

# ADULT & OLDER ADULT PROGRAMS



## AURORA BARBARIANS – LEARN TO RUGBY

**Age: 18+ years**

**Location: Lind Realy Sports Dome**

This non-contact session is geared towards learning how to play to touch/flag rugby through mini/modified games. These sessions will be filled with fun challenges, while learning how to play rugby. Participants will receive an article of Aurora Barbarians clothing.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Sept 19	5:00pm – 6:00pm	\$40.00/8	36926

## BALANCE IMPROVEMENT

**Age: 55+ years**

**Location: ASC**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	9:30am – 10:15am	\$77.00/12	36812
Tue	Sept 16	10:30am – 11:15am	\$77.00/12	36813

## 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 participants may see both leading and following. Prior dance experience is not necessary. Partners are required.

Note: Join us for a free Try It class on Wednesday, September 10 at 7:30 p.m. Email [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca) to sign-up with your partner.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	7:30pm – 8:30pm	\$110.00/9	36866

### AGE REQUIREMENTS

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

## BALLROOM & LATIN DANCE – LEVEL 2

**Age: 18+ years**

**Location: ASC**

This program will develop dance skills and steps. New dances will be introduced, such as the waltz, swing, samba, quickstep, salsa, cumbia or bachata. The course will be taught by a couple so participants may see both leading and following. The beginners class or previous dance experience are preferred prerequisites for this class. Partners are required.

\*No class on: Oct 13

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 8	7:30pm – 8:30pm	\$112.00/9	36867*

## BALLROOM & LATIN DANCE – LEVEL 3

**Age: 18+ years**

**Location: ASC**

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

\*No class on: Oct 13

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 8	8:30pm – 9:30pm	\$114.00/9	36868*

## BASIC CARDIO

**Age: 55+ years**

**Location: Hybrid / [zoom](#) (see below)**

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

**Location: Hybrid – ASC & [zoom](#)**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	9:00am – 9:30am	\$44.00/12	36814

**Location: [zoom](#)**

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	9:00am – 9:30am	\$44.00/12	36815

# ADULT & OLDER ADULT PROGRAMS

## BOOT CAMP GOLD

Age: 55+ years

Location: ASC

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

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	9:00am – 9:45am	\$77.00/12	36816

## BOUQUET BASICS WORKSHOP

Age: 55+ years

Location: ASC

In this hands-on workshop, a professional florist will guide you in creating your own handcrafted bouquet. All materials are provided including: flowers, greenery, ribbons and wrapping paper.

*New!*

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 24	2:00pm – 4:00pm	\$60.00/1	37093

## CHAIR FIT

Age: 55+ years

Location: ATH

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

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	3:00pm – 3:45pm	\$77.00/12	36817
Thu	Sept 18	3:00pm – 3:45pm	\$77.00/12	36832



## CHAIR: GENTLE EXERCISE

Age: 55+ years

Location: ASC

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Sept 19	10:00am – 10:45am	\$77.00/12	36818

## CHRONIC PAIN MANAGEMENT

Age: 55+ years

Location: ATH

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 24	1:30pm – 3:30pm	FREE/6	36819

## CORE ON THE FLOOR

Age: 55+ years

Location: ATH

This class will focus on hip movement and strength, along with supporting stomach muscles. Using bodyweight and bands to build strength and control, in order to support your hips and back. All exercises will be done on the floor. Participants must be comfortable lying on their backs.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	1:00pm – 1:30pm	\$44.00/12	36820

## GET FIT!

Age: 55+ years

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

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

Location: Hybrid – ASC & **zoom**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	9:00am – 9:45am	\$77.00/12	36823
Fri	Sept 19	9:00am – 9:45am	\$77.00/12	36825

Location: **zoom**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	9:00am – 9:45am	\$77.00/12	36822
Fri	Sept 19	9:00am – 9:45am	\$77.00/12	36824



### GET STRONG

**Age: 55+ years**  
**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
Tue	Sept 16	1:45pm – 2:45pm	\$77.00/12	36825
Fri	Sept 19	11:00am – 12:00pm	\$77.00/12	36828

### KNITTING: FOR CHARITY

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

Aurora is fortunate to have several non-profit organizations, service groups and volunteer organizations which provide a variety of services to our community. Many would welcome our help by donations of handknit items. This is a free class and most supplies are provided free for knitters who would like to knit for charities. This class will be offered several times a year, with each session focusing a particular type of project. Our first session will be knitting hats. Knitters who are familiar with knitting hats are welcome to enjoy the class as an opportunity for social knitting. This is not a learn to knit class, but the advanced beginner will be given help with techniques with which they are unfamiliar. Please bring a selection of needles and usual knitting implements, yarn will be provided for free.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 23	2:30pm – 3:45pm	FREE/4	36896

*New!*

### KNITTING: LEARN TO KNIT – PART 1

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

A simple knit square or rectangle can become a button cowl, fingerless gloves or hat. In this class, you will learn several necessary basic skills to get started knitting: understanding yarn and gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practised while knitting three small projects – a dishcloth, fingerless mitts and a cowl. Participants need no prior experience knitting. Note: There is a \$25 fee payable to the instructor at the first class for supplies. This fee covers needles and yarn suitable for the three class projects.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 24	10:00am – 11:15am	\$10.00/4	36890

### KNITTING: LEARN TO KNIT – PART 2

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

Learn various techniques (increases, decreases, seaming, bias knitting, reading charts) and stitches (cables, lace, slip stitches, ribs, knit and purl combos) that will enable you to create your own designs. For each new stitch or technique, you will also be given a pattern for a simple project you can knit using that new skill. This class is suitable for the advanced beginner. It would be an excellent follow-up to the Learn to Knit class. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 29	10:00am – 11:15am	\$45.00/4	36891

### KNITTING: MITTENS

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

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Nov 5	2:30pm – 3:45pm	\$45.00/4	36888

AURORA SENIORS' CENTRE

## OPEN HOUSE

Wednesday September 3  
10 a.m. - 3 p.m.

- Visit us and see what we have to offer
- Take a tour and meet our volunteers
- Refreshments and draw prizes!

90 John West Way, Aurora  
seniorscentre@aurora.ca  
905-726-4767



# ADULT & OLDER ADULT PROGRAMS

## KNITTING: PROJECTS

Age: 55+ years

Location: ASC

This class does not have a set agenda. It is an opportunity to get help with projects from previous knitting classes. Participants will be provided with a varied selection of patterns. They will be able to select projects they would like to try. They will learn what is involved in the pattern, and then use class time to get help with any problem areas. Some printed notes will be shared in class, but the majority of information will be shared online or by links to Ravelry, which is a free knitting app. Participants must have internet access and a printer.

*New!*

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 23	10:00am – 11:15am	\$45.00/4	36893

## KNITTING: SOCKS

Age: 55+ years

Location: ASC

Hand-knit socks are one of life's little luxuries that everyone should experience. As complicated as they appear when you read a sock pattern, they are really quite simple when someone shows you. In addition, sock yarns are some of the most fun yarns available today – hand paints, self-patterning and self-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	Sept 24	2:30pm – 3:45pm	\$56.00/5	36889

## LINE DANCING FOR BEGINNERS

Age: \*18+ years

^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 club 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 a few more complicated dances. Knowledge gained will give participants the confidence to dance in the dance clubs during the practices sessions as well as evening parties.

*New!*

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 23	6:30pm – 7:30pm	\$85.00/10	37089^
Tue	Sept 23	7:45pm – 8:45pm	\$85.00/10	37090*

## MEN'S FIT

Age: 55+ years

Location: ATH

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

\*No class on: Oct 13

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 15	9:30am – 10:15am	\$77.00/12	36833*
Thu	Sept 18	9:30am – 10:15am	\$77.00/12	36849

## MOVE & TONE

Age: 40+ years

Location: zoom

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

\*No class on: Oct 13

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 15	9:00am – 10:00am	\$77.00/12	36830*

## PAINT & SIP

Age: 55+ years

Location: ASC

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

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Oct 25	1:00pm – 5:00pm	\$70.00/1	36870
Sat	Nov 22	1:00pm – 5:00pm	\$70.00/1	36871



# ADULT & OLDER ADULT PROGRAMS

## PILATES FOR OLDER ADULTS

**Age: 55+ years**

**Location: ATH**

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	2:00pm – 2:45pm	\$102.00/12	36895

## PILATES: SEATED ENERGETIC

**Age: 55+ years**

**Location: ATH**

This class is seated in a chair, or standing with the chair available for support. Using a light Pilates ball, participants will have both a cardiovascular workout and toning. This is an energetic and fun class with all the benefits of traditional Pilates. Please bring water to the class.

*New!*

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	1:00pm – 1:45pm	\$102.00/12	36894

## PILOGA

**Age: 55+ years**

**Location: ATH**

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	Sept 16	10:30am – 11:15am	\$77.00/12	36835
Fri	Sept 19	9:00am – 9:45am	\$77.00/12	36831

## QI-GONG

**Age: 55+ years**

**Location: ATH**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	11:00am – 11:45am	\$77.00/12	36850

## SEASONAL WREATH WORKSHOP

**Age: 18+ years**

**Location: ASC**

In this hands-on workshop, a professional florist will guide you to create an original and beautiful seasonal wreath. All materials are provided.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Nov 13	7:00pm – 9:00pm	\$70.00/1	37094

## PROGRAM PRICES & HST

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

## SOCIAL LATIN DANCE FOR COUPLES

**Age: 55+ years**

**Location: ASC**

Come out for a fun-filled evening, learning the basic steps of Social Latin Dancing. This stress-free class will soon have you moving on the dance floor with easy steps of Salsa, Merengue, Bachata, Cumbia and more. Partner are required. The fee is per person.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	8:30pm – 9:30pm	\$110.00/9	36873

## STRETCH & TONE

**Age: 55+ years**

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

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

**Location: Hybrid – ASC & zoom**

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

\*No class on: Oct 13 & Nov 17

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 15	1:30pm – 2:30pm	\$77.00/12	36837*
Thu	Sept 18	9:45am – 10:45am	\$77.00/12	36838

**Location: zoom**

\*No class on: Oct 13 & Nov 17

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 15	1:30pm – 2:30pm	\$77.00/12	36839*
Thu	Sept 18	9:45am – 10:45am	\$77.00/12	36840

## SENIORS ACTIVE LIVING FAIR

**Saturday September 6**

**9 a.m. - 1 p.m.**

**Aurora Seniors Centre**

**90 John West Way**

- Over 50 exhibitors
- Fitness demonstrations & seminars
- Free grab bag for the first 100 participants

**Contact us:**

☎ 365-500-3161

✉ [seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)

## SENIORS NEWSLETTER

Check out our monthly Fun After 55! seniors newsletter online at [www.aurora.ca/seniorsnewsletter](http://www.aurora.ca/seniorsnewsletter)



## VIRTUAL ALL-ACCESS PASS

Enjoy Our Fitness Classes Virtually At Home!

### VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years

Location: **zoom**

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

\*No class on: Oct 13

DAY	DATE	TIME	FEE/WEEKS	CODE
M-F	Fall Season	See Schedule	\$77.00/12	36872*

### THE STORY OF MY LIFE

Age: 55+ years

Location: **ATH**

This workshop series will put pen to paper to authenticate your life history. Through thoughtfully curated themed sessions, personalized journaling workbooks, and the power of shared storytelling, participants will embark on a journey of healing, self-empowerment, and the creation of a meaningful legacy gift. Reminisce with themes such as Bucket List, where we will reflect back on past experiences and create a new list of experiences. Travel back in world history, with the theme Generation Gap, to events that impacted you and your loved ones. One-time fee of \$25 for workbook is due in the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 25	1:30pm - 3:00pm	\$89.00/10	36841

### VOLLEYBALL – CASUAL

Age: 18+ years

Location: **Aurora High School Gymnasium**

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

\*No class on Oct: 13

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 22	6:15pm - 7:45pm	\$142.00/12	36869*

### VOLLEYBALL – LEAGUE: BEGINNER & INTERMEDIATE

Age: 18+ years

Location: **SARC**

*New!*

Our Adult Recreational Volleyball League is the perfect place to serve up some laughs. Designed for beginners and intermediate players, this league emphasizes teamwork, skill-building, and an inclusive and relaxed atmosphere. Whether you're perfecting your spike or learning to volley for the first time, everyone is welcome. This league is offered in partnership with York Region Sports.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 24	8:00pm - 10:00pm	\$160.00/10	37156



## CIVIL CEREMONIES & MARRIAGE SERVICES

### Getting married?

Aurora offers civil ceremonies in a beautiful, intimate setting.

Packages include officiant, space rental, and décor.

Learn more at [aurora.ca/Marriage](http://aurora.ca/Marriage) or call 905-727-1375.



# ADULT & OLDER ADULT PROGRAMS



## WRITING WITH INTENTION

**Age: 18+ years**

**Location: ATH**

*New!*

Reveal the power of your personal experiences and explore the art of writing in this inspiring series. Whether you're an aspiring writer or someone who's never thought of themselves as a writer, this series is designed for anyone eager to express themselves through words. You will be guided to reflect and reminisce, using memories and insights to fuel your writing. The goal is to help you develop a consistent writing habit, nurturing your creativity and confidence.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 25	7:00pm – 8:30pm	\$63.00/9	36902

## YOGA: ANXIETY & STRESS

**Age: 40+ years**

**Location: ATH**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	7:45pm – 8:45pm	\$77.00/12	36843

## 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. Walk along the paved trails in the beautiful Aurora Arboretum or on the Chartwell Walking Indoor Track at the AFLC. Bring your water bottle and be ready to have fun.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	12:15pm – 1:00pm	\$77.00/12	36842

## WALKING SOCCER – LEARN TO PLAY

**Age: 55+ years**

**Location: Lind Realty Sports Dome**

*New!*

Walking soccer is a fantastic way to stay active, meet new friends, and enjoy the beautiful game at a pace that suits everyone. Whether you're a seasoned player or new to the sport, this modified, non-contact version of soccer is perfect for all ages and abilities, especially those with mobility challenges. Learn from experienced coaches from the Aurora Soccer Club who will guide you through the basics and help you improve your skills.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 24	1:00pm – 1:45pm	\$82.00/10	36897

## WALKING SOCCER – SCRIMMAGE

**Age: 55+ years**

**Location: Lind Realty Sports Dome**

*New!*

A program for players with some experience playing soccer (walking or running) or other team sports. Participants will warm up and be organized into two balanced teams with contrasting-coloured vests. The teams will play a supervised game in two 30-minute halves, with adjustments to balance the teams. Rest and water breaks will be provided as required. Based on the number of participants, there will be substitutes on each team providing players a break when needed. Join the Aurora Soccer Club and be part of a supportive community that loves soccer.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 24	2:00pm – 3:15pm	\$70.00/10	36899



TOWN OF AURORA

# SENIORS' CENTRE

IN THE MAIL

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**Seniors Centre in the Mail is a free program.**

Twice a month activity kits are mailed to you  
(or you can pick it up at  
the Aurora Seniors Centre).

Each package will include puzzles, sudoku,  
trivia and more!

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Aurora's Virtual Seniors Centre    365-500-3161    [wow@aurora.ca](mailto:wow@aurora.ca)

# ADULT & OLDER ADULT PROGRAMS

## YOGA: CHAIR

**Age: 55+ years**

**Location: ASC**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	10:00am – 11:00am	\$77.00/12	36844

## YOGA: CHAIR, MOVEMENT & MINDFULNESS

**Age: 55+ years**

**Location: ASC**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	10:00am – 11:00am	\$77.00/10	36845

## 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. Note: This class will involve floor work.

\*No class on: Oct 13 & Nov 17

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 15	12:15pm – 1:15pm	\$65.00/10	37153*

## YOGA: LAUGHTER

**Age: 55+ years**

**Location: ATH**

Laughter Yoga uses lighthearted movement and deep breathing to encourage intentional laughter. It integrates laughter exercises with yoga breathing techniques, thus increasing the oxygen supply to both body and brain, resulting in enhanced energy levels and improved health. It helps reduce stress, make your immune system stronger and keep your mind positive during challenging times.

*New!*

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	2:00pm – 2:30pm	\$80.00/12	37180

## YOGA: MAT & MEDITATION

**Age: 40+ years**

**Location: ATS**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	9:15am – 10:15am	\$77.00/12	36851

## YOGA: RESTORATIVE MAT

**Age: 40+ years**

**Location: ATH**

This practice teaches you 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. Please bring a yoga mat, bath towel, two blankets and a sleep eye mask or wash cloth. Bolsters, straps and yoga block are provided, however please feel free to bring your own if you wish.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	6:30pm – 7:30pm	\$77.00/12	36847

## YOGA: SUNSET MAT

**Age: 55+ years**

**Location: ATH**

This practice will use the support of the earth to cradle your body. While on your mat, you will move through yoga postures and stretches that help to calm the mind, improve flexibility, reduce stress and increase strength. It's the perfect way to end your day. This practice ends with a short meditation. Please bring a mat and a blanket.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	6:30pm – 7:30pm	\$77.00/12	36848

## ZUMBA GOLD

**Age: 55+ years**

**Location: ASC**

This amazing program is very easy to follow so anyone at any age will be able to do Zumba Gold. Dances that are specifically highlighted in this program include the Merengue, Salsa, Cha Cha, Belly Dance, Flamenco and Tango.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	11:00am – 11:45am	\$77.00/12	37252







## TOWN OF AURORA WITHOUT WALLS

wow@aurora.ca • 365-500-3161

Without Walls (W.O.W.) is just like attending a fitness class, seminar or playing a game at the Aurora Seniors Centre, however you can do so from the comfort of your own home.

Card Bingo • Chair Exercise • Chair Yoga • Coffee Chat • Fun & Games  
Jeopardy • Sit & Strong • Stories & Games • Stretch & Strong

This is a free program offered 6 days per week.  
You do not have to be an Aurora Seniors Centre member to attend.  
Zoom and teleconference options are available.

### FAMILY WORKSHOPS

Join Us For These Exciting Programs!

#### AURORA MUSEUM & ARCHIVES: MUSEUM MONDAY

Age: 7+ years

Location: ATS

*New!*

Join the Aurora Museum & Archives for an informal, insider's view of your community museum. Participants will experience a guided tour of the exhibition and collection spaces, followed by an "Ask Me Anything" session with the Museum team.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 15	6:30pm – 8:00pm	\$10.00/1	36918
Mon	Oct 20	6:30pm – 8:00pm	\$10.00/1	36919
Mon	Nov 17	6:30pm – 8:00pm	\$10.00/1	36920

#### EGYPTIAN BELLY DANCE WORKSHOP

Age: 10+ years

Location: ATS

Join us for a fun and exciting workshop in authentic Egyptian belly dancing. Learn beautiful belly dance technique, participants will learn how to execute essential movements of the hips and upper body. Belly dancing is an expressive dance form that encourages incorporating your personality. Everyone of all fitness levels is welcome. Please come dressed in comfortable workout wear, yoga clothes are best with ballet type slippers or bare feet for footwear.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 25	6:00pm – 8:00pm	\$30.00/1	36924
Thu	Oct 16	6:00pm – 8:00pm	\$30.00/1	36925

### ADULT & OLDER ADULT PROGRAMS

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

#### ACRYLIC PAINTING BEGINNER

Age: 55+ years

Location: ATS

This program is brought to you by the Aurora Cultural Centre. Learn about choosing paints, painting surfaces and how to make the most of your tools. Basic colour theory and mixing will be explored, as well as composition and mixed media. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	9:00am – 11:00am	\$155.00/10	36789

#### ACRYLIC PAINTING INTERMEDIATE

Age: 55+ years

Location: ATS

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

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	11:30am – 1:30pm	\$155.00/10	36790

## ACRYLIC POURING & MEDIUMS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Start your journey in paint pouring, a contemporary art form perfect for beginners. You will explore various paints, pastels, pigments and more to create beautiful, marbled art. Every week you will build on prior lessons and master colour mixing, selection, tool use, and mixing mediums to create art that is beautiful and unique. Materials Fee: \$50 payable in cash to the instructor. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

\*No class on: Oct 13

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 15	6:30pm – 9:00pm	\$250.00/8	36777*

## DRAWING CLUB INTERMEDIATE

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. This course is for experienced artists looking to refine their drawing skills and explore new techniques. You'll enhance your observational skills, improve your line quality, master perspective, and work with proportion and space in a fun environment. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	6:30pm – 9:00pm	\$150.00/6	36788

## DRAWING FUNDAMENTALS

**Age: 55+ years**

**Location: ATS**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	9:00am – 10:30am	\$130.00/10	36782
Thu	Sept 18	2:00pm – 3:30pm	\$130.00/10	36791

## EXPAND YOUR HORIZONS IN ACRYLICS LEVEL 2

**Age: 16+ years**

**Location: ATS**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	6:30pm – 9:00pm	\$250.00/8	36781

## GUITAR BEGINNER

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Learn the basics of guitar playing, including proper finger placement, basic chords, strumming patterns and simple songs. With a fun and supportive atmosphere, you'll develop essential skills and build confidence as you progress week by week. By the end of the course, you'll have the foundation needed to continue your musical adventure and play your favorite tunes. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	6:00pm – 7:00pm	\$135.00/8	36786

## GUITAR INTERMEDIATE

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Building on your knowledge of chords and strumming, you'll explore more complex techniques such as fingerpicking, barre chords and soloing. Learn to play more challenging songs, improve your rhythm, and develop a deeper understanding of music theory. This class is perfect for those who are ready to expand their playing and gain more confidence in their musical abilities. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	7:30pm – 8:45pm	\$155.00/8	36787



# ADULT & OLDER ADULT PROGRAMS

## PRINTMAKING

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Learn printmaking with four different techniques. See dates below for theme per class. Register separately for each week. No previous experience needed. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

Sept 18: Linocut Basics

Sept 25: Trace Monotypes Print

Oct 2: Folded Book with Handmade Cover

Oct 9: Linocut Reduction

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	6:30pm – 9:00pm	\$40.00/1	36797
Thu	Sept 25	6:30pm – 9:00pm	\$40.00/1	36798
Thu	Oct 2	6:30pm – 9:00pm	\$40.00/1	36799
Thu	Oct 9	6:30pm – 9:00pm	\$40.00/1	36800

## WATERCOLOUR LEVEL 1

**Age: 55+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Participants will learn more about mixing colours, watercolour techniques such as washes and dry brushing, and how to plan a watercolour project from start to finish with the help of demos from the instructor. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	1:00pm – 3:30pm	\$195.00/10	36779

## WATERCOLOUR LEVEL 2

**Age: 55+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. This course is for seasoned watercolour artists wishing to further develop their style and learn new techniques. Participants will learn more about the importance of values and will have exposure to many differing subjects. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Sept 16	9:30am – 12:00pm	\$195.00/10	36780

## WATERCOLOUR: BASICS & BEYOND

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. This beginner class will introduce the beautiful and timeless medium of watercolours. You will build skills each week, with demonstrations, exercises, and encouragement. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 18	6:30pm – 9:00pm	\$250.00/8	36796

## WATERCOLOUR: INTERMEDIATE & ADVANCED

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Explore advanced composition, expressive brushwork, and harness the full spectrum of colour. Elevate your art practice in a dynamic, multi-generational adult setting, designed to enrich and refine your skills and knowledge. A Materials List is provided on the website. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Sept 17	1:00pm – 3:30pm	\$250.00/8	36783

## WOOD CARVING

**Age: 16+ years**

**Location: ATS**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 15	6:30pm – 9:00pm	\$210.00/8	36783





## EXPRESSIVE PAINTING FOR WELLBEING

*New!*

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Explore creativity and well-being in this playful, stress-free, art-making session. Create large-scale, free flowing paintings on paper, letting your work evolve naturally. Enjoy “sharing circles” with other participants for collective wisdom in this full-day studio experience. Open to all, no art experience needed. Materials will be provided. Bring your lunch and an apron or old t-shirt as painting can get messy. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 9	11:00am – 4:00pm	\$90.00/1	36855

## MERRY MONOGRAMS & WATERCOLOUR FLORALS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Get ready to make this season a little more creative and a lot more magical. In this holiday themed workshop, you’ll learn how to design watercolor monograms surrounded by festive blooms and accented with shimmering touches of gold to create one-of-a kind gift tags, cards, and keepsakes. No prior experience is needed, just a love for creativity. Materials Fee: \$15 payable in cash to the instructor. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 23	1:00pm – 4:00pm	\$45.00/1	36856

## SCULPT YOUR OWN LIGHT

*New!*

**Age: 11+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Unleash your creativity in this hands-on workshop where simple materials transform into stunning, illuminated sculptures. Over the course of three hours, you’ll have the opportunity to experiment with wire and paper, shaping and crafting a unique piece that not only serves as a captivating sculpture but also functions as a decorative light. Materials Fee: \$20 payable in cash to the instructor. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 19	1:00pm – 4:00pm	\$60.00/1	36857

## VENETIAN MASK TEXTILE SCULPTING

*New!*

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. From the museums of Venice to the living room of your home. A great introduction to get your hands exposed to liquid polymer. After completion, you can mount into a frame to display on your wall or even outdoors, just in time for the fall holidays. Materials Fee: \$50 payable in cash to the instructor. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 5	12:30pm – 4:30pm	\$95.00/1	36853

## ONE DAY ADULT PROGRAMS

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

### PAINT TO PRINT: A DAY OF ART, TRUTH & RECONCILIATION

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Create an Indigenous-themed or inspired artwork in recognition of the National Day for Truth and Reconciliation. Learn how your original 8.5x11 watercolour painting can be professionally processed and printed to take home, share, or frame as a gift. Materials Fee: \$35 payable in cash to the instructor. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Sept 28	1:00pm – 4:00pm	\$60.00/1	36852

### CREPE PAPER FLOWERS: COSMOS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Head into the fall with the last of the summer wildflowers and learn how to make long lasting Cupcake Cosmo paper flowers. Students will make the unique petals of this flower in two variations, then finishing off the flower with delicate leaves. Materials Fee: \$15 payable to the instructor on the day of the workshop. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Nov 16	10:00am – 1:00pm	\$75.00/1	36854