

## SENIOR SCAPE: Welcome to 2016!

**By Christina Doyle**

A year of promise, hope and continued good will to each and every one of you.

As many of our celebrations and excessive eating have come to a close, we welcome the sun. Today is not to make promises, not to meet deadlines, not to rush about, but, by all means begin to really and truly take care of yourself. Eat a few more veggies, go easy on the meat, drink water and, above all else, laugh!

Laughter is the greatest medicine of all for every ache and pain: laugh at yourself and celebrate all your milestones. You have come through it all and here you are, ready for a brand new year.

We have learned the hows and whys we should not take each year for granted but each of you is a blessing, a gift, that allows us one more opportunity to do something for someone else.

Take a moment and look beyond and find ways to comfort another.

This precious opening will bring you much in return.

Phone someone today who is not well, write a letter, send a joke through email and uplift another soul.

Each and every one who reads this must know that there are no coincidences, no accidents in life but may your daily living bring you a purpose. Make this year a year to be remembered, to be fulfilled and to find joy in the smallest of things.

Many of us have struggled in some way, and many are struggling now, but know that you are here for a reason. Embrace this gift we call life and make the most of this New Year with someone you love or even with our furry little friends!

Yes, life can be hard and full of unwanted expectations, but I hope that you feel inspired today by someone or something.

Take the time, if you can, and listen to beautiful and calming music. Sing, hum, don't be shy. No one is listening. It's okay. Have a grateful heart, and as Bing Crosby used to sing, count your blessings.

You will see how many you have, and had, and will have, think with a smile in your heart, stop the guilt, the anger, give it up and just be your wonderful self.

May this New Year be a memorable one for you all, may your laughter come from the pit of your stomach, may your tummy be full, and may you become like a fine wine, getting better in your attitude of gratitude.

Live your life, as the candle only has a flame but once, so make the most of 2016 as we begin your adventure.

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