

# ADULT & OLDER ADULT PROGRAMS

## AURORA BARBARIANS – LEARN TO RUGBY

**Age: 18+ years**

**Location: Lind Realty Sports Dome**

This non-contact session is geared towards learning how to play to touch/flag rugby through mini/modified games. These sessions will be filled with fun challenges, while learning how to play rugby. T-shirt will be included.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Jan 23	5:00pm – 6:00pm	\$40.00/8	37288

## 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	Jan 13	9:30am – 10:15am	\$77.00/12	37908
Tue	Jan 13	10:30am – 11:15am	\$77.00/12	37909

## 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.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 14	7:30pm – 8:30pm	\$110.00/9	37899

## 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: Feb 16

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 12	7:30pm – 8:30pm	\$112.00/9	37900*

## 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: Feb 16

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 12	8:30pm – 9:30pm	\$114.00/9	37901*

## BASIC CARDIO

**Age: 55+ years**

**Location: Hybrid – ASC & ZOOM**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 15	9:00am – 9:30am	\$44.00/12	37910

## BOOT CAMP GOLD

**Age: 55+ years**

**Location: ASC**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 13	9:00am – 9:45am	\$77.00/12	37911

## 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	Jan 13	3:00pm – 3:45pm	\$77.00/12	37912
Thu	Jan 15	3:00pm – 3:45pm	\$77.00/12	37913

## 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	Jan 16	10:00am – 10:45am	\$77.00/12	37914

## 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	Jan 14	1:30pm – 3:30pm	FREE/6	37915

## AGE REQUIREMENTS

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

# ADULT & OLDER ADULT PROGRAMS



## CIRCL MOBILITY™

**Age: 55+ years**

**Location: Hybrid – ATH & ZOOM**

CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better for longer. With the use of a chair, you will unlock your body's potential while you focus on flexibility, breathwork and mobility exercises. This program utilizes standing and seated exercises.

**NEW!**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 13	10:00am – 10:45am	\$77.00/12	37937

## 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	Jan 13	1:00pm – 1:30pm	\$44.00/12	37916

## GET FIT!

**Age: 55+ years**

**Location: Hybrid – ASC & ZOOM**

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.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 14	9:00am – 9:45am	\$77.00/12	37917
Fri	Jan 16	9:00am – 9:45am	\$77.00/12	37918

## GET STRONG

**Age: 55+ years**

**Location: \*ATH**

**^Hybrid – ASC & ZOOM**

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	Jan 13	1:45pm – 2:45pm	\$77.00/12	37919*
Fri	Jan 16	11:00am – 12:00pm	\$77.00/12	37920^

## INTRODUCTION TO WEST COAST SWING

**Age: 18+ years**

**Location: ASC**

West Coast Swing is a fun and versatile social dance form suitable for a wide range of music including Jazz & Blues, Country & Western, R&B, Soul and Classic Rock. Although it has its roots in the "swing" family of dancing, its steps are quite different from the Jive and other traditional Swing dances. This program will get you started with the basic steps and figures of this popular dance form. Partners are required.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 14	8:30pm – 9:30pm	\$110.00/9	37906

## 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 on a particular type of project. 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	Jan 13	2:00pm – 3:15pm	FREE/4	37938

## KNITTING: LEARN TO KNIT – STEP 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	Jan 14	10:00am – 11:15am	\$10.00/3	37939

## KNITTING: LEARN TO KNIT – STEP 2

**Age: 55+ years**

**Location: ASC**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Feb 18	2:00pm – 3:15pm	\$45.00/4	37940

# 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, then use class time to get help with any problem areas. Some printed notes will be shared in class, however 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.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 13	10:00am – 11:15am	\$45.00/4	37941

## KNITTING: WINTER LOG CABIN BLANKET

**Age: 55+ years**

**Location: ASC**

This is a beginner style knit blanket that mimics the popular traditional log cabin quilt design. The blanket is a modular knit (knit all in one piece, join as you go, no seaming) in garter stitch (knit every row) and great for using up stash. It is a formula style design which allows you to be creative with your own colours, yarn weight and size. The final colour selections for your blanket can be made later. This class will acquaint you with the techniques and construction of knitting. Students should be proficient in basic knitting skills of casting on and simple knit stitch, however this class does not require advanced skills. Please pick-up a supply list at the ASC and bring supplies to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Feb 18	10:00am – 11:15am	\$45.00/4	37949

## LEARN TO CROCHET

**Age: 55+ years**

**Location: ASC**

This class will serve as an introduction to crochet. You will learn the basic beginner stitches – chain, single, double, half double and treble stitches, increases and decreases, flat crochet and crochet in the round. We will learn to read crochet patterns and practice your new skills completing a couple of simple projects. Bring some DK or worsted weight yarn and 4mm crochet hook to the first class.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 14	2:00pm – 3:15pm	\$45.00/4	37950

## 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 practice sessions as well as evening parties.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 13	6:30pm – 7:30pm	\$85.00/10	37924^
Tue	Jan 13	8:00pm – 9:00pm	\$85.00/10	38129*



## 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: Feb 16

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 12	9:30am – 10:15am	\$77.00/12	37925*
Thu	Jan 15	9:30am – 10:15am	\$77.00/12	37921

## 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: Feb 16

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 12	9:00am – 10:00am	\$77.00/12	37922*

## 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	Feb 14	1:00pm – 5:00pm	\$70.00/1	37903
Sat	Mar 28	1:00pm – 5:00pm	\$70.00/1	37904

## PROGRAM PRICES & HST

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

## SENIORS NEWSLETTER

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



# 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	Jan 15	1:00pm – 1:45pm	\$102.00/12	37923

## PILOGA

**Age: 55+ years**

**Location: \*ASC**

**^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.

~No class on: Feb 16

>No class on: Mar 20 & Apr 3

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 12	9:00am – 9:45am	\$77.00/12	38079*~
Tue	Jan 13	11:00am – 11:45am	\$77.00/12	37926*
Fri	Jan 16	9:00am – 9:45am	\$77.00/12	37927^>

## POWERFUL TOOLS FOR CAREGIVERS

**Age: 55+ years**

**Location: ATH**

This is a 6-week, evidence-based workshop designed to empower caregivers with practical skills, emotional support and renewed confidence. Through engaging sessions and thoughtful discussions, participants will learn how to care for themselves while caring for others, leading to a healthier and happier caregiving journey. Whether you're new to caregiving or have years of experience, this workshop offers a safe, supportive space to grow, connect and thrive. This program is offered in partnership with Southlake Regional Health Centre.

**NEW!**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Mar 4	1:30pm – 3:30pm	FREE/6	37951

## STRETCH & TONE

**Age: 55+ years**

**Location: Hybrid – ASC & zoom**

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.

\*No class on: Feb 16

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 12	1:30pm – 2:30pm	\$77.00/12	37928*
Thu	Jan 15	9:45am – 10:45am	\$77.00/12	37929

## 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.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 12	6:15pm – 7:45pm	\$142.00/12	37902

## VOLLEYBALL – LEAGUE: BEGINNER & INTERMEDIATE

**Age: 18+ years**

**Location: SARC**

Bump, set, fun! Looking to meet new people, stay active, and enjoy some friendly competition? 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, along with 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	Jan 14	8:00pm – 10:00pm	\$160.00/10	37850

## 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, Circle Mobility, Get Fit, Get Strong, Move & Tone, Stretch & Tone 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: Feb 16

DAY	DATE	TIME	FEE/WEEKS	CODE
M-F	Winter Season	See Schedule	\$77.00/12	37905*





## 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!

Aurora's Virtual  
Seniors Centre

365-500-3161 [wow@aurora.ca](mailto:wow@aurora.ca)

## 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.



## 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 Indoor Walking Track at the AFLC. Bring your water bottle and be ready to have fun.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 14	12:15pm – 1:00pm	\$77.00/12	37930

## WALKING SOCCER – LEARN TO PLAY

**Age: 55+ years**

**Location: Lind Realty Sports Dome**

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	Jan 14	1:00pm – 1:45pm	\$82.00/10	37944

## WALKING SOCCER – SCRIMMAGE

**Age: 55+ years**

**Location: Lind Realty Sports Dome**

With rule changes to ensure a non-contact and a slower-paced game, walking soccer is designed to keep you safe while having a blast. Everyone is welcome. This is your chance to get back on the field, no matter your fitness level or experience. Join the Aurora Soccer Club and be part of a supportive community that loves soccer as much as you do.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 14	2:00pm – 2:45pm	\$70.00/10	37945

## YOGA: CHAIR

**Age: 55+ years**

**Location: ASC**

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

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 14	10:00am – 11:00am	\$77.00/12	37932



**YOGA: CHAIR, MOVEMENT & MEDITATION****Age: 55+ years****Location: ATH**

Learn how to connect your body and mind. 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 and engaged.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 15	11:00am – 12:00pm	\$77.00/12	37946

**ZUMBA GOLD****Age: 55+ years****Location: Hybrid – ASC & zoom**

The design of the class introduces easy-to-follow Zumba, choreography to a Latin and World rhythms that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 13	10:00am – 10:45am	\$77.00/12	37947

**ZUMBA GOLD TONING****Age: 55+ years****Location: Hybrid – ASC & zoom**

The design of the class introduces easy-to-follow Zumba, choreography to a Latin and World rhythms that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 13	9:00am – 9:45am	\$77.00/12	37948



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.**



# ADULT & OLDER ADULT PROGRAMS

## FAMILY WORKSHOPS

Join Us For These Exciting Programs!

### AURORA MUSEUM & ARCHIVES: MUSEUM MONDAY

Age: 7+ years

Location: ATS

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	Jan 19	6:30pm – 8:00pm	\$10.00/1	38064
Mon	Feb 23	6:30pm – 8:00pm	\$10.00/1	38065

### AURORA MUSEUM & ARCHIVES: PHOTO DIGITIZATION WORKSHOP

Age: 16+ years

Location: ATS

This hands-on workshop will guide participants through the process of scanning, organizing and preserving old prints and slides. Learn how to protect your family history, enhance image quality, and store your memories safely for future generations. No experience needed. Participants will enjoy one hour of instruction, followed by one hour of hands-on work.

**NEW!**

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Jan 25	10:00am – 12:00pm	\$10.00/1	38130
Thu	Feb 19	6:00pm – 8:00pm	\$10.00/1	38131

### EGYPTIAN BELLY DANCE WORKSHOP

Age: 10+ years

Location: ATS

Join us for a fun and exciting workshop in authentic Egyptian belly dancing. 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
Mon	Jan 12	6:00pm – 8:00pm	\$30.00/1	38067
Mon	Feb 2	6:00pm – 8:00pm	\$30.00/1	38068
Mon	Mar 2	6:00pm – 8:00pm	\$30.00/1	38069



## 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. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

\*No class on: Mar 19

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 15	9:00am – 11:00am	\$155.00/10	38022*

### 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.

\*No class on: Mar 19

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 15	11:30am – 1:30pm	\$155.00/10	38023*

### 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: Feb 16

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 12	6:30pm – 9:00pm	\$250.00/8	38024*

### 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	Jan 14	6:30pm – 9:00pm	\$170.00/8	38029



### 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.

\*No class on: Mar 18

^No class on: Mar 19

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 14	9:00am – 10:30am	\$130.00/10	38030*
Thu	Jan 15	2:00pm – 3:30pm	\$130.00/10	38031^

### 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	Jan 13	6:30pm – 9:00pm	\$250.00/8	38033

### 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	Jan 14	6:00pm – 7:00pm	\$135.00/8	38037

### 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	Jan 14	7:30pm – 8:45pm	\$150.00/8	38038

### INTRO TO 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.

\*No class on: Feb 16

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 12	6:30pm – 9:00pm	\$210.00/8	38057*

### PRINTMAKING SERIES

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Learn printmaking with two 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.

Jan 15: Printmaking I: Basics in Black and White

Jan 29: Printmaking II: Exploring Colour

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 15	6:00pm – 9:00pm	\$50.00/1	38053
Thu	Jan 29	6:00pm – 9:00pm	\$50.00/1	38052

### 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.

\*No class on: Mar 17

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 13	1:00pm – 3:30pm	\$195.00/10	38054*

**NEW!**

**NEW!**



# ADULT & OLDER ADULT PROGRAMS

## 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.

\*No class on: Mar 17

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 13	9:30am – 12:00pm	\$195.00/10	38055*

## WATERCOLOUR I: INTRO TO BASICS

**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.

\*No class on: Feb 19

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 15	6:30pm – 9:00pm	\$250.00/8	38041*

## WATERCOLOUR II: 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 with a curriculum specially designed to enrich and refine your existing 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
Thu	Jan 14	1:00pm – 3:30pm	\$250.00/8	38056

## WOOD PHOTO TRANSFERS & MEDIUMS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. In this hands-on workshop, participants will learn the process of photo transferring an image onto a panel while incorporating a range of mixed media techniques. Through layering, texture, and experimentation, you'll be encouraged to explore your creativity and play with different mediums, ultimately crafting a unique piece that reflects your own story and vision. Materials Fee: \$20 payable to the instructor by cash. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Feb 5	6:00pm – 8:00pm	\$120.00/5	38058



## ONE DAY ADULT WORKSHOPS

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

### ACRYLIC MAPLE LANDSCAPE PAINTING

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. This 3-hour workshop introduces participants to the basics of acrylic landscape painting. Students will explore composition, brushwork, and layering to capture light and atmosphere in nature. By the end of the class, each participant will complete their own original Maple landscape painting. Please note the list of materials to bring to class in addition to the materials and tools to be supplied by the instructor for a \$20 materials fee. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Jan 25	1:00pm – 4:00pm	\$60.00/1	38045

### CREPE PAPER FLOWER SERIES: WINTER PEONIES

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Chase away the winter blues this February by crafting a lush paper peony that will bloom long after the season ends. In this hands-on paper flower workshop, you'll learn how to use crepe paper to create ultra-realistic petals and assemble a stunning peony stem. Perfect for beginners. Please bring a pair of sharp-tipped scissors. A material kit fee of \$15.00 is 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	Feb 22	10:00am – 1:00pm	\$75.00/1	38028

### EXPRESSIVE PAINTING FOR WELLBEING

**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. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Mar 8	11:00am – 4:00pm	\$90.00/1	38034

### FAMILY WATERCOLOUR KEEPSAKE CREATIONS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. A family focused watercolour workshop celebrating the artful bond that is created, while creating. Choose from two Indigenous themed templates to celebrate a theme of "togetherness" that can be hung in your home to add to a lifetime of family memories. A material kit fee of \$30.00 is 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	Mar 29	1:00pm – 3:30pm	\$90.00/1	38035

## GALENTINE'S BEADED NECKLACE

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Bring your friends or secret admirers and discover the art of Indigenous jewelry-making using the single needle flat stitch beading technique to make a beaded pendant necklace for Valentine's Day. Materials fee of \$20 is 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	Feb 8	11:00am – 1:30pm	\$75.00/1	38036

**NEW!**

## INTRO TO MODERN CALLIGRAPHY

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Tap into your artistic and creative self and learn the art of modern calligraphy using a brush pen. The workshop begins with learning how to hold a brush pen, followed by an introduction to the basic strokes and exercises to get you comfortable with using the pen. Students will then apply the foundational skills learned to write letter forms, connect words and write phrases and short quotes. Perfect for beginners. 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
Mon	Mar 2	12:30pm – 3:30pm	\$75.00/1	38040

**NEW!**

## INTRO TO HAND SEWING & MENDING

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Learn the essentials of hand sewing and simple embroidery to repair and personalize your clothes. In this beginner friendly 3-hour workshop, practice core stitches (running, backstitch, whip/blanket, chain, French knot) and turn reclaimed fabric into a custom embroidered patch. All materials provided. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Apr 11	12:00pm – 3:00pm	\$60.00/1	39029

**NEW!**

## INTRO TO NEEDLE FELTING: WOOLLY VISIONS

**Age: 16+ years**

**Location: ATS**

This program is brought to you by the Aurora Cultural Centre. Join us for a relaxing and creative needle felting workshop where you'll learn the fundamentals of needle felting while crafting your own unique felted landscape. Bring a favourite landscape image for inspiration or choose from a selection provided by the instructor. A frame will be included, and time will be set aside to complete your piece, ensuring it's ready to display. No prior experience needed, just bring your creativity. Materials Fee: \$15 payable to the instructor by cash. Please email [info@auroraculturalcentre.ca](mailto:info@auroraculturalcentre.ca) if you have any questions.

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Feb 2	12:30pm – 3:00pm	\$60.00/1	38059

**NEW!**

