

**Aurora Seniors Association  
The Evergreen Choir's 2024**

# Spring Concert

**Saturday, May 25 at 2 p.m.**

Doors open at 1:30 p.m.

Acting Director: Craig Garnham

Tickets are \$5  
Available May 1 at Reception

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



# THE LIND

REALTY TEAM INC.

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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

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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](http://WWW.LINDREALTY.CA)

## ▶ ASA Board of Directors

Well, it's starting to look a lot more like spring. The cherry blossoms have made their appearance, more people are out walking, the golf courses are open and soon members will be out on our bocce courts. On April 6, we hosted a wonderful Volunteer Appreciation luncheon where we recognized over one hundred men and women who give their time to help support our Centre. Without you, it just wouldn't happen. Thank you from all the members.

Trivia night was held on April 19, and it was another wonderful sold-out success. Lots of challenging questions and a great buffet at intermission. Thanks to the Special Events Committee for organizing this event. We look forward to the next one in the fall.

On April 20, 9 volunteers from our Men's Shed program helped at the Town Clean-up Day. It was a cold and damp morning, but we had a lot of fun and found some interesting items like a fire extinguisher and part of a car.

As I write this, our Giant Indoor Garage Sale is just a few days away. I am sure we are looking back at another successful day. And speaking of volunteers, it's all hands-on deck for this event. Thanks to everyone for their support.

The Board of Director elections are being held between May3-9. We have three positions open, and six candidates have stepped up for one of the positions. We thank them for their willingness to give their time to the Association and wish them all the best of luck. Please come out and vote to have a say in the future direction of your Association.

Next month, we will be able to provide a report on the Garage Sale and provide some information on our Annual General Meeting and BBQ coming up in June.

A Big Thank you to all who donated to our Annual Garage Sale. Additionally, a HUGE THANK YOU to all who volunteered this year, making this sale our biggest one ever.

## **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, and on the ASA website [www.auroraseniors.ca](http://www.auroraseniors.ca)

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 11 a.m.

Voting opportunities will be available at the Centre on:

Friday, May 3	from 9:30 a.m. to 3:30 p.m.
Monday, May 6	from 9:30 a.m. to 3:30 p.m.
Tuesday, May 7	from 9:30 a.m. to 3:30 p.m. and 5 to 6:30 p.m.
Wednesday, May 8	from 9:30 a.m. to 3:30 p.m.
Thursday, May 9	from 9:30 a.m. to 3:30 p.m.



**2024 ANNUAL GENERAL MEETING (A.G.M.)**  
**John Scherrer, Secretary**

Our **2024** Annual General Meeting will be held **WEDNESDAY, JUNE 12,**  
starting at **11 a.m.**

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

The 2024 A.G.M. will mark 20 years of operation by the Aurora Seniors Association as an incorporated, non-profit organization.

The June 12, 2024, A.G.M. will be a hybrid version – including in-person and virtual (ZOOM) attendance.

Members must have a current (2024) membership.

Virtual (ZOOM) attendance will require pre-registration by 4 p.m. Friday, June 7. Members can pre-register by phone (905-726-4767) or by email: [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)

A link to the meeting will be e-mailed to pre-registered members on Tuesday, June 11.

We are happy to report that as in previous years, barbecue refreshments will follow the A.G.M. for a cost of \$2 for members who attend the meeting.

Complete agenda packages will be posted on the Centre's bulletin board, available at the Seniors' Centre Reception desk and on the ASA website - [www.auroraseniors.ca](http://www.auroraseniors.ca) - on **Thursday, June 1, 2023.**

Questions may be put in writing using the Let Us Know form handed to Reception and by e-mail to the ASA President ([glens44@hotmail.com](mailto:glens44@hotmail.com)) ahead of the A.G.M. Questions regarding ASA Financial Reports should be emailed to: [asatreasurer@outlook.com](mailto:asatreasurer@outlook.com). Questions received by June 7th will be addressed at the meeting. Questions received after June 7 and during the AGM will be addressed and responded to at the first meeting of the 2024-2025 Board.

Following is a general outline of the Agenda for the A.G.M. as detailed in **By-Law #1, Clause 1.17.02 Annual General Meeting**

At the A.G.M., in addition to all other member and Board of Director's business that may be transacted, the agenda will include the following:

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



## ▶ Town of Aurora Summer Programs

### Registration for Summer 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.

#### BALANCE IMPROVEMENT

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

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

Day	Date	Time	Fee/Class	Code
Tue	July 9	9:30am-10:15am	\$51.00/8	31170
Tue	July 9	10:30am-11:15am	\$51.00/8	31171

#### BASIC CARDIO – HYBRID (in person & ZOOM)

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

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

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

Day	Date	Time	Fee/Class	Code
Thur	July 11	9am - 9:30am	\$28.00/8	31172

#### BASIC CARDIO - VIRTUAL

**Age: 55+ years Location: ZOOM**

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

Day	Date	Time	Fee/Class	Code
Thur	July 11	9am - 9:30am	\$28.00/10	31173

#### BOOT CAMP GOLD

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

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

Day	Date	Time	Fee/Class	Code
Tue	July 2	9:30am - 10:15am	\$25.00/4	31174
Tue	Aug 6	9:30am - 10:15am	\$25.00/4	31175

#### 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	July 11	10:30am - 11:15am	\$50.00/8	31964

#### 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	July 12	10am - 10:45am	\$44.00/88	31137

## DRAWING FUNDAMENTALS

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

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

Day	Date	Time	Fee/Class	Code
Wed	July 3	9am - 10:30am	\$115.00/9	31917

## GET STRONG – HYBRID (in-person & ZOOM)

**Age: 55+ years 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. This is a hybrid class. Participants can attend in person or over zoom.

Day	Date	Time	Fee/Class	Code
Fri	July 12	11am - 12pm	\$44.00/7	31197

## GET STRONG - VIRTUAL

**Age: 55+ years Location: Zoom**

See description above.

Day	Date	Time	Fee/Class	Code
Fri	July 12	11am - 12pm	\$44.00/7	31198

## Paint & Sip

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

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
Fri	May 25	1pm - 5pm	\$60.00/1	31950

## MEN'S FIT **NEW!**

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

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	July 11	9:30am - 10:15am	\$63.00/10	31966

## 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.

Day	Date	Time	Fee/Class	Code
Mon	July 8	9am - 10am	\$44.00/7	31177

## 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

Day	Date	Time	Fee/Class	Code
Mon	July 8	12pm - 12:30pm	\$83.00/7	31178

## PILOGA – HYBRID (in person & Zoom)

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

This is a unique class designed to build strength and gain flexibility. Combining the muscle toning of Pilates with the flexibility of Yoga, this class has constant movement to also help burn fat!

Note: This class is available in-person and online using Zoom. All in-person participants will receive the Zoom link to participate over Zoom or in-person.

Day	Date	Time	Fee/Class	Code
Tue	July 9	10:35am – 11:20am	\$51.00/8	31179

## PILOGA - VIRTUAL

**Age: 55+ years Location: Zoom**

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	July 9	10:35am – 11:20am	\$75.00/12	31180

## STRETCH & TONE – HYBRID (in person & ZOOM)

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

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

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

Day	Date	Time	Fee/Class	Code
Mon	July 8	1:30pm – 2:30 pm	\$44.00/7	31184
Thu	July 11	9:45am – 10:45am	\$51.00/8	31182

## STRETCH & TONE - VIRTUAL

**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.

Day	Date	Time	Fee/Class	Code
Mon	July 8	1:30pm – 2:30pm	\$44.00/7	31183
Thu	July 11	9:45am – 10:45am	\$51.00/8	31181

## WALK FIT NEW!

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

Build your endurance, balance and strength in this 4-week outdoor walking class. You will be guided through walking intervals using your bodyweight to develop strength along the paved trails in the beautiful Aurora Arboretum. Bring your water bottle and be ready to have fun! In the case of extreme heat or inclement weather this program will move indoors.

Day	Date	Time	Fee/Class	Code
Wed	July 10	10:30am - 11:15am	\$25.00/4	32010

## WATERCOLOUR – LANDSCAPE NEW!

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

In this class participants with some experience with watercolours will connect with nature through four projects dedicated to landscapes. Images will include trees, farmhouses, and water. This class will be suitable for intermediate level watercolour enthusiasts. Please refer to supply list.

Day	Date	Time	Fee/Class	Code
Tues	Aug 6	9:30am - 12pm	\$77.00/4	31952



**WATERCOLOUR – LINE & WASH NEW!**

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

In this class we will have fun with watercolours for all levels. We will use an ultra fine black sharpie to delineate our drawing and then a wash of watercolours to bring the image alive. We will complete one image per class.

Please Note: A limited number of watercolour palettes, four in total, will be available for rent from the instructor for \$10, which will also include two brushes. Watercolour paper can be purchased from the instructor for \$2 a sheet, as well as graphite paper at a price of \$2. Please refer to supply list. If you are interested in renting the palette, please email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)

Day	Date	Time	Fee/Class	Code
Tues	July 9	10am - 11am	\$77.00/4	31951

**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	July 10	10am - 11am	\$51.00/8	31199

**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	July 8	10am - 11am	\$44.00/7	31200

Thanks to everyone for attending our Walking club. We are done for the season, but we'll be back in September 2024.

**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.

3rd Annual

# WALKING CHALLENGE



Weekly Draw for prizes


## EVERY STEP COUNTS

**START**  
**SATURDAY MAY 4**

**ENDS**  
**FRIDAY MAY 31**

Join us for an information session Wednesday May 1, at 1:00 p.m. in the Lounge at the Aurora Seniors Centre or email [byorg@aurora.ca](mailto:byorg@aurora.ca) for the Zoom link

To register contact Brandie

 [byorg@aurora.ca](mailto:byorg@aurora.ca)

 365 500 3161

RECEIVE A FREE WATER BOTTLE  
\*LIMITED QUANTITIES



## 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**

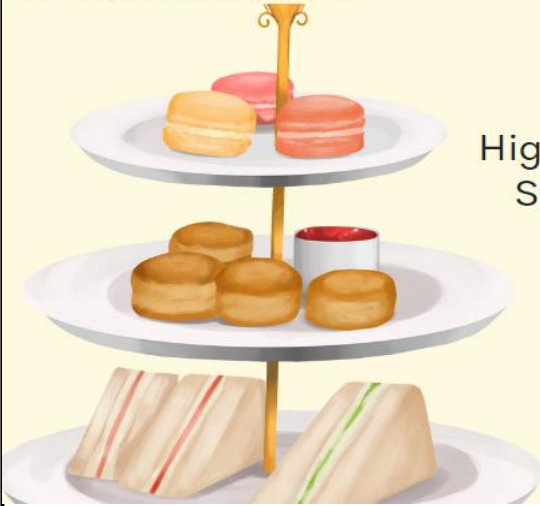
# ASA Bistro Lunch

Wednesday, May 8 at 12 pm  
Wednesday, May 22 at 12 pm  
Tickets, pre-sale only.  
\$10 - ASA Members  
\$12 - Non- Members  
Aurora Seniors Centre

**May 8 Menu**  
Cold Plate  
(assorted meats, salads  
and dinner roll)  
& Dessert  
Tickets on sale:  
**April 29 - May 3**



**May 22 Menu**  
High Tea (and coffee too 😊)  
Sandwiches, Scones and  
Sweets  
Tickets on sale:  
**May 13 - 17**



**This will be our last bistro for the season - enjoy the summer! See you in the fall.**

**A HUGE THANK YOU TO OUR BISTRO TEAM ANN, GAIL, LINDA, MARGARET AND SONIA FOR ALL THEIR HARD WORK DURING THIS BISTRO SEASON!!**

## ► Special Events Committee

The Special Events Committee does not have an event planned for May 2024 because the Silver Stars Theatre Group will be performing a play entitled "Cinderella - Seniorella" on May 4 and 5 at 2 p.m. on both days. The Evergreen Choir has a Spring Concert on May 25 at 2 p.m. These are good performances for members to enjoy. Tickets for these performances are \$5.00 and are available at Reception. (I will be performing in both groups - Joan).  
The Special Events Committee is planning a Dance Event on July 19 with the Pacemakers Band returning to play at the Aurora Seniors Centre. Tickets for \$15.00 each, will be available at the Reception Desk on June 3. Further information will come for this event.

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.

## ▶ ASA Activity News

### **Cribbage**

Any Interest? We are starting a group of experienced players and will be meeting on Wednesdays from 1 – 3 p.m. starting May 29, all are welcome.

### **Mah Jongg**

There is a lot of interest in the game of Mah Jongg at the Centre. Our Mah Jongg Group and we play Monday and Friday from 1pm to 4pm.

There are many different ways of playing Mah Jongg but here at the Aurora Senior Centre we play Modern American Mah Jongg.

### **Drop-in Art**

The Aurora Seniors Group of Artists (Art Dropin) would like to thank the Wood Shop at the Seniors Center for stepping up to craft a sign for the Free Art Gallery out in front of the Senior Center. After speaking with Don Overington, I can see this coming together in the near future. Items are going to new homes from the Art Gallery which is a good sign. The Art work in the Lounge is exchanged on a monthly schedule, so stop by and take a look. We have been having a great increase in the drop in participants, hope we don't burst at the seams! If you are interested, come on in and we will find room!

## ▶ ASA Library

### **Recent Changes:**

- We have installed the new bookcase beside the puzzle table. Please check it out as we have moved authors beginning with 'S' from the other side of the library.

### **Book and Puzzle Donations Reinstated:**

- Now that the Spring Garage sale is complete, we are again accepting donations of books (paperback and hardcover) as well as puzzles. We are looking for books in the following categories – murder, mystery, adventure, biographies, romance, historical romance, sports, and general fiction.
- Preferred puzzles are 1000 pieces or less as the puzzle table is too small for the larger puzzles.
- We prefer books that have been gently used.
- Please email [Kevin.Griffiths4881@gmail.com](mailto:Kevin.Griffiths4881@gmail.com) or drop by the library if you have any questions.

### **Borrowing Books:**

- The process is straight forward as there is no sign-out. You can borrow as many as you wish and then return them when you have finished reading them.
- 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. We consider James Patterson an exception to this limit.

### **General Administration**

- Please place your returns in the return box by the door. Leave them on the top of the box should they be too thick to fit through the slot.

Kevin





*Be our guest*

JOIN US FOR A  
**LUNCH & TOUR**

**Book your tour today!**

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Inspired Retirement Living™*

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AURORA

**905-503-9505**  
**DelmanorAurora.com**

Aurora Seniors Presents

# FALLSVIEW CASINO

- Date:** Wednesday, July 3, 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



**TOUR DESIGNED BY YEAR  
ROUND TRAVEL INC.**

250 Consumers Road #715  
North York ON  
M2J 4V6

P: 416 499 1444  
F: 416 499 1448  
TF: 1 888 804 8841







AURORA SENIORS ASSOCIATION



**CINDERELLA  
SENIORELLA**

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

**Tickets \$5**  
**Available at Reception**  
**Children welcome!**

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

# GARDEN BOXES



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](mailto:kpapillon@aurora.ca) or 365-500-3159.

**Applications available  
Wednesday, May 1**







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.

<b>Date:</b>	Thursday, June 13, 2024	<b>Return:</b>	Arrival in Aurora by 5:30 p.m.
<b>Depart:</b>	8:30 a.m. Stronach Recreation Complex	<b>Inclusions:</b>	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.
<b>City Tour:</b>	10:00 a.m. - 12:00 noon City tour with Bruce Bell		
<b>Lunch:</b>	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"> <li>● Spaghetti with choice of sauce: Marinara, Meat, Spicy Meat, Mushroom Tarragon, Browned Butter &amp; Mizithra</li> <li>● Spaghetti with Meatballs</li> <li>● Chicken Parmigiana</li> <li>● Manicotti</li> <li>● Lasagna</li> <li>● Grilled Chicken Caesar Salad</li> <li>● Chicken Fettuccine Alfredo</li> </ul> All meals include their Fresh Bread with Whipped Butter, Crisp Green Salad with House Italian dressing, Spumoni Ice Cream, and Coffee or Tea	<b>Price:</b>	Member: \$160.00 pp Non Member: \$170.00 pp
		<b>To Book:</b>	Sign up at reception or for more information call Andrew Bailey at 365-500-3160
<b>Canada:</b>	2:15 p.m. - 4:00 p.m. Visit to Little Canada		



## TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Rd.  
North York ON  
M2J 4V6

P: 416 499 1444  
F: 416 499 1448  
TF: 1 888 804 8841

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

**ASA Friday Night Dances**

Our April 12 dance event was a resounding success; the room was packed, and everybody had a great time. In May, we are back to two regular dances on May 10 and 24. Please see below our announcement for the country-themed dance on May 17. Due to the popular demand, we have extended the line dance lesson and practice from 6:45 p.m. to 7:30 p.m. At 7:30 we'll switch to the ballroom segment, including traditional ballroom dances, Latin and a few more line dances. Admission - \$5 members, \$7 non-members.

**COUNTRY & BLUES DANCE**



**Admission at the Door**

**Members \$5  
Non-Members \$7**

join us for an unforgettable evening of music, dance, and good ol' country fun at the Aurora Senior Centre!

**FRIDAY MAY 17**  
**COUNTRY LINE DANCE LESSONS AT 6:45 P.M.**  
**MAIN DANCE STARTS AT 7:30 - 10:30 P.M.**

On June 7, we'll hold our first Rock'n'roll live-band dance party. The tickets will go on sale on May 13.

Friday Night Dance Committee presents

**LIVE BAND ROCK & ROLL Dance Party**

**Aurora Seniors Centre**  
**FRIDAY, JUNE 7**  
**7:30 - 10:30 p.m. Doors open 7 p.m.**

Special performance by: *Gus Papas Band*

**Tickets available starting Monday, May 13 at Reception**  
**Limited Tickets Available**

**Members \$15  
Non Members \$18**



12 05693 3053 4



June in Seniors month.

To celebrate we have several special programs thoroughout June. Here's a sneak peak and many more fun things planned

**MONDAYS IN JUNE!**  
9:30 - 10:30 A.M.

# Muffin Mornings

\$2 for a fresh muffin with coffee or tea  
\*Limited quantities available\*

Sponsored by:




**JUNE IS SENIORS MONTH**

# FREE CLASSES

**WEDNESDAY JUNE 19**

12:30 PM - 1 PM	<b>GET STRONG WITH LUCY</b>
1:15 PM - 1:45 PM	<b>BASIC CARDIO WITH BRANDIE</b>
2:00 PM - 2:30 PM	<b>CHAIR YOGA WITH SANDY</b>

**THURSDAY JUNE 27**

9:30 AM - 10:15 AM	<b>WALK FIT WITH LUCY</b>
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SPACE IS LIMITED, SIGN UP AT RECEPTION STARTING JUNE 1



# Toronto Blue Jays Day

**THURSDAY, JUNE 6 AT 1 P.M.**

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

**FREE TO MEMBERS!**  
ENJOY SOME POPCORN, ICE CREAM & CHEER OUR TEAM

**JUNE IS SENIORS MONTH**

# INFORMATION SHARING

JOIN US IN THE LOUNGE

**TUESDAY JUNE 4**

1 PM - 2 PM	<b>ASK THE PHARMACIST</b>
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**MONDAY JUNE 17 & MONDAY JUNE 24**

9:30 AM - 10:30 AM	<b>REGION OF YORK - FALL PREVENTION INFO TABLE</b>
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**TUESDAY JUNE 25**

1 PM - 2 PM	<b>CRIME PREVENTION WITH YRP</b>
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**THURSDAY JUNE 27**

1 PM - 2 PM	<b>DRIVERS LICENSE RENEWAL PROCESS</b>
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# Mexican FIESTA!

**MUSIC · FOOD · FUN**

**Saturday June 15  
6:30 p.m. - 10:30 p.m.  
Doors Open at 6 p.m.  
Aurora Seniors Centre**

**Mexican Buffet & Dessert Bar  
Coffee Tea  
Mariachi Band  
Photo Booth  
Games with Prizes  
Cash Bar**

**Tickets \$60  
Available May 1**

**Thank you for supporting our  
Aurora Seniors Association's Fundraising Event!**



Aurora Seniors Presents

# Dundurn Castle & Royal Botanical Gardens

Our day begins with a guided tour of the Dundurn Castle. A costumed interpreter will guide you through this early 19th century home, complete with period furniture and décor. This 40-room Italian style villa was built in the 1830's on Burlington Heights. Once home to Sir Allan Napier MacNab and his family, today Dundurn Castle tells the story of the family who lived above stairs and the servants who lived and worked below stairs to support their affluent lifestyle. Her Royal Highness The Duchess of Cornwall is the museum's Patron and the great, great, great granddaughter of Sir Allan MacNab. Next, we're off to the Royal Botanical Gardens. Royal Botanical Gardens five display gardens offer visitors an unparalleled sensory experience for every season. Whether you're a gardening expert or simply appreciate nature's beauty, a trip to the Gardens is a dream come true.

**Date:** Thursday, July 25, 2024  
**Depart:** 8:30 a.m. Stronach Recreation Complex

**Dundurn:** 10:00 a.m. - 11:30 a.m.  
 Discover one of the finest examples of an intact historic home in Canada during a guided tour with a costumed interpreter.

**Lunch:** 11:45 a.m. - 1:15 p.m.  
 Enjoy a delicious meal at Sotiris Restaurant. Authentic Greek cuisine. Choice of:  
 1) Chicken Dinner Filet  
 2) Pork Souvlaki Dinner  
 3) Atlantic Salmon  
 All meals served with rice, roast potatoes, Greek salad & garlic bread.  
**Meal selection due upon booking.**

**RBG:** 2:00 p.m. - 5:00 p.m.  
 Enjoy a guided tour of the Royal Botanical Gardens with additional time on your own.

**Return:** Arrival in Aurora approx. 6:30 p.m.

**Price:** Members: \$160.00 per person  
 Non Members: \$170.00 per person

**Inclusions:** Return transportation via deluxe coach, guided tour of Dundurn Castle, lunch, admission & guided tour of the Royal Botanical Gardens, driver gratuity, & all taxes.

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



Sign up for our monthly Email Newsletter at [www.yearroundtravel.com](http://www.yearroundtravel.com)



## TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Rd.  
 North York, Ontario  
 M2J 4V6

P: 416-499-1444  
 F: 416-499-1448  
 TF: 1-888-804-8841

Ontario Registration #4281143  
 Email: [craiglugsdin@bellnet.ca](mailto:craiglugsdin@bellnet.ca)  
[www.yearroundtravel.com](http://www.yearroundtravel.com)

Aurora Seniors Presents

# Muskoka River Cruise

The Gravenhurst Farmers' Market has become one of the region's most popular attractions. The market has numerous vendors selling a broad array of fresh Ontario produce, arts and crafts. Enjoy a delicious meal at The Oar Restaurant. After lunch we will travel to Bracebridge to board the Muskoka Gaga. With comfortable seating and panoramic windows, the ship provides the perfect vantage point for capturing memorable photos. Sip on your favorite beverage from their onboard bar, and let the gentle breeze enhance your Muskoka experience. Winding down the Muskoka River, the fully narrated cruise shares tales of Muskoka's rich history, ensuring that every moment is not just a picturesque scene but a journey back in time. So, come aboard and let the Muskoka River unveil its secrets, as we make our way up to the base of the Bracebridge waterfall.

- |                |  |                 |   |
|----------------|--|-----------------|---|
| <b>Date:</b>   | Wednesday, August 14, 2024   | <b>Return:</b>  | Arrival in Aurora by 6:30 pm  |
| <b>Depart:</b> | 8:00 a.m. Stronach Recreation Complex  | <b>Price:</b>   | Member \$170.00 per person<br>Non Member \$180.00 per person                    |
| <b>Market:</b> | 9:30 a.m. - 10:45 a.m.<br>Visit to the Gravenhurst Farmers' Market   | <b>To Book:</b> | Sign up at reception or for more information call Andrew Bailey at 365-500-3160 |
| <b>Lunch:</b>  | 11:15 a.m. - 12:45 p.m.<br>Enjoy a delicious lunch at The Oar.<br>Traditional Tossed Salad with House Vinaigrette. Choice of<br>1) Maple Miso Glazed Salmon Filet (4oz)<br>2) Chicken Breast with Mushroom Cream Sauce<br>3) Stuffed Bell Pepper - Gluten Free Grain Melody & Gluten Free Tomato Sauce<br>All served with Rice Pilaf, Seasonal Vegetables, Dessert and Coffee or Tea<br><b>MEAL SELECTION DUE UPON BOOKING</b> |                 |   |
| <b>Cruise:</b> | 1:30 p.m. - 3:00 p.m.<br>Enjoy a 90 minute cruise on the Muskoka River   |                 |   |
| <b>Market:</b> | 4:00 p.m. - 5:00 p.m.<br>Visit to the Mariposa Market  |                 |   |



## TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

250 Consumers Road #715  
North York ON  
M2J 4V6

P: 416 499 1444  
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Ontario Registration #4281143  
Email: [yearroundtravel@on.aibn.com](mailto:yearroundtravel@on.aibn.com)  
[www.yearroundtravel.com](http://www.yearroundtravel.com)





# SENIORLICIOUS

WED, JUNE 5TH

11:30AM - 1:30PM

HOSTED BY  
AURORAS SENIORS CENTRE

**90 JOHN WEST WAY, AURORA**

Soak up spring with a delicious food experience from local retirement residences as they showcase their culinary skills. Enjoy entertainment, sample appetizers, desserts and refreshments.

FREE tickets are available at the reception desk

SPACE IS LIMITED!



Entertainment by  
famous Violinist  
Grenville 'G Pinto'



## ▶ Computer Club Information and Activities

We are offering drop-in help by appointment Tuesday afternoons between 1 and 3 p.m. If you are looking for help, you can send a request in an email to Bob and Doug. Their email addresses are below.

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.

Laurie from Tuktu will be coming in on Tuesday, May 7 to give an introduction to their service which is described as "Tuktu is an on-demand support service for everyone - you, your parents, your friends, and your neighbors, anyone who needs a little bit of support."

Tuesday morning seminar schedule for February:

- May 7 – General Q&A & Tuktu visiting speaker.
- May 14 – Windows PhoneLink (Doug)
- May 21 – Apple Day (Herb) – topic TBD
- May 28 – Roboform password manager (Cary)

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](mailto:bobhed65@gmail.com) or Doug Cooper at [techspeakr@gmail.com](mailto: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

**May 7 – The Boys in the Boat (2023): Joel Edgerton, Callum Turner (PG, 123 Minute, Drama)**

Directed by George Clooney, this 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.

**May 14 – Brooklyn (2015): Saoirse Ronan (PG, 112 min, Drama)**

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

**May 21 – Murder on the Orient Express (2017): Keneth Branagh (PG-13, 91 min, Crime, Drama)**

When a murder occurs on the train on which he's travelling, celebrated detective Hercule Poirot is recruited to solve the case.

**May 28 – Quartet (2012): Maggie Smith, Michael Gambon (PG, 98 min, Comedy, Drama)**

At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean (Dame Maggie Smith), an eternal diva and the former wife of one of the residents.

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><b>ASA Board of Directors:</b></p> <p><b>President</b> Glen Sharp</p> <p><b>Vice President</b> Jim Abram</p> <p><b>Treasurer</b> Rob Ishoj</p> <p><b>Secretary</b> John Scherrer</p> <p><b>Directors</b> Dave LeGallais Louis Gambino Percy Surti Rob Gaby Vern Cunningham</p>	<p><b>ASA Committees:</b></p> <p><b>By-Law Committee</b> John Scherrer—Chair</p> <p><b>Community Development</b> Shirley Petrie—Chair</p> <p><b>Finance Committee</b> Rob Ishoj—Chair</p> <p><b>Fundraising Committee</b> Vern Cunningham—Chair</p> <p><b>Membership &amp; Volunteers Committee</b> Sylvia Gilchrist—Chair</p> <p><b>Operations &amp; Activities Committee</b> Dave LeGallais—Chair</p> <p><b>SAGA Committee</b> Jim Abram—Chair</p> <p><b>Special Events Committee</b> Joan Brownlow—Chair</p>	<p><b>Aurora Seniors Centre Staff:</b></p> <p>Karie Papillon Adult Program Coordinator kpapillon@aurora.ca (365) 500 3159</p> <p>Andrew Bailey Adult/Older Adult Programmer abailey@aurora.ca (365) 500 3160</p> <p>Brandie Yorg Program Lead (WOW &amp; SCM) byorg@aurora.ca (365) 500 3161</p> <p>Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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**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.

All WOW Programs are FREE to join, our offered 6 days a week, 30 minutes regular programs include:

**Card Bingo:** All you need is a standard deck of cards.

**Chair Exercise:** Light cardio and strength exercises. Weights are optional.

**Chair Yoga:** Simple yoga moves anyone can do from a chair

**Fun & Games:** Activities to make us laugh and stay connected.

**Jeopardy:** Trivia questions “Jeopardy” style, grab a pen and some paper

**Stories & Games:** Stories, Biographies, Arm Chair Traveler, Celebration days, Music and more.

**Stretch & Strong:** Full body stretch with movements to strengthen your entire body

**Contact Information:**

Telephone: 365 500 3161 or Email: [wow@aurora.ca](mailto:wow@aurora.ca)

***It is a Community Centre from the comfort of home!***

## Tips on Having a Successful Phone Call

- **LET THE FACILITATOR LEAD:** To reduce confusion on the phone it is important to let the facilitator or guest speaker guide the conversation or activity.
- **USE THE ME/NOT ME RULE:** Remember to give everyone a chance to speak. This includes making sure to not talk over or disrupt someone while they are speaking. This also includes being mindful that every time you comment on something, it might not be giving space for someone else, or allowing the program to continue smoothly.
- **BE MINDFUL:** Be mindful that everyone has a story, a background, and a different way of looking at the world, and/or different communication styles.
- **REDUCE BACKGROUND NOISE:** Plan to be in a location with reduced background noise. Turn off anything that might make noise (televisions or radios), also consider pets. Be aware that the facilitator may mute your line if there is too much background noise.

# TELEPHONE MAY 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			<b>May 1</b> <b>3:15</b> Stories & Games	<b>May 2</b> <b>3:15</b> Chair Yoga	<b>May 3</b> <b>3:15</b> Fun & Games
<b>May 5</b>	<b>May 6</b> <b>10:15</b> Stretch & Strong  <b>3:15</b> Fun and Games	<b>May 7</b> <b>10:15</b> Chair Yoga	<b>May 8</b> <b>3:15</b> Stories & Games	<b>May 9</b> <b>3:15</b> Chair Yoga	<b>May 10</b> <b>3:15</b> Fun & Games
<b>May 12</b>	<b>May 13</b> <b>10:15</b> Stretch & Strong  <b>3:15</b> Card Bingo	<b>May 14</b> <b>10:15</b> Chair Yoga	<b>May 15</b> <b>3:15</b> Stories & Games	<b>May 16</b> <b>3:15</b> Chair Yoga	<b>May 17</b> <b>3:15</b> Fun & Games
<b>May 19</b>	<b>May 20</b> No Programs Closed for Victoria Day	<b>May 21</b> <b>10:15</b> Chair Yoga	<b>May 22</b> <b>3:15</b> Stories & Games	<b>May 23</b> <b>3:15</b> Chair Yoga	<b>May 24</b> <b>3:15</b> Fun & Games
<b>May 26</b>	<b>May 27</b> <b>10:15</b> Stretch & Strong  <b>3:15</b> Jeopardy	<b>May 28</b> <b>10:15</b> Chair Yoga	<b>May 29</b> <b>10:15</b> Chair Yoga	<b>May 30</b> <b>3:15</b> Chair Yoga	<b>May 30</b> <b>3:15</b> Fun & Games

## Contact Information:

Telephone: 365 500 3161 or Email: [wow@aurora.ca](mailto:wow@aurora.ca)

**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. All WOW Programs are FREE to join.

We are excited to be partnered with Baycrest@home.

To receive the zoom links please contact:

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

365-500-3161

**Active Brains:** Healthy Brain Fitness includes computation, critical thinking, word games and discussion as we solve the problems together.

**Art Explorations:** An Art therapist will guide you through an exploration of artist and their art.

**Chair Exercise:** Light cardio and strength exercises. Weights are optional.

**Chair Yoga:** Simple yoga moves anyone can do from a chair.

**Keep On Moving:** Exercise that combines principles of dance and martial arts, in a low impact workout that focuses on strength, flexibility and body positivity.

**Mind Body Mood:** Mindfulness practices for calming anxiety, increasing gratitude and improving mood.

**Music Circle:** Join us to hear beautiful music that is customized to you each week!

**Name That Tune:** Listen to music from various genres and decades and see if you can name that tune

**Power of Music:** The music content varies and is diverse.

**ROM 4 You:** The Royal Ontario Museum displays art culture and nature from around the world.

**Seated Exercise with Bands:** This seated session includes core, cardio fitness and optional resistance band exercises to increase muscular strength and improve your activities for daily living.

**Seated Exercise and Lower Mobility & Strength:** Seated exercises designed work on core awareness, cardio fitness, mobility and strength, optional light dumbbells.

**Singing:** Led by certified music therapist Bethany Horsley

**Stretch & Strong:** Full body stretch with movements to strengthen entire body.

**Story Telling Club:** Join Dan and Eden for a telling of age-old stories from cultures across the world.

**Travelogue:** This unique program aims to transport you to various destinations around the globe.

**Trivia:** Stimulate the mind, this program allows for socialization and friendly competition.

**Toronto Zoo to You:** Live streamed presentation, interactive exhibits, and guided tours led by knowledgeable Toronto Zoo educators.

**Wisdom of Folktales:** Our guest Rabbi Rena will regale us with a folktale and facilitate group discussion about the lessons we can learn.

**Tech Lab:** Learn digital skills to thrive in the digital age also play a fun stimulating game of bingo that improves memory, attention and problem solving.

**Toronto Symphony Orchestra:** Join guest Toronto Symphony Orchestra musician to play a selection of music for us and tell us about themselves and their artistic journey!

*Do you LOVE to play Bingo? Baycrest offers Bingo every Monday at 2:00. You must register with Baycrest@home directly to receive the link and the free bingo cards:*

[info@baycrestathome.ca](mailto:info@baycrestathome.ca) or 647-567-4663



# ZOOM MAY 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>To have your own access to the full line up of Baycrest@home for free until the end of June please register at:  <a href="mailto:info@baycrestathome.ca">info@baycrestathome.ca</a> or 647-567-4663</p>			<p><b>May 1</b>  <b>10:00</b> *Seated Exercise  <b>11:00</b> Singing  <b>1:00</b> Travelogue  <b>2:00</b> Art Explorations</p>	<p><b>May 2</b>  <b>10:00</b> Keep on Moving  <b>1:00</b> Music Circle  <b>2:00</b> Wisdom of Folktales  <b>3:15</b> Chair Yoga</p>	<p><b>May 3</b>  <b>10:00</b> Seated Exercise with Lower Body Mobility &amp; Stretch  <b>1:00</b> Mind Body Mood</p>
<p><b>May 5</b>  <b>12:30</b> Chair Exercise</p>	<p><b>May 6</b>  <b>10:15</b> Stretch &amp; Strong  <b>11:00</b> TSO  <b>1:00</b> Power of Music  <b>2:00</b> Tech Lab  <b>3:15</b> Card Bingo</p>	<p><b>May 7</b>  <b>10:15</b> Chair Yoga  <b>11:00</b> Story Telling Club  <b>1:00</b> Trivia  <b>3:00</b> Classical DJ  <b>7:00</b> Concert</p>	<p><b>May 8</b>  <b>10:00</b> *Seated Exercise  <b>11:00</b> Singing  <b>1:00</b> Toronto Zoo  <b>2:00</b> Art Explorations</p>	<p><b>May 9</b>  <b>10:00</b> Keep on Moving  <b>11:00</b> Active Brains  <b>1:00</b> History of the Hatikvah  <b>3:15</b> Chair Yoga</p>	<p><b>May 10</b>  <b>10:00</b> Seated Exercise with Lower Body Mobility &amp; Stretch  <b>1:00</b> Mind Body Mood</p>
<p><b>May 12</b>  <b>12:30</b> Chair Exercise</p>	<p><b>May 13</b>  <b>10:15</b> Stretch &amp; Strong  <b>11:00</b> TSO  <b>1:00</b> Power of Music  <b>2:00</b> Tech Lab/Bingo  <b>3:15</b> Card Bingo</p>	<p><b>May 14</b>  <b>10:15</b> Chair Yoga  <b>11:00</b> Story Telling Club  <b>1:00</b> Trivia  <b>2:00</b> Seated Exercise</p>	<p><b>May 15</b>  <b>10:00</b> *Seated Exercise  <b>11:00</b> Forest Bathing  <b>1:00</b> Travelogue  <b>2:00</b> Art &amp; Cultural Explorations</p>	<p><b>May 16</b>  <b>10:00</b> Keep on Moving  <b>11:00</b> Active Brains  <b>1:00</b> Music Circle  <b>3:15</b> Chair Yoga</p>	<p><b>May 17</b>  <b>10:00</b> Seated Exercise with Lower Body Mobility &amp; Stretch  <b>1:00</b> Mind Body Mood</p>
<p><b>May 19</b>            No Programs</p>	<p><b>May 20</b>            No Programs Closed for Victoria Day</p>	<p><b>May 21</b>  <b>10:15</b> Chair Yoga  <b>11:00</b> Story Telling Club  <b>1:00</b> Trivia  <b>2:00</b> Seated Exercise</p>	<p><b>May 22</b>  <b>10:00</b> *Seated Exercise  <b>11:00</b> Singing  <b>1:00</b> ROM 4 You  <b>2:00</b> Art Explorations</p>	<p><b>May 23</b>  <b>10:00</b> Keep on Moving  <b>11:00</b> Active Brains  <b>1:00</b> Music Circle  <b>3:15</b> Chair Yoga</p>	<p><b>May 24</b>  <b>10:00</b> Seated Exercise with Lower Body Mobility &amp; Stretch  <b>1:00</b> Mind Body Mood</p>
<p><b>May 26</b>  <b>12:30</b> Chair Exercise</p>	<p><b>May 27</b>  <b>10:15</b> Stretch &amp; Strong  <b>3:15</b> Jeopardy</p>	<p><b>May 28</b>  <b>10:15</b> Chair Yoga  <b>11:00</b> Story Telling Club  <b>1:00</b> Trivia</p>	<p><b>May 29</b>  <b>10:00</b> *Seated Exercise  <b>11:00</b> Singing  <b>2:00</b> Art Explorations</p>	<p><b>May 30</b>  <b>10:00</b> Keep on Moving  <b>11:00</b> Active Brains  <b>1:00</b> Music Circle  <b>3:15</b> Chair Yoga</p>	<p><b>May 30</b>  <b>10:00</b> Seated Exercise with Lower Body Mobility &amp; Stretch  <b>1:00</b> Mind Body Mood</p>

<b>Monday</b> 8:30 a.m. to 4:30 p.m.	<b>Tuesday</b> 8:30 a.m. to 9 p.m.	<b>Wednesday</b> 8:30 a.m. to 4:30 p.m.	<b>Thursday</b> 8:30 a.m. to 4:30 p.m.	<b>Friday</b> 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 1:00 Let's Create 1:00 Canasta 1:00 Woodshop 1:00 Cribbage (May 29) 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
<b>May 27</b> 1:00 ASA Board of Directors		<b>May 8</b> 12:00 Bistro <b>May 15</b> 2:00 Container Gardening Seminar <b>May 22</b> 10:30 Blood Pressure Clinic 12:00 Bistro		<b>May 10 &amp; 24</b> 7:30 Dance  <b>May 17</b> 7:30 Country Dance

**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)