



## After Hours Big Band Concert For the season

The After Hours Big Band will present an evening of jazzy, uplifting seasonal music Friday, December 13 at the Aurora Seniors Centre.

The concert will take place from 7:00 to 9:00 p.m. in the centre's performance hall. Doors open at 6:30.

Come for the fun of it! Tickets cost only \$5 each and are available at reception now.

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



**AFTER  
HOURS**  
BIG BAND 







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REALTY TEAM INC.

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LENARD@LINDREALTY.CA



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# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

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## ▶ ASA Board of Directors

When I signed off last month, I was about to attend the OACAO (Older Adult Centres Association of Ontario) conference in Mississauga. It was a great event with a good deal of focus on isolation among older adults, and the importance of social interaction, which is one of the many things that our centre provides. The seminars were excellent and there were opportunities to talk to staff and volunteers from other centres. It made me realize how lucky we are to have the facilities and the staff at our Centre. By the way, our own Karie Papillon is the President-Elect of the OACAO. Congratulations, Karie.

November 3 was the day of our Holiday Market, and it was a great success. We had so many people come through the doors to shop at the vendors tables and enjoy the tearoom. There are so many volunteers that make this event work and we can't thank you enough. The Silent Auction was a big success with both an in-person and on-line component. Congratulations to the Fund-raising committee for all their hard work.

On November 10, Jim Abram and I had the honour of laying a wreath at the cenotaph on behalf of the Aurora Seniors' Association. Despite the weather it was well attended and a wonderful event. The following day, the Centre observed two minutes of silence in honour of our veterans.

Its time to renew our memberships, and early in December volunteers will be on hand for everyone to get on board for 2025. It only takes a couple of minutes so don't put it off.

Signs of the holidays are springing up at the Centre, and although the weather may be frightful, the mood will be delightful. There will a lot going on at the Centre this holiday season so enjoy it with friends and family.

## ▶ Aurora Seniors Centre Holiday Closures/Hours

Tuesday, December 24 – 8:30 a.m. to 12 p.m.

Wednesday, December 25 – Closed

Thursday, December 26 – Closed

Friday, December 27 – Closed

Monday, December 30 – 8:30 a.m. to 4:30 p.m.

Tuesday, December 31 – 8:30 a.m. to 12 p.m.

Wednesday, January 1 – Closed

The Centre will be OPEN all other days as scheduled than closure dates specified above. Any questions, see staff.

## ▶ 2025 Membership Renewals

Your 2024 membership expires on December 31, but we will keep you active until January 31, 2025. Membership renewals will take place during December and January either on-line or in person.

### IN PERSON

The dates you may renew your membership in person are as follows:

Monday, December 2 to Friday, December 6  
Monday, December 9 to Friday, December 13

2025 Thursday, January 2, Friday, January 3  
Monday, January 6 to Friday, January 10  
Monday, January 13 to Friday, January 17

The cost of renewal is unchanged: \$35 for Aurora members and \$50 for everyone else.

### ONLINE

Information coming soon! Watch for the E-flash.

### THE TOWN WAIVER

The Town of Aurora requires every member to sign the waiver each year. If you are renewing in person, you will have to sign line 2 on the back of your membership form.

If you are renewing online, you will have to check the appropriate box to confirm that you have read the waiver and agree, otherwise you will not be able to continue with your on-line membership renewal.

### RENEWING ON DATES OTHER THAN THOSE SHOWN ABOVE

For in-person renewals, we prefer you to renew on the dates shown above; however, if that is not possible you may renew at Reception, but there will not be extra volunteers to help you.

Aurora Seniors Association

# MEMBERSHIP ASSISTANCE

FOR MORE INFORMATION:  
✉ [kpapillon@aurora.ca](mailto:kpapillon@aurora.ca)  
☎ 365 500 3159

Are you an older adult who needs assistance with your 2025 membership or activity fees?

Contact Karie to have a confidential conversation.

**HELP IS HERE**

## ▶ Town of Aurora Winter 2025 Programs

Registration for Winter programs will be:

**Resident: Monday, December 9**

**Non-Resident – Monday, December 16**

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 Reception on December 9

### 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	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 per person	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 beginner's 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 per person	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 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 per person	33419*

### 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	Jan 16	9am - 9:30am	\$36.00/10	33425

**BASIC CARDIO**

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

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

Day	Date	Time	Fee/Class	Code
Thur	Jan 16	9am - 9:30am	\$36.00/10	33246

**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	Jan 14	9am - 9:45am	\$63.00/10	33427

**CHAIR FIT**

**Age: 55+ years Location: ATH (Aurora Town Hall)**

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
Tues	Jan 14	3pm - 3:45pm	\$63.00/10	34101
Thur	Jan 16	3pm - 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	10am - 10:45am	\$63.00/10	33429

**CHRONIC PAIN MANAGEMENT**

**Age: 55+ years Location: ATH (Aurora Town Hall)**

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/Cl	Code
Wed	Jan 22	1:30pm - 3:30pm	FREE/6	33916

**CORE ON THE FLOOR**

**Age: 55+ years Location: ATH**

This class will focus on hip movement and strength and the supporting stomach muscles. Using bodyweight and bands to build strength and control to support your hips and back. All exercises will be done on the floor.

Participants must be comfortable lying on their backs.

Day	Date	Time	Fee/Class	Code
Tue	Jan 14	1pm - 1:30pm	\$36.00/10	33430

**FIT & FUN**

**Age: 55+ 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.

Day	Date	Time	Fee/Class	Code
Tue	Jan 14	11:30am - 12:15pm	\$63.00/10	33431

**Save the Date.**

On January 9 at 10 a.m. Our Woodcarvers will be having a special reveal in the Lounge. More News to come.

## FIT MINDS **NEW!**

**Age: 55+ Location: Zoom**

Fit minds is an interactive brain exercise program to help stretch brain capacity and strengthen cognitive reserve. The program focuses on the five areas of cognition: language and music; visual/spatial orientation; memory; critical thinking and computation. As well, the program provides challenges that build brain resilience and fosters overall brain health through a social setting. You will receive the zoom link for the program on Friday January 24.

Join us for a FREE TRY IT session on Monday January 13 at 1:15 p.m. Email seniorscentre@aurora.ca to get on the list!

Day	Date	Time	Fee/Class	Code
Wed	Jan 27	1:15pm - 2:30pm	\$89.00/6	33432

## GET FIT

**Age: 55+ Location: Hybrid (In-Person ASC and ZOOM)**

Welcome to all around fitness! This class includes a warmup and 20 minutes of cardiovascular conditioning with easy-to-follow steps and upbeat music. There will be strength training with weights or bands, balance exercise, and flexibility training. Increase your fitness and have fun.

Note:	Date	Time	Fee/Class	Code
	Wed	Jan 15	9am – 9:45am	\$63.00/10 33433
	Fri	Jan 17	9am – 9:45am	\$63.00/10 33435

## GET FIT

**Age: 55+ Location: Zoom**

See description above.

Day	Date	Time	Fee/Class	Code
Wed	Jan 15	9am – 9:45am	\$63.00/10	33434
Fri	Jan 17	9am – 9:45am	\$63.00/10	33436

## GET STRONG

**Age: 55+ Location: ATH**

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.

Day	Date	Time	Fee/Class	Code
Tues	Jan 14	1:45pm – 2:45pm	\$63.00/10	33437

## GET STRONG

**Age: 55+ Location: Hybrid (In-Person ASC and ZOOM)**

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

Day	Date	Time	Fee/Class	Code
Fri	Jan 17	11am – 12pm	\$63.00/10	33439

## GET STRONG

**Age: 55+ Location: Zoom**

See description above.

Day	Date	Time	Fee/Class	Code
Fri	Jan 17	11am – 12pm	\$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 LEARN TO KNIT class, you will learn several necessary basic skills to get started knitting, understanding yarn & gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practiced while knitting three small projects – a dishcloth, fingerless mitts and a cowl. Participants need no prior experience knitting.

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

Day	Date	Time	Fee/Class	Code
Wed	Jan 22	10am – 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 & purl combos) which will enable you to go on and create your own designs. For each new stitch or technique, you will also be given a pattern for a simple project you can knit using that new skill. This class is suitable for the advanced beginner. It would be an excellent follow up to the Learn to Knit Class

Day	Date	Time	Fee/Class	Code
Wed	Feb 19	10am – 11:30am	\$45.00/4	33441

## LIFE AFTER LOSS **NEW!**

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

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
Thur	Mar 13	1pm – 3pm	\$117.00/3	33442

## LINE DANCING FOR BEGINNERS **NEW!**

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

Students will have opportunity to learn the basic concept of line dancing and specific line dances to the most popular Latin, Ballroom and Night Clubs & Music. Beginner class line dances will be chosen from the selection of dances and music that are played and danced in Toronto dance clubs. Students will also learn few more complicated dances. Knowledge that they will gain will give them the confidence to dance in the dance clubs during the practices sessions as well as evening parties.

Day	Date	Time	Fee/Class	Code
Tues	Jan 28	6:30pm – 7:30pm	\$75.00/10	34505

## LIVE YOUR BEST LIFE **NEW!**

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

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 and mental & emotional health.

Day	Date	Time	Fee/Class	Code
Wed	Mar 5	1pm – 2:30pm	\$15.00/8	33443

## 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 your full body: building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. Exercises target all the major muscle groups. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate.

This	Date	Time	Fee/Class	Code
Thur	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 and independent adult.

\*No Class: Oct 14

Day	Date	Time	Fee/Class	Code
Mon	Jan 13	9am - 10am	\$63.00/10	33445

## 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

Day	Date	Time	Fee/Class	Code
Sat	Feb 8	1pm – 5pm	\$60.00/1	33917
Sat	Mar 29	1pm – 5pm	\$60.00/1	33918



**PILATES NEW!**

**Age: 55+ years Location: ATS (Aurora Town Square)**

Pilates is a highly effective way to shape up, and feel great. It is a contemporary approach to mind/body exercise, that uses floor and standing exercises. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging, and revitalizing workout that will improve your balance, posture and mobility. Please bring a yoga mat, and water to the class.

\*No Class March 13

Day	Date	Time	Fee/Class	Code
Thurs	Jan 16	1:15pm – 2pm	\$82.00/10	34107*

**PILOGA – HYBRID (in person & Zoom)**

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

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.

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

**PILOGA**

**Age: 55+ years**

**Location: Zoom (Tue), ATH (Fri)** See description above.

Day	Date	Time	Fee/Class	Code
Tue	Jan 14	10:35am – 11:20am	\$63.00/10	33446
Fri	Jan 17	9:00am – 9:45am	\$63.00/10	33462

**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 may request the Zoom link to participate over Zoom as well as in-person. \*No Class: February 17

Day	Date	Time	Fee/Class	Code
Mon	Jan 13	1:30pm – 2:30 pm	\$63.00/10	33448*
Thu	Jan 16	9:45am – 10:45am	\$63.00/10	33449

**STRETCH & TONE**

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

(Description Above)

\*No class: February 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

**WALK FIT**

**Age: 55+ years Location: AFLC**

Build your endurance, balance and strength in this walking class. You will be guided through walking intervals using your bodyweight to develop strength along the paved trails in the beautiful Aurora Arboretum or on the Chartwell Walking Track at the Aurora Family Leisure Complex. Bring your water bottle and be ready to have fun!

Day	Date	Time	Fee/Class	Code
Wed	Jan 15	12:15pm - 1pm	\$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 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	\$99.00/10	33421

**YOGA: ANXIETY & STRESS**

**Age: 40+ years Location: ATH (Aurora Town Hall)**

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. 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
Thur	Oct 10	7:45pm -8:45pm	\$63.00/10	33459

**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	10am -11am	\$63.00/10	33453

**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. \*No Class: February 17

Day	Date	Time	Fee/Class	Code
Mon	Jan 13	10am - 11am	\$63.00/10	33454

**YOGA: MAT & MEDITATION NEW**

**Age: 40+ years Location: ATH (Aurora Town Hall)**

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.

\*No Class: Oct 14

Day	Date	Time	Fee/Class	Code
Tues	Jan 14	11:15am - 12:15pm	\$63.00/10	33456

**YOGA: RESTORATIVE MAT**

**Age: 40+ years Location: ATH (Aurora Town Hall)**

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 meditative state. Just a few of benefits of restorative yoga are it deeply relaxes the body, stills a busy mind, improving mobility and flexibility. Please bring a yoga mat, bath towel, two blankets and a sleep eye mask or wash cloth. Bolsters, straps, and yoga block are provided but please feel free to bring your own if you wish.

Day	Date	Time	Fee/Class	Code
Thurs	Jan 16	6:30pm -7:30pm	\$63.00/10	33457

**YOGA: SUNSET**

**Age: 40+ years Location: ATH (Aurora Town Hall)**

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

**F.A.I.R. Access**



F.A.I.R. Access (Fee Assistance in Recreation) is a confidential fee assistance program for residents of Aurora to use for meaningful access to recreation programs and memberships. Qualifying Town of Aurora residents may receive up to \$250 per person per calendar year to use towards a recreation program or drop-in activity of their choice. Residents qualify based on their L.I.M. (Low Income Measure) as per Statistics Canada.

For Further information  
<https://www.aurora.ca/en/recreation-arts-and-culture/fair-access.aspx>

**VIRTUAL ALL-ACCESS PASS NEW**

**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 and Stretch & Tone. Participants in this program will receive their zoom links the day before each program's scheduled start. This is a great value!

Schedule:

- Monday 9 a.m. Move & Tone
- Monday 1:30 p.m. Stretch & Tone
- Tuesday 10:35 a.m. Piloga
- Wednesday 9:00 a.m. Get Fit
- Thursday 9:00 a.m. Basic Cardio
- Thursday 9:45 a.m. Stretch & Tone
- Friday 9:00 a.m. Get Fit
- Friday 11:00 a.m. Get Strong

Day	Date	Time	Fee/Class	Code
M-F	Fall Season	See schedule	\$75.00/10	33422

**Registration for Winter 2025 programs will be:**

**Resident: Monday, December 9**

**Non-Resident – Monday, December 16**

**Registration Forms available at Reception on Monday, December 9**

**Day and Overnight Trip suggestions**

We're super excited to share that we're in the process of planning our Day and Overnight trip schedule for 2025, and we would absolutely love your input

Pick up a ballot at Reception and let us know up to 3 Day and Overnight locations/attractions you'd like to visit next year.

When complete Just drop off in the black mailbox by Reception

All suggestions will be reviewed in our planning. Thank you



# Fitness Drop in Classes

Gentle Chair Exercise: Friday December 13, 10 a.m.

Get Strong: Friday December 13, 11 a.m.

Stretch and Tone: Monday December 16, 1:30 p.m.

Fit and Fun: Tuesday December 17, 11:30 a.m.

Get Fit: Friday December 20, 9 a.m.

Fit and Fun: Monday December 23, 1:30 p.m.

Boot Camp: Tuesday December 24, 9 a.m.

Boot Camp: Friday January 3, 9 a.m.

Fit and Fun: Tuesday January 7 at 11:30 a.m.

Get Fit: Friday January 10, 9 a.m.



\$5 AT THE DOOR  
REGISTRATION  
IS NOT  
REQUIRED



# FREE Chair Yoga Class

Join Sandy for an end-of-the-year unwind! Let's stretch and become centered together.

**Monday, December 30**  
**10 - 11 a.m.**



Space is limited.  
Starting December 2, please sign up at  
Reception for this FREE class!

# FOOD DRIVE

TO SUPPORT THE



**AURORA SENIORS CENTRE LOBBY**  
**MONDAY, DECEMBER 16 - WEDNESDAY, DECEMBER 18**

COIN JAR DONATIONS ARE ALSO BEING COLLECTED FOR  
THE FOOD PANTRY UNTIL DECEMBER 18.

ONLY NON-PERISBLE FOOD ITEMS, AND  
PERSONAL CARE PRODUCTS ACCEPTED!



# CHAIR FITNESS

**Now available twice a week at Aurora Town Hall**

Our Chair Fitness classes are designed specifically for older adults to improve overall health and mobility in a fun, supportive, and safe environment. These low-impact workouts integrates cardio, muscle conditioning, and stretching, making it ideal for those with limited mobility or anyone looking to stay active while seated.

- ✔ **TUESDAYS AND/ OR THURSDAYS**
- ✔ **3:00 - 3:45 P.M.**
- ✔ **EACH CLASS IS \$63.00 FOR 10 WEEKS**
- ✔ **REGISTRATION WILL BE AVAILABLE STARTING DECEMBER 9 FOR AURORA RESIDENTS**

## FREE TRY IT CLASS

**TUESDAY JANUARY 7 AT 3:00 P.M. AND/OR THURSDAY JANUARY 9 AT 3:00 P.M.**

Space is limited, please sign up at Reception for the try it class starting December 2.



# WELCOME TO OUR NEW FITNESS INSTRUCTORS



**HONOUR**



**COURTNEY**



**MARJAN**

Starting in January!

Honour is teaching Move & Tone on Mondays as well as Get Fit on Wednesdays.

Courtney is teaching Chair Fitness on Tuesdays and Thursdays

Marjan is teaching Boot Camp Gold on Tuesdays

We are excited to welcome them to our team of fitness instructors!

Please note the December 3  
location change!

Indoor

# WALKING CLUB



1:30 WALK  
1:50 STRETCH  
2:00 SEMINAR

## December Seminars:

**December 3**

**AFLC CLOSED SEMINAR AT SENIORS CENTRE**  
Energy Budgeting for Caregivers with CHATS

**December 10**

Posture & Poise with Lucy

**December 17**

(Last one of the year)  
Holiday Party & Draw

**WALKING CLUB STARTS BACK UP JANUARY 7**

All seminars are on ZOOM to receive the link  
email [byorg@aurora.ca](mailto:byorg@aurora.ca)

**Walk. Stretch. Learn.**

Aurora Family Leisure Complex

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

365-500-3161





▶ ASA Activity News

**Beginner Bid Euchre**

Occurs every Monday at 9 a.m. This is just a fun game, join us.

**Cribbage**

Every Wednesday at the centre. Want to learn Cribbage? Stop by between 12:30 to 1 p.m. for a quick lesson. Regulars game starts at 1 p.m., come out and have fun!

**Ladies Laugh and Learn**

Our Next Program will begin Wednesday, January 8 at 10:30 a.m. Registration will start Monday December 9th at 8:30 a.m. at Reception. There are 25 spaces available! It will be \$15 for the 8-week program. Hope to see you there.

**Conversational Language's Activity Holiday update**

Conversational French - last session will be Wednesday December 11, resuming January 8  
Conversational German - last session will be Wednesday, December 18, resuming January 8  
Conversational Italian - last session will be Monday, December 16, resuming January 6

A PLACE TO  
*live well.*

**CHOOSE YOUR LIFESTYLE.**  
**INDEPENDENT LIVING, ASSISTED**  
LIVING AND **SHORT TERM STAYS**

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*Aurora*  
*Inspired Retirement Living™*

25 BUTTERNUT RIDGE TRAIL, AURORA

**905-503-9505**

**DelmanorAurora.com**



▶ Camera at sign in system at Reception

A camera has been set up on the sign-in computer. This will allow you, if you so choose, to take a personal up-to-date photo of yourself. Taking the photo is entirely optional.

Several years ago, everyone who joined the Aurora Seniors Centre would have their photo taken. This enabled staff and the ASA to identify someone when necessary. We hope that you agree that being able to identify you is important and that as many of you as possible will take the time, follow the instructions that are with the camera, and take a personal photo.

▶ ASA Evergreen Choir

The Christmas Concert was sold out within one week of the tickets going on sale, and we had to accommodate an additional 20 people. This meant the choir was a little more crowded than usual, but everything worked out well. Thank you, members. You really are amazing.

Our Spring Concert rehearsals start Wednesday, January 15 at 1:45 pm. If you are interested in singing with the choir, come to the first rehearsal and see if it is something you would enjoy.

In September, Members pay \$50 to join the choir from September to June; but in January it is only \$25. You must, however, be a member in good standing of the Aurora Seniors Association.

We look forward to seeing all the current choir members again and perhaps some new ones after the Christmas break. Happy Holidays

**FRIDAY, DECEMBER 6**  
**FRIDAY, DECEMBER 20**  
**AT 7:30PM**  
**DOORS OPEN AT 6:30PM**

**\$5 Members**  
**\$7 Non-Member**  
**Pay at the Door**  
**Cash Bar available**

To close out an amazing 2024 and a fantastic dance season, we'll be hosting two more dances this month. Thank you for your continued support this year – we look forward to dancing into the new year with you!

- December 6: Enjoy our usual mix of ballroom, Latin, and line dances.
- December 20: A Special Christmas-themed dance night, featuring the favourite holiday tunes, followed by a mix of other great dance hits. The dress code is casual, but feel free to get into the festive spirit and impress in your best holiday costume!

## ▶ Upcoming Seminar

### Protecting Older Adults from Frauds and Scams

Presenter: Mary Shkoury, Elder Abuse Prevention Ontario  
Tuesday December 10 at 1 p.m. in the lounge (webinar)

This presentation explains what a scam and tactics is used to take advantage of older adults. Case examples illustrate the types of scams prevalent in society and how seniors can be vulnerable to this form of financial abuse. Cautions of Do's and Don'ts are listed and important steps to protect from frauds and scams. Helpful resources with contact information for support and reporting will be discussed. We will learn the 4 R's: Recognize Reject Reachout Report.

#### About the presenter:

Mary Shkoury has been working in the Health and Wellness sectors for the last 20 years with a Focus on Seniors Health and Safety. She Graduated from York University with a Specialized Honors BA in Sociology and completed her studies in Gerontology (Aging and Health) through Queen's University. Her passion and commitment to caring for Canadian Seniors rights has led her to her role with Elder Abuse Prevention Ontario, where her mission is to see our province continue to be a safe place for our seniors to live, be heard and be free from Elder Abuse.

# ASA SEWING SALE!

**FRIDAY, DECEMBER 6 & 13**  
**FROM 10 A.M. - 2 P.M.**  
**IN THE CRAFT ROOM**

All proceeds support your  
Aurora Seniors Association



### CONTACT US

Aurora Seniors Centre  
90 John West Way

905 726 4767

auroraseniors.ca

Bistro on Wednesday, December 4 Bistro is Sold out  
January 2025 menu will be in our next newsletter

# Presentation Centre OPENING EVENT



Considering retirement living in Aurora? We're pleased to invite you and your loved ones to the opening of the Presentation Centre for our upcoming senior lifestyles residence, Amica Aurora Promenade!

Join us for a two-day event where you can meet our Community Relations Directors, take a look at residence floorplans and décor themes, learn about the care services that will be offered, enjoy live entertainment, enter to win exciting prizes and more.

NOVEMBER 23-24 | 11:00 AM - 4:00 PM

14785 Yonge St. (beside the LifeLabs)



*No RSVP necessary, we look forward to seeing you.*

**AMICA**  
AURORA PROMENADE

[AMICA.CA/AURORAPROMENADE](http://AMICA.CA/AURORAPROMENADE)

## ▶ ASA Library

### Update of the Current Theme

- The theme for the next several months will be “Scandinavian Mysteries”. These books fall into the ‘Nordic Noir’ category.

### Update for Book and Puzzle Donations (remains suspended)

- We are maintaining the suspension of book donations (both paperback and hardcover) as well as puzzle donations. We received a number of generous donations but are unable to handle any more due to a shortage of shelf space. This suspension should last no more than several months. Please contact me at [Kevin.Griffiths4881@gmail.com](mailto:Kevin.Griffiths4881@gmail.com) or send a text to (416) 433 4881 or drop by the library if you have any questions.

### Recent Donations (new large Print Book section)

- We have recently received a generous donation (that we could not refuse) of large print books from the Aurora Public Library. We have received numerous requests for large print books from our members and are pleased to announce that separate section will be setup in the bookcase above the computer, formerly set aside for CDs and DVDs. The CDs and DVDs have been removed and set aside for the Spring Garage Sale.

### Borrowing Books

The process is straight forward as there is no sign-out. You can borrow as many as you wish and then return the book(s) when you have finished.

- 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. James Patterson is an exception to this limit.

### General Administration

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

## ▶ Special Events Committee

The Special Events Committee is looking forward to presenting a fun night of Christmas music featuring **After Hours Big Band** on **Friday, Dec. 13, 7 – 9 p.m.** Join us in the West McKenzie Room at the Aurora Seniors Centre for a fantastic night of music and entertainment. Tickets are available at Reception.

## ▶ Here to Help

Do you need help with accessing Service Canada programs?

Email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) for an appointment and Brandie or Andrew can assist you.

# Christmas Luncheon



## MENU

**TURKEY, STUFFING, MASHED POTATOES,  
MIXED VEGGIES, CRANBERRY SAUCE  
& PUMPKIN PIE  
LUNCH WILL INCLUDE COFFEE & TEA**

December 18th at 12pm  
At The Aurora Seniors Center  
TICKETS \$5

ALL PROCEEDS WILL BE MATCHED BY  
THE ASA AND WILL GO DIRECTLY TO THE AURORA FOOD PANTRY

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foodpantry**

Sponsored by:

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**RESIDENCES**  
ON YONGE

**Event open to ASA Members only, two tickets per member.  
On Sale Monday, December 2 at 8:30 a.m. at Reception.  
Non-perishable food items will also be accepted.**

## ▶ Computer Club Information and Activities

Every Tuesday at 10 a.m. we do sessions of general interest about everything from using your iPad or phone to keeping your passwords and information safe.

We continue to provide 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. In December and January, we will be available in the Computer Room Tuesday afternoons (excluding Dec 24, 31) from 1 to 3 p.m. without appointment for people requiring help with their online membership renewals.

Tuesday morning seminar schedule for December:

- Dec 3 – General Q&A (Doug), Ad Blockers (Bob)
- Dec 10 – Cleaning up and organizing your computer files (Doug)
- Dec 17 – Meet & Greet (Coffee & Donuts)
- Dec 24 – no session or drop-in
- Dec 31 – no session or drop-in

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 are 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).



The Aurora Seniors Centre Team would like to wish all of you a Safe and Happy Holiday Season—whichever holiday you celebrate! It's been such a great year, and we have been so happy to see you all throughout the year at the Centre.

Thank you for supporting us this year. All the Best in 2025.

Sincerely, *Seniors Centre Team.*

### JEWELLERY DONATIONS



**Our Indoor Garage Sale will be back in April!**

We are seeking donations for our jewellery sale.

Donations will be accepted at reception!

Costume or fine jewellery accepted!

**▶ Tuesday Night Movies at the Centre**

**December 3 – White Christmas (1954): Bing Crosby, Danny Kaye (PG, 120 min, Comedy)**

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

**December 10 – National Lampoon's Christmas Vacation (1989): Chevy Chase (PG-13, 97 min, Comedy)**

After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article. When his sanity is questioned, a lawyer defends him in court by arguing that he's not mistaken.

**December 17 – It's a Wonderful Life (1946): James Stewart (PG-13, 121 min, Drama)**

An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

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

<p><b><u>ASA Board of Directors:</u></b>  <b>President</b>                  Glen Sharp</p> <p><b>Vice President</b>                  Louis Gambino</p> <p><b>Treasurer</b>                  Rob Ishoj</p> <p><b>Secretary</b>                  Rob Gaby</p> <p><b>Directors</b>                  Jim Abram                  Vern Cunningham                  Kevin Griffiths                  Julia Jackson                  John Scherrer</p>	<p><b><u>ASA Committees:</u></b>  <b>By-Law Committee</b>                  John Scherrer—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>                  Carol Hedenberg—Chair</p> <p><b>Operations &amp; Activities Committee</b>                  Julia Jackson—Chair</p> <p><b>SAGA Committee</b>                  Jim Abram—Chair</p> <p><b>Special Events Committee</b>                  Nandy Singh—Chair</p>	<p><b><u>Aurora Seniors Centre Staff:</u></b>                  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 Assistant                  byorg@aurora.ca                  (365) 500 3161</p> <p>Bill Hawke                  Primary Facility Operator                  bhawke@aurora.ca</p>
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**SPREAD THE WORD Our Annual Giant Garage Sale will be in 2025**, and we count on donations from members and the community to make this sale a success. Don't forget items for our Diamond Elephant Room where you will find donated higher quality items at a fraction of their value. PLEASE NO VHS tapes, magazines, computer books or clothing **We will be accepting items closer to the sale date. More News to come.**



## December 2024 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 1</b> <b>12:30</b> Chair Exercise (Z)	<b>December 2</b> <b>10:15</b> Stretch & Strong (Z/T) <b>3:15</b> Fun & Games (T)	<b>December 3</b> <b>10:15</b> Chair Yoga (Z/T)	<b>December 4</b> <b>11:30</b> Sit, Stand & Balance (Z)  <b>3:15</b> Stories & Games (T)	<b>December 5</b> <b>3:15</b> Chair Yoga (Z/T)	<b>December 6</b> <b>3:15</b> Fun & Games (T)
<b>December 8</b> <b>12:30</b> Chair Exercise (Z)	<b>December 9</b> <b>10:15</b> Stretch & Strong (Z/T)  <b>3:15</b> Card Bingo (Z/T)	<b>December 10</b> <b>10:15</b> Chair Yoga (Z/T)  <b>3:15</b> Coffee Chat (T)	<b>December 11</b> <b>11:30</b> Sit, Stand & Balance (Z)  <b>3:15</b> Stories & Games (T)	<b>December 12</b> <b>3:15</b> Chair Yoga (Z/T)	<b>December 13</b> <b>3:15</b> Fun & Games (T)
<b>December 15</b> <b>12:30</b> Chair Exercise (Z)	<b>December 16</b> <b>10:15</b> Stretch & Strong (Z/T)  <b>3:15</b> Fun & Games (T)	<b>December 17</b> <b>10:15</b> Chair Yoga (Z/T)  <b>3:15</b> Virtual Fun & Games (Z)	<b>December 18</b> <b>11:30</b> Sit, Stand & Balance (Z)  <b>3:15</b> No Program	<b>December 19</b> <b>3:15</b> Chair Yoga (Z/T)	<b>December 20</b> <b>3:15</b> Fun & Games (T)
<b>December 22</b> <b>12:30</b> Chair Exercise (Z)	<b>December 23</b> No Programs	<b>December 24</b> <b>10:15</b> Chair Yoga (Z/T)	<b>December 25</b> No Programs	<b>December 26</b> No Programs	<b>December 27</b> No Programs
<b>December 29</b> No Programs	<b>December 30</b> <b>3:15</b> Jeopardy (Z/T)	<b>December 31</b> Chair Yoga (Z/T)	<b>January 1</b> No Programs	<b>January 2</b> <b>3:15</b> Chair Yoga (Z/T)	<b>January 3</b> <b>3:15</b> Fun & Games (T)



For further information please contact:  
 Telephone: 365 500 3161  
 Email: wow@aurora.ca

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. to 4:30 p.m.	8:30 a.m. to 9 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 4:30 p.m.	8:30 a.m. to 10 p.m.
9:00 Woodshop 9:00 Badminton 9:00 Ladies Billiards 9:00 Move & Tone* (Z) 9:30 Men's Shed 9:30 Knotty Knitters <b>9:00 Beginner Bid Euchre</b> 9:45 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 12:15 Yoga: Hatha* 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 9:00 Boot Camp* 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminars 10:15 WOW Stretch & Strong*(Z/T) 10:30 Balance* 10:35 Piloga* 11:15 Yoga Mat* (ATH) 11:30 Fit & Fun* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core* (ATH) 1:30 Walking Club (AFLC) 1:30 Snooker League 1:45 Get Strong* (ATH) 2:15 Pickleball (Men) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving 6:30 Yoga: Sunset* (ATH)	9:00 Woodshop 9:00 Get Fit* (H) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* <b>10:00 Snooker League</b> 11:00 French 11:30 WOW Sit, Stand & Bal (Z) 12:00 Walk Fit (AFLC) 1:00 Live Your Best Life* (ATH) 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Bridge 1:30 Snooker League 1:45 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* (ATH) 9:45 Stretch & Tone*(H) 10:00 Men's Shed Bocce 10:00 Snooker League 10:30 Keep Singing 10:30 Chair Fit* (ATH) 11:00 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:30 Snooker League 2:30 Pickleball (Women) 3:15 WOW Chair Yoga (Z/T) 6:30 Yoga: Restorative* (ATH) 7:45 Yoga: Anxiety* (ATH)	9:00 Woodshop 9:00 Piloga* (ATH) 9:30 Quilt 'n Sew 9:00 Get Fit* (H) 9:30 Writers Circle 9:30 Mandarin Singing 9:30 Men's Shed 10:00 Chair: Gentle Exercise* 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>December 16</b> 1:00 ASA Board of Directors (ATH)	<b>December 10</b> 1:00 Seminar: Frauds	<b>December 4</b> 12:00 Bistro  <b>December 18</b> 10:30 Blood pressure clinic 12:00 Christmas Luncheon		<b>December 6 &amp; 20</b> 7:00 Dance  <b>December 13</b> 7:00 After Hours Big Band
The Centre will close at noon on Tuesday December 24 and reopen Monday December 30.  The Centre will close at noon on Tuesday December 31 and reopen Thursday January 2.				

**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 or purchase 12 passes for \$10 at Reception.
  - \*Town of Aurora pre-registered programs (Z) Zoom (T) Teleconference (H) Hybrid (In-person and zoom) (ATH) Aurora Town Hall (AFLC) Aurora Family Leisure Complex