

Indoor Garage Sale



**Sunday
April 28**

**8:30am to
1:00pm**

**Aurora Seniors Centre
90 John West Way, Aurora**



**auroraseniors.ca
seniorscentre@aurora.ca
905 726 4767**

This event is so successful because of your donations!
Volunteers will be accepting your donations in the Seniors
Centre parking lot on:

**Friday, April 26 from 8:30 a.m. to 4 p.m. and
Saturday, April 27 from 8:30 a.m. to 2 p.m.**

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THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

15105 YONGE STREET, SUITE 100
AURORA, ONTARIO L4G 1M3

WWW.LINDREALTY.CA

▶ ASA Board of Directors

Spring has Sprung, the grass is ris', I wonder where the birdies is?

We made it through another winter, which really wasn't too bad at all, was it? We all know that it won't go away without a fight, but warmer weather is on the way and with it more opportunities to get outdoors. It could be going for a walk on one of the trails, perhaps through the Arboretum or enjoying a coffee with a friend in a park or at the Centre.

The month of April will be another busy one with some pretty exciting happenings at the Centre. Elections for the Board of Directors are coming up and six members have put their names forward as candidates for three positions which will be vacant in June.

Thank you all for your support and interest. An all-candidates meeting will be held on Wednesday, April 10 from 10:45 - 11:45 a.m. in the Lounge. This is a great opportunity to hear what the candidates have to say and ask questions of the prospective Board members. The advance poll is April 23 and voting will be held from May 3 - May 9. I encourage you to cast your ballot and have a say in the operation of your Centre.

Our gala Volunteer Celebration will be held on April 6 where we will thank all the people who give their time and energy to keep the Centre hopping. No words can express our appreciation.

The Giant Indoor Garage Sale is coming up on Sunday April 28. This is a great fund-raiser for the Centre with lots of great bargains to be had. Donations of items will be gladly accepted. This is a don't miss event.

Glen Sharp, ASA President

▶ ASA Evergreen Choir

The Evergreen Choir's Spring concert will be held Saturday, May 25 at 2 p.m., with the doors opening at 1:30 p.m. Tickets will be available at Reception from May 1. The cost will be \$5. We look forward to another sold-out concert.

Many of you are unaware that our Director, Dr. Richard Heinzle is having a heart by-pass on April 3. Craig Garnham, our accompanist, has stepped up and is directing the choir on Richard's behalf. Joy Gannicott has agreed to accompany the choir on an interim basis. Many of you will remember Joy as she has played the piano for the Silver Stars. Thanks go to Craig and Joy for helping out the choir.



AURORA SENIORS ASSOCIATION



Silver Stars

PRESENT

CINDERELLA SENIORELLA

SATURDAY MAY 4 AT 2 P.M.
SUNDAY MAY 5 AT 2 P.M.

Tickets \$5
Available at Reception April 1
Children welcome!

AURORA SENIORS CENTRE
90 JOHN WEST WAY
905 726 4767
SENIORSCENTRE@AURORA.CA

Aurora Senior Centres own Theatre group the Silver Stars have been busy rehearsing for their upcoming show Cinderella (Seniorella). Get your tickets early as these shows sell out.



BOARD OF DIRECTORS ELECTION

These members have been nominated and are eligible to stand as candidate for election to the Board of Directors for a 3-year term.

There are three position open to this election.

Jim Abram

Julia Jackson

Stephen Choi

Shayna Maislin

Kevin Griffiths

Amy Wang

Their photograph and biography are now posted in the lobby.

An All-Candidates Meeting will be held on Wednesday, April 10 at 10:45 a.m. in the lounge followed by an ADVANCE POLL on Tuesday, April 23.

Voting will take place from Friday, May 3 to Thursday, May 9 inclusive.

The elected candidates will be confirmed at the Annual General Meeting on Wednesday, June 12 at 1 p.m.

VOLUNTEERS will be needed to assist with the balloting and voting process at the polling station . As a volunteer you will be confirming membership of the voting member from a list and providing them with a ballot and verbal instructions.

This is an opportunity for you to take an active part in your ASSOCIATION.

Any member that is able to volunteer for a 3-hour shift in the morning or afternoon on any of the polling dates can select a day and shift from the schedule at the Front Reception desk. The morning schedule is from 9:30 a.m. to 12:30 p.m. and the afternoon schedule is from 12:30 to 3:30 p.m. There are 2 evening shifts from 5 to 6:30 p.m.

There are 24 shifts in total so please if you are able, **volunteer**.

The dates are April 23: and May 3 to May 9 inclusive.

Nomination & Election Committee

Town of Aurora Spring 2024 Programs

Registration for Spring programs is currently available:

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 available at Centre on March 18

BALANCE IMPROVEMENT

Age: 55+ years Location: ASC

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

Day	Date	Time	Fee/Class	Code
Tue	April 9	9:30am-10:15am	\$75.00/12	31132
Tue	April 9	10:30am-11:15am	\$75.00/12	31133

BALLROOM & LATIN DANCE – LEVEL 1

Age: 18+ years Location: ASC

dancing can be used at dance clubs, weddings, dinner dances and more. Participants will experience several dances: the cha-cha, rumba, mambo, merengue, and foxtrot. The course will be taught by a couple so that participants may fully benefit from both perspectives of leading and following. Prior dance experience is not necessary. Partners are required.

Day	Date	Time	Fee/Class	Code
Wed	April 17	7:30pm-8:30pm	\$108.00/9 per person	31127

BALLROOM & LATIN DANCE – LEVEL 2

Age: 18+ years Location: ASC

Focusing on “dancing for fun”, this program will develop dance skills and steps. New dances will be introduced, such as the waltz, swing, samba, quickstep, salsa, cumbia, or bachata. The course will be taught by a couple so that participants may fully benefit from both perspectives of leading and following. The beginner's class or previous dance experience are preferred prerequisites for this class. Partners are required.

*No class on: May 20

Day	Date	Time	Fee/Class	Code
Mon	Apr 15	7:30pm-8:30pm	\$110.00/9 per person	*31128

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 to provide in-depth instruction for each of the styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course.

Partners are required.

*No class on: May 20

Day	Date	Time	Fee/Class	Code
Mon	April 15	8:30pm-9:30pm	\$112.00/9 per person	31129*

BASIC CARDIO – HYBRID (in person & ZOOM)

Age: 55+ years Location: ASC

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

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

Day	Date	Time	Fee/Class	Code
Thur	April 11	9am - 9:30am	\$35.00/10	31134

BASIC CARDIO

Age: 55+ years Location: ZOOM

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

Day	Date	Time	Fee/Class	Code
Thur	April 11	9am - 9:30am	\$35.00/10	31135

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	April 9	9:30am - 10:15am	\$75.00/12	31136 FULL

CHAIR FIT NEW!

Age: 55+ years Location: ASC

The class focuses on improving strength, flexibility, and balance. The instructor leads the class through a variety of seated exercises using light hand weights, resistance bands, and the participant's body weight. Exercises target the upper and lower body, as well as the core with some cardio in between. Stretches and range of motion movements are also incorporated to maintain joint health. Modifications are provided to accommodate different fitness levels. This is a social class with upbeat music to keep the energy fun. The goal is to improve functional fitness with a smile on your face.

Day	Date	Time	Fee/Class	Code
Thur	April 25	10:30am - 11:15am	\$63.00/10	31963

Sign-up for a free Chair Fit Try-it class on Thursday, April 18.
 Email: seniorscentre@aurora.ca or at Reception.
 Limited Space available

CHAIR STRETCH

Age: 55+ years Location: ASC

This is a gentle exercise class. Learn how to gently stretch and strengthen, mobilize your joints & use your breath to relax, all with the aid of a chair. This is a great class for those new or returning to exercise or for individuals who suffer from arthritis, joint tightness, chronic pain, or other conditions. Breathe deeper, stretch farther, and grow stronger.

Day	Date	Time	Fee/Class	Code
Fri	April 12	10am - 10:45am	\$63.00/10	31137

CORE ON THE FLOOR

Age: 55+ years Location: ASC

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
Tue	April 9	1pm - 1:30pm	\$35.00/10	31150

FIT MIND, BODY & SOUL **NEW!**

Age: 55+ Location: ASC

Fit Mind, Body & Soul enhances your cognitive, physical and spiritual well-being. We take a holistic approach on strengthening the connection between our minds, body and soul. All three of which when working together, can have powerful internal and external results. Exercising our minds is crucial for maintaining cognitive function and overall brain health. Mental exercise helps keep our minds sharp and resilient. Movement, functional fitness, rest and recovery are all key components in the body segment of our program. The soul segment can help provide a better understanding when navigating life's transitions, and the challenges that come with aging. Self reflection, mindfulness and meditation, gratitude practice and creative expression will be explored throughout the course of the program.

Day	Date	Time	Fee/Class	Code
Wed	April 17	11:15am - 12:45pm	\$99.85/8	31167

GET FIT

Age: 55+ Location: Hybrid (In-Person 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: This class is available in-person and online using Zoom. All in-person participants may request the Zoom link to participate over Zoom as well as in-person.

*No Class: April 26

Day	Date	Time	Fee/Class	Code
Wed	April 10	9am - 9:45am	\$75.00/12	31138 FULL
Fri	April 12	9am - 9:45am	\$69.00/11	31152* FULL

GET FIT

Age: 55+ Location: Zoom

See description above.

*No Class: April 26

Day	Date	Time	Fee/Class	Code
Wed	April 10	9am - 9:45am	\$75.00/12	31139
Fri	April 12	9am - 9:45am	\$69.00/11	31151*

GET STRONG **NEW!**

Age: 55+ Location: ASC

Strength. Stability. Endurance. Let's build strength in your muscles to help you to move better, feel better and do more of the activities you love to do. We will use body weight, bands, weights and more to get strong and move better. Some of this class will take place on the floor.

Day	Date	Time	Fee/Class	Code
Tues	April 9	1:45pm - 2:45pm	\$63.00/10	31153 FULL

GET STRONG

Age: 55+ Location: Hybrid

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

Day	Date	Time	Fee/Class	Code
Fri	April 12	11am - 12pm	\$63.00/10	31155

GET STRONG

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Fri	April 12	11am - 12pm	\$63.00/10	31154

KNITTING: LEARN TO KNIT PART 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	April 17	2:30pm - 3:45pm	\$10.00/3	31140

KNITTING: LEARN TO KNIT PART 2

Age: 55+ years Location: ASC

In this class you will learn various techniques (increases, decreases, seaming, bias knitting, reading charts) and stitches (cables, lace, slip stitches, 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 Class

Day	Date	Time	Fee/Class	Code
Wed	May 8	2:30pm – 3:45pm	\$45.00/3	31141

KNITTING: SIMPLE BABY CARDIGAN **NEW!**

Age: 55+ years Location: ASC

Knit top down and in one piece, this sweater is so cute and so easy. If you can count, knit, purl, cast on and cast off, you will learn the remaining skills needed to create this sweater. You can choose sizes from newborn or 18months and fingering or double knit weight yarn. Once you learn the techniques used in top down, one piece knitting, you will be able knit larger versions using patterns designed for children and adults. This class is suitable for advanced beginner.

Day	Date	Time	Fee/Class	Code
Wed	May 8	10am – 11:15am	\$45.00/4	31168

KNITTING: TWIDDLEMAT **NEW!**

Age: 55+ years Location: ASC

A twiddle matt (sometimes called a fidget matt) is a small knitted lap blanket. It incorporates a few textured stitches with embellishments such as ribbons and beads attached. The class is FREE but students will be required to pay instructor \$20 for supplies at the first class. This will include all yarn and embellishments needed to create a twiddle mat. Knitters should bring their own 4 to 5mm needles, scissors, and tapestry needles.

Day	Date	Time	Fee/Class	Code
Wed	April 17	10am – 11:15am	\$FREE/4	31169

LATIN DANCE FOR SINGLES **NEW!**

Age: 55+ years Location: ASC

Come out for a fun-filled evening, learning the basic steps of Latin Dancing. This stress-free class will soon have you moving on the dance floor with easy steps of Cha-Cha, Merengue, Bachata, Mambo, Cumbia, Salsa and more. No partner or previous dance required.

Day	Date	Time	Fee/Class	Code
Wed	Apr 17	8:30pm - 9:30pm	\$108.00/9	31131

LADIES, LAUGH & LEARN

Age: 55+ years Location: ASC

Ladies, let's connect! Join us to meet new friends and try different activities. Each week will have social time, light refreshments, and some fun. Something different every week.

Day	Date	Time	Fee/Class	Code
Wed	April 10	10:30am – 12pm	\$12.00/8	32013

MEN'S FIT **NEW!**

Age: 55+ years Location: Zoom

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. The overall goal is to keep men strong, active, and independent.

This	Date	Time	Fee/Class	Code
Thur	April 25	9:30am – 10:15am	\$63.00/10	*31965

Sign-up for a free Men's Fit Try-it class on Thursday, April 18.
 Email: seniorscentre@aurora.ca
 or at Reception.
 Limited Space available

MOVE & TONE

Age: 55+ 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: May 20

Day	Date	Time	Fee/Class	Code
Mon	April 8	9am - 10am	\$63.00/10	*31144

pFIT

Age: 55+ years Location: ASC

pFIT is a group strength training program that incorporates the clinically proven p44 Stepper portable resistance device that is specially designed for older adults to be used from a chair. pFIT is a fun, social and safe way to increase lower body strength, improve range of motion, maintain balance, and tone up muscles. The innovative p44 Stepper allows each leg to work on its own separate pace and resistance level and digitally monitors strength improvement with a hard copy print out for each participant

*No Class: May 20

Day	Date	Time	Fee/Class	Code
Mon	April 8	12pm - 12:30pm	\$118.00/10	31145*

PILOGA – HYBRID (in person & Zoom)

Age: 55+ years

Location: ASC

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

Day	Date	Time	Fee/Class	Code
Tue	April 9	10:35am – 11:20am	\$75.00/12	31147

PILOGA

Age: 55+ years

Location: Zoom (Tue), AFLC (Fri)

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.

Day	Date	Time	Fee/Class	Code
Tue	April 9	10:35am – 11:20am	\$75.00/12	31146
Fri	April 12	9:00am – 9:45am	\$63.00/10	31156

Qi-GONG

Age: 55+ years Location: ASC

Qi-gong is a gentle, flowing mind body practice which helps to improve strength, co-ordination and balance, important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. All levels are welcome. Qi-gong can be practiced both standing and seated.

Day	Date	Time	Fee/Class	Code
Tue	April 16	11:30am – 12:15pm	\$63.00/10	31157

STRETCH & TONE – HYBRID (in person & ZOOM)

Age: 55+ years Location: ASC

(Description Above)

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

*No Class: May 20

Day	Date	Time	Fee/Class	Code
Mon	April 8	1:30pm – 2:30 pm	\$63.00/10	31158*
Thu	April 11	10am – 11am	\$63.00/10	31159 FULL

View our Full April 2024 WithoutWalls guide can be found online at:

[WOW guide](#)

Hard copy guides available at the Seniors Centre.

STRETCH & TONE

Age: 55+ years Location: Zoom

This class is designed to strengthen and tone muscles to facilitate everyday living activities and improve appearance. A variety of light equipment will be used. The muscles will then be stretched to maintain or increase flexibility.

*No class: May 20

Day	Date	Time	Fee/Class	Code
Mon	April 8	1:30pm – 2:30pm	\$63.00/10	31161*
Thu	April 11	10am – 11am	\$63.00/10	31160

YOGA - CHAIR

Age: 55+ years

Location: ASC (Wed)

Would you like to start a yoga practice but feel intimidated or do not know where to start? Grab a chair! Chair Yoga is also for someone who has movement limitation 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. Enjoy the benefits of a rejuvenated mind, body and spirit while you sit!

Day	Date	Time	Fee/Class	Code
Wed	April 10	10am - 11am	\$63.00/10	31162

YOGA: CHAIR, MOVEMENT & MINDFULNESS NEW!

Age: 55+ years Location: ASC

How many times is your body in one place and your mind somewhere else? Learn how to connect the two so you enjoy life being fully present. Living with awareness of the moment and not being engrossed or obsessed about the future that can sometimes make us anxious and missing precious moments. Combined with traditional Chair yoga we will turn off the autopilot, find our breath and expand our awareness. We'll put our attention and focus 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, engaged, and fully aware while living the moments of your life.

*No Class: May 20

Day	Date	Time	Fee/Class	Code
Mon	April 8	10am - 11am	\$63.00/10	31163*

YOGA: HATHA

Age: 55+ years Location: ASC

These classes will greatly benefit those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Please note this class will involve floor work.

*No Class: May 20

Day	Date	Time	Fee/Class	Code
Mon	April 8	12:15pm - 1:15pm	\$63.00/10	31163

HearCANADA will be offering complimentary Hearing Health Checks at the Centre on Wednesday, April 17 from 9 a.m. to 3:40 p.m. Staying connected to the sounds you love is a great reason to get your hearing screened. A Hearing Health Check takes approximately 20 minutes and is your first step towards better hearing. A sign-up sheet is available at Reception. Space is limited.



YOGA: RESTORATIVE MAT

Age: 18+ years Location: ASC

Not your traditional yoga practice. This practice treats you to conscious relaxation and healing, using props in every posture to support your muscles in gentle comfortable positions. Poses will be held for 3-10 minutes, giving your body time to relax, so your mind can enter a quiet meditative state. Just a few of benefits of restorative yoga are it deeply relaxes the body, stills a busy mind, balances the nervous system, and releases muscular tension, improving mobility and flexibility. Please bring a yoga mat, bath towel, two blankets and a sleep eye mask or wash cloth. Bolsters, straps, and yoga block are provided but please feel free to bring your own if you wish.

Day	Date	Time	Fee/Class	Code
Thurs	April 11	6:30pm - 7:30pm	\$63.00/10	31165

YOGA: SUNDOWN MAT

Age: 18+ years Location: ASC

This practice will use the support of the earth to cradle your body. While on your mat you will move through yoga postures and stretches that help to calm the mind, improve flexibility, reduce stress, and increase strength. It's the perfect way to end your day. This practice ends with a short meditation. Please bring a mat and a blanket.

Day	Date	Time	Fee/Class	Code
Tue	April 9	6:30pm - 7:30pm	\$63.00/10	31166

ZUMBA GOLD

Age: 55+ years Location: Zoom

This amazing program is very easy to follow, so anyone will be able to do Zumba Gold. Dances that are specifically highlighted in this program include: Merengue, Salsa, Cha Cha, Belly Dance, Flamenco, and Tango.

Day	Date	Time	Fee/Class	Code
Tue	April 9	11:30am -12:15pm	\$63.00/10	31148

ZUMBA GOLD – HYBRID (in person & ZOOM)

Age: 55+ years Location: ASC

See description above.

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

Day	Date	Time	Fee/Class	Code
Tue	April 9	11:30am -12:15pm	\$63.00/10	31149

Town of Aurora Program Cancellation Procedure

Town of Aurora Program Refund Procedure: All requests for refunds must be made IN WRITING. Non-medical related cancellations will only be accepted prior to the second regularly scheduled class. Participants will receive a full refund (no administration fee) when cancelling seven days or more prior to the start of the program. Participants will receive a full refund, less a \$25.22 administration fee, when cancelling 6 days or less days prior to the start of the program. Participants will receive a refund on a prorated basis, less a \$25.22 administration fee, for all other refund requests. There will be no administration fee for refunds due to medical reasons (pro-ration still applies). A medical note must accompany the refund request. Please note that refunds or transfers will be processed according to the date your written request is received by our department. Please allow two to four weeks for all refunds to be processed. Please note that you can withdraw or transfer from a program using e-PLAY up to 14 days prior to the start of the program.



Indoor WALKING CLUB

3rd Annual
Walking Challenge
Starts May 4

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

April Seminars

April 2

Understanding Parkinsons with Home Instead

April 9

Brain Health with Alzheimers Society of York Region

April 16

Ontario Caregivers Organization Seminar

April 23

Wrap Up Party

May 1 (Aurora Seniors Centre Lounge)

Walking Challenge Launch Seminar at 1:00

Walking Club is over for the season and will resume September 2024

Walk. Stretch. Learn.

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



3rd Annual

WALKING CHALLENGE



Weekly
Draw for
prizes

EVERY STEP COUNTS

RECEIVE A FREE WATER BOTTLE
*LIMITED QUANTITIES

START
SATURDAY MAY 4

ENDS
FRIDAY MAY 31

To register contact Brandie

 byorg@aurora.ca

 365 500 3161



TOWN OF AURORA


SENIORS' CENTRE

IN THE MAIL

Seniors Centre in the Mail is a free program.

Twice a month activity kits are mailed to you (or you can pick them up at the Aurora Seniors Centre). Each package will include puzzles, sudoku, trivia and more!



 **365-500-3161**

 **wow@aurora.ca**

ASA Bistro Lunch

Wednesday, April 10 at 12 pm
Wednesday, April 24 at 12 pm
Tickets, pre-sale only.
\$10 - ASA Members
\$12 - Non- Members
Aurora Seniors Centre

April 10 Menu
Country Vegetable Soup,
Chicken Pot Pie, Salad
& Dessert
Tickets on sale:
April 1-5



April 24 Menu
Lasagna, Salad, Bread &
Dessert
Tickets on sale:
April 15 - 19



Save your Stuff!



Annual Indoor Garage Sale: Sunday April 28

Donation Drop Off: Friday April 26 & Saturday April 27

Books, Toys, Gadgets, Small Appliances, Vintage Collectibles, Artwork,
Tools, Musical Instruments, and more needed

We will not accept clothing, VHS tapes, large furniture, computer books and broken items.

Aurora Seniors Centre, 90 John
West Way, Aurora

seniorscentre@aurora.ca

auroraseniors.ca

905-726-4767



Bake Sale

SUNDAY APRIL 28, 2024

Bakers needed!

You can drop off any baked good donations Friday April 26 or Saturday April 27.

PLEASE LET US KNOW WHAT YOU ARE BAKING.
EMAIL US AT SENIORSCENTRE@AURORA.CA

► Special Events Committee

Trivia Night is coming up again on Friday, April 19. All the tickets, 78 of them, have already been sold for this favourite event. There will be NO tickets at the door. The two hosts of our Trivia Night are Elfriede Greupner and Sabrina Greupner. Elfriede has planned all the interesting questions and answers. Sabrina will be at the microphone announcing each question which she will also put on the screen for everyone to see. After the answers are given, the table of 6 people, who have the most correct answers, will each be given a gift card. We are planning delicious refreshments, door prizes, and the cash bar will also be open. It will be an educational and outstanding event.

Tickets Sold-Out

AURORA SENIORS ASSOCIATION'S
TRIVIA NIGHT
Tease Your Brain

Friday, April 19

Aurora Seniors Centre
Doors open at: 6:00pm
Game starts at: 6:30pm | **\$15**

Prizes & light refreshments
Cash Bar Available

HAVE A STORY TO TELL?

New! ASA WRITERS CIRCLE

Share your stories, poems and memories in casual and encouraging atmosphere.

No instruction and no critiquing, just writing 2 pages on a different topic every week which you will read out during the activity.

Limited space available, first come first serve call Trevor Gibbs at 905-503-5103 if you are interested

MEETS EVERY FRIDAY,
9:30 - 11:30 A.M. IN THE
WYCLIFFE ROOM
\$1 ACTIVITY FEE APPLIES



▶ ASA Activity News

Hand and Foot Canasta

Canasta is a Strategic card game that can be learned quickly. Our group meets every Wednesday at 1 p.m. Beginners or new players are welcome to join us and we will assist you at learning this fun card game

Italian Conversation Group

We meet Monday mornings at 10 a.m. We are looking for new members. Our current members enjoy the group very much. We find that no matter our level of fluency, we are always learning something new. Come and stimulate your mind and meet new people.

JEWELLERY DONATIONS



Our April 28 Indoor Garage Sale is back!

We are seeking donations for our jewellery sale.

Donations will be accepted at reception!

Costume or fine jewellery accepted!

ASA PRESENTS

A FREE FRIDAY NIGHT Dance

**FRIDAY, APRIL 12
AT 7:30PM**

DOORS OPEN AT 7PM

Free Tickets
available at Reception.
Limited Tickets

Join us for an unforgettable dance evening at the Aurora Senior Centre on April 12th! Get ready to kick up your heels and sway to the rhythm as we host a special Ballroom and Line Dance event, sponsored by ASA/O&A and guaranteed to put a smile on your face and a skip in your step.

Limited Tickets Available: Admission is completely free, but to ensure a safe and comfortable experience for all attendees, we have a limited capacity of 80 tickets. Due to high demand, tickets will be distributed at the reception of the Senior Centre on a first-come, first-served basis. Swing by the Senior Centre to pick up your tickets, but hurry—these tickets are sure to fly off the shelves!

What to Expect:

- A lively mix of disco, ballroom, and line dance music to get you moving and grooving.
- Line dance instructors to guide new and experienced line dancers.
- Great place to meet fellow dance enthusiasts.
- Refreshments and light snacks to keep you energized throughout the evening.
- Cash bar with wine, beer, water, and soft drinks.

Please be aware that the Seniors' Centre is a **Scent Free Zone**. Help us keep the air we share healthy and fragrance-free. Please be respectful of fellow members

GARDEN BOXES

Applications available
Wednesday, May 1



We have 20 garden boxes available for members to use on the deck. We provide the box, soil, garden tools, and water. You provide the plants and/or seeds, and creativity. Boxes are only available to members, and priority will be given to those without access to greenspace (i.e. back yard). Boxes will be available for planting between Victoria Day and Thanksgiving.

Questions? Contact Karie at kpapillon@aurora.ca or 365-500-3159.

ACE YOUR GOLF SEASON

WEDNESDAY APRIL 10TH

1 PM

THE AURORA SENIORS CENTRE LOUNGE

THE BIRDS ARE SINGING , THE SNOW IS MELTING , AND THE GOLF COURSE IS STARTING TO CALL YOUARE YOU READY ?

JOIN LUCY IN THE LOUNGE TO DISCUSS;

WAYS THAT YOU CAN START TO PREPARE FOR YOUR FIRST GAME BEFORE YOU STEP ON THE COURSE .

WAYS TO WARM UP TO GET READY TO PLAY YOUR BEST GAME AND WHAT TO AVOID.

HOW TO AVOID PAIN BOTH DURING AND AFTER YOUR GAME.





Be our guest

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▶ ASA Woodcarvers

We want to thank the ASC for giving their permission for our carving group to use the craft room at the entrance to the building. It has allowed our group to have time together, to discuss our projects and to socialize. It has also given us the freedom to expand our training program which will be more inclusive to our members. We are now more visible to ASC members and we welcome visitors who are inquisitive and become interested in the carving process. We meet on Tuesday nights between 6 and 9 pm.

We are very grateful for our access to the workshop. We are limited to seven carvers during Tuesday and Thursday mornings. We allow access to the power machines during the afternoons which reduce our numbers to five. The rules for access to the workshop have changed which includes additional operational and safety training for the members that wish to use the workshop.

We are in the process of re-structuring the operation of the carving group. Our membership has increased to over 35. We will be arranging a club meeting in April to introduce the recommendations we are proposing.

Our club will be organized into groups that will plan and organize training, group activities, visits to wood carving and artistic shows, and the various activities that are necessary to keep the club active.

We will continually display the fruits of the carvings made by our beginners and established wood carvers.

We are a friendly group and welcome any ASC members to talk to us and to try carving as a hobby.

Mel James, Wood carver's coordinator

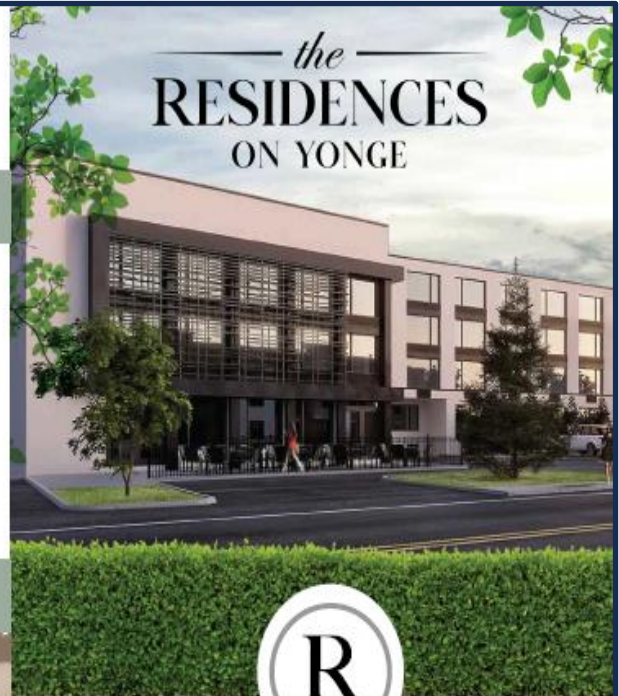
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Aurora Seniors Presents

FALLSVIEW CASINO

Get dealt into the action at Fallsview Casino Resort! Whether your game is slots or tables, you'll find it all on one of the largest Casino gaming floors in the world. With over 3,000 slots and video poker machines there's countless ways to win. Try your luck on reel, video reel and video poker machines or take a shot on the progressives – the action is non-stop!

- Date:** Wednesday, April 17, 2024
- Depart:** 8:45 a.m. Stronach Recreation Complex
1400 Wellington St. East
- Casino:** 11:00 a.m. - 4:00 p.m.
Enjoy a five hour visit to **Niagara Fallsview Casino** & receive \$35.00 in slot play
- Return:** Arrival in Aurora approx. 6:00 p.m.
- Inclusions:** Return transportation via deluxe coach, 5 hour visit to Fallsview Casino, \$35.00 slot play, and all taxes.
- Price:** Members: \$51.00 per person
Non Members: \$60.00 per person
- To Book:** Sign up at reception or for more information call Andrew Bailey at 365-500-3160
- NOTE:** Passengers must be 19 years of age or older with valid government photo I.D. in order to receive casino incentive



FALLSVIEW
CASINO RESORT



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Aurora Seniors Presents

Toronto City Tour & the Magic of Little Canada

We begin our day with one of Toronto's best known tour guides, noted historian Bruce Bell. So much of Toronto's history is either buried under parking lots or confined to dusty history books hidden on the top shelves of libraries or just plain forgotten. Using his wealth of knowledge and experience, Bruce Bell is determined to look under those parking lots to see what secrets are held in Toronto's much overlooked colonial and 19th century past. After a delicious meal at the Spaghetti Factory, we will visit Little Canada. Little Canada is a celebration of all things Canada. It's a unique journey of discovery through the sights and sounds of our great country in miniature scale. Everyone should travel through Canada at least once in their lifetime. From captivating vistas to famous landmarks, iconic cityscapes and little stories, you can visit the vast miniature Canadian landmarks all under one roof.

Date:	Thursday, June 13, 2024	Return:	Arrival in Aurora by 5:30 p.m.
Depart:	8:30 a.m. Stronach Recreation Complex	Inclusions:	Return transportation via deluxe coach, city tour with Bruce Bell, lunch at the Old Spaghetti Factory, admission to Little Canada, gratuity on meal, driver gratuity and all taxes.
City Tour:	10:00 a.m. - 12:00 noon City tour with Bruce Bell		
Lunch:	12:00 p.m. - 1:45 p.m. Enjoy a delicious lunch at the Old Spaghetti Factory. Choice of: <ul style="list-style-type: none"> ● Spaghetti with choice of sauce: Marinara, Meat, Spicy Meat, Mushroom Tarragon, Browned Butter & Mizithra ● Spaghetti with Meatballs ● Chicken Parmigiana ● Manicotti ● Lasagna ● Grilled Chicken Caesar Salad ● Chicken Fettuccine Alfredo All meals include their Fresh Bread with Whipped Butter, Crisp Green Salad with House Italian dressing, Spumoni Ice Cream, and Coffee or Tea	Price:	Member: \$160.00 pp Non Member: \$170.00 pp
		To Book:	Sign up at reception or for more information call Andrew Bailey at 365-500-3160
Canada:	2:15 p.m. - 4:00 p.m. Visit to Little Canada		



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Ontario Registration #4281143
Email: craiglugsdin@bellnet.ca
www.yearroundtravel.com

Aurora Seniors Presents

MY FAIR LADY

This timeless classic has been dazzling audiences since its debut on Broadway in 1956. Based on the play Pygmalion by Bernard Shaw, it's the story of Eliza Doolittle, a cockney flower girl caught in the middle of a bet between Henry Higgins, a professor of phonetics and Colonel Pickering, a fellow linguist. With unforgettable songs such as "On the Street Where You Live," "I Could Have Danced All Night" and "Wouldn't It Be Lovely?" My Fair Lady is one of the most beloved musicals of all time – and now it's returning to The Shaw!

Date: Thursday, June 27, 2024

Depart: 9:00 a.m. Stronach Recreation Complex

Lunch: 11:30 a.m. - 1:00 p.m.
 Enjoy a delicious lunch at the Queenston Heights Restaurant. Choice of:
 1) Grilled Breast of Chicken with Garlic Glaze
 2) Baked Rainbow Trout
 3) Canadian Angus Bistro-Cut Striploin au Jus
 4) Nasi Goreng Style Rice Dish

Meal selections made at the restaurant.

Show: 2:00 p.m. - 4:30 p.m.
 Reserved orchestra seating at the Shaw Festival Theatre

Return: Arrival time in Aurora by 7:00 pm

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

Price: Member: \$215.00 per person
 Non Member: \$225.00 per person

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

**SHAW 20
 FESTIVAL 24**



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▶ Computer Club Information and Activities

We are offering drop-in help by appointment Tuesday afternoons between 1 p.m. and 3 p.m. If you are looking for help, you can send a request in an email to Bob and Doug. Their email addresses are below. Zoom sessions are in full swing for 2024. If you are interested in attending via Zoom, ask at the front desk when you are in.

We are testing the idea of running an iPhone or iPad clinic (basic how to use your device) some Tuesday afternoon. Please send Bob or Doug an email if you are interested.

Tuesday morning seminar schedule for April:

- April 2 – General Q&A
- April 9 – Security/passwords and Fraud (Doug)
- April 16 – iCloud+ & useful gadgets (Herb)
- April 23 – Outlook on iOS (Cary)
- April 30 – CoPilot Overview (Bob)

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

We have covered many topics of general interest. Recordings of the past years' Zoom sessions are being maintained at <http://www.auroraseniors.ca/>. We now have a Quick Link to these recordings available on the ASA homepage. Review the list and see if you might learn something new!

Your suggestions and comments about what you might like the computer club to do or what topics you would like to see in the Tuesday sessions is always welcome. Send your suggestions to Bob Hedenberg at bobhed65@gmail.com or Doug Cooper at techspeakr@gmail.com.

▶ ASA Replacement Sign in fobs update

Members will now be charged \$5.00 for a replacement key tag (also called key fob) if they have lost the one that is issued to them. The replacement fee will be charged when you pick up your replacement tag.

There is no charge for a replacement key tag if the original one is damaged rather than lost. The damaged key tag must be returned when the request is made for a replacement. Thank you.

▶ Centre Etiquette

- Please allow staff time and space to set-up your activity prior to entering the room. This is both for your safety and to allow staff the time to set-up efficiently.
- Please clean up after yourself whether it be in the lounge or in your activity/program room at the Centre.
- Please keep your feet off the furniture
- If you spill your drink or need assistance with clean-up, please let staff know.

Thank you.

▶ Tuesday Night Movies at the Centre

April 2 – Wonka (2023): Timothy Chalamet (PG, 116 min, Adventure, Comedy)

With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers.

April 9 – The Holdovers (2023): Paul Giamatti (PG, 133 min, Comedy)

A cranky history teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student who has no place to go.

April 16 – Just Getting Started (2017): Morgan Freeman, Tommy Lee Jones (PG-13, 91 min, Comedy)

An ex-F.B.I. Agent and an ex-mob lawyer in the Witness Protection Program have to put aside their petty rivalry on the golf course to fend off a mob hit.

April 23 – Dog Days (2018): Nina Dobrev (PG, 113 min, Comedy, Drama)

A group of interconnected people in Los Angeles are brought together by their lovely canine counterparts.

April 30 – American Underdog (2021): Zachery Levi, Anna Paquin (PG, 154 min, Biography, Drama)

The story of NFL MVP and Hall of Fame quarterback Kurt Warner, who went from stocking shelves at a supermarket to becoming an American Football star.

Our Tuesday Night Movies begin at 6:30 p.m. admission is \$1.50 includes movie, refreshments, and popcorn! Movies are open for members only.

<p><u>ASA Board of Directors:</u> President Glen Sharp Vice President Jim Abram Treasurer Rob Ishoj Secretary John Scherrer Directors Dave LeGallais Louis Gambino Percy Surti Rob Gaby Vern Cunningham</p>	<p><u>ASA Committees:</u> By-Law Committee John Scherrer—Chair Community Development Shirley Petrie—Chair Finance Committee Rob Ishoj—Chair Fundraising Committee Vern Cunningham—Chair Membership & Volunteers Committee Sylvia Gilchrist—Chair Operations & Activities Committee Dave LeGallais—Chair SAGA Committee Jim Abram—Chair Special Events Committee Joan Brownlow—Chair</p>	<p><u>Aurora Seniors Centre Staff:</u> Karie Papillon Adult Program Coordinator kpapillon@aurora.ca (365) 500 3159 Andrew Bailey Adult/Older Adult Programmer abailey@aurora.ca (365) 500 3160 Brandie Yorg Program Lead (WOW & SCM) byorg@aurora.ca (365) 500 3161 Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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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 Move & Tone*(Z) 9:30 Men's Shed 9:30 Knotty Knitters 9:30 Beginner Bid Euchre 10:00 Ladies Billiards 10:00 Conversational Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 12:00 pFIT* 12:15 Hatha Yoga* 12:30 Duplicate Bridge 1:00 Carpet Bowling 1:00 American Mah-Jongg 1:30 Snooker League 1:30 Stretch & Tone*(H) 3:00 Mixed Pickleball 3:15 WOW Fun/Games *(T)	8:30 Woodcarving 9:30 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour and Chat 10:00 Computer Seminars 10:15 WOW Chair Yoga*(Z/T) 10:30 Balance* 10:35 Piloga* 11:30 Zumba Gold*(H) 11:30 Qi-Gong* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Woodcarving 1:00 Core on the Floor* 1:30 Snooker League 1:45 Get Strong* 2:15 Pickleball (Men) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving 6:30 Sunset Yoga*	9:00 Woodshop 9:00 Get Fit* (H) 9:45 Conversational German 10:00 Silver Stars 10:00 Men's Shed Billiards 10:30 Ladies, Laugh and Learn* 10:00 Chair Yoga* 10:00 Knitting* 11:00 Conversational French 11:15 Fit Minds, Body & Soul* 1:00 Let's Create 1:00 Canasta 1:00 Woodshop 1:30 Bridge 1:30 Snooker League 1:30 Pain Management* 1:45 Evergreen Choir 2:30 Knitting* 3:15 WOW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* 9:45 Snooker League 10:00 Stretch & Tone*(H) 10:30 Keep Singing 10:30 Chair Fit* 11:00 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:00 Woodcarving 1:30 Snooker League 2:30 Pickleball (Women) 3:15 WOW Chair Yoga*(Z/T) 6:30 Restorative Yoga*	9:00 Woodshop 9:00 Get Fit* (H) 9:30 Quilt 'n Sew 9:30 Writers Circle 9:30 Mandarin Singing 9:30 Men's Shed 10:00 Chair Stretch* 11:00 Get Strong* (H) 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 American Mah-Jongg 1:30 Book Club 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 6:30 Bid Euchre 7:00 Fun Night
April 15 1:00 ASA Board of Directors		April 10 12:00 Bistro 1:00 Ace your Golf Seminar		April 12 Free Dance (Pre-limited tickets available)
		April 24 10:30 Blood Pressure Clinic 12:00 Bistro		April 19 Trivia Night (Sold out)

Please note: Pickleball times and registration are subject to change. Refer to the Pickleball schedule (at the Centre or auroraseniors.ca)

- The Billiards Room is available for play during all operating hours.
- All ASA activities have a daily activity fee of \$1.00 (loonies preferred please)
- *Town of Aurora pre-registered programs (Z) Zoom (T) Teleconference (H) Hybrid (In-person and zoom)