

SENIOR SCAPE: Dog Days of Summer

By **Jim Abram**

The Columbia Encyclopedia defines the Dog Days as the name for the sultriest period of summer, from about July 3 to August 11. Named in early times by observers in countries bordering the Mediterranean, the period was reckoned as extending from 20 days before to 20 days after the conjunction of Sirius (the Dog Star) and the sun.

There was once a time when the end of summer meant going back to school or going back to work.

For some the opening of the Canadian National Exhibition was the sign of summer's end. For most of us seniors it just means the weather will get a little cooler, the leaves a lot more colourful and we'll soon be moving inside for our entertainment, exercise and social activities.

But what a summer we have had! Bocce has been in full swing, as has our outdoor pickle ball. Our gardens at the Aurora Seniors' Centre have never looked better thanks to the dedicated volunteers who so lovingly care for them throughout the year.

The walking club has had great weather to enjoy the great outdoors and the energetic walkers are looking forward to continuing to enjoy this activity over the coming months. Walks are held on Wednesday mornings and are about an hour in length. All walks are on trails in and around Aurora. The terrain may be hilly (as is much of Aurora) and participants should wear appropriate clothing and footwear. We meet each week at 9.30 a.m. at the Seniors' Centre and car pool to the starting location, if necessary.

No pre-registration is required, just show up. We are always looking for eager members to walk with us, so, come out and join us.

The Computer Club is set to re-boot? September 8

The Aurora Seniors' Computer Club is focused on helping ASA members use their computers. To do this we have Regular Meetings at 10 a.m. each Tuesday, present a program of Computer Instruction and staff a Tuesday afternoon Drop-In to provide personalized help when required. Computers may be desktops or laptops or tablets (iPad or Android), Windows OS or Mac OS.

The Tuesday Morning meetings are available to all ASA members. Each meeting is usually focused on a single topic with a presentation or discussion led by a member of the Computer Club. In addition, we frequently invite outside presenters to address specific technical and equipment topics.

Unless a presentation, workshop or teaching session is scheduled in the Computer Room, the computers in the Computer Room of the Seniors' Centre are available for individual use by ASA members during the hours when the Centre is open each week. In practice we try to keep Friday available for personal use of the computers.

10 Year Anniversary Celebration

And don't forget to mark your calendars to celebrate our 10th anniversary (2005 ? 2015) of enriching the lives of older adults at our best in class, state of the art Aurora Seniors' Centre. Come on out to celebrate this significant milestone by joining us on Sunday, September 20 from 1 ? 4 p.m. Light refreshments will be served. Some of the founding members will present a history of the growth and successes of the Aurora Seniors Association from its humble beginnings on Victoria Street to what we enjoy today. I can't wait!

Jimmy's last word: I hope you had a great summer and an even better autumn awaits you.

For more information on the Aurora Seniors' Centre and all it has to offer, drop by 90 John West Way, visit the web site www.auroraseniors.ca, email auroraseniors@rogers.com or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.