

We Need your help at our Garage Sale!

There will be many volunteer opportunities at this years Garage Sale. Volunteer registration sheets available at Reception now.

Thanks.



Save your Stuff!

Donations Needed!



Annual Indoor Garage Sale: Sunday, April 27
Donation Drop Off: Friday, April 25 & Saturday, April 26

Books, Toys, Gadgets, Small Appliances, Vintage Collectibles, Artwork, Tools, Musical Instruments , and more needed

We will not accept clothing, VHS tapes, large furniture, computer books and broken items.

Aurora Seniors Centre, 90 John West Way, Aurora

seniorscentre@aurora.ca auroraseniors.ca 905-726-4767

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

WWW.LINDREALTY.CA

▶ ASA Board of Directors

Wow, what a month! We often talk about how much snow we had when we were kids...well it's here, just like the old days. The cold and snow haven't stopped our members from enjoying all the activities our Centre has to offer. Its great to see so many active people.

We have had a lot of snow in the last week and we all owe a great debt of thanks to Bill, Jo-Anne, Jodi, and John for their hard work in clearing walkways, salting, and helping to make things safe for all of us. We may not say it often enough, but we really appreciate it.

At the end of January, a packed house enjoyed a great night of Bingo organized by our Fund-raising committee. There was a great variety of games, prizes, and lots of laughter. Thanks to everyone for putting this together. We are all looking forward to the next one.

On Valentine's Day, the Special Events Committee hosted a sold-out dinner and dance featuring Tony the Entertainer. It was a wonderful evening with great food and music that got everyone up on the dance floor. It was so successful that they are talking about making this an annual event. Thanks to all the volunteers for a great night.

Our Provincial election is just around the corner, with a Federal one likely to follow. It is also the time of year for the Aurora Seniors' Association elections. Information for potential candidates and important dates are included in this newsletter. I encourage you to consider putting your name forward to help us manage the affairs of your Seniors' Centre. If you have questions about what it means to be on the Board, don't hesitate to ask any of the Directors for assistance.

By the time I write next month's note, the calendar will say its Spring. Let's hope that Mother Nature checks her calendar. Glen.

ASA BISTRO
 LUNCH SERVED AT 12 P.M.
 DOORS OPEN AT 11:45 A.M.
 \$10 MEMBERS ONLY

Menu

WEDNESDAY, MARCH 12
 MEATBALLS WITH RICE AND PEAS

WEDNESDAY MARCH 26
 CHICKEN CACCIATORE WITH MASH POTATO

ALL BISTROS INCLUDE COFFEE/TEA AND DESSERT.
 CASH BAR AVAILABLE.




March 12 Bistro tickets on sale from Monday, March 3 to Friday, March 7
 March 26 Bistro Tickets on sale from Monday March 17 to Friday March 21
 Please Note: two tickets per member and no refunds.

ALL BISTROS WILL BE CATERED BY
HEALTHY NOW

 REAL FIBR - JUICES - CATERING
 www.HealthyNow.ca
 Phone: 647-216-0667
 Email: Christine@HealthyNow.ca



Call for Nominations ASA Board of Directors Election

Dear ASA Members:

We are excited to announce the upcoming election for three (3) positions on the Board of Directors.

Key Dates:

Nomination Period: Monday, March 3 to Friday, March 28, 2025

All Candidates Meeting: Wednesday, April 16, 2025, at 11 a.m. *Limited ticketed event (Lunch provided, tickets available Monday, March 31 members only 2 tickets per member*)

Voting Periods:	Advanced:	Thursday, April 17, 2025 From 9 a.m. to 2 p.m.
	Regular:	Monday, April 28 to Friday, May 2, 2025 from 9 a.m. to 2 p.m. daily plus 5:30 p.m. to 7:00 p.m. on Tuesday April 29, 2025

Vote Tabulation:	Friday, May 2, 2025 2:00 p.m. to 3:30 p.m.
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Winners will be announced once tabulation is complete. The Chair will call the absent nominees within 60 minutes of the results.

Eligibility:

Member in good standing
Bio and picture to be displayed to all members

Your Election Committee members:
Vern Cunningham, Carm Cornacchia, Glen Sharp and Rob Gaby

Town of Aurora Spring 2025 Programs

Registration Dates – Online & In-Person for spring programs will be:

Residents: Monday, March 17

Non-Residents: Monday, March 24

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 will be available at Reception Monday, March 17

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	April 15	9:30am-10:15am	\$63.00/10	35066
Tue	April 15	10:30am-11:15am	\$63.00/10	35067

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	April 16	7:30pm-8:30pm	\$110.00/10 per person	35060

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: May 19

Day	Date	Time	Fee/Class	Code
Mon	April 14	7:30pm-8:30pm	\$112.00/10 per person	35061

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: May 19

Day	Date	Time	Fee/Class	Code
Mon	April 14	8:30pm-9:30pm	\$114.00/10 per person	35062

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	April 17	9am - 9:30am	\$36.00/10	35068

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	April 17	9am - 9:30am	\$36.00/10	35069

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	April 15	9am - 9:45am	\$63.00/10	35070

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	April 15	3pm - 3:45pm	\$63.00/10	35071
Thur	April 17	3pm - 3:45pm	\$63.00/10	35079

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	May 2	10am - 10:45am	\$52.00/8	35072

CORE ON THE FLOOR

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

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	April 15	1pm - 1:30pm	\$36.00/10	35073

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	April 15	11:30am - 12:15pm	\$63.00/10	35074

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	Apr 16	9am - 9:45am	\$63.00/10	35076
	Fri	May 2	9am - 9:45am	\$52.00/8	35078

GET FIT

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Wed	April 16	9am - 9:45am	\$63.00/10	35077
Fri	May 2	9am - 9:45am	\$50.00/8	35080

GET STRONG

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

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	April 15	1:45pm – 2:45pm	\$63.00/10	35081

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	May 2	11am – 12pm	\$52.00/8	35083

GET STRONG

Age: 55+ Location: Zoom

See description above.

Day	Date	Time	Fee/Class	Code
Fri	May 2	11am – 12pm	\$52.00/8	35082

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	April 9	10am – 11:30am	\$45.00/4	35084

KNITTING: LEARN TO KNIT 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-striping. 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	April 9	2pm – 3:15pm	\$54.00/5	35085

KNITTING: SUMMER T-SHIRT NEW!

Age: 55+ years Location: ASC

This class is for advanced beginner, intermediate level knitters and requires the completion of homework as assigned. The project is a simple, adult sized, short sleeved, summer “t-shirt” style top. It is knit top down, on circular needles and has no seams. This basic pattern can easily be customized to change fit, sleeve and body length so you can create a top that fits just the way you like.

Day	Date	Time	Fee/Class	Code
Wed	May 21	10:am – 11:15am	\$45.00/4	35102

SAVE THE DATE

The ASA will be hosting another Trivia Night in May. More details in next months newsletter

KNITTING: TWIDDLEMAT

Age: 55+ years Location: ASC

A twiddle matt (sometimes called a fidget matt) is a small knitted lap blanket. It incorporates a few textured stitches with embellishments such as ribbons and beads attached. For many people with dementia, there are developments and changes to their personalities, one of which is to become increasingly agitated. Twiddle matts help to ease agitation and calm the person's mood, as they can keep their hands and minds occupied. Many hospital wards have found that the matts have a positive effect on patients by keeping them comforted, as well as encouraging movement and brain stimulation. In this class students will knit a basic Twiddle matt with textured stitches and add variety of attachments and embellishments. It will make a great gift for a loved one or as a charity donation. The class is FREE but students will be required to pay instructor \$20 for supplies at the first class. This will include all yarn and embellishments needed to create a twiddle mat. Knitters should bring their own 4 to 5mm needles, scissors, and tapestry needles.

Day	Date	Time	Fee/Class	Code
Wed	May 21	2pm – 3:15pm	\$FREE/4	35101

LINE DANCING FOR BEGINNERS

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	April 22	6:30pm – 7:30pm	\$68.00/9	35602

MEN'S FIT

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

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	April 17	9:30am – 10:15am	\$63.00/10	35086

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: April 21

Day	Date	Time	Fee/Class	Code
Mon	April 14	9am - 10am	\$56.00/9	35087

Paint & Sip

Age: 18+ years Location: ATH (Aurora Town Hall)

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
Mon	April 7	12:30pm – 4pm	\$60.00/1	35605

PILATES NEW!

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

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
Thur	April 17	1pm – 1:45pm	\$82.00/10	34107
Thur	April 17	2pm – 2:45pm	\$82.00/10	35834

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
Tues	April 15	10:35am – 11:20am	\$63.00/10	35090

PILOGA

Age: 55+ years

Location: *Zoom (Tue), ATH^ (Fri)

See description above.

Day	Date	Time	Fee/Class	Code
Tue	April 15	10:35am – 11:20am	\$63.00/10	*35089
Fri	May 9	9:00am – 9:45am	\$50.00/8	^35088

SOCIAL LATIN DANCING (FOR COUPLES) NEW!

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	April 16	8:30pm - 9:30pm	\$110.00/10	35064

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: May 19

Day	Date	Time	Fee/Class	Code
Mon	April 14	1:30pm – 2:30 pm	\$56.00/9	*35091
Thu	April 17	9:45am – 10:45am	\$63.00/10	35092

STRETCH & TONE

Age: 55+ years Location: Zoom

(Description Previous page)

*No class: May 19

Day	Date	Time	Fee/Class	Code
Mon	April 14	1:30pm – 2:30pm	\$56.00/9	*35093
Thu	April 17	9:45am – 10:45am	\$63.00/10	35094

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	April 16	12:15pm - 1pm	\$63.00/10	35095

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
Thu	April 17	7:45pm -8:45pm	\$63.00/10	35100

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	April 16	10am -11am	\$63.00/10	35096

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: May 19

Day	Date	Time	Fee/Class	Code
Mon	April 14	10am - 11am	\$56.00/9	35097

YOGA: HATHA

Age: 55+ years Location: ASC

These classes will greatly benefit those who wish to focus on the fundamentals of basic classical yoga postures, breathing techniques and correct alignments. Beginners are welcome. Please note this class will involve floor work. *No Class: May 19 & May 26

Day	Date	Time	Fee/Class	Code
Mon	April 21	12:15pm - 1:15pm	\$45.00/7	*35601

YOGA: MAT & MEDITATION

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.

Day	Date	Time	Fee/Class	Code
Tues	April 15	11:15am - 12:15pm	\$63.00/10	35604

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
Thur	April 17	6:30pm -7:30pm	\$63.00/10	35098

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	April 15	6:30pm – 7:30pm	\$63.00/10	35099

Registration for Town of Aurora Spring 2025 programs will be:

Residents: Monday, March 17

Non-Residents: Monday, March 24

VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years Location: ZOOM

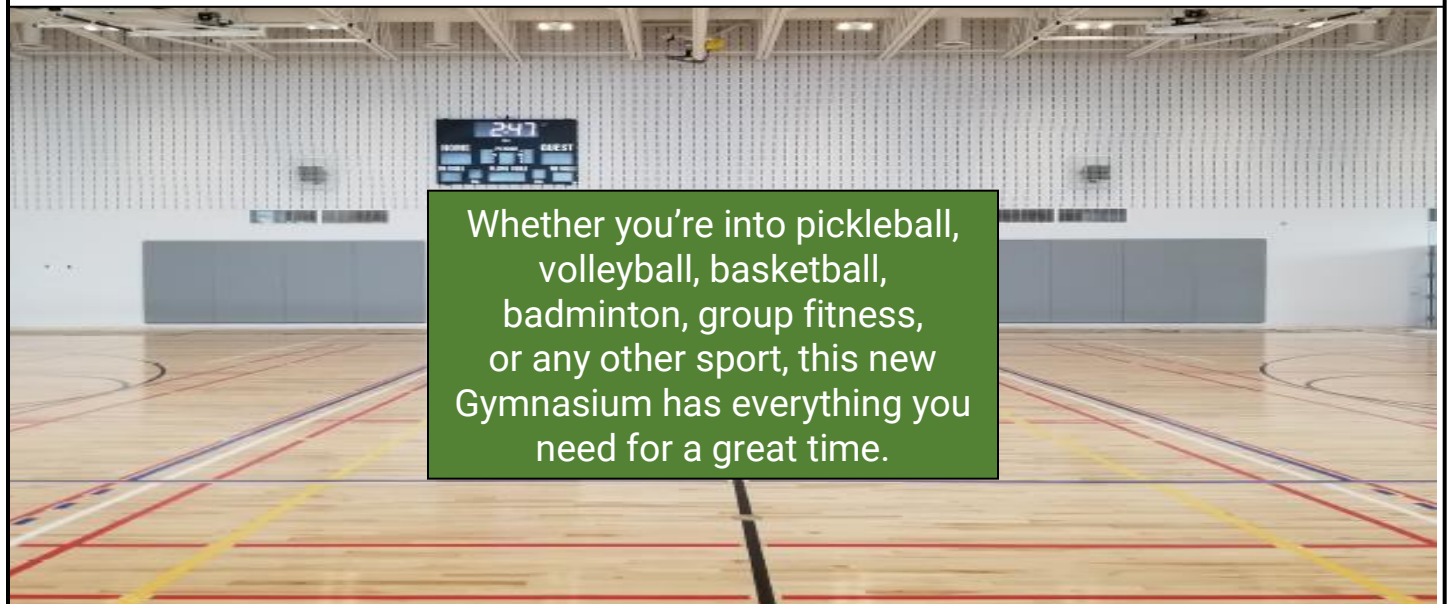
Our all-access pass allows you to join any of our virtual fitness classes: Basic Cardio, Get Fit, Get Strong, Move & Tone, Piloga and Stretch & Tone. Participants in this program will receive their zoom links the day before each program's scheduled start. This is a great value!

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	Spring Season	See schedule	\$75.00/10	35065

Stronach Aurora Recreation Complex DESJARDINS GYMNASIUM opening on Monday, March 3, 2025



Whether you're into pickleball, volleyball, basketball, badminton, group fitness, or any other sport, this new Gymnasium has everything you need for a great time.

Visit us online for full activity details and drop-in Seasonal schedule: www.aurora.ca/SARCDropins

Thursday's:

12:00 p.m. to 1:30 p.m. – Older Adult Pickleball (55+)

2 p.m. to 3:30 p.m. – Older Adult Badminton (55+)

Friday's:

1:00 p.m. to 2:30 p.m. – Older Adult Pickleball (55+)

(Many more Adult 18+ drop-ins available throughout the week as well)

Fee:

55+ Single \$3.00

10 Punch Pass \$25.50

Indoor WALKING CLUB



Tuesdays:
1:30 p.m. Walk
1:50 p.m. Stretch
2:00 p.m. Seminar

March Seminars:

March 4

TIRP - Traumatic Incident Response with Routes Connecting

March 11

NO WALKING CLUB

March 18

Bone Health 101 with CHATS

March 25

Social Connection and Healthy Aging with Home Instead

All seminars are on ZOOM to receive the link
email byorg@aurora.ca

Walk. Stretch. Learn.

Aurora Family Leisure Complex

wow@aurora.ca

365-500-3161



Fitness Drop in Classes

TUESDAY MARCH 25

Balance Improvement 9:30 a.m.
Fit and Fun 11:30 a.m.
Chair Fit 3 p.m. at Town Hall

FRIDAY MARCH 28

Chair Stretch 10 a.m.
Get Strong 11 a.m.

MONDAY MARCH 31

Stretch and Tone 1:30 p.m.

TUESDAY APRIL 1

Balance Improvement 9:30 a.m.
Fit and Fun 11:30 a.m.
Chair Fit 3 p.m. at Town Hall

WEDNESDAY APRIL 2

Get Fit 9 a.m.

FRIDAY APRIL 4

Get Fit 9 a.m.
Chair Stretch 10 a.m.
Get Strong 11:00 a.m.

MONDAY APRIL 7

Stretch and Tone 1:30 p.m.

TUESDAY APRIL 8

Balance Improvement 9:30 a.m.

FRIDAY APRIL 11

Chair Stretch 10 a.m.
Get Strong 11 a.m.



**\$5.00 CASH AT
THE DOOR**

**REGISTRATION
IS NOT
REQUIRED**

**SEE YOU IN
CLASS**

Aurora Seniors Presents

ANNIE

Annie has reigned as one of the world’s most beloved family musicals since its original six-year Broadway run. Annie Bennett is the iconic mop-topped orphan who knows the sun will come out tomorrow for her, no matter how dark it gets today. (Even if “today” is under the domain of Miss Hannigan, the caretaker of the orphanage and an over-the-top misopedist.) When Annie and her scrappy dog, Sandy, are taken in by the secretary of the billionaire Daddy Warbucks, the girl’s lifelong search to find her birth parents sets off a chain of wacky, heartwarming adventures.

- Date:** Thursday, May 8, 2025
- Price:** Member: \$215.00 per person
Non Member: \$225.00 per person
- Depart:** 9:00 a.m. Stronach Recreation Complex
- Inclusions:** Return transportation via deluxe coach, lunch at The Parlour, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.
- 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) Grilled Chicken Breast, Smokey Bacon and Mushroom Cream
 - 2) Sesame Crusted Salmon, Ginger and Scallion Vinaigrette
 - 3) Chef’s Choice Vegetarian Creation**MEAL SELECTION REQUIRED UPON BOOKING**
- 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 Annie at the Stratford Festival Theatre
- Return:** Arrival in Aurora by 7:30 p.m.



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Aurora Seniors Centre

UPCOMING
DANCES



Dances are Friday evenings.
6:45 p.m. Line Dancing
7:30 p.m. Ballroom Dancing

Admission:
\$5 for members
\$7 for non-members
pay at the door

Music by DJ Les

- March 14 & 28
- April 4
- May 9 & 23



March 14: Enjoy our usual mix of ballroom, Latin, and line dances.
March 28: Join us for a special Noche Latina, Española & Tex-Mex party. This dance event brings together the passionate beats of Spain, the vibrant rhythms of Latin America, and the lively sounds of Tex-Mex music.



We Need your help at our Garage Sale!

There will be many volunteer opportunities at this years Garage Sale. Volunteer registration sheets available at Reception now.

Thanks.

Indoor Garage Sale

Spread the Word



Sunday

8:30am to

April 27

1:00pm

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

**auroraseniors.ca
seniorscentre@aurora.ca
905 726 4767**

Our Men's Shed meet's Monday and Friday from 9:30 - 11:30 a.m. at the Centre and typically features a brief 30-minute presentation, exercise or video followed by friendly conversation with fellow members, hope you stop by:

This months Calendar:

- Monday, March 3 with Ross - Ted Talk
- Friday, March 7 presenter Akram Aliak - Hearing Health
- Monday, March 10, presenter Christene Egan - Delmanor
- Friday March 14, presenter Teressa Ganna. - Climate Action
- Monday, March 17, presenter Jennifer Walker - Financial Planning
- Friday, March 21, presenter Mallory Nielsen - Cedar Centre Post Trauma Therapy
- Monday, March 24, presenter Jennifer McCrea - Nourishing your Brain
- Friday, March. 28 with Brandie - Exercise for seniors
- Monday, March 31 a Malaysia travelogue





Bake Sale

Sunday, April 27, 2024

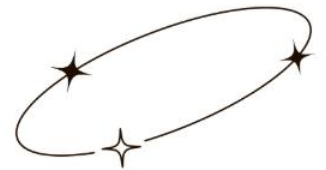
Bakers needed!

You can drop off any baked good donations
Friday, April 25 or Saturday, April 26.

PLEASE LET US KNOW WHAT YOU ARE BAKING. EMAIL US AT
SENIORSCENTRE@AURORA.CA



JEWELLERY DONATIONS



**Our Indoor Garage Sale will be on
Sunday, April 27!**

We are seeking donations for our
jewellery sale.
Donations are now being accepted
at Reception!

Costume or fine jewellery accepted!



Fraud Prevention Workshop

Protect yourself from fraud and scams! Come and learn from the Senior Safety Team with York Regional Police.

**Wednesday
March 19
1:30 - 3:30 p.m.
Aurora Seniors Centre**

Limited free tickets are available starting Monday March 3 at Reception.

Coffee, tea and light refreshments.



Aurora Seniors Presents

OTTAWA TULIP TIME

The best time to visit our Nation's Capital is in the spring, with the tulips in full bloom, the city is ablaze in beautiful colours and floral fragrance. Steeped in history, Ottawa is where English meets French and of course it is the home of our magnificent Parliament Buildings. Numerous museums, art galleries, shops and restaurants dot the landscape creating a wonderful ambience that everyone can enjoy! Stay at the beautiful 4 star Lord Elgin Hotel. This hotel is one of the most centrally located downtown Ottawa hotels, just a stone's throw away from the Rideau Canal and Confederation Park. Their excellent location puts bountiful delights within easy walking distance. Originally constructed in 1941, Lord Elgin is a piece of Ottawa's history. Independent and thoroughly Canadian, this historic landmark is a leader among downtown Ottawa hotels!

Tour Includes:

- * Return transportation via deluxe coach
- * 2 nights accommodation at the 4 star Lord Elgin Hotel (downtown Ottawa)
- * 2 full breakfasts, 1 dinner
- * Guided tour of Ottawa including Tulips & Parliament Buildings
- * 1000 Islands luncheon cruise
- * Admission to the Royal Canadian Mint
- * Visit to Byward Market with time for shopping
- * All taxes including HST & entrance fees
- * Gratuities on included meals
- * Baggage handling
- * Tour escort

May 13 to 15, 2025

Price per person in Canadian Dollars

TWIN \$859.00 SINGLE \$1159.00

\$200.00 deposit due upon booking. Balance due 60 days prior to departure.

To book sign up at reception or for more information call Andrew Bailey at 365-500-3160 or call Year Round Travel at 416-499-1444



Cancellation Protection \$63.00 per person



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Email: yearroundtravel@on.aibn.com
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▶ Computer Club Information and Activities

Every Tuesday from 10 - 11 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 on Tuesday afternoons between 1 p.m. 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. Tuesday morning seminar schedule for March:

- March 4 – General Q&A (Ronen)
- March 11– Windows 11 new features & tips (Bob)
- March 18 - Apple Day – iCloud, iCloud+ and Drive (Herb)
- March 25 - Linux Introduction (June)

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 or Doug Cooper at techspeakr@gmail.com.

Aurora Seniors Presents

FALLSVIEW CASINO

Get dealt into the action at Fallsview Casino Resort! Whether your game is slots or tables, you'll find it all on one of the largest Casino gaming floors in the world. With over 3,000 slots and video poker machines there's countless ways to win. Try your luck on reel, video reel and video poker machines or take a shot on the progressives – the action is non-stop! From Blackjack to Baccarat, Poker, Craps, Roulette and Pai Gow Poker to Caribbean Stud and more, Niagara Fallsview Casino has something for everyone. Pull up a chair at one of over 100 tables and try your luck!

Date: Wednesday, April 9, 2025

Depart: 8:45 a.m. Stronach Recreation Complex
1400 Wellington St. East

Casino: 11:00 a.m. - 4:00 p.m.
Enjoy a five hour visit to **Niagara Fallsview Casino** & receive \$35.00 in slot play

Return: Arrival in Aurora approx. 6:00 p.m.

Inclusions: Return transportation via deluxe coach,
5 hour visit to Fallsview Casino, \$35.00 slot play, and all taxes.

Price: Members: \$51.00 per person
Non Members: \$60.00 per person

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

NOTE: Passengers must be 19 years of age or older with valid government photo I.D. to receive casino incentive



▶ Tuesday Night Movies at the Centre

March 4 – Here (2024): Tom Hanks (PG-13, 121 min, Drama)

A generational story about families and the special place they inhabit, sharing in love, loss, & laughter.

March 11 – Sister Act 2: Back in the Habit (1993): Whoopi Goldberg (PG-13, 107 min, Comedy)

Showgirl Deloris Van Cartier returns as Sister Mary Clarence to teach music to a group of Catholic students whose run-down school is slated for closure.

March 18 – The Way We Were (1973): Barbara Streisand, Rober Redford (PG, 118 min, Drama).

During post-WWII McCarthyism, a diametrically opposed couple come together only to find out that genuine friendship and physical attraction is not enough to overcome fundamental societal beliefs.

March 25 – The Prestige (2006): Christian Bale, Hugh Jackman (PG, 130 min, Thriller, Drama)

Rival 19th-century magicians engage in a bitter battle for trade secrets.

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

▶ Book Club 1A seeking members

We would like to invite new members to join our group. We meet on the first and third Friday from 2:30 to 4 p.m. from September through May. If you are interested, put your name on the sign-up sheet at Reception with your contact information and you will be contacted by a member of the group. Limited space available.

<p><u>ASA Board of Directors:</u> President Glen Sharp Vice President Vacant Treasurer Rob Ishoj Secretary Rob Gaby Directors Jim Abram Vern Cunningham Kevin Griffiths Julia Jackson John Scherrer</p>	<p><u>ASA Committees:</u> By-Law Committee John Scherrer—Chair Finance Committee Rob Ishoj—Chair Fundraising Committee Vern Cunningham—Chair Membership & Volunteers Committee Carol Hedenberg—Chair Operations & Activities Committee Julia Jackson—Chair SAGA Committee Jim Abram—Chair Special Events Committee Nandy Singh—Chair</p>	<p><u>Aurora Seniors Centre Staff:</u> 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 Seniors Program Assistant byorg@aurora.ca (365) 500 3161 Bill Hawke Primary Facility Operator bhawke@aurora.ca</p>
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Seeking Dumbbell donations for our WOW fitness programs. If you have any gently used weights, please drop off at Reception.

Without Walls (WOW):

- Completely free program.
- You do not need to be a member of The Aurora Seniors Centre
- Zoom & Teleconference program options
- Telephone programs are multi-person phone conversations
- Offered 6 days a week, 30-minute programs.

It is a Community Centre from the comfort of home!

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

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

Chair Yoga: Join our Yoga instructor for simple movements and breath work anyone can do from a chair

Coffee Chat: Grab your favourite beverage and join us for a friendly conversation

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

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

Sit & Strong: Working on total body strength all from your chair, having fun along the way. Exercise band and weights optional

Stories & Games: Stories, Biographies, Travelogue, Celebration days, Music and more.

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

Virtual Fun & Games: Various trivia and quizzes

Walking Club Seminar: Different seminar weekly, please see walking club poster in newsletter for monthly line up

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.

Contact Information:

Telephone: 365 500 3161 or Email: wow@aurora.ca

March 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
March 2 12:30 Chair Exercise (Z)	March 3 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	March 4 10:00 *New Time Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z)	March 5 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	March 6 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	March 7 3:15 Fun & Games (T)
March 9 12:30 Chair Exercise (Z)	March 10 10:15 Stretch & Strong (Z/T) 3:15 Card Bingo (Z/T)	March 11 10:00 Chair Yoga (Z/T) 3:15 Coffee Chat (T)	March 12 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	March 13 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	March 14 3:15 Fun & Games (T)
March 16 12:30 Chair Exercise (Z)	March 17 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	March 18 10:00 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z)	March 19 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	March 20 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	March 21 3:15 Fun & Games (T)
March 23 & 30 12:30 Chair Exercise (Z)	March 24 & 31 10:15 Stretch & Strong (Z/T) 3:15 Jeopardy (Z/T)	March 25 10:00 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Coffee Chat (T)	March 26 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	March 27 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	March 28 3:15 Fun & Games (T)
<p><u>This legend indicates how each WOW program will be available for this month!</u> T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference</p>					

Monday 8:30 a.m. to 4:30 p.m.	Tuesday 8:30 a.m. to 9 p.m.	Wednesday 8:30 a.m. to 4:30 p.m.	Thursday 8:30 a.m. to 4:30 p.m.	Friday 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 9:00 Beginner Bid Euchre 9:45 Italian 10:00 Chair Yoga* 10:15 WOW Stretch & Strong* (Z/T) 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 Seminar 10:00 WOW Chair Yoga*(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 1:30 Coffee & Conversation 1:45 Get Strong* (ATH) 2:15 Pickleball (Men) 3:00 Chair Fit* (ATH) 4:00 Badminton 6:00 Poker 6:30 Movie 6:30 Beginner Woodcarving 6:30 Yoga: Sunset* (ATH) 6:30 Beginner Line Dance*	9:00 Woodshop 9:00 Get Fit* (H) 9:45 German 10:00 Chair Yoga* 10:00 Knitting* 10:00 Snooker League 10:30 Ladies Laugh & Learn* 11:00 French 11:30 WOW Sit & Balance (Z) 12:15 Walk Fit (AFLC) 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Bridge 1:30 Snooker League 1:30 Pain Management* ATH 1:45 Choir 2:30 Knitting*	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 11:00 Badminton 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:00 Pilates (ATH) 1:30 Snooker League 2:00 Pilates (ATH) 2:30 Pickleball (Women) 3:00 Chair Fit* (ATH) 3:15 WOW Chair Yoga (Z/T) 6:30 Yoga: Restorative* (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
March 17 1:00 ASA Board of Directors (ATH)		March 12 & 26 12:00 Bistro		March 14 & 28 7:00 Dance
		March 19 11:00 Let's Get Acquainted 1:30 Fraud Prevention Workshop		March 21 7:00 Improv Night

Please note: Pickleball times and registration are subject to change. Refer to the Pickleball schedule (available at the Centre or auroraseniors.ca)
 Aurora Seniors Centre (905) 726 4767