

## SENIOR SCAPE: Choose to Blossom

By Christina Doyle

Oh, goodness no, no changes please!

I like the same ol' same ol'...I like it this way, watching the same shows on T.V., never trying anything new on my dinner plate, hey I like it like that, thank you very much.

It doesn't matter your age or career status, change is a challenge for some of us.

We can be as air tight as a bud on a limb, but one day it too opens itself up to a new horizon, a newness that is oh so different. Take a moment and think of your own garden, your floral garden.

This is the time when your garden begins to flourish.

Don't feel limited by your living space, an interesting container can be just the right thing to uplift your spirits and add some greenery in your life. A container is perfect for flowers and even tomatoes.

Gardening embraces the same kind of creative work as that of an artist or a poet.

Putting your hands in the cool soil, and planting even the smallest of plants, is most fulfilling and nurturing to the human spirit.

We sit patiently and wait day after day watching for any changes to happen with our garden. Then, with immense delight, that glorious day arrives one morning when we see a stem, a leaf and then the most beautiful blossom appears before our eyes.

We are so patient, aren't we? Yet, are we patient with ourselves, knowing that any kind of healing takes time. You, dear friend, are no different than the most beautiful flower. You too need time to grow, to become all that you can be.

Age is but a silly number; don't be guided by that too much in this life.

Have patience with yourself; don't put huge benchmarks and restrictive criteria in front of you, about how quickly you should be getting better. First rule of thumb is, stop listening to others, and listen to your heart. That is where you will find peace and the answers to your questions.

Having spent many months in a hospital, I too had a choice.

I chose to be well, I chose my language, the language of: I am getting better, I will get better and I am grateful for what I have right now. It is the language of wellness. It's this internal talk that we must all have, whether you are a senior, young mother, a new dad, a teenager or a young child.

We need to develop this self-positive talk as soon as we are aware of our surroundings. We must all choose to blossom, to grow and think of ourselves as worthy.

When we value ourselves first, then we can help others. But first we must work our inner garden first. Don't wait for perfection?allow yourself all the time you need to feel like yourself again. Remember baby steps!

Choosing to blossom comes with acceptance of self. You are planted just where you are supposed to be. There are no accidents or coincidences in life. Yes, it may not be the perfect time or the perfect life. But then, no one's life is completely perfect.

However, there is today, you get another crack at the bat, a throw of the dice, another day of hope to help yourself to say it's time to move on!

Think of all you have learned and gained through times of adversity.

It is those precious moments that you realize the small things in life are as genuine and as important.

June is a glorious month, and for many individuals, it's a new beginning!

Places of worship are booked well in advance for marriage ceremonies, limos are in place and families are beyond excited!

Like your garden, whether large or small, speak kindly, prune back a little and full speed ahead! You can choose to blossom, choose to be happy, choose to think, talk and be well.

The garden contains valuable lessons for us all, enjoy the quiet, learn to labor and learn to wait. But wait with joy!

### SENIORS CENTRE HAPPENINGS

Weekly BBQs ? The Wednesday barbecues start up again in June.

The Evergreen Choir ? will be singing in the community during June at the following locations:

Wednesday, June 8: Chartwell Park Place

Wednesday, June 15: Hadley Grange

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](http://www.auroraseniors.ca), e-mail [asa@auroraseniors.ca](mailto:asa@auroraseniors.ca), or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.