

## SENIOR SCAPE: Have a Smile on your Face

By **Jim L. Abram**

Don't let the impending onset of winter get you down.

?You've got to get up every morning with a smile on your face

And show the world all the love in your heart

Then people gonna treat you better

You're gonna find, yes, you will

That you're beautiful as you feel?

To me, this song is about remembering your humanity and good grace in the face of all the crap the modern world dumps on you.

Carole King's song ?Beautiful? gives the positive message that everything is beautiful ? if we make it so.

How you treat people has a direct correlation on how they in turn treat you. So treat people nice, for their sake and for yours.

By drawing from her own life experiences, Carole King wrote song lyrics that were not only enjoyable to listen to but more importantly, reshaped society with a positive, empowering outlook on women. And by doing so, the plain housewife from Brooklyn showed people the love in her heart and taught that ?you are as beautiful as you feel.? (Source: Author Allison Bolger is a high school student from New Jersey.)

Carole King's words and music are as relevant and contemporary today as they were in 1971.

### Lowes Toronto Christmas Market

The Aurora Seniors' Presents! This holiday season, Toronto will once again celebrate the magic of a traditional Christmas at Lowes Toronto Christmas Market. Inspired by the Old World and influenced by the new, this annual event captures all of the tradition, heritage and charm of a European Christmas Market, while showcasing hundreds of unique and local handcrafted products.

Family friendly entertainment includes musicians, carolers and children's choirs.

The coach bus departs from the Aurora Community Centre at 10 a.m. on Wednesday, December 11, You'll enjoy a delicious lunch at the Hot House Cafe, a tour and shopping at the St. Lawrence Market, a Toronto city tour with historian Bruce Bell and a visit to the Distillery District Christmas Market.

The cost is \$84 for Aurora Senior Association members and \$89 for non-members. Sign up at the Senior Centre reception or call Karie Papillon at 905-727-3123 ? Extension 3610. Be prepared for a lot of walking!

### We need a little Christmas

HEAR YE! HEAR YE! HEAR YE! Let it be known that on Saturday, the fourteenth day of December at 2.30 p.m., there will be music, and singing and general good fellowship to be enjoyed in the West McKenzie Hall at the Aurora Seniors' Centre.

The Evergreen Choir, under the direction of Doctor Richard Heinzle, presents We Need a Little Christmas, accompanied by Hadara Jacoby at the piano and with a guest appearance of the Five Strong Winds. When: Saturday, December 14, 2013 at 2.30 p.m. (doors open at 2 p.m.) Tickets: \$5 (children 14 and under are free, but tickets are required. Where: The Aurora Seniors' Centre, 90 John West Way, Aurora.

Light refreshments will be served at intermission, and there will be a draw presented by our sponsor, Mary Rourke, Senior Investment Advisor, DWM Securities Inc. Tickets may be purchased at the desk of the Centre today.

### Remembrance Day

In support of our friends and colleagues in military service and at the Royal Canadian Legion, all Seniors Association members are invited, and encouraged, to attend the Remembrance Day Parade and Ceremony on Sunday November 10 for the 11 a.m. ceremony at the Aurora Cenotaph.

### Holiday Bazaar

The Aurora Seniors' Centre is hosting their Annual Holiday Bazaar on November 9 from 9 a.m. to 2 p.m. Vendors from the Farmers' Market and the Seniors' Association will be there. So should you! There will be a Tea Room and of course the popular Bake Table and much, much more! It's a great opportunity to do your holiday shopping. See you there!

My last word: Some say all you need is love; others say all you need is a dog.