

AURORA SENIORS' CENTRE

OPEN HOUSE

WEDNESDAY
Oct 7
10 a.m. to 2 p.m.

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

- ▶ VISIT US AND SEE ALL WE HAVE TO OFFER!
- ▶ TAKE A TOUR AND MEET OUR VOLUNTEERS.
- ▶ REFRESHMENTS WILL BE AVAILABLE!



For more information call 365-500-3342 or email seniorscentre@aurora.ca



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

WWW.LINDREALTY.CA

Christmas Lunch

The ASA is giving back to our members

**We will be having 3 dates
for our Christmas Lunch**

Tickets go on sale:

Monday, November 9 at 8:30 a.m.

2 tickets per person

Members only

Tickets \$5 - Cash Only

All lunches at 12 p.m.

Doors open at 11:45 a.m.

Wednesday, December 2

Wednesday, December 9

Wednesday, December 16

To accommodate everyone only 1 date may be purchased.

MENU

**WINTER GREEN SALAD, TURKEY, STUFFING, MASHED
POTATOS, GREEN BEANS, ROASTED ROOT VEGETABLES,
CRANBERRY SAUCE & GRAVY**

**FRESH BERRY TRIFLE WITH MADEIRA CAKE, FRESH
BERRIES, CUSTARD WITH WHIPPED CREAM
LUNCH WILL INCLUDE COFFEE & TEA**



► From Town Staff – Parking Lot Update



The Town Hall North parking lot officially reopened on Wednesday, September 30. YAY!

You can begin parking in the north lot and accessing the Town Hall third-floor entrance if you have a Town Program in the Third-floor Program room.

Upcoming John West Way Construction:

The final phase of the project is underway— Concrete and asphalt rehabilitation on John West Way from Amber hill Way to Wellington Street, has begun.

Please do not park on the road in this area during this time.

This work will impact Sidewalk flow and access from the John West Way sidewalk to the Centre. Barriers will be placed where work is being completed for safety. Please proceed with caution when approaching construction areas!

Thank you for your continued support and Patience during this important work.

See staff if you have any questions.

LADIES LAUGH & LEARN

Wednesdays
October 21 to December 9
10 - 11:30 am
\$15/8 weeks

Ladies, let's connect!

Join us on Wednesday mornings to meet new friends and try different activities. Each week we will have social time, light refreshments, and some fun! Something different every week.

Register
at Reception
starting October 5



▶ ASA Board of Directors



Welcome to Fall. Let's hope it's a long and sunny one. Our beautiful new parking lot has re-opened with thirteen additional spots and new lighting. I have to admit that it takes a moment to adjust to the new configuration. The north lot project is under way as well as work on John West Way but the finish line is in sight. I hope you enjoyed the coffee and treats last week as a thank you for your patience throughout the summer. Attendance was very close to our normal levels which shows how much the Centre matters to us all.

Town of Aurora programs have resumed so we are once again abuzz with activity. The bocce players are going to keep playing until the snow flies and a match between the Tuesday group and Men's Shed bocce may be in the offing. It will be interesting to say the least.

Our garden team continues to work very hard to plan for the future and to get everything ready for winter. Thank you to all the great volunteers.

Speaking of volunteers, don't forget to complete the new Volunteer Application form available at reception. It will help us track the skills and interests of our many wonderful volunteers.

The Men's Shed had a visit from Town staff and we were presented with a \$200 Honourarium for our help with the Canada Day parade. You may know that in order to take the pressure off the parking lot we have been meeting at the Aurora Legion. They opened their doors to us at no charge and in appreciation members reached into their pockets and collected \$350 as a thank you donation. Several of us volunteered at the Open Doors Aurora event which was a great day.

The snooker league is thriving with a great mix of men and women with experienced players who are somewhat new to the game. It's friendly competition with everyone helping each other. Thanks to Scott Ryckman for his organizational skills.

A sold-out Trivia Night is coming up in October and its sure to be a good time. Hallowe'en Bingo is back and although no one at my table has ever one, it's a lot of fun. The summer flew by as it always does, but let's embrace the change of seasons as we start to look for our winter clothes.

Glen Sharp – ASA President



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SCAN TO
LEARN
MORE!

MUNICIPAL ELECTION CANCELLATIONS



The West McKenzie at the Aurora Seniors Centre will be used on the following days for the Municipal Election.

Please note the following dates and programs/activities that are cancelled.

Monday, October 19

Badminton
Yoga - Hatha
Stretch and Tone
Pickleball

Tuesday, October 20

Boot Camp
Piloga
Zumba Gold (H)
Pickleball
Badminton
Lind Dancing

Wednesday, October 21

Get Fit
Evergreen Choir

Monday, October 26

Badminton
Yoga - Hatha
Stretch and Tone
Pickleball

Thank you for your understanding



AURORA SENIORS CENTRE HOURS

Hours of Operation

Monday	8:30 a.m. - 5:00 p.m.
Tuesday	8:30 a.m. - 9:00 p.m.
Wednesday	8:30 a.m. - 5:00 p.m.
Thursday	8:30 a.m. - 5:00 p.m.
Friday	8:30 a.m. - 9:00 p.m.

Reception Hours

Monday to Friday 8:30 a.m. - 3:30 p.m.



Half Price Membership

Starting July 1 the ASA is offering NEW & RENEWAL memberships for half price. This is a perfect time for your friends and neighbours to join and see how amazing our Centre is.

Residents: \$17.50

Non Residents: \$25.00

GOOD UNTIL DECEMBER 31, 2026

► Town Programs

Fall 2026 Town Program Registration

Registration is now OPEN

How you can 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

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

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

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	9:30am- 10:15am	\$77/12	40113

BARRE FOR BETTER BALANCE

Age: 55+ years Location: ATH

A low-impact barre class specially designed for older adults to improve strength, balance, posture, and flexibility in a safe and supportive setting. Using a chair for stability, participants will perform controlled movements inspired by ballet and functional fitness. The class focuses on building flexibility, core and lower-body strength, enhancing coordination, and supporting everyday mobility. Modifications are offered throughout the class, making it suitable for a variety of fitness levels. No dance experience is required.

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	12:30 – 1:15	\$77/12	40150

CHAIR FIT: SIT & STAND

Age: 55+ years Location: ATH

This gentle fitness class offers low-impact cardio and strengthening exercises performed both seated and standing. Participants will use a variety of equipment including light weights, resistance bands, and small balls to improve balance, mobility, and flexibility. Ideal for those new to fitness or looking to stay active in a safe and supportive setting.

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	3pm – 3:45pm	\$77/12	40117

NEW DELIGHT

Age: 55+ Location: ZOOM

We are excited to partner with the Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program, a FREE zoom-based program led by a registered group fitness instructor. Program runs for 8 weeks with two weekly sessions (30 mins exercise + 30 mins social learning) designed for individuals living with dementia, care partners, and those seeking preventative strategies.

Day	Date	Time	Fee/Cl	Code
Mon & Wed	Oct 19	11am – 12pm	FREE	41081



WINDROW REMOVAL PILOT PROGRAM

For seniors and people with disabilities

Apply by **October 15, 2026**

aurora.ca/Windrow

AURORA

NEW FIT & BALANCED

Age: 55+ Location: AFLC

Enjoy a full body workout that combines light cardio, strength training, and balance to improve muscle strength, coordination, and stability while keeping you moving in a fun and supportive atmosphere.

We will be having a FREE TRY IT class on Monday September 21 at 10:45am

Day	Date	Time	Fee/Cl	Code
Mon	Sept 28	10:45am – 11:30am	\$70/11	41246

KNITTING: CIRCLE

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 welcome our help with donations of handknit items. In this free class, most supplies are provided free to knitters who would like to knit for charities, and knitters will have a variety of projects to choose from. It is not a learn to knit class. Please bring a selection of needles and usual knitting implements, yarn will be provided for free.

Day	Date	Time	Fee/Class	Code
Tues	Oct 6	2:30 pm– 3:45pm	Free/8	40155

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, 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.

Day	Date	Time	Fee/Class	Code
Wed	Oct 28	2:30 pm– 3:45pm	\$45.00/4	40126

The Centre is closed on Monday October 12, 2026 for Thanksgiving.



KNITTING: LEARN TO KNIT 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 – fingerless, felted, thrummed. This is an advanced beginner class - Students must be proficient in basic knitting skills. Students need 100 grams worsted weight yarn and a set of 4mm double pointed needles.

Day	Date	Time	Fee/Class	Code
Wed	Oct 28	9:45 am– 11am	\$45.00/4	41193

New

LIVINGWELLSERIES

Age: 55+ years Location: ASC

Join our 8-week Healthy Living program! Whether you are looking to start or maintain a healthier lifestyle, this program will support and inspire you every step of the way. Discover practical strategies for healthy eating, staying physically active, and enhancing your mental and emotional well-being, all in a motivating and supportive environment.

Day	Date	Time	Fee/Class	Code
Wed	Oct 18	1pm – 2:30pm	\$20/8	41082

MOVE & TONE

Age: 40+ years Location: ZOOM

This fitness class is offered through Zoom only. Participants will improve their cardiovascular endurance and strength, while toning their body through light weights and resistance bands. No class Oct 12

Day	Date	Time	Fee/Class
Mon	Sept 21	9:00 a.m. – 10:00 a.m.	Included in all access virtual pass

NEW TIME 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.

We ...	Date	Time	Fee/Class	Code
Thurs	Sept 24	12:15pm - 1:00pm	\$94/11	41981

PILATES FOR MEN

Age: 55+ years Location: ATH

This low-impact mat Pilates class is designed specifically for men who want to move better, feel stronger, and protect their backs and joints. The class focuses on building a strong core, improving posture, and increasing flexibility in tight areas like hips and hamstrings. Exercises are performed on the floor using a mat. Movements support real-life activities such as bending, lifting, and staying steady on your feet. Beginner friendly no experience required.

Day	Date	Time	Fee/Class	Code
Thurs	Sept 24	2 pm– 2:45pm	\$94/11	40158

PILOGA

Age: 55+ years Location: ASC (Mon) & AFLC (Fri)

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 Oct 12

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	9am – 9:45am	\$70/11	40133
Fri	Sept 25	9am – 9:45am	\$77/12	40131

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. Bring your water bottle and be ready to have fun! Please meet in 3rd floor program room on the first day.

Day	Date	Time	Fee/Class	Code
Wed	Sept 23	12:15pm – 1pm	\$77/12	40138

YOGA: CHAIR MOVEMENT & MEDITATION

Age: 55+ years Location: ATH

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 21	11am – 12pm	\$77.00/12	40141

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 12, 19, 26 and Nov 16

Day	Date	Time	Fee/Class	Code
Mon	Sept 21	12:15-1:15pm	\$50.00/8	40142

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.

We will be having a FREE TRY IT class on Tuesday September 15 at 11am

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	11am – 12pm	\$77.00/12	41077

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 your own if you wish.

Day	Date	Time	Fee/Class	Code
Tues	Sept 22	7:45pm – 8:45pm	\$70.00/11	40143

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 22	6:30pm – 7:30pm	\$70.00/11	40144

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. This class is part of our Virtual All Access Pass. *No class Oct 21

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	10am – 10:45am	\$70/11	40145

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!
*No class Oct 21

Day	Date	Time	Fee/Class	Code
Tue	Sept 22	9am – 9:45am	\$70/11	40146

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 virtually to any fitness classes. Attend as many classes and you wish during the season. 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. Zumba Gold
Tuesday 11:00 a.m. Piloga
Wednesday 9:00 a.m. Get Fit
Thursday 9:00 a.m. Basic Cardio
Thursday 9:45 a.m. Stretch & Tone
Friday 9:00 a.m. Get Fit
Friday 11:00 a.m. Get Strong

Date	Time	Fee/Class	Code
M-F	FALL	See schedule	\$77/12 40102



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**NEW
THIS
FALL**

Whether you are looking to start or maintain a healthier lifestyle, this program will support and inspire you every step of the way. Discover practical strategies for healthy eating, staying physically active, and enhancing your mental and emotional well-being, all in a motivating and supportive environment.

8 - week Program
October 14th - Dec 2nd 2026
Wednesdays 1-2:30 p.m.
Aurora Family Leisure
Complex
\$20.00/8 sessions



Register Today

Online: www.aurora.ca/eplay Code: #41082

Registration forms available at the Aurora Seniors Centre Reception

free entry

Holiday MARKETPLACE

Sunday November 8, 2026



**OVER 40 LOCAL VENDORS AND ARTISANS
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THE PERFECT EVENT FOR YOUR HOLIDAY SHOPPING**

Aurora Seniors Centre, 90 John West Way



Indoor WALKING CLUB

October Seminar Dates:
October 6
Be Better with Brandie

Every Tuesday
October to April
1:30 p.m. Walk
1:50 p.m. Stretch
2:00 p.m. Seminar

October 13
Frauds & Scams Ontario Security Commission

October 20
Brain Health with Memories Plus Group

October 27
Cholesterol with Daisie Tan, RPh

Join us on the second floor of the Aurora Family Leisure Complex. Walk is on the indoor track.
All Seminars are also on zoom please email wow@aurora.ca to receive the link.

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PACEMAKERS**

FRIDAY NOVEMBER 27

7 - 9:30 p.m.

doors open at 6:30 p.m.

MEMBERS \$20

NON-MEMBERS \$25

LIVE MUSIC | FOOD | DRINKS

**Tickets on sale October 19th
at reception**



2026 Municipal and School Board Election

FREE SEMINAR

TUESDAY OCTOBER 6
10 - 11 A.M.

Seniors Centre Lounge
to watch on ZOOM please email wow@aurora.ca

JOIN THE TOWN OF AURORA ELECTION TEAM
TO LEARN MORE ABOUT

- Voter eligibility and registration requirements
- Voting methods and key election dates
- Registration for Internet Voting
- Overview of Internet Voting
- Voter Journey with Internet Voting
- Security and integrity measures
- Accessibility and inclusion features
- Voter Help Centre support

"The Aurora Election Team will be available onsite to assist with opt-in to internet vote. Please bring your voter information letter to register."



THE AURORA SENIORS CENTRE IS HAVING A BABY!

Our Aurora Seniors Centre family is growing! Our operations staff Bill and Joe-Anne are expecting a baby, and since the Aurora Seniors Centre is one big family, we're pretty sure that makes all of our members

HONOURARY GRANDPARENTS!

Join us in celebrating Bill and Joe-Anne on their parenting journeys.

It takes a village, and ours is the best!

**Tuesday October 20
3-5 pm**

Aurora Seniors Centre Lounge

Join us for Cake & Well Wishes

Presents Welcome, Cash Jar at reception

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October 16th and 17th



10:00am-4:00pm



145 Murray Drive, Aurora, ON L4G 2C7



**Live
Music**



**Complimentary
Alcoholic &
Non-Alcoholic
Drinks**



Appetizers



**Featuring
Local Aurora
Businesses**



Call to RSVP: 905-841-2777



SAVE THE DATE

DECEMBER 31ST

11A.M - 3P.M

Special Events Committee is excited to hold a
NEW YEARS EVE LUNCH!

Watch for more information and when tickets are going on sale for
this amazing event!

LET'S GET ACQUAINTED

CALLING ALL MEMBERS!

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

WEDNESDAY OCTOBER 16TH

AT 10:00 A.M.

IN THE CRAFT ROOM

ASA BISTRO

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

\$12 MEMBERS ONLY

WEDNESDAY, OCTOBER 14
MEATLOAF, MASH POTATO, GRAVY & VEGGIES

WEDNESDAY, OCTOBER 28
EGG SALAD SANDWICH, BUTTERNUT SOUP

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



ALL BISTROS WILL BE CATERED BY

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Phone: 647-210-0047

Email: Christine@HealthyNow.ca

October 14 Bistro tickets on sale from Monday, October 5 to Friday, October 9
October 28 Bistro tickets on sale from Monday, October 19 to Friday, October 23
Please Note: two tickets per member and no refunds.

OFFER ENDING SOON

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Move in before Winter! Plan your visit.

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PRIMA
LIVING

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► Activity News



We invite all members to join us at our Open House on Wednesday, October 7 from 10 a.m. to 2 p.m.

Even if you have been a member for years, there may be programs, and activities you haven't yet discovered. Take a fresh look at everything the Centre has to offer, meet staff, volunteers, fellow members, and learn something new.

Most importantly, help us spread the word. Invite a friend, neighbour, or family member who may not be familiar with the Centre. There truly is something for everyone, and the Open House is the perfect opportunity to showcase the vibrant, welcoming community we have built together.

Come see what's new, rediscover your Centre, and help others discover it too!

LEARN TO PLAY BID EUCHRE Mondays 9 a.m.

No pressure! We will teach you the fundamentals of the game

FUN NIGHT Friday 7 – 9 p.m.

Fun night is exactly what it is **"FUN"**. We play games, mostly with cards, all easy and fun. We will teach you.

QUILT & SEW Friday 9 – 3 p.m.

Do you have a sewing project you haven't finished? Come join us, we have the equipment! Please note; you do not have to stay the whole day. Come & see what we do!

SPECIAL EVENTS COMMITTEE

The Special Events committee is looking forward to entertaining you to another Trivia night. Put your thinking caps on and join us to test your knowledge for an exciting and fun evening on Trivia Night October 16th. Then, get ready to hit the dance floor as the "Pacemakers" Band takes the stage on Friday, November 27, from 7:00–9:30 p.m. for an evening filled with music, dancing, and great company.

We'll wrap up the year in style on December 31 as we say goodbye to 2026 and welcome 2027 at our New Year's Eve Lunch 🍷🎉🥳.

The committee is busy planning some exciting events for the coming year. Stay tuned for further details in the coming months.

We can't wait to celebrate with you and hope to see you at these exciting events!

SAVE THE DATE

The Quilt 'n Sew group is happy to announce our annual Christmas sale

November 27th,
December 4th, 11th and 18th
10 am to 2 pm

Come in and browse for gift ideas made with love from our quilters.

Hope to see you there!

Thank You, BBQ VOLUNTEER TEAM

For a fantastic 2026 season



DELIGHT: Living Well Together

FREE virtual program for people living with Dementia/Cognitive Decline and Caregivers



FREE 8-Week Virtual-Based Program
Connect from home. All you need is a device and internet.

FREE * VIRTUAL * 8 WEEKS



October 19th - December 14th, 2026

Monday & Wednesday

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

Designed for individuals living with Dementia/Cognitive Decline, care partners, and those seeking preventative strategies.



30 minutes
exercise



30 minutes
healthy-living
strategies



Register Today

Online: www.aurora.ca/eplay Code: #41081

Registration forms available at the Aurora Seniors Centre Reception



▶ Library News

Our library email address is asalibrary@auroraseniors.ca Please send us a note, drop by the library or drop a note in the return box if you have any questions.

Biography/Memoir and Sports

We have amalgamated the Biography/Memoir and Sport sections to free up space for General Fiction (now five shelves). The new Biography/Memoir and Sports section is located on the bottom shelf of the two bookcases next to the clock.

Monthly Special

The special book promotion for this month remains **Domestic Thrillers**. We will be changing this category in mid-October so drop in for a browse. The domestic suspense novels typically take place in a family or neighbourhood setting, focusing on character development and relationships. Who will disrupt the seemingly perfect family's life

Recent Promotions

Great news. We have just been made aware of a member of the Seniors Centre who is a published author. **Gina X. Grant** a few of Gina X. Grant murder mysteries have been recently returned. A number of these books have "**Unlikely**" as a part of the title. One of the chief characters is Agatha Shadwell. Gina was kind enough to donate a series of six novels. Her books are well written and now available in the Mystery section.

We were reviewing our book collection and rediscovered the survival memoir by Seniors member **George Biondic**. It is '**the Search - Adventures of a Restless Soul**'. It includes stories of a solo bicycle ride from Toronto to Florida as well as a journey around the world. We have 2 copies.

Book and Jigsaw 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, and romance. Due to limited space, we cannot accept Cookbooks, Self Help, Dictionaries, Travel Books and Children's books.

Water Damage or Mold

Kindly examine your donations for mold and/or water damage. We do not shelve 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). Many thanks to the Aurora Public Library for their generous donation.

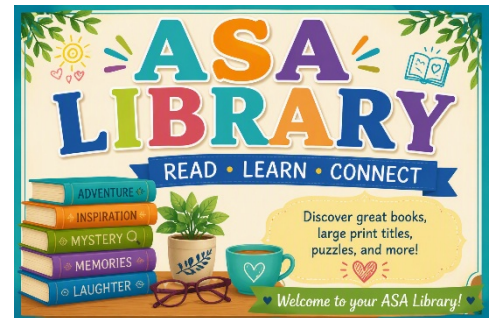
Borrowing Books and Jigsaw Puzzles

The process is straight forward as there is no sign-out. You borrow the book(s)/puzzle(s) and then return them 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 or 2 puzzles**, thus leaving some for other borrowers. James Patterson is an exception to this limit.

General Administration

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



► Trips

Aurora Seniors Presents

Fall Colours

In Southern Georgian Bay

Come fall, Ontario's landscape bursts into colour. From fiery reds to bright yellows, photo-ops abound from the side of the road. We will drive along the Niagara Escarpment and connect with Hockley Valley Road, where the colours are usually quite grand. After a delicious lunch at Mylar & Loreta's in Springhampton, we'll travel to Blue Mountain Village. The weather may be cooler but the spectacular scenery will warm your heart. Our colour tour will come to an end as we drive down Airport Road and then across Hwy 9 to Horseshoe Hill Road which offers spectacular view of downtown Toronto from the top of the escarpment. Take advantage of the opportunity to witness the fall colours at their best.

Thursday,
October 8, 2026



DEPART: 9:00 a.m.
Aurora Recreation Centre,
1400 Wellington St. East



MUSEUM: 10:00 a.m. - 11:15 a.m.
Enjoy a 45 minute guided tour at the Museum of Dufferin. Three galleries and four historic buildings that host long-term and short-term exhibitions.



LUNCH: 12:00 noon - 1:30 p.m.
Enjoy a delicious meal at Mylar & Loreta's. Lunch includes a garden salad, roast turkey with vegetables, apple crisp, and tea or coffee.



VILLAGE: 2:30 p.m. - 4:30 p.m.
Visit Blue Mountain and experience the magic of the included Open-Air Gondola ride to the top of the mountain to view the spectacular fall colours. After your return to the village, explore a number of shops and stores to suit all tastes and styles.



RETURN: Arrival in Aurora approx. 7:00 p.m.



PRICE:
Members: \$ 190.00 per person
Non Members: \$ 200.00 per person



INCLUSIONS:
Return transportation via deluxe coach, lunch, sightseeing, gondola ride, gratuity on meal, driver gratuity, & all taxes.



TO BOOK: Sign up at reception or for more information contact
Brandie Yorg at 365-500-3161

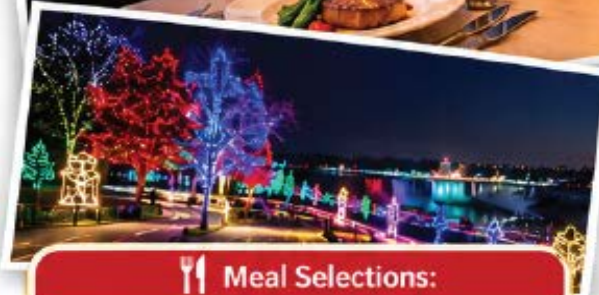


Aurora Seniors Presents

Niagara Fallsview Casino, Skylon Tower & Christmas Lights

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

-  **Date:** Wednesday, November 18, 2026
-  **Depart:** 9:00 a.m. – Aurora Recreation Complex
-  **Casino:** 11:00 a.m. – 4:00 p.m.
 - Enjoy a five hour visit to Fallsview Casino
 - Receive \$35.00 in slot play
-  **Dinner:** 4:30 p.m. – 6:30 p.m.
 - Enjoy a delicious meal at the Skylon Tower
 - **MEAL SELECTION REQUIRED UPON BOOKING**
-  **Lights:** Travel along the Niagara Parkway and view the Christmas Lights
-  **Return:** Arrival in Aurora approx. 8:30 p.m.
-  **Inclusions:** Return transportation via deluxe coach, 5 hour visit to Niagara Fallsview Casino, \$35.00 slot voucher, dinner, travel along the Niagara Parkway to see the Christmas lights, gratuity on meal, driver gratuity, donation to the Festival of Lights, & all taxes.
-  **Price:** Members **\$170.00** per person
Non Members **\$180.00** per person
-  **To Book:** Sign up at reception or for more information call Brandie Yorg at 365-500-3161



Meal Selections:

- 1 Roast Prime Rib of Beef au Jus
- 2 New York Angus Sirloin Steak
- 3 Breaded Breast of Chicken in a Red Pepper Cream Sauce
- 4 Grilled Salmon Filet in Soy Lemon Butter
- 5 Vegetarian Eggplant Parmesan



250 Consumers Road #715
North York ON M2J 4V6
P: 416 499 1444
F: 416 499 1448
TF: 1 888 804 8841
Email: craig.lugsdin@gmail.com
www.yearroundtravel.com



Ontario Registration #4281143

Aurora Seniors Presents
Christmas at
CASA LOMA
 & the Distillery Winter Village

Tuesday, December 8, 2026



Depart: 1:30 p.m.
 Aurora Recreation Complex



Casa Loma: 2:30 p.m. – 4:00 p.m.
 The castle is a showcase of holiday magic in a beautiful historic setting.



Dinner: 4:30 p.m. – 6:00 p.m.
 Enjoy a delicious meal at the Hot House Restaurant. Choice of:
 1) Rigatoni Bolognese
 2) Mediterranean Chicken Supreme
 3) Cape D'Or Salmon
 4) Wild Mushroom Gnocchi



Market: 6:15 p.m. – 8:00 p.m.
 Visit to the Distillery Winter Village



Return: Arrival in Aurora
 by 8:30 p.m.

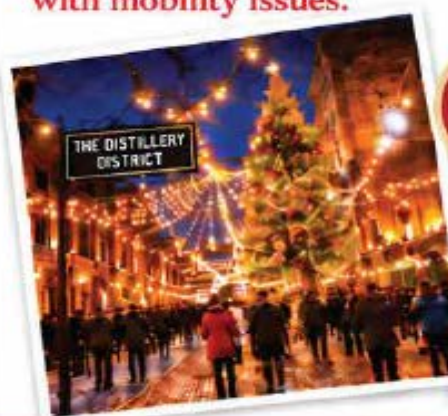
Inclusions:

- ✓ Return transportation via deluxe coach, admission to Casa Loma, dinner, visit to the Distillery District, driver gratuity, gratuity on meal, and all taxes.

Every December experience the magic of the season at Casa Loma's Christmas at the Castle.

You will be surrounded by magic throughout the castle interior, resplendent with festive décor including a 40ft tall tree in the Great Hall, and a stunning collection of other signature holiday trees decorated by renowned Canadian designers. After our delicious dinner, we will visit the Distillery District. Amongst the Historic District's 65+ local shops, restaurants and cafés, you'll find outdoor Distillery Winter Village vendor cabins offering specially curated seasonal items and gifts, plus delicious, can't-miss food cabins.

Note: this tour is not suitable for individuals with mobility issues.



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 Email: craig.lugsdin@gmail.com
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Ontario Registration #4281143

► Computer Club Information and Activities

Every Tuesday at 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 have added an individual help session for members immediately following the Tuesday sessions from 11 – 12 p.m. No appointment is required.

We continue to provide help by appointment Tuesday afternoons between 1 – 3 p.m. If you are looking for help, you can send a request to Doug by email. The computer club email address is below.

Tuesday morning seminar schedule for October:

- October 6 – General Q&A + demo Hotspots & Tethering (Doug)
- October 13 - Troubleshooting your computer with AI (Doug and Ronen)
- October 20– Apple Day (Herb)
- October 27 – Planning your trip with AI (Sabrina & Doug)

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. We will post the presentation materials for the past month's sessions and feature some important topics that we think the general membership will find helpful. We have a Quick Link to these materials 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 cclub@auroraseniors.ca



BACK BY POPULAR DEMAND

BINGO ON ZOOM

Get ready to shout "BINGO!" from the comfort of home! Join us on Zoom for laughs, friendly competition, and classic bingo fun!

Whether you are a seasoned bingo pro or brand new to the game, everyone is welcome. Grab your lucky charm, bring your game face, and get ready to mark those cards!

Tuesday October 13th at 3:15 p.m.
Thursday October 22nd at 4:00 p.m.
ON ZOOM

Join one or both! Cards are valid for both dates

email wow@aurora.ca to secure your spot and receive your BINGO card

CARDS WILL BE EMAILED OR MAILED OUT TO REGISTRANTS

BINGO BINGO

15	16	45	59	73
14	21	47	67	
7	17	26	57	64
8	28	40	55	60

19	42	48	63	
11	45	59	73	
14	21	47	67	
7	17	26	57	64
8	28	40	55	60

► Tuesday Night Movies

**Tuesday Night Movies begin at 6:30 p.m.
admission is \$1.50 and include movie, refreshments, and popcorn!**

October 6 – Remarkably Bright Creatures (2026): Sally Field, Lewis Pullman (PG 13, 1 hour 51 minutes, Drama/Mystery) While working nights at a small town aquarium, a widow bonds with a clever octopus and an adrift young man

October 13 – Practical Magic: (1998) Sandra Bullock, Nicole Kidman, Dianne Wiest (PG 13, 1 hour 44 minutes, Comedy/Romance) For sibling witches Sally and Gillian Owens, falling in love is the trickiest spell of all as they struggle to break a centuries old family curse in which any man who dares to love an Owens woman is doomed to an untimely death!

October 20– Micheal (2026): Jaafar Jackson, Nia Long (PG 13, 2 hours 7 minutes, Drama/Musical) This film tells the story of Micheal Jackson's life beyond the music, tracing his journey from the discovery of his extraordinary talent as the lead of the Jackson Five, to the visionary artist whose creative ambition fueled relentless pursuit to become the biggest entertainer in the world.

October 27– Hocus Pocus (1993): Bette Midler, Kathy Majimy (PG, 1 hour 36 minutes, Comedy) Three outlandishly wild witches return from 17th century Salem after they accidentally conjured up by some unsuspecting pranksters. The tricky 300-year-old trio sets out to cast a spell on the town and reclaim their youth.

<u>ASA Board of Directors:</u> President Glen Sharp Vice President Julia Jackson Treasurer Harold Reiter Secretary Rob Gaby Directors Jim Abram Theresa McKenzie Nancy Spinks Rob Seath John Pelliter	<u>ASA Committees:</u> By-Law Committee John Scherer Finance Committee Harold Reiter Fundraising Committee Rob Seath 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> Andrew Bailey Adult/Older Adult Coordinator abailey@aurora.ca (365) 500 3160 Brandie Yorg Adult/Older Adult Programmer byorg@aurora.ca (365) 500 3161 Gillian Simpkin Seniors Program Assistant gsimpkin@aurora.ca (365) 500 3342 Bill Hawke Primary Facility Operator bhawke@aurora.ca
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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 *NEW*: 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

MONTHLY FEATURE:

BINGO: Get ready to call BINGOOO. This month we have two dates for Bingo on Zoom, let us know if you would like to receive a card to play, cards can be reused for both, cards can be picked up or emailed. Registration is required

Sit, Stand & Balance: Seated and standing exercises designed to strengthen and improve core, strength and balance.

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

Sit & Stretch *NEW*: A full body, seated stretching program focused on improving flexibility, easing tension, and elongating major muscle groups to support mobility and comfort.

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

Walking Club Seminars:

Oct 6: Be Better with Brandie

Oct 20: Brain Health with Memories Care Plus

Oct 13: Frauds & Scams with Ontario Security Commission

Oct 27: Cholesterol with Daisie Tan RPh

The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia/cognitive decline and their care partners. **Registration is required for this 8-week program Mon & Wed Oct 19th-Dec 14th.** 30 minutes of physical exercise, and 30 minutes of social connection, and shared learning including strategies to support living (NOTE: 1 hour in duration) **REGISTRATION REQUIRED**

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 3342 or Email: wow@aurora.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
This legend indicates how each WOW program is available: 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 365-500-3342				Oct 1 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	Oct 2 11:15 Sit & Stretch (Z/T) 11:00 Ontario Caregivers Seminar (Z) 3:15 Fun & Games (T)
Oct 4 12:30 Chair Exercise (Z)	Oct 5 10:15 Strong & Fit (Z/T) 3:15 Fun & Games(T)	Oct 6 12:30 Chair Yoga (Z/T) 2:00 Walking Club Seminar	Oct 7 11:30 Sit, Stand & Balance (Z) 3:15 NO CALL	Oct 8 10:15 Sit & Strong (Z) 3:15 Chair Yoga(Z/T)	Oct 9 11:15 NO CLASS 3:15 Fun & Games (T)
Oct 11 NO PROGRAMS Happy Thanksgiving	Oct 12 NO PROGRAMS Happy Thanksgiving	Oct 13 12:30 Chair Yoga (Z/T) 2:00 Walking Club Seminar 3:15 BINGO (Z)	Oct 14 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Oct 15 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	Oct 16 11:15 Sit & Stretch (Z/T) 3:15 Fun & Games (T)
Oct 18 12:30 Chair Exercise (Z)	Oct 19 10:15 Strong & Fit (Z/T) 11:00 *NEW* DELIGHT (Z) *Registration required* 3:15 Fun & Games (T)	Oct 20 12:30 Chair Yoga (Z/T) 2:00 Walking Club Seminar	Oct 21 11:30 Sit, Stand & Balance (Z) 11:00 *NEW* DELIGHT (Z) *Registration required* 3:15 Short Stories & Games (T)	Oct 22 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T) 4:00 *NEW TIME* BINGO (Z)	Oct 23 11:15 Sit & Stretch (Z/T) 3:15 Fun & Games (T)
Oct 25 12:30 Chair Exercise (Z)	Oct 26 10:15 Strong & Fit (Z/T) 11:00 *NEW* DELIGHT (Z) *Registration required* 3:15 Jeopardy (Z/T)	Oct 27 12:30 Chair Yoga (Z/T) 2:00 Walking Club Seminar 3:15 Virtual Fun & Games (Z)	Oct 28 11:30 Sit, Stand & Balance (Z) 11:00 *NEW* DELIGHT (Z) *Registration required* 3:15 Canadian Travel Destination (T)	Oct 29 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	Oct 30 11:15 Sit & Stretch (Z/T) 3:15 Spooky Season Fun & Games (T)

*Town of Aurora pre-registered programs (Z) Zoom (T) Teleconference (H) Hybrid (In-person and zoom) (ATH) Aurora Town Hall

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 9 p.m.
9:00 Woodshop 9:00 Badminton 9:00 Ladies Billiards 9:00 Move & Tone* (Z) 9:00 Men's Fit* (ATH) 9:00 Piloga* 9:00 Beginner Bid Euchre 9:30 Knotty Knitters 10:00 Italian 10:15 Sit & Strong* (Z/T) 10:00 Men's Shed 11:15 Spanish 12:15 Hatha Yoga* 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 (ATH)* 3:00 Mixed Pickleball 3:15 WOW Fun/Games(T)	8:30 Woodcarving 9:00 Boot Camp* 9:00 Bocce 9:00 Zumba Gold Toning* 9:30 Balance* 10:00 Computer Club 10:00 Snooker League 10:00 Colour & Chat 10:00 Zumba Gold* 10:30 Balance* 11:00 Piloga* 11:00 Yoga Mat & Meditation (ATH)* 12:30 WOW Chair Yoga (Z/T)* 12:30 Pickleball (Women) 12:45 Table Tennis 1:00 Bid Euchre 1:00 Core on the Floor*(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 Woodcarving	9:00 Woodshop 9:00 Get Fit* (H) 9:30 Silver Stars 10:00 Chair Yoga* 10:45 Knitting* 10:00 German 10:00 Snooker League 11:00 French 11:30 WOW Sit & Balance (Z) 11:30 Qi-Gong (ATH)* 12:30 Barre for Better Balance (ATH)* 1:00 Let's Create 1:00 Canasta 1:00 Cribbage 1:30 Osteo-Strong & Steady (ATH)* 1:45 Choir 1:30 Bridge 1:30 Snooker League 2:30 Knitting*	8:30 Woodcarving 9:00 Art 9:00 Basic Cardio*(H) 9:30 Snooker League 9:30 Men's Fit (ATH)* 9:45 Stretch & Tone*(H) 10:00 Men's Shed Bocce 10:30 Keep Singing 11:00 Badminton 11:00 Yoga Chair Movement & Meditation* 11:30 Snooker League 12:30 Table Tennis 12:30 Pickleball (Men) 12:30 Poker 1:00 Bid Euchre 1:00 Pilates (ATH)* 1:30 Pilates for Men (ATH)* 1:30 Snooker League 1:30 Woodcarving Class 2:30 Pickleball (Women) 3:00 WOW Chair Yoga (Z/T)	9:00 Woodshop 9:00 Bocce 9:30 Quilt 'n Sew 9:30 Writers Circle 9:30 Mandarin Singing 10:00 Men's Shed 10:00 Chair: Gentle Exercise* 11:00 Get Strong* (H) 11:15 WOW Sit & Stretch (ZT)* 12:30 Pickleball (Mixed) 12:45 Bingo 1:00 American Mah-Jongg 2:30 Pickleball (Mixed) 3:15 WOW Fun/Games *(T) 6:30 Bid Euchre 7:00 Fun Night
October 12 Closed Thanksgiving October 19 1:00 Board of Directors Meeting (ATH)	October 6 1:00 Operations & Activities Committee Meeting (ATH)	October 7 10:00 – 2:00 Open House October 14 & 28 Bistro October 14 11:00 Let's Get Acquainted October 28 10:30 – 11:30 Chartwell Blood Pressure	October 1 11:00 Special Events Committee 1:00 Fundraising Committee	October 16 Trivia October 30 Halloween Bingo

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

- The Billiards Room is available for play during all operating hours.
- All ASA activities have a daily activity fee of \$1.00 (loonies preferred please)