

SENIOR SCAPE: Year of Sport

By Charles Sequeira

As we are aware, the Federal Government, and now our Town of Aurora have proclaimed 2015 the Year of Sport. As such, we celebrate the role of sport at our Seniors' Centre, and encourage our members to participate and seek the benefits of sport. Some of the sporting activities that we encourage are pickle ball, table tennis, badminton, carpet bowling, snooker, darts and, in the summer, the game of bocce on our outdoor courts. We encourage our Seniors to get active!

CHATS Walk for Wellness 2015

We are contacting our Members to ask for their consideration to register for the CHATS Annual Fundraising event, Walk for Wellness, and to solicit pledges from family and friends to support CHATS.

This year we will be hosting an actual Walk event on Sunday, February 8th from 8.30 a.m. ? 10.30 a.m. at Upper Canada Mall in Newmarket.

For those that can't be there on the day, the virtual component is still available and all walkers will be able to register and collect pledges online.

You can register now at www.walkforwellness.ca.

Some new features this year include:

WHO ARE YOU WALKING FOR?

This year, we are asking participants to identify a senior in their life who they are walking for. It could be anyone from a family member, friend or neighbour. We ask that you share your story on your personal fundraising page, to bring more awareness to the seniors in our community!

2015 WALK HERO

CHATS is excited to announce that Elvis Stojko has graciously committed to be the 2015 Walk Hero! Elvis will be at the Walk for Wellness event on February 8 to greet and thank everyone participating. Elvis is a figure skating Olympic champion, World Champion and so much more!

EVERGREEN CHOIR

Singing in harmony is something our members of the Seniors Evergreen Choir love to do, and that is exactly what they were doing on Sunday, January 25th at the Richmond Hill Centre for the Performing Arts. The choir joined with six other choirs from the region to perform in the Choral Extravaganza, a presentation of music which has taken place for the past several years under the auspices of Arts Richmond Hill, the committee for the event being chaired by the Evergreen Choir Director, Dr. Richard Heinzle.

The talented Hadara Jacoby, was our accompanist for the day. Our members, in good spirits and chatting excitedly were bussed to the Centre for afternoon practices with the McConaghy Choir, which is also under the direction of Dr. Heinzle. Later in the afternoon there was the final rehearsal of the mass choir, which would be the highlight of the evening.

BUDGET BISTRO

Join us for lunch every Wednesday at the Seniors' Centre at 12 noon. Your lunch includes a combo, coffee/tea and dessert! Doors open at 11.45 a.m., no reservations needed, while quantities last.

Wednesday, February 11 ? Valentine's Lunch: Pre-purchased tickets only.

Menu: Pineapple ham, scalloped potatoes, salad, dinner rolls and a great dessert. Tickets are \$7 and are available for purchase at reception starting Monday, February 2! Tickets will not be available at the door.

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.