow the weight stack to return to its original starting point.
13. Repeat this action for the desired amount of repetitions.



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

## FALL FITNESS REGISTERED PROGRAMS

### 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.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sep 20	7:30pm – 8:30pm	\$86.50/10 Member	<a href="#">28867</a>
			\$103.80/10 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	Sep 13	10:00am – 10:45am	FREE/12 Member	<a href="#">28863</a>
			\$81.00/12 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	Sep 12	7:00pm – 8:00pm	\$144.00/12 Member	<a href="#">28864</a>
			\$172.80/12 Non-Member	
Thu	Sep 14	7:00pm – 8:00pm	\$144.00/12 Member	<a href="#">28865</a>
			\$172.80/12 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	Sep 12	10:20am – 11:05am	FREE/12 Member	<a href="#">28866</a>
			\$81.00/12 Non-Member	





## GUIDED HIKES

Age: 18+ yrs

Location: Hadley Grange ^

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.

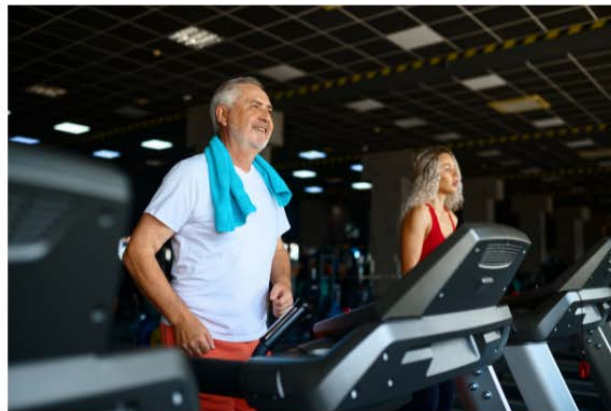
DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Oct 21	9:00am – 10:15am	\$5.00/1	<a href="#">28869^</a>

## ACTIVE AGING WEEK – OCTOBER 2 to 8, 2023



October 2 to 8, 2023

[www.activeagingweek.com](http://www.activeagingweek.com)



## SQUASH MEMBERSHIP INFORMATION & FALL 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 but must pay the applicable \$41.62 fee for a third night.



### HOUSE LEAGUE – FALL 2023

Age: 14+ years

Location: AFLC Squash Courts 1, 2, 3

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Squash House League	Sept 11 – Dec 11 *No class Oct. 9	5:40pm to 9:40pm	FREE/13 Member \$123.70/13 Non-Member	<a href="#">29046</a> *
Squash House League	Sept 13 – Dec 13	5:40pm to 9:40pm	FREE/14 Member \$125.62/14 Non-Member	<a href="#">29047</a>



## LEARN TO PLAY

**Age: 8+ Level: Beginner to Advanced**

**Age: Women's - 18+ years**

**Location: AFLC Squash Courts 1, 2, 3**

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

The **Women's Learn to Play Squash** 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.

LEVEL	START/END DATE	TIME	FEE/CLASS	CODE
<b>Beginner</b>				
Session 1	Sept 14 to Oct 26	6:00pm to 7:00pm	\$65.10/7 Member \$78.15/7 Non-Member	<a href="#">29035</a>
Session 2	Nov 2 to Dec 14	6:00pm to 7:00pm	\$65.10/7 Member \$78.15/7 Non-Member	<a href="#">29036</a>
<b>Intermediate</b>				
Session 1	Sept 14 to Oct 26	7:00pm to 9:00pm	\$65.10/7 Member \$78.15/7 Non-Member	<a href="#">29038</a>
Session 2	Nov 2 to Dec 14	7:00pm to 9:00pm	\$65.10/7 Member \$78.15/7 Non-Member	<a href="#">29039</a>
<b>Advanced</b>				
Session 1	Sat Sep 16 to Nov 4 *No class Oct 7	9:00am to 12:00pm	\$97.65/7 Member \$117.20/7 Non-Member	<a href="#">29040*</a>
Session 2	Sat. Nov 11 to Dec 9	9:00am to 12:00pm	\$69.75/5 Member \$83.70/5 Non-Member	<a href="#">29041</a>
<b>Beginner for Women</b>				
Session 1 (Split into 2 time slots, based on skill level)	Sun Sep 17 to Oct 29 *No Class Oct 8	9:00am to 12:00pm	\$83.70/6 Member \$100.45/6 Non-Member	<a href="#">29044*</a>
Session 2 (Split into 2 time slots, based on skill level)	Sun Nov 5 to Dec 10	9:00am to 12:00pm	\$83.70/6 Member \$100.45/6 Non-Member	<a href="#">29045</a>

## 2023 SQUASH ONTARIO OUTSTANDING ACHIEVEMENT AWARD

The game of squash thrives when there is growth at the local and regional levels. Created by the Board of Directors at Squash Ontario, the Outstanding Achievement Awards program recognizes the contributions made by volunteers, corporations, officials, coaches, and players at all levels of the game.

### 2023 Recipient - Howard Seto, Representing Club Aurora Fitness Centre

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!**



## 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](mailto: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

### WHAT SHOULD I BE EATING TO LOSE WEIGHT AND GAIN MUSCLE?

It is not within our scope of practice as a certified personal trainer to give nutritional advice beyond Canada's Food Guide.

A dietitian or nutritionist would better meet your needs and give you the answers that you are looking for.

For more information or to locate a dietitian, visit the Dietitians of Canada website. <https://www.dietitians.ca>



**Canada's food guide** **Eat well. Live well.**

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

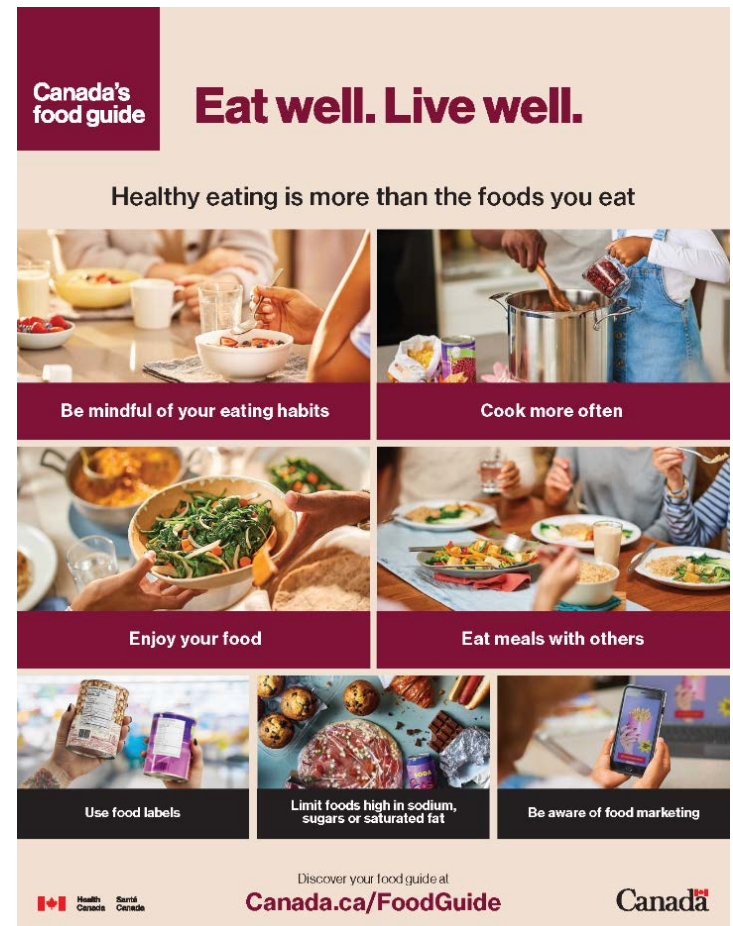
Eat protein foods

Make water your drink of choice

Choose whole grain foods

Discover your food guide at [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

Canada



**Canada's food guide** **Eat well. Live well.**

Healthy eating is more than the foods you eat

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food labels

Limit foods high in sodium, sugars or saturated fat

Be aware of food marketing

Discover your food guide at [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

Canada

Need answers to your fitness questions?  
 You can email them to [fitness@aurora.ca](mailto:fitness@aurora.ca) and one of Club Aurora's Fitness Professionals will post the answer in the **Training Tip** section of our newsletter.

## CLUB AURORA FITNESS STAFF

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**General Fitness Inquiries**  
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**General Squash Inquiries**  
[squash@aurora.ca](mailto:squash@aurora.ca)



**Let us help you achieve your health and fitness goals!**

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



**COLOURS OF  
FALL**  
*Concert*

**Thursday, October 5, 2023**

**6:30 p.m. to 8:30 p.m.**

Aurora Town Park (49 Wells Street)

## **THE MUDMEN**

Enjoy an evening of fantastic entertainment celebrating this Canadian Celtic rock band with this blast of Celtic energy. Bag pipes, dancing and more!

**Community corn roast, pumpkins and carving supplies provided.**

**(WHILE QUANTITIES LAST)**

**Concert is FREE!**

**Food donations for the Aurora Food Pantry are appreciated.**



**[aurora.ca/fallconcert](http://aurora.ca/fallconcert)**



**905-726-4762 #ColoursofFall**

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

Proudly sponsored by:



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# CREATE. SHARE. CELEBRATE.

Join the Town and its Cultural Partners  
to explore free cultural events across  
Aurora.

## CULTURE DAYS

SEPTEMBER 22 - OCTOBER 15

Find events at [aurora.ca/culturedays](https://aurora.ca/culturedays)

