



AURORA BARBARIANS – LEARN TO RUGBY

Age: 18+ years

Location: Aurora Sports Dome

This non-contact session is geared towards learning how to play to 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.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	5:00pm – 6:00pm	\$40.00/8	32158

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	Sept 17	9:30am – 10:15am	\$75.00/12	32807
Tue	Sept 17	10:30am – 11:15am	\$75.00/12	32808

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	Oct 23	7:30pm – 8:30pm	\$95.00/8	32764

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: Sept 30, Oct 7 & 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 9	7:30pm – 8:30pm	\$110.00/9	32765*

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: Sept 30, Oct 7 & 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 9	8:30pm – 9:30pm	\$112.00/9	32766*

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	Sept 19	9:00am – 9:30am	\$42.00/12	32810

Location: zoom

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 19	9:00am – 9:30am	\$42.00/12	32819

AGE REQUIREMENTS

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

SENIORS ACTIVE LIVING FAIR

Saturday September 7

9 a.m. - 1 p.m.

- Over 50 exhibitors
- Fitness demonstrations & Seminars
- Free Grab bags for the first 100 participants

Contact us:

☎ 365-500-3161 ✉ seniorscentre@aurora.ca

ADULT & OLDER ADULT PROGRAMS

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	Sept 17	9:30am – 10:15am	\$75.00/12	32811

CHAIR FIT

Age: 55+ years

Location: ASC

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
Thu	Sept 19	10:30am – 11:15am	\$75.00/12	32843

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	Sept 20	10:00am – 10:45am	\$75.00/12	32844

LET'S GET OLDER ADULTS SOCIALLY CONNECTED!

Wednesday September 25 at 7:00 p.m.
Aurora Seniors Centre Lounge

Learn about free and minimal cost ways to keep you, your parents and neighbours socially connected in Aurora.

Please register for this free session.

Register at:

📞 365-500-3161 ✉️ seniorscentre@aurora.ca

PROGRAM PRICES & HST

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



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	Sept 25	1:30pm – 3:30pm	FREE/6	32860

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.

*No class on: Oct 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 16	6:15pm – 7:45pm	\$105.00/10	32767*

CORE ON THE FLOOR

Age: 55+ years

Location: ATH

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 17	1:00pm – 1:30pm	\$42.00/12	32812

ADULT & OLDER ADULT PROGRAMS

FIT & FUN

Age: 55+ years

Location: ASC

Join in on some Tuesday fun! This class is for the active, independent older adult. Every week will be something different: traditional cardio and weights, bootcamp, intervals and more. There will always be a cardio component, strength and balance.

New!

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 17	11:30am – 12:15pm	\$75.00/12	32841

FIT MIND, BODY & SOUL

Age: 55+ years

Location: ASC

Special pricing for Fall 2024! Fit Mind, Body & Soul enhances your cognitive, physical and spiritual well-being with a holistic approach on strengthening the connection between our minds, body and soul. 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. Each session will be different.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 18	11:15am – 12:45pm	\$20.00/4	32845
Wed	Oct 16	11:15am – 12:45pm	\$20.00/4	32846



TOWN OF AURORA
WITHOUT WALLS

- 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

SENIORS NEWSLETTER

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

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	Sept 18	9:00am – 9:45am	\$75.00/12	32816
Fri	Sept 20	9:00am – 9:45am	\$75.00/12	32814

Location: zoom

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 18	9:00am – 9:45am	\$75.00/12	32815
Fri	Sept 20	9:00am – 9:45am	\$75.00/12	32813

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	Sept 20	11:00am – 12:00pm	\$75.00/12	32818

Location: In-Person – ATH

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 17	1:45pm – 2:45pm	\$75.00/12	32817

Location: zoom

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Sept 20	11:00am – 12:00pm	\$75.00/12	32819

KNITTING: CHRISTMAS GNOME

Age: 55+ years

Location: ASC

In this class you will knit a 6" gnome which will become a treasured addition to your Christmas decorations. Knitting small projects like this in the round can be very challenging, this gnome will be knit flat and seamed. Once the knitting is done, a few embellishments are added and the result is adorable. Sample projects can be viewed in the ASC lobby display cases. This is an intermediate to advanced class and requires good basic knitting skills. Note: All the needed supplies will be provided for a \$15 fee is payable to the instructor, at the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Nov 20	10:00am – 11:30am	\$45.00/4	32820

ADULT & OLDER ADULT PROGRAMS

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	Sept 18	10:00am – 11:30am	\$10.00/3	32821

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	Oct 16	10:00am – 11:30am	\$45.00/4	32822

KNITTING: MITTENS

Age: 55+ years

Location: ASC

Everyone enjoys the cozy warmth of a pair of hand-knit wool mittens. In this class you will learn a good basic mitten. You will also learn adjustments and techniques which will allow you to create various styles of mitts – gauntlet, fingerless, felted and thrummed. This is an advanced beginner class. Participants must be proficient in basic knitting skills. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Nov 13	2:30pm – 3:45pm	\$45.00/4	32847

KNITTING: SOCKS

Age: 55+ years

Location: ASC

Hand-knit socks are one of life's little luxuries that everyone should experience. As complicated as they appear when you read a sock pattern, they are really quite simple when someone shows you. In addition, sock yarns are some of the most fun yarns available today – hand paints, self-patterning and self-stripping. In this class, you will learn a basic top-down sock and allow you to treat yourself and those you love to the cozy comfort of hand-knit socks. This is an advanced beginner class. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	2:30pm – 3:45pm	\$56.00/5	32848

MEN'S FIT

Age: 55+ years

Location: ATH

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 19	9:30am – 10:15am	\$75.00/12	32849

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.

*No class on: Oct 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 16	9:00am – 10:00am	\$75.00/12	32823*

pFIT

Age: 55+ years

Location: ASC

pFIT is a social and safe way to increase lower body strength, improve range of motion and maintain balance. The stepper allows each leg to work at its own pace and resistance level.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 16	12:00pm – 12:30pm	\$118.00/10	32824
Mon	Dec 2	12:00pm – 12:30pm	\$48.00/4	32825

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	Sept 17	10:35am – 11:20am	\$75.00/12	32828

Location: In-Person – ATH

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Sept 20	9:00am – 9:45am	\$63.00/10	32826

Location: ZOOM

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 17	10:35am – 11:20am	\$75.00/12	32827

ADULT & OLDER ADULT PROGRAMS

QI-GONG

Age: 55+ years

Location: ASC

Qigong is a gentle, flowing mind body practice. Sets of movements are easily learned and offer many benefits for maintaining health during the senior years. As a low impact weight bearing activity, Qigong helps to improve strength, co-ordination and balance. These are important factors for fall prevention. The connection to mind, body and breath aids in alleviating stress and anxiety. Join us to learn simple forms of Qigong that you can immediately bring into your daily life. This is an empowering practice. All levels are welcome. Qigong can be practiced both standing and seated.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 24	11:30am – 12:15pm	\$50.00/8	32829

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: Oct 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 16	1:30pm – 2:30pm	\$75.00/12	32833*
Thu	Sept 19	9:45am – 10:45am	\$75.00/12	32832

Location: zoom

*No class on: Oct 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 16	1:30pm – 2:30pm	\$75.00/12	32830*
Thu	Sept 19	9:45am – 10:45am	\$75.00/12	32831

THE CONFIDENT SPEAKER

Age: 18+ years

Location: AFLC

The Confident Speaker Program is an introductory course that is strategically crafted to elevate public speaking skills from the ground up, employing engaging games and interactive activities as effective learning tools. The course will cover four key areas: power through confidence techniques, design via presentation structure, style in delivering with impact, and evaluation by giving and receiving feedback.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 4	6:00pm – 7:00pm	\$135.00/4	33057
Wed	Oct 2	6:00pm – 7:00pm	\$135.00/4	33058
Wed	Oct 30	6:00pm – 7:00pm	\$135.00/4	33059
Wed	Nov 27	6:00pm – 7:00pm	\$135.00/4	33060

New!

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 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	Oct 23	8:30pm – 9:30pm	\$95.00/8	32768

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	Sept 18	10:00am – 11:00am	\$75.00/12	32834

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	Oct 7	10:00am – 11:00am	\$63.00/10	32835

YOGA: FOR ANXIETY & STRESS

Age: 40+ years

Location: ASC

In this class, you will find comfort and peace on the yoga mat. 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	Oct 10	7:45pm – 8:45pm	\$63.00/10	32850

New!

YOGA: HATHA

Age: 55+ years

Location: ATH

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

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 16	12:15pm – 1:15pm	\$63.00/10	32837

ADULT & OLDER ADULT PROGRAMS

VIRTUAL ALL-ACCESS PASS

Enjoy Our Fitness Classes Virtually At Home!



VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years

Location: **zoom**

New!

Our All-Access Pass allows you to join any of our virtual fitness classes: Basic Cardio, Get Fit, Get Strong, Move & Tone, Piloga, Stretch & Tone and Zumba Gold. Attend as many classes as you wish during the 14-week period. 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: Oct 14

DAY	DATE	TIME	FEE/CLASS	CODE
M-F	Fall Season	See Schedule	\$75.00/14	32861*

YOGA: MAT & MEDITATION

Age: 40+ years

Location: **ATH**

New!

Join this unique mix of Mat Yoga and Meditation. The first half will consist of gentle and relaxing yoga movement and stretches on the mat using blocks, straps, bolsters and blankets. The second half will flow into a mindful and guided meditation. Yoga Nidra (yogic sleep) will be introduced about week 5, which is a technique to slow down the body and mind to a state between waking and sleeping. Yoga experience is not necessary. Dress comfortably, bring a yoga mat and a cozy blanket.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 8	11:15am – 12:15pm	\$63.00/10	32836

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	Oct 10	6:30pm – 7:30pm	\$63.00/10	32838

YOGA: SUNSET MAT

Age: 40+ 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	Oct 8	6:30pm – 7:30pm	\$63.00/10	32841



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.



HOLIDAY WORKSHOPS

Join Us For These Exciting Programs!

HOLIDAY HOSTING 101 WITH THE ARMOURY

Age: 19+ years

Location: ATS

New!

The experts at The Armoury will leave you feeling prepared and excited for holiday fun! From easy appetizers to wine pairings and tablescape, they will share all you need to know. Participants will have the chance to enjoy appetizers, cocktails and mocktails as part of this workshop and will take home a guide with recipes and instructions to complete all the projects and recipes covered in the workshop.

Note: Please indicate any allergies and food restrictions.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Nov 25	7:00pm – 9:00pm	\$85.00/1	32943

HOLIDAY MENU PREP WITH THE ARMOURY

Age: 19+ years

Location: ATS

New!

Join us for a holiday workshop that will provide you with all you need to know to put together the perfect holiday menu. The talented instructor from The Armoury will run through a foolproof menu right from the first course to the delicious dessert. Participants will have the chance to test some food items, cocktails and mocktails.

Note: Please indicate any allergies and food restrictions.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Dec 2	7:00pm – 9:00pm	\$75.00/1	32944



FALL THEMED WORKSHOPS

Join Us For These Exciting Programs!

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

HALLOWEEN FAMILY WORKSHOP – MICHELLE RICHARDS-CLERMONT

Age: 5+ years

Location: ATS

Bring your entire family to enjoy various crafting techniques through different projects. Learn about Halloween symbols and incorporate them into your projects. All materials are provided.

Note: Please register each person individually.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Oct 26	10:00am – 12:00pm	\$40.00/1	32899

PAPER MÂCHÉ FOR DIA DE LOS MUERTOS – KARINA GARCIA JIMENEZ

Age: 7+ years

Location: ATS

All levels are welcome to create a personalized paper mâché mask or figuring based on the symbolism of Día de Los Muertos (Day of the Dead), based on the Mexican Holiday Tradition.

Materials Fee: \$10 cash is payable to the instructor.

Note: Please register each person individually.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 27	1:00pm – 3:30pm	\$50.00/1	32936

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

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.

*No class on: Sept 30, Oct 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 23	6:30pm – 9:00pm	\$250.00/8	32911*

ACRYLIC PAINTING BEGINNER – JUDY SHERMAN

Age: 55+ years

Location: ATS

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 26	9:00am – 11:00am	\$153.00/10	32925

ACRYLIC PAINTING INTERMEDIATE – JUDY SHERMAN

Age: 55+ years

Location: ATS

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 26	11:30am – 1:30pm	\$155.00/10	32926

ADULT & OLDER ADULT PROGRAMS



ARTISTRY OF BOOKBINDING – MOHAMMAD TABESH

Age: 16+ years

Location: ATS

Create your own book that looks like it belongs in an opulent library. You will learn the book making layout, how to bind your book, and add creative embellishments.

Material Options: Use the provided list or get your program kit from the instructor for \$30, email the instructor mo.tabesh@gmail.com a week in advance.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 26	6:30pm – 8:30pm	\$200.00/4	32893

DRAWING CLUB – JAN DOLBY

Age: 16+ years

Location: ATS

This class is for beginners and those who want to refresh their skills before moving to more advanced studio courses. Each week you will move through various techniques and explore these fundamentals through different mediums. A Materials List is provided on the website.

*No class on: Sept 30, Oct 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 23	6:30pm – 9:00pm	\$195.00/6	32912*

DRAWING FUNDAMENTALS – JUDY SHERMAN

Age: 55+ years

Location: ATS

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 25	9:00am – 10:30am	\$127.00/10	32923
Thu	Sept 26	2:00pm – 3:30pm	\$127.00/10	32924

EXPAND YOUR HORIZONS IN ACRYLICS LEVEL 2 – HELEN WALTER

Age: 16+ years

Location: ATS

Discover unlimited stylistic and expressive possibilities in this acrylics class for the more advanced artist. A Materials List is provided on the website.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 24	6:30pm – 9:00pm	\$250.00/8	32887

EXPLORING PRINTMAKING – KATIE ARGYLE

Age: 16+ years

Location: ATS

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 25	6:30pm – 9:00pm	\$150.00/4	32920

GUITAR BEGINNER & INTERMEDIATE – SCOTT “REISHI” SOMERVILLE

Age: 16+ years

Location: ATS

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.

*No class on: Nov 6

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 25	8:15pm – 9:30pm	\$155.00/8	32888*

NAVIGATING THE BUSINESS OF ART – FREE SERIES FOR ARTISTS

Age: 16+ years

Location: ATS

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.

*Nov 7 Theme: Introduction to Grant Bodies for Newcomer Artists

^Nov 14 Theme: Excel Fundamentals for Art Administrators

~Nov 28 Theme: Financial Literacy for Artists

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Nov 7	5:30pm – 7:30pm	FREE/1	32892*
Thu	Nov 14	5:30pm – 7:30pm	FREE/1	33061^
Thu	Nov 28	5:30pm – 7:30pm	FREE/1	33062~

SUMI-E JAPANESE INK PAINTING (ALL LEVELS) – DIANA BULLOCK

Age: 16+ years

Location: ATS

All levels of experience are welcome to learn this elegant Japanese brush art style that focuses on contrast and harmony. You will learn the basic strokes of Sumi-e with demonstrations and individual instruction.

Materials Option: Use the provided list or get your program kit from the instructor for \$40, email artbydiana# at gmail.com a week in advance.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 24	6:30pm – 8:00pm	\$120.00/4	32886

UKULELE BEGINNER & INTERMEDIATE – SCOTT “REISHI” SOMERVILLE

Age: 16+ years

Location: ATS

Students will learn and play weekly song selections on the ukulele together, as well as common chords, scales, techniques, and foundational principles of diatonic music. Materials List: a ukulele, a tuner, a notebook and pencil.

*No class on: Nov 6

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 25	6:30pm – 7:45pm	\$155.00/8	32921*

WATERCOLOUR LEVEL 1 – KAREN LEVERT

Age: 55+ years

Location: ATS

Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 24	1:00pm – 3:30pm	\$151.00/8	32917

WATERCOLOUR LEVEL 2 – KAREN LEVERT

Age: 55+ years

Location: ATS

Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 24	9:30pm – 12:00pm	\$153.00/8	32916

WATERCOLOUR THE BASICS – FIONA EVANS

Age: 55+ years

Location: ATS

Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website.

*No class on: Sept 30, Oct 14 & 21

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 23	1:00pm – 3:00pm	\$151.00/8	32909*

WATERCOLOUR: BASICS & BEYOND – KAREN LEVERT

Age: 16+ years

Location: ATS

Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 26	6:30pm – 9:00pm	\$250.00/8	32894

WATERCOLOUR: INTERMEDIATE & ADVANCE – KATHRYN CHRISTENSEN

Age: 16+ years

Location: ATS

Develop the essentials of watercolour painting, including composition, brush work, and use of colour. A Materials List is provided on the website.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 25	1:00pm – 3:30pm	\$250.00/8	32890

WOOD CARVING – ARNOLD KOCH

Age: 16+ years

Location: ATS

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.

*No class on: Sept 30, Oct 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 23	6:30pm – 9:00pm	\$250.00/8	32913*



ONE DAY ADULT WORKSHOPS

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

ARTISTRY OF BOOKBINDING FOR HOLIDAYS – MOHAMMAD TABESH

Age: 16+ years

Location: ATS

Create your own book that looks like it belongs in an opulent library. You will learn the book making layout, how to bind your book, and add creative embellishments tailored to holiday themes.

Material Options: Use the provided list or to get your program kit from the instructor for \$45, email the instructor mo.tabesh@gmail.com a week in advance.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Dec 1	10:00am – 1:00pm	\$75.00/1	32905

AUTUMN INK: SUMI-E JAPANESE PAINTING (ALL LEVELS) – DIANA BULLOCK

Age: 16+ years

Location: ATS

All levels of experience are welcome to learn this elegant Japanese brush art style that focuses on contrast and harmony. You will learn the basic strokes of Sumi-e with demonstrations and individual instruction, with a fall flourish.

Material Options: Use the provided list or get your program kit from the instructor for \$40, email artbydiana@gmail.com a week in advance if you need materials provided.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 17	1:00pm – 3:30pm	\$50.00/1	32907

CANDLELIT ANGELS WOODCARVING WORKSHOP – ARNOLD KOCH

Age: 16+ years

Location: ATS

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 24	9:30am – 3:30pm	\$75.00/1	32934

CREPE PAPER FLOWERS – JESSIE CHUI

Age: 16+ years

Location: ATS

Craft everlasting paper florals in a lively workshop, mastering crepe paper techniques to fashion realistic peonies for various occasions. Suitable for novices.

Materials List: A fee of \$15 payable in cash to the instructor, and please bring your own sharp scissors.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sept 29	10:00am – 1:00pm	\$75.00/1	32906

ADULT & OLDER ADULT PROGRAMS



FALL FOCUS PHOTOGRAPHY – STEVE SOMERVILLE

Age: 16+ years

Location: ATS

Explore creativity in our Photography Workshop led by an expert photographer, videographer and photojournalist. All levels welcome. Capture storytelling moments. Bring either a camera or a smartphone.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sept 29	11:00am – 3:00pm	\$80.00/1	32904

FESTIVE LETTERING CARDS & GIFT TAGS – LIANA MARINELLI

Age: 16+ years

Location: ATS

All levels are welcome in this world of creativity creating ornaments, gift tags, gift bags, wrapping paper and place cards. You will learn about lettering techniques to add a personal touch to your Holiday decorations and gifts.

Materials Fee: \$15 payable in cash payable to the instructor.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 24	1:00pm – 4:00pm	\$60.00/1	32935

INDIGENOUS ART SERIES: BEADED HARVEST PATCH – JOY ROGERS

Age: 16+ years

Location: ATS

Participants will bead a harvest-inspired patch using the raised beadwork, a Haudenosaunee technique, that gives an embossed or raised appearance to the beading.

Materials Fee: \$35 payable in cash to the instructor.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 6	1:00pm – 3:00pm	\$50.00/1	32900

INDIGENOUS ART SERIES: BEADED ORANGE SHIRT PIN – JOY ROGERS

Age: 16+ years

Location: ATS

Participants will learn the flat stitch beading technique and edging while bringing awareness to Orange Shirt Day and Truth & Reconciliation Day.

Materials Fee: \$35 payable in cash to the instructor.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sept 21	10:00am – 1:00pm	\$75.00/1	32898

INDIGENOUS ART SERIES: BEADED POPPY PATCH – JOY ROGERS

Age: 16+ years

Location: ATS

Participants will apply the single bead flat stitch technique to bead a poppy patch in honour of Remembrance Day.

Materials Fee: \$35.00 payable in cash to the instructor.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 10	1:00pm – 3:00pm	\$50.00/1	32903

INDIGENOUS ART SERIES: PAINTING WITH NATURE – ANNWIN ART

Age: 16+ years

Location: ATS

Beginner watercolour artists will learn how to incorporate cultural elements and teachings from an Indigenous perspective, as well we learn the basics of watercolour painting. Students will also learn how to make their own paint from foraged materials.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 3	1:00pm – 3:00pm	\$75.00/1	32902

INDIGENOUS ART SERIES: TUFTED KEYCHAIN – JOY ROGERS

Age: 16+ years

Location: ATS

Participants will learn the art of tufting using caribou hair. Tufting is a textile technique that consists of inserting yarn into a fabric base creating loops or cut tassels, without knots.

Materials Fee: \$35 payable in cash to the instructor.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 20	1:00pm – 3:00pm	\$50.00/1	32901

MEDIA ART COMPREHENSIVE WORKSHOP – MAZIAR GHADERI

Age: 16+ years

Location: ATS

This intensive workshop is designed for adult learners interested in mastering the essentials of video production, from cinematography to editing in Premiere Pro. Culminating with practical strategies in grant writing. Please bring your own laptop or tablet.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 17	11:00am – 3:00pm	\$100.00/1	32908