

AURORA SENIORS' CENTRE SENIORS ACTIVE LIVING FAIR

**SATURDAY
SEPTEMBER 6
9 a.m. to 1 p.m.
FREE ADMISSION!**

**Aurora Seniors' Centre
90 John West Way, Aurora
aurora.ca/ActiveSeniors**

OVER 50 EXHIBITORS!

- ▶ On-site and Virtual Health Presentations
- ▶ Fitness Demonstrations
- ▶ Blood Pressure Clinic
- ▶ Grab Bags Available (limited quantities)
- ▶ Free BBQ Lunch (limited quantities)



For more information call 365-500-3161 or email seniorscentre@aurora.ca



Funding provided by:



This event is hosted by Aurora Seniors' Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Province of Ontario.

See our educational Seminar schedule in on page 4 of the Newsletter

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▶ ASA Board of Directors

Can you believe that we are heading into the last few weeks of summer? We haven't really had much of an Autumn in the last few years, but it can be beautiful as we enjoy the Fall colours.

The Fundraising committee hosted an Ice Cream Social on August 20. A great crowd enjoyed music, conversation and tasty treats served up by our very own soda jerks. Thanks for a great afternoon.

September starts off busy at the Centre beginning with the Open House on Wednesday the third. This is a great opportunity to meet the co-ordinators of our ASA programs and perhaps find a new interest. Remember all ASA programs are \$1 per day so please put your loonie in the box at reception or purchase a 12-visit card for only \$10. This money helps support ASA operations. On Saturday, September 6 we are hosting the Seniors' Active Living Fair with over 50 exhibitors on hand to talk about programs and services available to Older Adults. Try to make it out to these two events. Most ASA programs run year-round while Town of Aurora activities have a seasonal schedule.

Registration is now open and can be done on-line at aurora.ca/e-play or in person at the Centre. Try-it week is coming up which is a good opportunity to explore new interests.

Recently at Men's Shed we had two speakers from York Region Transit who talked to us about the many available and economical options available for getting around town or even to the airport. They really emphasized the advantages of the Presto card which I know many of you are already using. I set mine for automatic re-load so I don't have to worry about emptying the card.

Last month I wrote about the various standing committees we have in the ASA. The Board is currently updating the purpose and mandate of each committee to ensure that nothing falls through the cracks. This will be a very worthwhile exercise. Glen Sharp – ASA President

CODE OF CONDUCT

Unacceptable behavior including, but not limited to the following will not be tolerated at the Centre:

- Offensive behavior including disruptive or unhygienic conduct.
- Racial, religious, ethnic, gender intolerance or any act of discrimination as defined in the Ontario Human Rights Code.
- Harassment of any kind, including physical, verbal, or sexual.
- Violence or the threat of violence in any form with or without a weapon.
- Recurrent use of any form of foul language generally considered to be inappropriate.
- Use of alcohol except when and where licensed.
- Tobacco use indoors or outdoors where designated non-smoking.
- Use of illicit drugs.
- Theft and/or or Willful damage of property.
- Failure to sign any waiver of liability form required of the Aurora Seniors Association
- Violations for failure to comply with the By-laws, Regulation and Policies of the Association

Any and all offences of this **Code of Conduct** must be submitted in writing to Town Staff and subject for review by the **Conduct Review Committee**

AURORA SENIORS' CENTRE

SENIORS ACTIVE LIVING FAIR

September 6**9 a.m. to 1 p.m.**

90 John West Way

Over 50 exhibitors!**aurora.ca/ActiveSeniors**

WE ARE EXCITED TO ANNOUNCE OUR ACTIVE LIVING FAIR SEMINAR SCHEDULE!

Financial Wellness with Ontario Securities Commission

9:20 a.m. – 10 a.m.

This Seminar will cover what financial wellness is and steps to help you achieve it.

Racquet Sports Injury Prevention with Aurora Sports Medicine Professionals

10:15 a.m. to 10:55 a.m.

Join physiotherapists Megan and Mike from Aurora Sports Medicine Professionals for a focused seminar on preventing injuries in racquet sports. At this seminar, you will learn about common injuries, prevention strategies, and recovery techniques ideal for players of all levels. Whether you're aiming to stay injury-free or enhance performance, this seminar offers practical tools to keep you on court longer and stronger.

Blood Pressure Clinic from Chartwell Retirement Residence

10:30 a.m. to 11:30 a.m.

York Region Plan to Support Seniors and YRT Transit Options for Seniors

11:10 a.m. to 11:50 a.m.

This session will provide highlights from the 2024 to 2027 York Region Plan to Support Seniors: Navigating Forward Together. The Plan focuses on helping seniors “age in the right place” by enhancing health, social care, and community supports. Then hear about York Region Transit options available to seniors that can help promote independence, access to services, and social connection. Together, these initiatives reflect the Region’s commitment to fostering safe, inclusive, and supportive environments for residents of all ages, including seniors.

Please Note – if you cannot attend the Fair in-person, a Zoom link will be sent out the day before the event.

AURORA SENIORS CENTRE

OPEN HOUSE

**Wednesday
September 3
10 a.m. to 3 p.m.**

**Aurora Seniors' Centre
90 John West Way
aurora.ca/seniors**

**COME FOR A TOUR OF THE CENTRE MEET OUR VOLUNTEERS
AND THE ACTIVITIES THEY REPRESENT**

Art Drop In
Badminton
Bar - Social Committee
Billiards
Bingo
Board of Directors
Canasta
Choir
Colouring
Computer Club
Conversational German
Conversational Italian
Conversational French

Dances
Fitness
Fun Night
Fundraising
Knitters
Let's Create
Library
MahJong
Mandarin Singing
Men's Shed
Movie
Pickleball
Silver Stars

Snooker League
Special Events
Travel
Table Tennis
Walking Soccer
Wood Carving
Wood Shop
WOW & SCM



For more information call 365 500 3161 or email seniorscentre@auroraca



Town of Aurora Fall 2025 Programs

Town of Aurora 2025 Fall program registration is open:

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
3. Register in Lounge at the Aurora Seniors Centre Monday, August 11, with a Customer Service Representative 9 a.m. to 12 p.m.

LEGEND

ASC – Aurora Seniors Centre

ATH – Aurora Town Hall

AFLC – Aurora Family Leisure Centre

Sports Dome – Lind Realty Sports Dome

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	Code
Tue	Sept 16	9:30am-10:15am	\$77.00/12 36812
Tue	Sept 16	10:30am-11:15am	\$77.00/12 36813

BASIC CARDIO – HYBRID (in person ASC & ZOOM)

Age: 55+ years Location: ASC

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

Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session.

Day	Date	Time	Fee/Class	Code
Thurs	Sept 18	9am - 9:30am	\$44.00/12	36814

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 get a taste of several popular dances like the cha-cha, rumba, mambo, merengue and foxtrot. This course will be taught by a couple so that participants may fully benefit from perspectives of both the leader and the follower. Prior dance experience is not necessary. Partners are required for this program.

Day	Date	Time	Fee/Class	Code
Wed	Sept 17	7:30pm – 8:30pm	\$110/9 per person	36866

BALLROOM & LATIN DANCE LEVEL 2

Age: 18+ years Location: ASC

Focusing on "dancing for fun", this program will develop dance skills and steps previously taught in the Beginners level. Some new dances will be introduced such as the waltz, swing, samba, quickstep, salsa, cumbia or bachata. This course is taught by a couple so that participants fully benefit from perspectives of both the leader and the follower.

"Ballroom & Latin Dancing Beginners" or previous dance experience are preferred prerequisites for this class. Partners are required.

No class Oct 13

Day	Date	Time	Fee/Class	Code
Mon	Sept 8	7:30pm – 8:30pm	\$112/9 per person	36867

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 in order to provide in-depth instruction for each of the dance styles taught. Several sessions of Level 2 would be the preferred prerequisite for this course. Partners are required. No class Oct 13

Day	Date	Time	Fee/Class	Code
Mon	Sept 8	8:30pm – 9:30pm	\$114/9 per person	36868

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	Sept 16	9am - 9:45am	\$77.00/12	36816 Full

NEW 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, wrapping paper.

Day	Date	Time	Fee/Class	Code
Fri	Oct 24	2pm - 4pm	\$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
Tues	Sept 16	3pm - 3:45pm	\$77.00/12	36817
Thurs	Sept 18	3pm - 3:45pm	\$77.00/12	36832

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	Sept 19	10am-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
Tues	Sept 16	1:30pm-3:30pm	Free/6	36817

NEW CIRCL MOBILITY™

Age: 40+ years Location: Hybrid (In-Person ASC and ZOOM)

CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer. With the use of a chair, you will unlock your body's potential while you focus on flexibility, breathwork and mobility exercises. **Note:** Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session.

Day	Date	Time	Fee/Class	Code
Tues	Sept 16	10am 10:45am	\$77.00/12	37257

CORE ON THE FLOOR

Age: 55+ Location: ATH

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

Day	Date	Time	Fee/Class	Code
Tues	Sept 16	1pm - 1:30pm	\$44.00/12	36820 FULL

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:** Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session

*No Class October 8

Day	Date	Time	Fee/Class	Code
Wed	Sept 17	9am - 9:45am	\$77.00/12	*36823
Fri	Sept 19	9am - 9:45am	\$77.00/12	36825 FULL

GET STRONG

Age: 55+ Location: Hybrid (In-Person ASC and 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. **Note:** Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session

Day	Date	Time	Fee/Class	Code
Fri	Sept 19	11am – 12pm	\$77.00/12	36828

GET STRONG

Age: 55+ Location: ATH

See Above Description

Day	Date	Time	Fee/Class	Code
Tues	Sept 16	1:45pm – 2:45pm	\$77.00/12	36826

NEW 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. This is a FREE class and most supplies also provided FREE. 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 but yarn will be provided FREE.**

Day	Date	Time	Fee/Cla	Code
Tues	Sept 23	2:30pm – 3:45pm	FREE/4	36896

KNITTING LEARN TO KNIT PART 1

Age: 55+ years Location: ASC

A simple knit square or rectangle can become a button cowl, fingerless gloves or hat. In this LEARN TO KNIT class, you will learn several necessary basic skills to get started knitting; understanding yarn & gauge, casting on, knit and purl stitches, button holes, casting off, seaming. These skills will be practiced while knitting three small projects – a dishcloth, fingerless mitts and a cowl.

Participants need no prior experience knitting

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

Day	Date	Time	Fee/Class	Code
Wed	Sept 24	10am – 11:15am	\$10.00/3	36890

NEW 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 with Beth. Participants will also be provided with a varied selection of 15 plus patterns which involve techniques with which the students may be unfamiliar. Students will be able to select projects they would like to try, ones with which they are familiar with say 75% of what is involved in the pattern, and then use class time to get help with the problem areas. Some printed notes will be shared in class but the majority of information will be shared on line or by links to Ravelry, to save the center from printing costs. Students therefore need to have internet access and a printer available to them. It is also important they have joined the knitting app Ravelry. If you are unfamiliar with Ravelry it is a fabulous FREE knitting app and you will be shown how to join in the first class

Day	Date	Time	Fee/Class	Code
Tues	Sept 23	10am – 11:15am	FREE/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, self-stripping – you will not believe the possibilities available. 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.

List of supplies will be available at reception.

Day	Date	Time	Fee/Class	Code
Wed	Sept 24	2:30pm-3:45	\$56.00/5	36889

NEW KNITTING SOCKS MENDING

Age: 55+ years Location: ASC

Learn mending holes in your treasured hand knit socks to add years to their life.

Sock Mending Supply List:

A sock in need of mending-or-25stitchX30 row swatch to practice on. Double pointed needles in the smallest size you have. Double pointed needles in the size used for sock or swatch. A few meters of yarn matching your sock or swatch in weight. Tapestry needle, scissors

Day	Date	Time	Fee/Class	Code
Wed	Oct 28	2:30pm-3:45	FREE/1	36898

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, 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 Part 1.

List of supplies will be available at reception

Day	Date	Time	Fee/Class	Code
Wed	Oct 29	10am – 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/techniques which will allow you to create various styles of mitts – gauntlet, fingerless, felted, thrummed. This is an advanced beginner class - Students must be proficient in basic knitting skills. Students need to pick these supplies and bring to your first class.

List of supplies will be available at reception.

Day	Date	Time	Fee/Class	Code
Wed	Nov 5	2:30pm-3:45pm	\$45.00/4	36888

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	Sept 23	6:30pm-7:30pm	\$85.00/10	37089

MENS FIT

Age: 55+ years Location: ATH

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

No class October 13

Day	Date	Time	Fee/Class	Code
Mon	Sept 15	9:30am – 10:15am	\$77.00/11	36833
Thur	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 and independent adult.

No class October 13

Day	Date	Time	Fee/Class	Code
Mon	Sept 15	9am - 10am	\$77.00/12	36830

PAINT & SIP

Age: 18+ years Location: ATH

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

Day	Date	Time	Fee/Class	Code
Sat	Oct 25	1pm - 5pm	\$70/1	36870
Sat	Nov 22	1pm – 5pm	\$70/1	36871

NEW 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.

*No Class October 2

Day	Date	Time	Fee/Class	Code
Tues	Sept 18	1pm - 1:45pm	\$102.00/12	36894

PILATES

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.

*No Class October 2

Day	Date	Time	Fee/Class	Code
Thur	Sept 18	2pm - 2:45pm	\$102.00/12	36895

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
Tues	Sept 16	10:30am - 11:15am	\$77.00/12	36835 FULL
Fri	Sept 19	9am - 9:45am	\$77.00/12	36834

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 qigong helps to improve strength, coordination 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 Qigong that you can immediately bring into your daily life. This is an empowering practice. All levels are welcome. Qigong can be practiced both standing and seated.

Day	Date	Time	Fee/Class	Code
Wed	Sept 17	11:30am - 12:15pm	\$77.00/12	36850

NEW QI-GONG & YOGA BLENDED

Age: 55+ years Location: ATH

Both practices of Qigong and Yoga offer so many benefits to your health and vitality. Imagine how amazing you can feel when combining the two modalities. Each session begins with breath awareness, follows with a gentle yoga warm-up and a qigong flow to balance the energy. A final relaxation follows to allow you time to fully absorb the benefits of your session. Please bring a yoga mat to the class. There will be standing and floor work involved.

*No Class Oct 13

Day	Date	Time	Fee/Class	Code
Mon	Sept 15	2pm - 3pm	\$70.00/11	37179

SOCIAL LATIN DANCE FOR COUPLES

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 even 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	Sept 17	8:30pm - 9:30pm	\$110.00/9 per person	36873

STRETCH & TONE

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

This class is designed for functional fitness. Functional fitness prepares and enhances the body for real life movement, and to make daily motions easier and safer. 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. Real life strength and wellness!

Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session.

*No Class October 13 & November 17

Day	Date	Time	Fee/Class	Code
Mon	Sept 15	1:30pm - 2:30pm	\$77.00/12	35118 FULL
Thurs	Sept 18	9:45 am - 10:45 am	\$77.00/12	36838 FULL

THE STORY OF MY LIFE

Age: 55+ years Location: ATH

What will be the title of your life story? With fun, interactive and engaging sessions, The Story of my Life journaling 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 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 to explore moving forward. Travel back in world history, with the theme Generation Gap, to events that impacted you and your loved ones. Other themes include: Character Traits, Life Well Lived, My Guesthouse, hear me Roar!, Life's Lessons, Aha!, and Who am I?.

A one-time fee of \$25 for workbook due in the first class.

Day	Date	Time	Fee/Class	Code
Thur	Sept 25	1:30pm -3pm	\$89.00/10	36841

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	Sept 17	12:15pm -1pm	\$77.00/12	36842

NEW WALKING SOCCER – LEARN TO PLAY

Age: 55+ years Location: SPORTS DOME

Are you ready to rediscover the joy of soccer in a safe, fun, and friendly environment? 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.

Coaching: Learn from experienced coaches from the Aurora Soccer Club who will guide you through the basics and help you improve your skills.

Drills & Technique: Participate in engaging drills designed to enhance your technique and understanding of the game.

Scrimmage Time: Put your skills to the test with friendly scrimmages that emphasize teamwork and fun.

What You Need: Comfortable clothes and Running shoes

Day	Date	Time	Fee/Class	Code
Wed	Sept 24	1pm -1:45pm	\$82.00/10	36897

NEW WALKING SOCCER SCRIMMAGE

Age: 55+ years Location: SPORTS DOME

This program is most suited for players that have some experience playing soccer (walking or running) or other team sports. Each session participants will warm up and be organized into two balanced teams. Contrasting-coloured vests will be provided to each team. The teams will play a supervised game with two 25–30-minute halves. After playing for a bit, adjustments can be made to balance the teams. Rest and water breaks will be provided as required. Based on the number of participants each week there will be a few substitutes on each team providing players a break when needed. A large turnout or players can be accommodated by running two games simultaneously. 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	Sept 24	2pm - 2:45pm	\$89.00/10	36899

NEW WREATH WORKSHOP

Age: 55+ years Location: ATH

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
Thur	Nov 13	7pm – 9pm	\$70.00/1	37094

NEW WRITING WITH INTENTION

Age: 55+ years Location: ATH

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. Throughout the course, you'll be guided to reflect and reminisce, using those memories and insights to fuel your writing. With engaging prompts such as "My Character Traits," "Season of Love," and "Rediscovering the Beauty Within," you'll learn how to tap into the richness of your own life stories to craft meaningful writing. Writing with Intention offers a supportive environment where you'll discover how easy and enjoyable writing can be with the right tools and guidance. The goal is to help you develop a consistent writing habit, nurturing your creativity and confidence every step of the way. Join us in this journey of self-expression and personal discovery-where your words have the power to tell your story.

Day	Date	Time	Fee/Class	Code
Thur	Sept 25	7pm – 8:30pm	\$63.00/6	36902

YOGA: Anxiety & Stress

Age: 40+ years Location: ATH

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. 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
Thur	Sept 18	7:45pm-8:45pm	\$77.00/12	36843

YOGA: CHAIR YOGA

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.

No Class October 8

Day	Date	Time	Fee/Class	Code
Wed	Sept 17	10am -11am	\$77.00/12	36844

YOGA: CHAIR MOVEMENT & MEDITATION

Age: 55+ years Location: ASC

How many times is your body in one place and your mind somewhere else? Learn how to connect the two so you enjoy life being fully present. Living with awareness of the moment and not being engrossed or obsessed about the future that can sometimes make us anxious and missing precious moments. Combined with traditional Chair yoga we will turn off the autopilot, find our breath and expand our awareness. We'll put our attention and focus 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, grateful and fully aware while living the moments of your life.

Day	Date	Time	Fee/Class	Code
Thurs	Sept 18	10am -11am	\$77.00/12	36845

YOGA: HATHA

Age: 55+ years Location: ASC

These classes will greatly benefit for 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 Oct 13 & Nov 17

Day	Date	Time	Fee/Class	Code
Mon	Sept 15	12:15 pm - 1:15 pm	\$77.00/12	37153

NEW 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.

No class Oct 8

Day	Date	Time	Fee/Class	Code
Wed	Sept 17	2pm -2:30	\$80.00/10	37180

YOGA: MAT & MEDITATION

Age: 40+ years Location: ATH

Join this unique mix of Mat Yoga and Meditation. The first half of the practice will consist of gentle and relaxing yoga movement on the mat. The use of provided blocks, straps, bolsters and blankets will enhance the experience. Stretches and yoga poses will improve flexibility and cultivate a calming breath helping with anxiety and stress. The second half will flow into a mindful and guided meditation. Yoga Nidra will be introduced about week 5. Yoga Nidra, or yogic sleep is a powerful technique to slow down the body and mind to a state between waking and sleeping. This practice is a treat to the body and soul. Yoga experience is not necessary. Dress comfortably and bring a yoga mat and a cozy blanket.

Day	Date	Time	Fee/Class	Code
Tues	Sept 16	9:15am - 10:15am	\$77.00/12	36851

YOGA: RESTORATIVE

Age: 40+ years Location: ATH

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 quiet meditative state. Just a few of benefits of restorative yoga are it deeply relaxes the body, stills a busy mind, balances the nervous system and releases muscular tension, 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 you own if you wish.

Day	Date	Time	Fee/Class	Code
Thurs	Sept 18	6:30pm – 7:30pm	\$77.00/12	36847

YOGA: SUNSET

Age: 40+ 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

NEW ZUMBA GOLD

Age: 40+ years Location: : (In-Person ASC and 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

Note: Participants may choose to attend either in person or virtually. A Zoom link will be provided to all registered participants in advance of the session

Day	Date	Time	Fee/Class	Code
Tue	Sept 16	11am – 11:45am	\$77.00/12	37252

NEW ZUMBA GOLD TONING

Age: 40+ years Location: ASC

Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba Gold-Toning blends the Zumba; party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks or light hand weights to shake up and tone up those muscles!

Day	Date	Time	Fee/Class	Code
Tue	Sept 16	9am – 9:45am	\$77.00/12	37256

VIRTUAL ALL-ACCESS PASS NEW

Enjoy Our Fitness Classes Virtually at Home!

VIRTUAL FITNESS: ALL-ACCESS PASS

Age: 40+ years Location: ZOOM

Our all-access pass allows you to join any of our virtual fitness classes: 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 10:00 a.m. Circ Mobility
Tuesday 11:00 a.m. Zumba Gold
Wednesday 9:00 a.m. Get Fit
Thursday 9:00 a.m. Basic Cardio
Thursday 9:45 a.m. Stretch & Tone
Friday 9:00 a.m. Get Fit
Friday 11:00 a.m. Get Strong

Day	Date	Time	Fee/Class	Code
M-F	Fall 2025 Season	See schedule	\$75.00/12 weeks	36872

DELIGHT PROGRAM

We are excited to partner with the Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program. This program promotes healthy living and well-being for people living with dementia and/or caregivers through exercise, healthy eating, and strategies for living well.

Duration: 8-week program September 16th to November 6th

Number of weekly sessions: Two sessions per week Tuesdays & Thursdays

Time: 11:00 a.m. - 12:00 p.m.

Each Session Includes:

- 30 minute exercise
- Social Connection
- Shared learning about healthy living and dementia, including strategies to support living well through physical activity, healthy eating, sleep, mental health and social support

THIS FREE 8 WEEK PROGRAM TAKES PLACE OVER THE TELEPHONE.

ALL YOU NEED TO PARTICPATE IS A LANDLINE OR CELL PHONE.

TO REGISTER OR FOR MORE INFORMATION
PLEASE CONTACT:
BRANDIE 365 500 3161
BYORG@AURORA.CA

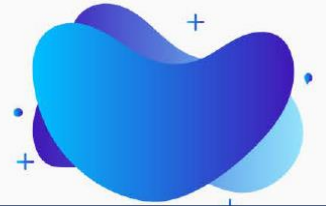


WELCOME GERI BOGSETH

Our Fall Placement Student



Hello Everybody! My name is Geri, I'm a former animation student with a lifelong love for creativity. I've always found joy in making something unique and pleasing to the eye. When I'm not creating, I'm spending time with my two poodles, Chewie and Leia (yes, after the famous 'Star Wars' characters), and my loving family who keeps me motivated and inspired. Recently, I've been channeling my passion into arts and crafts activities and other creative mediums. I'm deeply passionate about working with older adults, especially in recreational settings where I can help bring joy, connection, and purpose to their lives. My goal is to become a registered social service worker so I can continue making a meaningful impact to the seniors in my community. I am excited to spend the next 8 months at the ASA, and I look forward to meeting you all."



WELCOME TO OUR NEW FITNESS INSTRUCTORS

Starting in September!



GILLIAN

Gillian is teaching Bootcamp Gold on Tuesdays as well as Chair Fit on Tuesday and Thursdays.



REGINA

Lia is teaching Zumba Toning, Circl Mobility and Zumba Gold on Tuesdays

Regina is teaching Laughter Yoga on Wednesdays

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



LIA



Indoor WALKING CLUB

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

Tuesday September 30

Tuesday October 7

Tuesday October 14

Tuesday October 21

Tuesday October 28

Seminars to be announced

Aurora Family Leisure Complex
wow@aurora.ca
365-500-3161

WALK STRETCH LEARN



Walk, Talk & Learn

Wednesday September 10
12:15 p.m.
in the Lounge

Join us for Walk, Talk & Learn, and educational seminar with Lucy in the Lounge. Lucy will cover the physical benefits of walking as well as bonus benefits

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 of the beautiful Aurora Arboretum.

Bring your water bottle and be ready to have fun! In case of extreme heat or inclement weather this program will move indoors

Classes Start September 17

12:15 - 1:00pm

\$77/12 classes

ASA BISTRO

LUNCH SERVED AT 12 P.M.
DOORS OPEN AT 11:45 A.M.

\$10 MEMBERS ONLY

MENU

WEDNESDAY, SEPTEMBER 24

HAM WITH POTATO SALAD AND CORN



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

Bistro Tickets on sale from Monday, September 15 to Friday, September 19
Please Note: two tickets per member and no refunds.

ALL BISTROS WILL BE CATERED BY
HEALTHY NOW



LET'S GET ACQUAINTED CALLING ALL MEMBERS!

Wednesday September 10 at 11:00 am.

Learn more about about **YOUR** Seniors Centre:

- Ways to keep socially connected
- Activities & Programs
- Special Events
- Information & Learning Sessions
- Travel
- Volunteer Opportunities
- Meet other members

Please register for this free session.

Register at:



Reception



905-726-4767



asa@auroraseniors.ca

CHAIR FIT

The class focuses on improving strength, flexibility, and balance. We will use a variety of seated exercises, light hand weights, resistance bands, and the participant's body weight. Modifications are provided to accommodate different fitness levels. This is a social class with upbeat music to keep the energy fun. The goal is to improve functional fitness with a smile on your face.



**FREE TRY IT CLASS
SEPTEMBER 9 & 11
AT 3:00 P.M.**

REGISTRATION REQUIRED AT
RECEPTION

FREE TRY IT CIRCL MOBILITY™

**TUESDAY SEPTEMBER 9
AT 10:00 A.M.**

**REGISTRATION REQUIRED
AT RECEPTION**

Classes start Sept 16
10-10:45 a.m.
\$77.00/12 classes

CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer. Using a chair you will unlock your body's potential while focusing on flexibility, breathwork, and mobility exercises.



FREE TRY IT CHAIR ENERGETIC PILATES

**September 11
1:00 P.M.**

REGISTRATION REQUIRED
AT RECEPTION



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

Pilates Seated Energetic
Classes start Sept 15
1-1:45 p.m.
\$102.00/12 classes

FREE TRY IT LAUGHTER YOGA

**WEDNESDAY SEPTEMBER 10
2:00PM**

REGISTRATION REQUIRED AT RECEPTION



This class uses lighthearted movement and deep breathing to encourage intentional laughter. Increased oxygen to body and brain helps enhance energy levels and improve health. Come try it to help reduce stress, increase your immune system and keep you mind positive during challenging times.

Regular classes begin September 17th
2-2:30pm.
\$80.00/10 classes

AURORA SENIORS' CENTRE

TRY IT WEEK

90 John West Way, Aurora
aurora.ca/ActiveSeniors

**SEPTEMBER
8-12**

FREE ADMISSION

SPACE IS LIMITED!

Starting on Monday, August 11
sign-up at reception or email
seniorscentre@aurora.ca

TRY SOMETHING NEW FOR FREE AT THE ASC!

Monday, September 8

Ladies Billiards 9 a.m.
Men's Fit 9:30 a.m.
Hatha Yoga 12:15 p.m.
Pickleball 1:30 p.m.
QiGong & Yoga Blend 2 p.m.

Tuesday, September 9

Zumba Gold Toning 9 a.m.
Circl Mobility 10 a.m.
Colour & Chat 10 a.m.
Zumba Gold 11 a.m.
Get Strong 1:45 p.m.
Chair Fitness 3 p.m.

Wednesday, September 10

Let's Get Acquainted 11 a.m.
Walk Fit 12:15 p.m.
Let's Create 1 p.m.
Walking Soccer Learn to Play. . 1 p.m.
Walking Soccer Scrimmage. . . 2 p.m.
Laughter Yoga 2 p.m.
Ballroom & Latin Dance . . . 7:30 p.m.

Thursday, September 11

Pickleball 9 a.m.
Chair Energetic Pilates 1 p.m.
Pilates 2 p.m.
Chair Fitness 3 p.m.

Friday, September 12

Pickleball 9 a.m.
Men's Shed 10 a.m.
Get Strong 11 a.m.
Fun Night 7 p.m.



FREE TRY IT WALKING SOCCER LEARN TO PLAY



Walking Soccer is a modified version of the traditional game. It's designed for a slower pace and lower impact, making it accessible to a wider range of ages and abilities. It's a non-contact sport where running and jogging are not allowed, ensuring a safe and enjoyable experience for everyone involved.

**COME OUT AND LEARN TO PLAY WALKING SOCCER AT
THE LIND REALTY TEAM SPORTS DOME!**
Wednesday September 10 at 1:00 p.m.



FREE TRY IT WALKING SOCCER SCRIMMAGE

**ALREADY KNOW THE GAME? COME JOIN A SCRIMMAGE AT
THE LIND REALTY TEAM SPORTS DOME!**
Wednesday September 10 at 2:00 p.m.

REGISTRATION RERQUIRED AT RECEPTION



AURORA SOCCER CLUB



Stop by the Walking Soccer Program table at our open house on September 3 for more information or if you have any questions.



OPENING SOON

Learn about Aurora's newest senior lifestyles residence

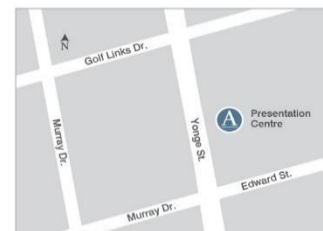
Opening this November, discover senior living like you've never seen before. Amica Aurora Promenade will offer Independent Living, Assisted Living, and Memory Care lifestyle options, with access to well-appointed amenities, chef-prepared meals, enriching social activities and personalized care.

Visit our Presentation Centre to reserve your suite, secure your pre-open rate and learn the perks of being a founding member.

CALL US WITH ANY
QUESTIONS at 905-726-2220.

[AMICA.CA/AURORAPROMENADE](https://amica.ca/aurorapromenade)

PRESENTATION CENTRE:
14785 Yonge St. (beside the LifeLabs)



AMICA
AURORA PROMENADE

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

- **September 12 & 26**
- **October 10 & 24**



Join us on September 12 for our Ballroom Classics dance night. On September 26, we'll bring back Elvis and 50s-60s Oldies. The dance events start with a line dance lesson at 6:45pm, followed at 7:30pm by ballroom dancing and a few more line dances mixed in. Admission: \$5 for members, \$7 for non-members. Music by DJ Les.

LADIES LAUGH & LEARN

Ladies, let's connect!

Join us on Wednesday mornings to meet new friends and try different activities.

Each week will have social time, light refreshments, and some fun. Something different every week.

Wednesdays starting October 15

10:30 a.m. - noon

\$15/8 weeks, Limited to 25 spaces.

Register at reception beginning Monday, September 15



Thank you for supporting our
Aurora Seniors Association's Fundraising Event!



\$50
Per
Person

**Charcuterie Board
appetizers will be served**

**Join us for the
Tastiest Day of
the Year!**

Tasting

AURORA SENIORS CENTRE
90 JOHN WEST WAY

SEPTEMBER 13

7:00PM - 9:00PM

PLEASE PURCHASE AT RECEPTION OR
CONTACT VERN CUNNINGHAM
VERN.CUNNINGHAM@GMAIL.COM
416 523 4882

THANKS TO OUR SPONSORS:



AURORA SENIORS ASSOCIATION

AURORA MEN'S SHED OPEN HOUSE

You Are Invited

4
OCTOBER

11 a.m. to 4 p.m.
Aurora Seniors Centre
90 John West Way

A place to belong, build, and be yourself. Our Men's Shed Open House invites you to see how we combine conversation and community, with friendship and purpose. Drop by for a tour, a chat, and light lunch. Whether you're here to learn, teach, or just be part of something, you'll find your spot. Bring a friend, bring your curiosity, and leave with a smile

Seniors Discount Night

EVERY WEDNESDAY

4pm-8pm

15% OFF

and FREE DESSERT with your meal !



**Open Daily
7am to 9pm**

Bunchberry Diner
165 Wellington Street East
905-503-1133



AURORA SENIORS CENTRES MANDARIN SINGING
GROUP WITH COLLABORATION WITH THE
HUAYUN AURORA MULTICULTURAL ASSOCIATION
PRESENTS

Mid Autumn Moon Festival

**WEDNESDAY,
OCTOBER 8
10:15 A.M.**

tickets available at Reception.

Join us in the West McKenzie at the
Centre for a festive morning of fun
entertainment as we celebrate the
Mid Autumn Festival



▶ ASA Library

NOTE: Our new library email address is asalibrary@auroraseniors.ca Please send us a note or drop by the library if you have any questions or suggestions.

Recent Promotion

We have identified a number of political biographies and heart stopping politically oriented thrillers for your enjoyment. I know you will be surprised at what politicians have to say about themselves.

Gardening Books

We have recently received a number of excellent gardening reference books for your in-library perusal.

Book and Puzzle Donations

We continue to accept book and puzzle donations (up to 1000 pieces). Please limit your donations to a small number at one time. Our members prefer thrillers, novels, biographies, sports and romance. Due to limited space, we cannot accept Cookbooks, Self Help, Dictionaries, Travel Books and Children's books.

Water Damage or Mould

Kindly examine your donations for mould/water damage. We do not shelf donations with this damage.

Large Print Book section

Just a reminder of the large print book section. There are 2 parts – Non-Fiction (mostly Biographies) and Fiction (Novels and Murder Mysteries). Thanks to the Aurora Public Library for their donation.

Borrowing Books

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

We have noticed that some borrowers when introduced to a new author borrow all available copies of their books. Please limit yourself to 2 copies of a single author thus leaving some for other borrowers. James Patterson is an exception to this limit.

General Administration

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

▶ ASA Special Events Committee

The special event committee would like to thank everyone who came out to celebrate summer with "The Pacemakers" band for another fun filled evening of live music and dancing. Thanks to the band for a great evening.

The committee is looking forward to hosting a "Trivia Night" on Friday October 3 rd. @ 6:30pm and Tony the Entertainer on Saturday December 6th @7pm. We invite you to come out and visit us to learn more about our committee and the events we host at the ASA open house On Wed. September 3. We look forward to meeting you."

ASA WOODCARVING GROUP

Our Drop-in introduction sessions in August were well attended, thank you to those who stopped by.

We will be running a 8-week training course at a cost of \$60.00 beginning on Thursday, September 11 at 1:30 p.m. limited space available!

If you are interested, please register at the Woodshop prior to September 11 on either a Tuesday or Thursday morning between 8:30 a.m. to 1 p.m.

If you have any questions please call Mel James, ASA Woodcarver coordinator at 416 565 4099

► Centre Etiquette

- Please treat Volunteers, ASA members, and Staff with the outmost respect at all times while in the Centre. Please review and adhere to the ASA Code of Conduct located on the noticeboard.
- Please clean up after yourself whether it be in the lounge or in your activity/program room at the Centre.
- If you spill your drink or need assistance with clean-up, please let staff know
- The temperature at the Centre is scheduled so with the changing temperatures on the way for the Fall, if you feel cool we recommend bringing an extra layer of clothing as some rooms are cooler than others

Thank you.

► Let us know

Do you have a comment to share? 'Let Us Know' forms are available on the front notice board or ask Reception. Please include your name, email or phone number so we can follow up with you.

► Trip Update

Due to some staffing updates, we currently do not have any Day trips booked after our Shaw festival in September. Stop by our travel table at the open house to share your ideas on destinations and attractions you would like to visit



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INDEPENDENT LIVING, SUPPORTIVE
LIVING AND SHORT TERM STAYS.**

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25 BUTTERNUT RIDGE TRL, AURORA



AURORA SENIORS
ASSOCIATION'S

TRIVIA NIGHT

Tease Your Brain

**Prizes & light
refreshments**

**Cash Bar
Available**



**Friday,
October 3**

**\$15 MEMBERS
\$18 NON-MEMBERS**

**Aurora Seniors Centre
Doors open at: 6:00pm
Game starts at: 6:30pm**

**Tickets on sale starting
September 8
Each table of 6 will
make up a team!**

▶ 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 personal help by appointment on Tuesday afternoons between 1 and 3 p.m. If you are looking for help, you can send a request in an email to Bob and Doug. Their email addresses are below. Tuesday morning seminar schedule for Sept:

- September 2 – General Q&A
- September 9 – Using Microsoft Office Free
- September 16 - Apple Day (Herb)
- September 23 – Staying Safe Online
- September 30 – Widgets

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

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

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

▶ Let's Create

RE-CYCLE RE-USE RE-STYLE

We are so lucky to get a lot of donations, we try to find a project for these items. Thank you!

When you donate jewelry, it comes to Let's Create to process for the Spring Gagage Sale, Stacey Stevens in our group is the mother of this project. It is sorted and package to look pretty for the sale. This jewelry makes several thousand dollars for the centre every year. If its broken or in need of a little love, we take it apart and use it for projects. We remake it into earrings, bracelets and necklaces. These are for sale in the glass case by reception, check it out. A lot of the other pieces are used to make pictures, frames and other things we call this junk art.

Some weeks everyone is working on their own project, some weeks we are helping with the donated jewelry. This fall we will be making snowflakes out of paper bags, earrings for the holidays.....we are always looking for new projects and ideas.

Join us any Wednesday 1 to 3 p.m. to see what we do.

► Tuesday Night Movies

September 2 – The Hundred-Foot Journey (2014): Helen Mirren (PG, 122 min, Comedy, Drama)

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

September 9 – Sully (2016): Tom Hanks (PG-13, 96 min, Docudrama)

When pilot Chesley "Sully" Sullenberger lands his damaged plane on the Hudson River in order to save the flight's passengers and crew, some consider him a hero while others think he was reckless.

September 16 – Juror #2 (2024): Nicholas Hoult (PG-13, Legal Drama, Thriller)

While serving as a juror in a high-profile murder trial, a family man finds himself struggling with a serious moral dilemma, one he could use to sway the jury verdict and potentially convict or free the wrong killer.

September 23 – Steel Magnolias (1989): Shirley MacLaine (PG, 117 min, Comedy, Romance)

A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold.

September 30 – Woman in Gold (2012): Helen Mirren (PG, 109 min, Biography, Drama)

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

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, no reserved seating please.

<u>ASA Board of Directors:</u> President Glen Sharp Vice President Julia Jackson Treasurer Harold Reiter Secretary Rob Gaby Directors Jim Abram Vern Cunningham Kevin Griffiths Theresa McKenzie Nancy Spinks	<u>ASA Committees:</u> By-Law Committee John Scherrer Finance Committee Harold Reiter Fundraising Committee Vern Cunningham Membership & Volunteers Committee Carol Hedenberg Operations & Activities Committee Julia Jackson SAGA Committee Jim Abram Special Events Committee Nandy Singh	<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
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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, Stand & Balance: Seated and standing exercises designed to strengthen and improve core, strength and balance.

Strong & Fit: Focuses on a whole-body workout consisting of cardio, strength and stretching. Exercise bands are used (optional).

Stories & Games: Stories, Biographies, Celebration Days, Music and more.

Travel Destination: Embark on a journey exploring new destinations from the comfort of your home.

Virtual Fun & Games: Various trivia and quizzes



We are so excited to be partnering with DELIGHT. The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia and care partners

Registration is required for this 8-week program Tuesdays and Thursdays 11:00 a.m. -12:00 p.m.

September 16th – November 6th

Each Session includes:

- 30 minutes of physical exercise
- Social connection
- Shared learning about healthy living and dementia, including strategies to support living well through physical activity, healthy eating, sleep, mental health and social support

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 NO CLASSES	September 2 11:00 Chair Yoga (Z/T)	September 3 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	September 4 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	September 5 3:15 Fun & Games (T)
September 7 12:30 Chair Exercise (Z)	September 8 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	September 9 11:00 Chair Yoga (Z/T) 1:15 Coffee Chat (T)	September 10 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	September 11 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	September 12 3:15 Fun & Games (T)
September 14 12:30 Chair Exercise (Z)	September 15 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	September 16 11:00 Chair Yoga (Z/T) NEW 11:00 DELIGHT *registration required	September 17 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: Sweden (T)	September 18 10:15 Sit & Strong (Z) NEW 11:00 DELIGHT *registration required 3:15 Chair Yoga (Z/T)	September 19 3:15 Fun & Games (T)
September 21 12:30 Chair Exercise (Z)	September 22 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	September 23 11:00 Chair Yoga (Z/T) NEW 11:00 (T) DELIGHT *registration required 3:15 Virtual Fun & Games (Z)	September 24 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	September 25 10:15 Sit & Strong (Z) NEW 11:00(T) DELIGHT *registration required 1:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	September 26 3:15 Fun & Games (T)
September 28 12:30 Chair Exercise (Z)	September 29 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)	September 30 11:00 Chair Yoga (Z/T) NEW 11:00 (T) DELIGHT *registration required	<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 Questions or to register: email wow@aurora.ca or phone 365-500-3161		

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 Fit* (ATH) 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) 12:15 Yoga: Hatha* 12:30 Duplicate Bridge 1:00 Carpet Bowling 1:00 American Mah-Jongg 1:30 Snooker League 1:30 Stretch & Tone*(H) 2:00 Qi-Gong & Yoga Blended (ATH) 3:00 Mixed Pickleball 3:15 WOW Fun/Games*(T)	8:30 Woodcarving 9:00 Bocce 9:00 Boot Camp* 9:00 Zumba Gold Toning* 9:15 Yoga Mat* (ATH) 9:30 Balance* 10:00 Snooker League 10:00 Colour & Chat 10:00 Computer Seminar 10:00 WOW Chair Yoga*(Z/T) 10:00 Circl Mobility* 10:30 Balance* 10:35 Piloga* (ATH) 11:00 Zumba Gold* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core* (ATH) 1:30 Snooker League 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* 7:45 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 11:00 Qi-gong* (ATH) 11:30 WOW Sit & Balance (Z) 12:15 Walk Fit* (AFLC) 1:00 Walking Soccer - Learn to Play (S.D) * 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Chronic Pain Management* (ATH) 1:30 Bridge 1:30 Snooker League 1:30 Walking Soccer: Scrimmage* (S.D.) 1:45 Choir 2:00 Knitting* 3:15 WOW Stories/Games (T)	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:00 Stamp Club 9:30 Men's Fit* (ATH) 9:45 Stretch & Tone*(H) 10:00 Men's Shed Bocce 10:00 Snooker League 10:30 Keep Singing 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) 7:45 Yoga: Anxiety & Stress* (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
September 15 1:00 ASA Board of Directors (ATH)		September 3 10:00 Open House September 24 11:45 Bistro		September 12 & 26 7:00 Dance