



BALANCE IMPROVEMENT

Age: 55+ years

Location: ASC

This class uses practical and simple exercises using a sturdy chair. Achieve improved balance for everyday activities. Gain strength and confidence to maneuver through tasks such as getting out of your chair, stepping over a curb and more.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	9:30am – 10:15am	\$63.00/10	33423
Tue	Jan 14	10:30am – 11:15am	\$63.00/10	33424

BALLROOM & LATIN DANCE – LEVEL 1

Age: 18+ years

Location: ASC

This stress-free introduction to the basics of Ballroom & Latin dancing can be used at dance clubs, weddings, dinner dances and more. Participants will 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	Jan 15	7:30pm – 8:30pm	\$99.00/9	33417

BALLROOM & LATIN DANCE – LEVEL 2

Age: 18+ years

Location: ASC

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 participants may see both leading and following. The beginners class or previous dance experience are preferred prerequisites for this class. Partners are required.

*No class on: Feb 17

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 13	7:30pm – 8:30pm	\$101.00/9	33418*

BALLROOM & LATIN DANCE – LEVEL 3

Age: 18+ years

Location: ASC

The Level 3 program will continue to offer more technique and additional figures to the dance styles covered in Level 2. Similar to Level 2, this class will focus only on two or three dances per session in order to provide in-depth instruction for each of the styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course. Partners are required.

*No class on: Feb 17

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 13	8:30pm – 9:30pm	\$103.00/9	33419*

BASIC CARDIO

Age: 55+ years

Location: Hybrid / zoom (see below)

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

Location: Hybrid – ASC & zoom

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
Thu	Jan 16	9:00am – 9:30am	\$36.00/10	33425

Location: zoom

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 16	9:00am – 9:30am	\$36.00/10	33426

BOOT CAMP GOLD

Age: 55+ years

Location: ASC

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

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	9:00am – 9:45am	\$63.00/10	33427

CHAIR FIT

Age: 55+ years

Location: ATH

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

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	3:00pm – 3:45pm	\$63.00/10	34101
Thu	Jan 16	3:00pm – 3:45pm	\$63.00/10	33428

CHAIR: GENTLE EXERCISE

Age: 55+ years

Location: ASC

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

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Jan 17	10:00am – 10:45am	\$63.00/10	33429

ADULT & OLDER ADULT PROGRAMS

CHRONIC PAIN MANAGEMENT

Age: 55+ years

Location: ATH

The Healthy Living Now program offers tips and techniques to manage chronic conditions and emotions, including how to improve physical activity, breathing, muscle relaxation, healthy eating, problem solving skills, positive thinking, medication usage, and planning for the future. This program is offered in conjunction with Southlake Regional Health Centre.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 22	1:30pm – 3:30pm	FREE/6	33916

CO-ED VOLLEYBALL – CASUAL

Age: 18+ years

Location: Aurora High School Gymnasium

Calling all co-ed volleyball enthusiasts. Come out and participate in an indoor season of volleyball. This program will provide an ideal environment for beginners and recreational players in a fun and friendly environment. Note: Overhand serving and spiking will not be permitted. This is not an instructional program.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 15	6:15pm – 7:45pm	\$95.00/10	33420

CORE ON THE FLOOR

Age: 55+ years

Location: TBC

This class will focus on hip movement and strength, along with 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.

*No class on: Mar 11

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	1:00pm – 1:30pm	\$36.00/10	33430*

FIT & FUN

Age: 55+ years

Location: ASC

This class is for the active and independent older adult. This interval style class will be different every week using a variety of equipment to keep you challenged. There will always be a cardiovascular component, strength and toning, as well balance training. Great music, and a lot of fun!

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	11:30am – 12:15pm	\$63.00/10	33431



ADULT AQUATIC CAREER TRAINING



This course is designed for adults looking to come back into the workforce, using their current fitness level to learn new Aquatic skills and Lifesaving techniques. Upon completion, candidates will be offered an interview to explore the option of working for the Town's Aquatic Division. Priority of spots will be given to Aurora residents. For more information, please email Terri Edwards (Aquatic Coordinator) at tedwards@aurora.ca.

GET CONNECTED

Age: 18+ years

Location: In-Person / **zoom (see below)**

Let's get older adults in Aurora socially connected. Learn about free and minimal cost ways to keep you, your parents and neighbours connected to others. This session is available in-person at the Aurora Seniors Centre or via Zoom.

Location: In-Person – 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
Wed	Jan 29	7:00pm – 8:00pm	FREE/1	33461

Location: **zoom**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 29	7:00pm – 8:00pm	FREE/1	33460

GET FIT!

Age: 55+ years

Location: Hybrid / **zoom (see below)**

Welcome to all around fitness. This class includes a warm-up 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.

Location: Hybrid – ASC & **zoom**

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
Wed	Jan 15	9:00am – 9:45am	\$63.00/10	33433
Fri	Jan 17	9:00am – 9:45am	\$63.00/10	33435

Location: **zoom**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 15	9:00am – 9:45am	\$63.00/10	33434
Fri	Jan 17	9:00am – 9:45am	\$63.00/10	33436

New!



- Telephone and zoom based programs that connect adults and older adults who find it difficult to leave home
- Chair exercise, chair stretch, trivia, lectures, discussion groups, music and more.

90 John West Way, Aurora

☎ 905-726-4767

✉ wow@aurora.ca

GET STRONG

Age: 55+ years

Location: Hybrid / In-Person / zoom (see below)

Are you ready for the next challenge to step up your strength? This class uses seating and standing exercises to improve your strength, mobility and range of motion. Weights, bands and body weight exercises will be incorporated.

Location: Hybrid – ASC & zoom

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
Fri	Jan 17	11:00am – 12:00pm	\$63.00/10	33439

Location: In-Person – TBC

*No class on: Mar 11

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	1:45pm – 2:45pm	\$63.00/10	33437*

Location: zoom

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Jan 17	11:00am – 12:00pm	\$63.00/10	33438

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 class, you will learn several necessary basic skills to get started knitting: understanding yarn and gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practised while knitting three small projects – a dishcloth, fingerless mitts and a cowl. Participants need no prior experience knitting.

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 22	10:00am – 11:30am	\$10.00/3	33440

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 and 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. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Feb 19	10:00am – 11:30am	\$45.00/4	33441

LEARN TO PLAY RUGBY

Age: 18+ years

Location: Aurora Sports Dome

This non-contact session is geared towards learning how to play touch/flag rugby through mini/modified games. These sessions will be filled with fun challenges, while learning how to play rugby. T-shirt will be included.

*No class on: Mar 14

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Jan 24	5:00pm – 6:00pm	\$40.00/8	33300*

LIFE AFTER LOSS

Age: 55+ years

Location: zoom

New!

This transformative workshop will guide you on a journey of resilience and renewal after experiencing loss. This will be a safe space where participants can navigate the complexities of grief, find support and rediscover hope. Through a series of exercises and group discussions over 3 weeks, participants will navigate the emotions of grief and loss, identify personal strengths, develop coping strategies, cultivate self compassion, and explore ways to honour the memory of loved ones. Participants will also connect with others who understand and validate their experiences. The course fee includes worksheets and other reference materials.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Mar 13	1:00pm – 3:00pm	\$117.00/3	33442

LIVE YOUR BEST LIFE

Age: 55+ years

Location: zoom

New!

Join this information packed eight-week healthy living workshop for older adults. This is for people who want to start or maintain, healthier lifestyles by motivating change and learning more about healthy eating, physical activity, mental and emotional health.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Mar 5	1:00pm – 2:30pm	\$15.00/8	33443



ADULT & OLDER ADULT PROGRAMS

MEN'S FIT

Age: 55+ years

Location: TBC

This exercise class is designed specifically for men looking to maintain and build their physical health. The focus is on full body – building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. A series of exercises will include weights, resistance bands, bodyweight movements and other materials targeting all the major muscle groups.

*No class on: Mar 13

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 16	9:30am – 10:15am	\$63.00/10	33444*

MOVE & TONE

Age: 40+ years

Location: zoom

This program uses cardiovascular exercise to improve endurance. We will also use light weights and resistance bands to work your muscles to strengthen and tone your body. This class is designed for the active, independent Older Adult.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 13	9:00am – 10:00am	\$63.00/10	33445

PAINT & SIP

Age: 55+ 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.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Feb 8	1:00pm – 5:00pm	\$60.00/1	33917
Sat	Mar 29	1:00pm – 5:00pm	\$60.00/1	33918

PILOGA

Age: 55+ years

Location: Hybrid / In-Person / zoom (see below)

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.

Location: Hybrid – ASC & zoom

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	Jan 14	10:35am – 11:20am	\$63.00/10	33447

Location: In-Person – TBC

*No class on: Mar 14

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Jan 17	9:00am – 9:45am	\$63.00/10	33462*

Location: zoom

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	10:35am – 11:20am	\$63.00/10	33446

AGE REQUIREMENTS

For Adult programs, participants must be the minimum age by the first day of the program.

STRETCH & TONE

Age: 55+ years

Location: Hybrid / zoom (see below)

This class is designed for functional fitness. Functional fitness prepares and enhances the body for real life movement, and to make daily motions easier and safer. We use exercises that push, pull, bend, reach, and core exercises to keep you balanced and limber. Light weights, bands and body weight exercises will be incorporated.

Location: Hybrid – ASC & zoom

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 on: Feb 17

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 13	1:30pm – 2:30pm	\$63.00/10	33448*
Thu	Jan 16	9:45am – 10:45am	\$63.00/10	33449

Location: zoom

*No class on: Feb 17

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 13	1:30pm – 2:30pm	\$63.00/10	33450*
Thu	Jan 16	9:45am – 10:45am	\$63.00/10	33451

PROGRAM PRICES & HST

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

SENIORS NEWSLETTER

Check out our monthly Fun After 55! seniors newsletter online at www.aurora.ca/seniorsnewsletter



CIVIL CEREMONIES & MARRIAGE SERVICES

Planning to get married?
The Town of Aurora is pleased to offer a civil ceremony wedding program.

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Our wedding officiants are available to marry couples in an intimate, private service.

This service includes the space rental, use of the wedding arch and florals, the officiant fee and a keepsake from the Town.

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For more information on ceremony options, fees, and available dates, visit aurora.ca/marriage or call 905-727-1375.




ADULT & OLDER ADULT PROGRAMS



YOGA: CHAIR, MOVEMENT & MINDFULNESS

Age: 55+ years

Location: ASC

Learn how to connect your body and mind, so you can enjoy life and be fully present. Combined with traditional Chair Yoga, we will turn off the autopilot, find our breath and expand our awareness. We'll put our focused attention on noticing and feeling what the body and mind does while engaging in movement. The goal is to take this practice off the chair so you can be fully present, engaged and aware while living life.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 13	10:00am – 11:00am	\$63.00/10	33454

YOGA: FOR ANXIETY & STRESS

Age: 40+ years

Location: ATH

Flow through stretches while releasing anxiety, stress and a racing mind. Learn how to bring this yoga practice into your daily life. A calm body and mind come to us through the breath. Learn the practice of letting go and living a little more in this warm and safe environment. Yoga experience is not necessary. Blocks, bolsters, straps and yoga blankets will be provided. Dress comfortably, bring a yoga mat and a cozy blanket.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 16	7:45pm – 8:45pm	\$63.00/10	33459



WALK FIT

Age: 55+ years

Location: AFLC

Build your endurance, balance and strength using your own bodyweight. You will be guided through walking intervals on the Chartwell Walking Track, located at the Aurora Family Leisure Complex. Bring your water bottle and be ready to have fun.

*No class on: Mar 12

New!

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 15	12:15pm – 1:00pm	\$63.00/10	33452*

WEST COAST SWING

Age: 18+ years

Location: ASC

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 15	8:30pm – 9:30pm	\$99.00/9	33421

YOGA: CHAIR

Age: 55+ years

Location: ASC

Chair Yoga is for anyone who has movement limitations or is recovering from an injury and would like to start moving, or to be more active. A varied series of focused poses and movement flows, incorporating breath awareness and proper alignment, will help to develop strength, flexibility and balance.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 15	10:00am – 11:00am	\$63.00/10	33453

ADULT & OLDER ADULT PROGRAMS

YOGA: RESTORATIVE MAT

Age: 40+ years

Location: ATH

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. Benefits of restorative yoga: it deeply relaxes the body, stills a busy mind, balances the nervous system and releases muscular tension, improves 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, however please feel free to bring your own if you wish.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 16	6:30pm – 7:30pm	\$63.00/10	33457

YOGA: SUNSET MAT

Age: 55+ years

Location: ATH

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	Jan 14	6:30pm – 7:30pm	\$63.00/10	33458



ADULT & OLDER ADULT PROGRAMS

These programs are brought to you by the Aurora Cultural Centre.

ACRYLIC & OIL PAINT POURING – EVA FOLKS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Start your journey with paint pouring, a contemporary art form perfect for beginners. You will explore various paints, pastels, pigments and more to create beautiful, marbled art. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Feb 17 & Mar 10

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 13	6:30pm – 9:00pm	\$250.00/8	33872*

ACRYLIC PAINTING BEGINNER – JUDY SHERMAN

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Explore acrylic paint's forgiving nature, experiment with techniques, choose paints and surfaces, optimize tools, and delve into basic colour theory. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Mar 13

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 16	9:00am – 11:00am	\$151.00/10	33889*

ACRYLIC PAINTING INTERMEDIATE – JUDY SHERMAN

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Explore acrylic paint's forgiving nature, experiment with techniques, choose paints and surfaces, optimize tools, and delve into basic colour theory. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Mar 13

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 16	11:30am – 1:30pm	\$151.00/10	33890*

VIRTUAL ALL-ACCESS PASS

Enjoy Our Fitness Classes Virtually At Home!



VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years

Location: ZOOM

Our All-Access Pass allows you to join any of our virtual fitness classes: Basic Cardio, Get Fit, Get Strong, Move & Tone, Piloga, Stretch and Tone. Attend as many classes and you wish during this season. Participants in this program will receive their Zoom links the day before each program's scheduled start. This is a great value! Note: Please email the Seniors Centre at seniorscentre@aurora.ca to obtain the full class list.

*No class on: Feb 17

DAY	DATE	TIME	FEE/WEEKS	CODE
M-F	Winter Season	See Schedule	\$75.00/10	33422*

New!

DRAWING CLUB INTERMEDIATE – JAN DOLBY

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. This course is for experienced artists looking to refine their drawing skills and explore new techniques. Enhance your observation skills, improve line quality, master perspective, work with proportion and space. Materials include graphite, charcoal and ink. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 15	6:30pm – 9:00pm	\$195.00/6	33873

DRAWING FUNDAMENTALS – JUDY SHERMAN

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Anyone can learn to draw. This class will introduce technical and creative exercises to develop key drawing skills to use as you start your art practice. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Mar 12

^No class on: Mar 13

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 15	9:00am – 10:30am	\$127.00/10	33880*
Thu	Jan 16	2:00pm – 3:30pm	\$127.00/10	33892^

EXPAND YOUR HORIZONS IN ACRYLICS LEVEL 2 – HELEN WALTER

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Discover unlimited stylistic and expressive possibilities in this acrylics class for the more advanced artist. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	6:30pm – 9:00pm	\$250.00/8	33878

EXPLORING PRINTMAKING – KATIE ARGYLE

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Explore printmaking in our hands-on course. Learn linocut to etching techniques, discovering your artistic potential. Perfect for all levels. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 16	6:30pm – 9:00pm	\$40.00/1	33881
Thu	Jan 23	6:30pm – 9:00pm	\$40.00/1	33982
Thu	Jan 30	6:30pm – 9:00pm	\$40.00/1	33983
Thu	Feb 6	6:30pm – 9:00pm	\$40.00/1	33984



GUITAR BEGINNER & INTERMEDIATE – SCOTT “REISHI” SOMERVILLE

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. If you have always wanted to play guitar – with friends, by a campfire, or for yourself in your favourite room – this course is for you. Materials List: Guitar, tuner, notebook, and pencil. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 15	7:30pm – 8:45pm	\$155.00/8	33884

NAVIGATING THE BUSINESS OF ART – FREE SERIES FOR ARTISTS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Are you an artist looking to develop your understanding of the business side of the Art world? Join us for our free Professional Development series. Learn about different funding sources and master grant writing. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Feb 13	5:30pm – 7:30pm	FREE/1	33893
Thu	Feb 20	5:30pm – 7:30pm	FREE/1	33894
Thu	Feb 27	5:30pm – 7:30pm	FREE/1	33895
Thu	Mar 6	5:30pm – 7:30pm	FREE/1	33896

UKELELE BEGINNER & INTERMEDIATE – SCOTT “REISHI” SOMERVILLE

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Learn to play songs on the ukulele, common chords, scales, techniques, and foundational principles of diatonic music. Materials List: Ukulele, a tuner, a notebook, and a pencil. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 15	6:00pm – 7:00pm	\$135.00/8	33886

ADULT & OLDER ADULT PROGRAMS

WATERCOLOUR LEVEL 1 – KAREN LEVERT

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	1:00pm – 3:30pm	\$151.00/8	33876

WATERCOLOUR LEVEL 2 – KAREN LEVERT

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 14	9:30am – 12:00pm	\$153.00/8	33875

WATERCOLOUR THE BASICS – FIONA EVANS

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Feb 17 & Mar 10

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 13	1:00pm – 3:00pm	\$151.00/8	33870*

WATERCOLOUR: BASICS & BEYOND – FIONA EVANS

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 16	6:30pm – 9:00pm	\$250.00/8	33897

WATERCOLOUR: INTERMEDIATE & ADVANCE – KATHRYN CHRISTENSEN

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 15	1:00pm – 3:30pm	\$250.00/8	33887

WOOD CARVING – ARNOLD KOCH

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Unlock the artistry within wood, whether you are a beginner or a seasoned wood turner. Learn to create intricate reliefs to dynamic sculptural pieces in the round. Materials List: All materials are provided by the instructor for \$80 cash, plus a \$120 refundable deposit for borrowed tools. Please email info@auroraculturalcentre.ca if you have any questions.

*No class on: Feb 17

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 13	6:30pm – 9:00pm	\$180.00/6	33874*





ONE DAY ADULT WORKSHOPS

These programs are brought to you by the Aurora Cultural Centre.

CREPE PAPER FLOWERS: HYBRID TEA ROSE – JESSIE CHUI

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. In this fun and engaging paper flower workshop, you will learn the skills of how to use crepe paper to construct hybrid tea roses. Use your new paper-molding skills to keep creating, from gift toppers to centrepieces and more. Appropriate for beginners and novices, and those with some paper flower making experience. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Feb 9	10:00am – 1:00pm	\$75.00/1	33911

CULTURAL CENTRE – INDIGENOUS BEADED EARRING & NECKLACE SET

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Discover the art of Indigenous jewelry-making by creating a beaded triangle earring and necklace set. Learn traditional techniques to design and bead a matching set that embodies cultural significance and personal expression. Materials Fee: \$35 payable in cash to the instructor. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Feb 9	11:00am – 1:30pm	\$60.00/1	33912

CULTURAL CENTRE – SPRING INK: SUMI-E JAPANESE PAINTING – INSTRUCTOR TBC

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. All levels of experience are welcome to learn this elegant Japanese brush art style that focuses on contrast and harmony. Learn the basic strokes of Sumi-e with demonstrations and individual instruction. Material Options: Use the provided list or to get your program kit from the instructor for \$40, email artbydiana@gmail.com a week in advance if you need materials provided. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Mar 30	1:00pm – 3:30pm	\$50.00/1	33914

CULTURAL CENTRE – SPRING INSPIRED SCRAP-BOOKING – MOHAMMAD TABESH

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Welcome the arrival of Spring with a unique bookbinding workshop. In this session, you'll learn the art of traditional and modern bookbinding techniques to create a custom notebook or journal. You'll use decorative papers and embellishments to design a book that reflects the spirit of renewal and new beginnings. Material fee is \$30. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Mar 23	1:00pm – 4:00pm	\$75.00/1	33913

TEXTILE SCULPTING: A SEATED FIGURINE – ANDREA CHAN

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Create a stunning, weather-resistant sculpture for your garden and amaze your friends with your new skills. In this one-day, 7-hour workshop, you'll learn to sculpt a unique figurine from start to finish. Using a wire armature, tinfoil, and an old cotton t-shirt, you'll explore liquid polymer sculpting – a technique developed in the Netherlands and now available in North America. Materials Fee: \$65 (paid to the instructor). Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Jan 19	9:30am – 4:30pm	\$126.00/1	33908

VALENTINE'S WOODCARVING WORKSHOP – ARNOLD KOCH

Age: 16+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Carvers of all skill levels can join this woodcarving workshop. You will be walked through the steps and how to create a beautiful Angel candleholder. Materials Fee: \$10 cash payable to the instructor. Please email info@auroraculturalcentre.ca if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Feb 2	10:00am – 4:00pm	\$75.00/1	33910

