

SENIOR SCAPE

By Christina Doyle

Rain, rain, rain, as the voices of our Aurora Evergreen Choir sing. Let us welcome spring and get off that couch. We Canadians are always talking about the weather, so much so that it has become a part of our daily ritual. Unfortunately, I am a little biased when it comes to a preference in seasons. Winter becomes very limiting and, along with my legitimate fear of slipping and falling, I can hardly wait till spring. Putting on my shoes instead of those clumsy boots and finding my spring coat is so encouraging. Daily walks along the sidewalk and saying hello is always welcome, and a healthy way for getting that Vitamin D and strengthening your lungs. The air smells fresh and clean, the buds on the trees are ready to burst and show their new attire. Winter will once again be a memory, we hope; however, there have been times when spring was covered in snow's last blast. It's time to put away the numerous items of black in your closet and add some colour, also, to find your running shoes and get out and enjoy the incredible weather. The Aurora Seniors' Centre offers hiking throughout the year, so there is no excuse! Oops, don't forget those sunglasses and sunscreen before you venture out. Remember, even on cloudy days, the sun is still shining so invest in a good pair of sunglasses with the UVA protection. It's time to take up a new course, a new activity at the Aurora Seniors' Center. Many people will surround you and guide you to help you enjoy what you may be trying for the first time. Don't fill yourself with second thoughts, don't find excuses, rather persevere and your inner belief will lead you to the pinnacle of achievement. The happiest people are those who have found their purpose in life by using their strengths for the betterment of others. You do have many gifts, such as patience, laughter, wisdom, a listening ear, and being a trusted friend that others have come to know and appreciate, even more than you think. Spring and all its glory allows you the opportunity to add meaning, witness small miracles that can help you feel at peace. Be thankful you're alive. We have been cooped up in our homes all winter and spring is a knocking on our door. Welcome spring, shower us with your colours and fresh air. It's time to put on the happy face and smile, smile, smile! One of the activities you can get involved in is Pickleball. This healthy sport is played with great enjoyment by many seniors. There are approximately 80 participants in the group. Their ages range from mid-50's to several 80-year-olds. This sport is an excellent cardio vascular exercise and there is no stress on body joints, unlike other racket sports. Why don't you come out and learn the game? Instruction is offered weekly. You just have to sign in at the Seniors' Centre. Throughout the year, a formal coaching program is offered to beginners. There are three court locations: Aurora Seniors' Centre on John West Way; Aurora Family Leisure Complex on Industrial Parkway North; and Norm Weller Park, spring to fall. We play 4 days a week and have lots of fun. Great companionship is guaranteed. May this spring bring you warmth, contentment, and hope (and some exercise!). So let's all don the green, dance a little jig, and sing, sing, sing and may the Luck of the Irish bring you all good tidings!

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.