

# SUMMER Fling

**DANCE AND SING  
WITH LIVE MUSIC & REFRESHMENTS  
FEATURING THE PACEMAKERS**



**FRIDAY, JULY 19**

**7 - 10 P.M.**

**DOORS OPEN AT 6:45 P.M.**

**AT THE AURORA SENIORS CENTRE**

Tickets:

Members: \$15

Non-Members: \$18

80 Tickets on sale at Reception now

Cash Bar Available

# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

It has been said that it's a beautiful thing when a career and a passion come together and this rings true for REALTOR® Lenard Lind who has been providing "Service with Professionalism" in Aurora and the surrounding areas for over 30 years

## ALL OUR LISTINGS INCLUDE

-  PROFESSIONAL PHOTOGRAPHY
-  3D FLOORPLAN & VIRTUAL TOUR
-  PROFESSIONAL FEATURE BOOKLETS
-  LISTED ON MLS THROUGH TRREB
-  ONLINE & SOCIAL MEDIA EXPOSURE
-  EXPERIENCED REAL ESTATE TEAM

And more...

## SERVICE WITH PROFESSIONALISM

### MEMBER AFFILIATIONS & DESIGNATIONS



**LENARD LIND**  
 BROKER OF RECORD & OWNER  
 OFFICE: 905-841-0000  
 TOLL FREE: 888-727-8223  
 LENARD@LINDREALTY.CA



ISO 9001: 2008 REGISTERED

# THE LIND

REALTY TEAM INC.

SERVICE WITH PROFESSIONALISM BROKERAGE

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

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



## ▶ ASA Board of Directors

Summer is here and the hot weather we have been getting really confirms it. It's a great time to get outdoor, but as always, there is a lot going on at the Centre, I think every month should be Seniors' month, but officially it was the month of June. One of the ways we celebrated was with Coffee and Muffin Mondays. The coffee was hot, and the muffins were delicious. A big thank you to Amica Aurora Promenade for providing this for us. It was very popular, and why not, only \$2.

We held the AGM on Wednesday, June 12, and I am happy to report that we had 128 members in attendance which I understand is a record. I'm not sure if it was the interesting agenda or the \$2 lunch but thank you all for coming out. We welcomed new Board members, Shayna Maislin and Julia Jackson and returning member Jim Abram. Your executive for this year is Glen Sharp, President, Louis Gambino, Vice-President, Rob Gaby-Secretary and Rob Ishoj- Treasurer. Your other Directors are Vern Cunningham and John Scherer. I am happy to say that past-President Dave LeGallais will also be staying on the Board. Highlights of the meeting included the presentation of Life Memberships to our first President Charles Sequeira, and to Lydia Shuster, founding Board member and Recording Secretary for many years. Thank you both.

When the AGM ended, a great team of volunteers held a wonderful BBQ lunch waiting for the board and all attendees. Thanks to Carol Hedenberg and to all those who assisted.

We have had the first meeting of the new Board and confirmed Shirley Dionne as our new Recording Secretary. We can't replace Lydia, but we know Shirley will do a great job

Now that summer is here, a few of the activities will be taking a break, but there is still so much going on that the Centre to keep us all active. If you have suggestions, comments, or concerns please reach out to any of the Board members. We have the best centre around, but your input can help make it even better.

Glen.

### Service Canada

#### Canadian Dental Plan Clinic/Pension Assistance

Tuesday, July 16  
Wednesday, August 14

10 a.m. to 1 p.m.  
(by appointment only, Limited Space open to ASA Members)  
Sign up at Reception

A Service Canada Representative will be at the Centre to assist members 1 on 1 to complete the steps required to access the Canadian Dental Care Plan and/or review and accept your completed application(s) for pension benefits (i.e. Canada Pension Plan, Old Age Security, Guaranteed Income Supplement)  
Check status and update your pension account  
(i.e. update address or direct deposit).



## ▶ Town of Aurora Summer Programs

### Registration for Summer programs is currently available:

Here's how to register:

1. Online using the Town of Aurora's E-play system. You can access E-play by visiting <http://www.aurora.ca/eplay>
2. Registration Forms available at Centre.

#### BALANCE IMPROVEMENT

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

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

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

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

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

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

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

Day	Date	Time	Fee/Class	Code
Thur	July 18	9am - 9:30am	\$28.00/8	31172

#### BASIC CARDIO - VIRTUAL

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

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

Day	Date	Time	Fee/Class	Code
Thur	July 18	9am - 9:30am	\$28.00/10	31173

#### BOOT CAMP GOLD

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

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

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

#### CHAIR FIT **NEW!**

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

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

Day	Date	Time	Fee/Class	Code
Thur	July 11	10:30am - 11:15am	\$50.00/8	31964

#### CHAIR STRETCH

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

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

Day	Date	Time	Fee/Class	Code
Fri	July 12	10am - 10:45am	\$44.00/8	31137

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

**Age: 55+ years**

**Location: ASC**

Strength. Stability. Endurance. Let's build strength in your muscles to help you to move better, feel better and do more of the activities you love to do. We will use body weight, bands, weights and more to get strong and move better. Some of this class will take place on the floor. This is a hybrid class. Participants can attend in person or over zoom.

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

## GET STRONG - VIRTUAL

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

See description above.

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

## Paint & Sip

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

Join local artist Eva Folks for an afternoon of painting! All supplies are included, and you will leave with a completed seasonal picture! Light refreshments (coffee, tea and a sweet treat) will be served. A copy of each painting will be available at the ASC.

Day	Date	Time	Fee/Class	Code
Mon	July 29	1pm – 5pm	\$60.00/1	31953

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

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

This exercise class is designed specifically for men looking to maintain and build their physical health. The focus is on your full body: building strength, improving balance and flexibility, increasing cardio fitness and preventing injury. The instructor guides a series of exercises using weights, resistance bands, bodyweight movements and other materials. Exercises target all the major muscle groups including arms, legs, back, chest, and core. Stretches are done at the beginning and end of the class. Modifications allow for different fitness levels to participate. The overall goal is to keep men strong, active, and independent.

This	Date	Time	Fee/Class	Code
Thur	July 11	9:30am – 10:15am	\$50.00/8	31966

## pFIT

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

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

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

## PILOGA – HYBRID (in person & Zoom)

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

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

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

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

## PILOGA - VIRTUAL

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

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

Day	Date	Time	Fee/Class	Code
Tue	July 9	10:35am – 11:20am	\$75.00/12	31180

**FALL 2024 Town Program Registration will begin:**

**Residents – Monday, August 12**

**Non-Resident – Monday, August 19**

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

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

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

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

Day	Date	Time	Fee/Class	Code
Mon	July 8	1:30pm - 2:30 pm	\$44.00/7	31184
Thu	July 18	9:45am - 10:45am	<del>\$51.00/8</del>	FULL

## STRETCH & TONE - VIRTUAL

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

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

Day	Date	Time	Fee/Class	Code
Mon	July 8	1:30pm - 2:30pm	\$44.00/7	31183
Thu	July 18	9:45am - 10:45am	\$51.00/8	31181

## WALK FIT NEW!

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

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

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

## WATERCOLOUR – LANDSCAPE NEW!

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

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

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

## WATERCOLOUR – LINE & WASH NEW!

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

In this class we will have fun with watercolours for all levels. We will use an ultra fine black sharpie to delineate our drawing and then a wash of watercolours to bring the image alive. We will complete one image per class. Please Note: A limited number of watercolour palettes, four in total, will be available for rent from the instructor for \$10, which will also include two brushes. Watercolour paper can be purchased from the instructor for \$2 a sheet, as well as graphite paper at a price of \$2. Please refer to supply list. If you are interested in renting the palette, please email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)

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

## YOGA: CHAIR

**Age: 55+ years Location: ASC (Wed)**

Would you like to start a yoga practice but feel intimidated or do not know where to start? Grab a chair! Chair Yoga is also for someone who has movement limitation or is recovering from an injury and would like to start moving, or to be more active. A varied series of focused poses and movement flows, incorporating breath awareness and proper alignment, will help to develop strength, flexibility and balance. Enjoy the benefits of a rejuvenated mind, body and spirit while you sit!

Day	Date	Time	Fee/Class	Code
Wed	July 10	10am - 11am	\$51.00/8	31199



# Move with us this summer



**LUCY**

Stretch & Tone, Get Strong, Walk Fit and Chair Exercise, WOW Classes



**DAVE**

Bootcamp Gold, Chair Exercise and Men's Fit



**Brandie**

Move & Tone, Basic Cardio, Stretch & Tone, WOW Classes



**ILONA**

Piloga



**ADELE**

Balance Improvement



## FIT & FUN FOR SUMMER

**\$5 DROP-IN REGISTRATION NOT REQUIRED**



Fridays 9 - 9:45 a.m.  
July 5, 12, 19  
August 2, 16, 30

Join in on some Friday morning fun! This class is for the active, independent older adult. Every week will be something different. There will always be a cardio component, strength and balance!



## ▶ Town of Aurora Program and Trip registration process

There are a few steps when registering for a Town Program or Trip at the Centre:

- Pick up a Town Program or Trip registration form at Reception
- Fill out the Registration form onsite or at home and ensure that all areas are filled out
- **Two areas of importance are the Waiver Signature and the Credit Card Authorization Signature. We need both of these areas signed to process the form and get you registered!**
- When completed please double check your registration form and ensure everything is filled out correctly, especially your payment method and that you have signed both areas.
- Once completed, simply drop in the Black mailbox by Reception
- Registration Forms are collected by Seniors Centre staff daily and stored securely at the Centre.
- Forms are processed at the Town's Stronach Aurora Recreation Centre

Please note: you may receive a call from a Town of Aurora Customer Service Representative if further information is needed or necessary information is incorrect.

Any questions please see Karie, Brandie or Andrew at the Centre.

Our upcoming July 3 Niagara Fallsview Casino and Muskoka Cruise Day trip on August 14 are currently on Waitlist. If you are interested, please let Reception know and we will add you to the Waitlist.

OACAO 2024 SUMMER WEBINAR

### **PENSIONS AND BENEFITS FOR SENIORS SONI BAUNTHIYAL, SERVICE CANADA**

The Information session will provide an overview of Canada Pension Plan, Canada Pension Plan Disability benefit, Old Age Security program, Guaranteed Income supplement and Canadian Dental Care Plan. We will be talking about Application process, eligibility criteria and other important information that.

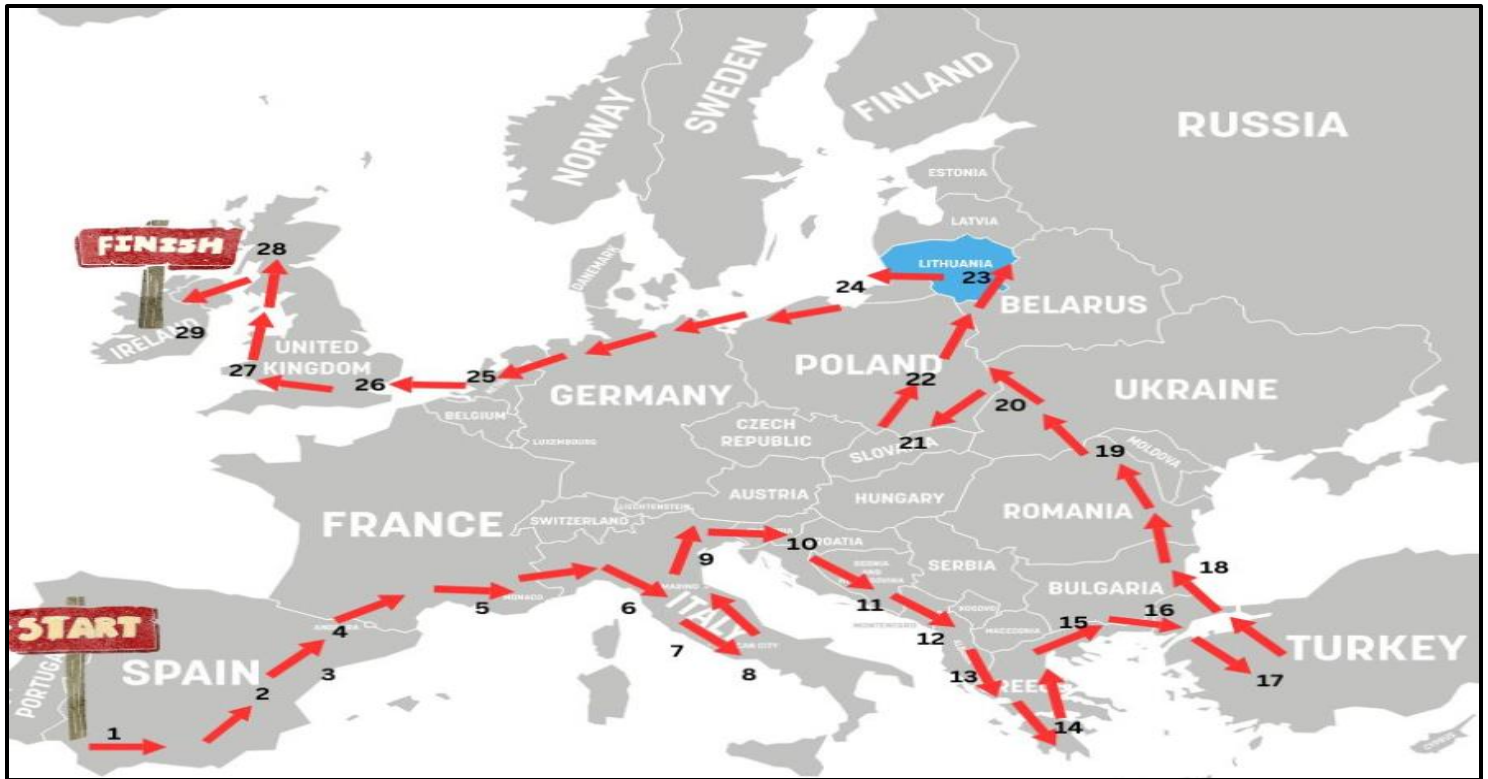
**THURSDAY, JULY 25  
10 - 11 A.M.  
STREAMED IN THE LOUNGE**

**FREE**





► 2024 Walking Challenge



What a trip!

In May we held our 3rd Annual 4-week Walking Challenge across Europe.

The results were amazing!

Week 1: 85 Walkers who traveled 3,570 kilometres

Week 2: 86 Walkers who traveled 3,688 kilometres

Week 3: 93 Walkers who traveled 3,595 kilometres

Week 4: 85 Walkers who traveled 2,863 kilometres

What a trip we had this year, in 4 weeks we traveled a whopping total of 13,716 kilometres which is 17,830,800 steps! Here where we went!

- |                      |                          |                            |
|----------------------|--------------------------|----------------------------|
| 1. Seville, Spain    | 12. Tirana, Albania      | 23. Vilnius, Lithuania     |
| 2. Valencia, Spain   | 13. Patras, Greece       | 24. Kalingrad, Russia      |
| 3. Barcelona, Spain  | 14. Athens, Greece       | 25. Amsterdam, Netherlands |
| 4. Andorra,          | 15. Tesselonkiki, Greece | 26. London, England        |
| 5. Marseille, France | 16. Istanbul, Turkey     | 27. Cardigan, Wales        |
| 6. Florence, Italy   | 17. Burgas, Bulgaria     | 28. Glasgow, Scotland      |
| 7. Rome, Italy       | 18. Bucharest, Romania   | 29. Dublin, Ireland        |
| 8. Naples, Italy     | 19. Chisinau, Moldova    |                            |
| 9. Venice            | 20. Lviv, Ukraine        |                            |
| 10. Zagreb, Croatia  | 21. Bratslavia, Slovakia |                            |
| 11. Sarajevo, Bosnia | 22. Krakow, Poland       |                            |

WHERE SHOULD WE GO NEXT YEAR?

## ▶ ASA Activity News

### Cribbage

Great fun Wednesday afternoons from 1 – 3 p.m. All experience player's welcome. We will be offering lessons to those who wish to learn in September.

### Bocce

Bocce Has resumed on Wednesdays, and will and run weekly from 9:30 – 11 a.m. weekly.

**FRIDAY NIGHT  
SOCIAL DANCES**

July 12 & July 26

Open: 7 p.m.  
Dancing: 7:30 - 10:30 p.m.

Admission:  
\$5 members  
\$7 non-members

Light Refreshments, Live DJ,  
Cash Bar, Singles Welcome!

**Great Music. Best Deal in Town**

Our Rock'n'Roll Dance on June 7 was a sold out and a very lively event with fantastic live music. Many dancers stayed until the very end and asked for a repeat of this event.

This month, join us for two regular Friday dances on July 12 and July 26. The first dance on July 12 will feature our usual mix of ballroom, Latin, and line dances. The second Special Request dance on July 26 will be danced to the melodies requested by our dancers. We welcome input from all dancers, either during that night, or preferably already at the July 12 dance, so we can prepare our playlist. Share with us your favourite waltz, quickstep or polka. All members and non-members are welcome. The line dance lesson starts at 6:45 p.m. and at 7:30pm we'll switch to ballroom with a few more line dances. Admission - \$5 members, \$7 nonmembers.

**GREAT MUSIC, BEST DEAL IN TOWN!**

## ▶ ASA Library

### **Latest Feature**

We have introduced a new feature to promote usage of the ASC library. Books of a specific theme will be selected and displayed on the top of the grey return box. A special book holder has been made contain the books selected for the theme. The first theme we have selected is "Summer Romance".

### **New Ideas**

Please let us know what you think of this idea and what other themes we could consider. Suggestions are always welcome.

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

- We are again accepting donations of books (paperback and hardcover) as well as puzzles. We are looking for books in the following categories – murder, mystery, adventure, biographies, romance, historical romance, sports and general fiction.
- Preferred puzzles are 1000 pieces or less as the puzzle table is too small for the larger puzzles.
- We prefer books that have been gently used.
- Please contact me at Kevin.Griffiths4881@gmail.com, send a text to 4164334881 or drop by the library if you have any questions.

### **New Murder Mystery**

We have received a copy of a recently published murder mystery called 'Cold Lake Fishing' by Derek Lukachko. Derek is the son of fellow member Shirley Lukachko. Give it a read

### **Borrowing Books**

- The process is straight forward as there is no sign-out. You can borrow as many as you wish and then return them when you have finished reading them.
- We have noticed that some borrowers when introduced to a new author borrow all available copies of their books. Please limit yourself to 2 copies of a single author thus leaving some for other borrowers. We consider James Patterson an exception to this limit.

### **General Administration**

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

## ▶ Special Events Committee

The Special Events Committee is looking forward to having the Pacemakers Band return to the Aurora Seniors Centre to perform at our "Summer Fling" Dance and Sing Event on Friday, July 19. The band has two musicians who will provide background instrumental music as the audience comes into the West McKenzie room at 6:45 p.m. The 6 member Band will begin to play and sing at 7:30pm. for the audience to begin dancing and singing to popular songs from Elvis Presley, The Beatles, The Rolling Stones, Neil Diamond, and many other singers. It will be another fantastic Dance and Sing night with refreshments and a cash bar. 80 tickets will be sold at the Reception Desk. Members of the Seniors Centre will pay \$15.00. Non-Members will pay \$18.00. Our next Special Event will be on Friday, August 16 with Carl Stedmond as the Entertainer for another Song and Dance night. 80 Tickets will be available at the Reception Desk on July 2. Members will pay \$12.00. Non-Members will pay \$15.00. We look forward to seeing you at both of these events.



# BBQ

**Dates:**  
**Wednesday, July 10 &**  
**Wednesday, July 24**  
**Doors open 11:30am**

Limit of 2 tickets per member

**Menu:**

Hamburger  
 Sausage on a bun  
 Chicken on a bun  
 Salad, Dessert

Date	# of tickets available	Tickets on sale
July 10, 11:45 a.m.	65	Tickets \$10 on sale Tuesday, July 2 to Friday, July 5
July 24 11:45 a.m.	65	Tickets \$8 on sale Monday, July 15 to Friday, July 19

**BBQ meal selection due upon purchase, NO substitutions!**  
**Please Note: your ticket is only good for the current BBQ**



Fundraising Committee presents:

# ICE CREAM SOCIAL

**Wednesday August 21, at 1 p.m.**

AURORA SENIORS CENTRE  
 90 John West Way, Aurora

- Build your own ice cream sundae
- Music from the 50's & 60's by Dave's Vinyl Party!
- Old fashioned trivia
- Dancing (optional)
- Tickets on sale July 15 - August 16 at noon

**Tickets**

\$10 for members  
 \$12 for non-members

Thank you to our sponsor





*WELCOME  
SUMMER*

FREE EVENT -  
TICKETS AVAILABLE JULY 2 AT RECEPTION

# A TASTE OF DELMANOR LUNCHEON



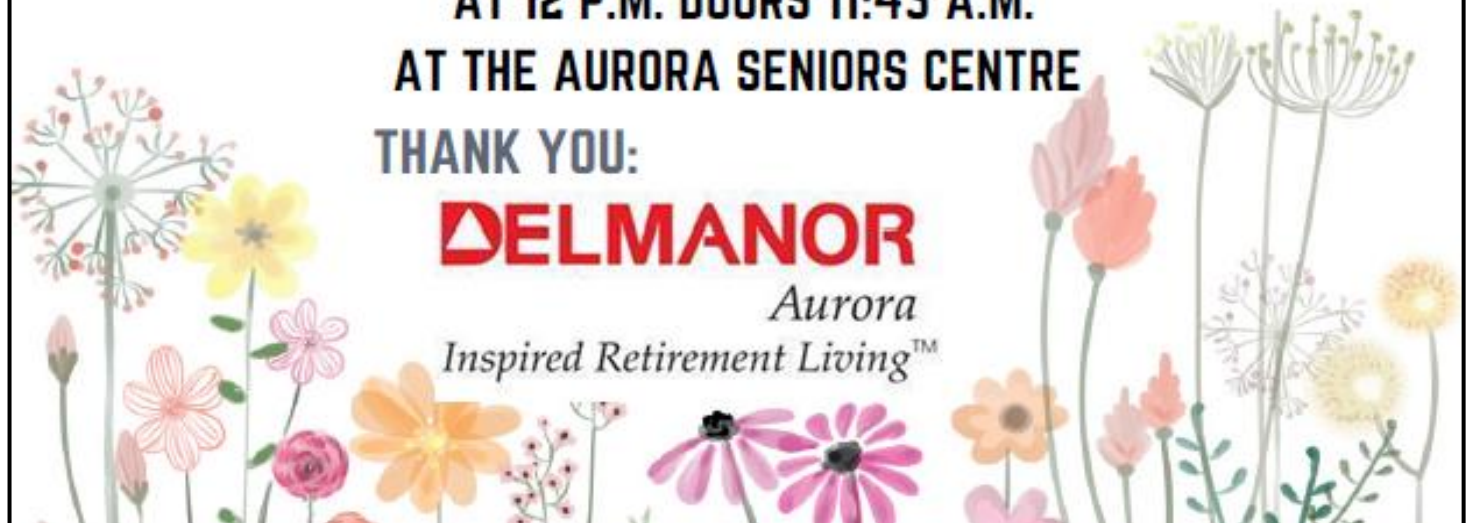
WEDNESDAY, JULY 17  
AT 12 P.M. DOORS 11:45 A.M.  
AT THE AURORA SENIORS CENTRE

THANK YOU:

**DELMANOR**

*Aurora*

*Inspired Retirement Living™*



Aurora Seniors Presents

# Dundurn Castle & Royal Botanical Gardens

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

- |                 |   |                    |   |
|-----------------|---|--------------------|---|
| <b>Date:</b>    | Thursday, July 25, 2024   | <b>Inclusions:</b> | Return transportation via deluxe coach, guided tour of Dundurn Castle, lunch, admission & guided tour of the Royal Botanical Gardens, driver gratuity, & all taxes. |
| <b>Depart:</b>  | 8:30 a.m. Stronach Recreation Complex   | <b>To Book:</b>    | Sign up at reception or for more information call Andrew Bailey at 365-500-3160   |
| <b>Dundurn:</b> | 10:00 a.m. - 11:30 a.m.<br>Discover one of the finest examples of an intact historic home in Canada during a guided tour with a costumed interpreter.   |                    |   |
| <b>Lunch:</b>   | 11:45 a.m. - 1:15 p.m.<br>Enjoy a delicious meal at Sotiris Restaurant. Authentic Greek cuisine. Choice of:<br>1) Chicken Dinner Filet<br>2) Pork Soulvaki Dinner<br>3) Atlantic Salmon<br>All meals served with rice, roast potatoes, Greek salad & garlic bread.<br><b>Meal selection due upon booking.</b> |                    |   |
| <b>RBG:</b>     | 2:00 p.m. - 5:00 p.m.<br>Enjoy a guided tour of the Royal Botanical Gardens with additional time on your own.   |                    |   |
| <b>Return:</b>  | Arrival in Aurora approx. 6:30 p.m.   |                    |   |
| <b>Price:</b>   | Members: \$160.00 per person<br>Non Members: \$170.00 per person  |                    |   |



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



## TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

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

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

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





Aurora Senior Centre ...  
Welcomes you to...

# Heart to Home FOOD TASTING



COME OUT AND JOIN US  
for a

FOOD TASTING EVENT  
and lunch

(Salad/Pasta/Dessert)  
Compliments of

Heart to Home Meals

**LIMITED NUMBER OF TICKETS -  
AVAILABLE AT RECEPTION**

Pick up by: July 22 latest

**WHEN:** July 31                      Wednesday  
**WHERE:** Main Floor              Auditorium  
**TIME:** 11:30 a.m.              Doors open 11:15 a.m.

Free tickets available at Reception July 2

AURORA SENIORS SPECIAL  
EVENTS COMMITTEE PRESENTS

**AN UNFORGETTABLE EVENING FEATURING  
CARL STEDMOND**



**Friday, August 16  
7 - 9:30 p.m.  
Doors open  
6:30 p.m.**

Live Music, Singing and Dancing,  
Refreshments and Cash Bar.



**AURORA SENIORS CENTRE**

90 JOHN WEST WAY, AURORA ON

Ticket Price:  
member: \$12  
Non-Member: \$15  
available at Reception on July 2

Aurora Seniors Presents

# SOMETHING ROTTEN!



The Bottom brothers, two struggling playwrights in Renaissance London, need a hit. That's easier said than done when your chief competition is William Shakespeare. The Bottom brothers' plan: write the world's first musical! This is a rollicking song-and-dance extravaganza that sends up the Bard and Broadway and everything in between.

**Date:** Thursday, October 17, 2024

**Return:** Arrival in Aurora by 7:30 p.m.

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

**Price:** Member: \$215.00 pp  
Non Member: \$225.00 pp

**Lunch:** 11:30 a.m. - 1:00 p.m.  
Enjoy a delicious lunch at The Parlour. All meals include salad, dessert, and tea or coffee.  
Choice of:  
1) Roasted Chicken Supreme, Mushroom and Thyme Cream  
2) Grilled Atlantic Salmon, Lemon Beurre Blanc, Fennel Slaw  
3) Chef's Choice Vegetarian Creation  
**MEAL SELECTION REQUIRED UPON BOOKING**

**Inclusions:** Return transportation via deluxe coach, lunch at The Parlour, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.

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

**Show:** 2:00 p.m. - 5:00 p.m.  
Reserved orchestra seating for Something Rotten! at the Stratford Festival Theatre

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## ▶ Computer Club Information and Activities

As is our usual practice we will stop the computer club meetings over the summer break (July and August) and restart sessions in September.

Tuesday morning seminar schedule for September:

- Sept 3 – General Q&A / iPhone Tap to Pay (Cary)
- Sept 10 – Bit Warden - Password Manager (Ronen)
- Sept 17 – Apple Day (Herb)
- Sept 24 – Email basics (Bob)

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

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

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



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▶ Tuesday Night Movies at the Centre

**July 2 – My Big Fat Greek Wedding 3 (2023): Nia Vardalos (PG-13, 127 Min, Comedy, Drama)**

After the death of the family's patriarch, Toula attempts to locate her father's childhood friends in Greece for a family reunion.

**July 9 – Women in Gold (2015): Helen Mirren, Ryan Reynolds (PG-13, 109 min, Biography, Drama)**

Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family.

**July 16 – The long Game (2023): Jay Hernandez, Dennis Quaid (PG, 112 min, Drama, History)**

In 1955, five young Mexican American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert.

**July 23 – Freud's Last Session (2023): Anthony Hopkins (PG-13, 108 min, Drama)**

Freud invites iconic author C.S. Lewis to debate the existence of God. And his unique relationship with his daughter, and Lewis' unconventional relationship with his best friend's mother.

**July 30 – The Hundred-Foot Journey (2014): Helen Mirren (PG, 122 min, Comedy, Drama)**

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

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   <b>Vice President</b>                  Louis Gambino   <b>Treasurer</b>                  Rob Ishoj   <b>Secretary</b>                  Rob Gaby   <b>Directors</b>                  Jim Abram                  Vern Cunningham                  Julia Jackson                   hayna Maislin                  John Scherrer</p>	<p><b><u>ASA Committees:</u></b>  <b>By-Law Committee</b>                  John Scherrer—Chair   <b>Finance Committee</b>                  Rob Ishoj—Chair   <b>Fundraising Committee</b>                  Vern Cunningham—Chair   <b>Membership &amp; Volunteers Committee</b>                  Carol Hedenberg—Chair   <b>Operations &amp; Activities Committee</b>                  Dave LeGallais—Chair   <b>SAGA Committee</b>                  Jim Abram—Chair   <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                   Andrew Bailey                  Adult/Older Adult Programmer                  abailey@aurora.ca                  (365) 500 3160                   Brandie Yorg                  Program Lead (WOW &amp; SCM)                  byorg@aurora.ca                  (365) 500 3161                   Bill Hawke                  Primary Facility Operator                  bhawke@aurora.ca</p>
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**Without Walls (WOW)** is just like attending a fitness class, seminar or playing a game at the Seniors Centre but from the comfort of your home. Join us over the phone, and with Chair Exercise and Stretch and Relax programs, also on ZOOM video conferencing. SCWW Programs are FREE to join, are offered 6 days a week, 30 minutes regular programs include:

**Breathe & Stretch:** Using breathing techniques for relaxation and seated stretch

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

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

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

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

**Jeopardy:** Trivia questions “Jeopardy” style, all you need is pen and paper

**Stories & Games:** Stories and music from a variety of genres.

**Stretch & Strong:** Exercises to strengthen and stretch the entire body. Exercise band optional

If you know someone who may be interested in this program, please let us know, a member of our team will be happy to reach out to make the first connection.

**For further information please contact:**

Telephone: 365 500 3161

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



# July 2024 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 30</b> <b>No Programs</b>	<b>July 1</b> <b>No Programs</b> <b>Happy Canada Day</b>	<b>July 2</b> <b>10:15</b> Stretch & Strong (Z/T)	<b>July 3</b> <b>11:30</b> Sit, Stand & Balance (Z/T)  <b>3:15</b> Stories & Games (Z/T)	<b>July 4</b> <b>3:15</b> Stretch & Strong (Z/T)	<b>July 5</b> <b>3:15</b> Fun & Games (T)
<b>July 7</b> <b>12:30</b> Chair Exercise (Z)	<b>July 8</b> <b>10:15</b> Breath & Stretch (Z/T)  <b>3:15</b> No Program	<b>July 9</b> <b>10:15</b> Stretch & Strong (Z/T)	<b>July 10</b> <b>11:30</b> Sit, Stand & Balance (Z/T)  <b>3:15</b> Stories & Games (T)	<b>July 11</b> <b>3:15</b> Stretch & Strong (Z/T)	<b>July 12</b> <b>3:15</b> Fun & Games (T)
<b>July 14</b> <b>12:30</b> Chair Exercise (Z)	<b>July 15</b> <b>10:15</b> Breath & Stretch (Z/T)  <b>3:15</b> Card Bingo (Z/T)	<b>July 16</b> <b>10:15</b> Stretch & Strong (Z/T)	<b>July 17</b> <b>11:30</b> Sit, Stand & Balance (Z/T)  <b>3:15</b> Stories & Games (T)	<b>July 18</b> <b>3:15</b> Stretch & Strong (Z/T)	<b>July 19</b> <b>3:15</b> Fun & Games (T)
<b>July 21</b> <b>12:30</b> Chair Exercise (Z)	<b>July 22</b> <b>10:15</b> Breath & Stretch (Z/T)  <b>3:15</b> Fun & Games (T)	<b>July 23</b> <b>10:15</b> Stretch & Strong (Z/T)	<b>July 24</b> <b>11:30</b> Sit, Stand & Balance (Z/T)  <b>3:15</b> Stories & Games (T)	<b>July 25</b> <b>3:15</b> Stretch & Strong (Z/T)	<b>July 26</b> <b>3:15</b> Fun & Games (T)
<b>July 28</b> <b>12:30</b> Chair Exercise (Z)	<b>July 29</b> <b>10:15</b> Breath & Stretch (Z/T)  <b>3:15</b> Jeopardy (Z/T)	<b>July 30</b> <b>10:15</b> Stretch & Strong (Z/T)	<b>July 31</b> <b>11:30</b> Sit, Stand & Balance (Z/T)  <b>3:15</b> Stories & Games (T)	<p><b><u>This legend indicates how each WOW program will be available for this month!</u></b></p> <p>T— offered through Teleconference                      Z—offered through Zoom                      Z/T—offered through both Zoom &amp; Teleconference</p>	

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 9:30 Men's Shed 9:30 Knotty Knitters 9:30 Beginner Bid Euchre 10:00 Ladies Billiards 10:00 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 12:00 pFIT* 12:30 Duplicate Bridge 1:00 Carpet Bowling* 1:00 American Mah-Jongg 1:30 Snooker League 1:30 Stretch & Tone*(H) 3:00 Mixed Pickleball 3:15 WOW Fun/Games*(T)	8:30 Woodcarving 9:30 Boot Camp* 9:30 Balance* 9:30 Watercolour* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminars 10:15 WOW Chair Yoga*(Z/T) 10:30 Balance* 10:35 Piloga* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:30 Snooker League 2:15 Pickleball (Men) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving	9:00 Woodshop 9:00 Drawing* 9:30 Bocce 9:45 German 10:00 Men's Shed Billiards 10:00 Chair Yoga* 10:30 Walk Fit* 11:00 French 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Bridge 1:30 Snooker League 1:45 Evergreen Choir 2:30 Knitting* 3:15 WOW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* 9:45 Snooker League 10:00 Men's Shed Bocce 10:00 Stretch & Tone*(H) 10:30 Keep Singing 10:30 Chair Fit* 11:00 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:30 Snooker League 2:30 Pickleball (Women) 3:15 WOW Chair Yoga*(Z/T)	9:00 Woodshop 9:30 Quilt 'n Sew 9:30 Writers Circle 9:30 Mandarin Singing 9:30 Men's Shed 10:00 Chair Stretch* 11:00 Get Strong* (H) 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 American Mah-Jongg 1:30 Book Club 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 6:30 Bid Euchre 7:00 Fun Night
<b>July 1</b> Closed Happy Canada Day! <b>July 15</b> 1:00 ASA Board of Directors <b>July 29</b> Paint & Sip *Please note Carpet Bowling cancelled		<b>July 10 &amp; 24</b> 12:00 BBQ <b>July 17</b> 12:00 A Taste of DelManor <b>July 24</b> 12:00 CHATS information table <b>July 31</b> 11:30 Heart of Home lunch	<b>July 25</b> 10:00 Pensions and Benefits Seminar	<b>July 5, 12, 19</b> 9:00 Fit & Fun <b>July 14 &amp; 28</b> 7:30 Dance <b>July 19</b> 7:00 Pacemakers Dance event

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

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

### Aurora Seniors Centre

90 John West Way, Aurora | (905) 726 4767 seniorscentre@aurora.ca

