

## SENIOR SCAPE

**By Christina Doyle**

As the harvest month has just rolled in and summer is now over, the Earth's colours begin to appear and enwrap our soul in wonder! Aurora's Evergreen Choir have resumed and conversations around "What did you do this summer?" can be overheard among ourselves.

It is a wonderful time for kinship, of kindness and friendship with one common goal: to sing and to sing from the heart.

As a retired teacher, each September was one of newness, new students, new classroom designs and new staff. September may be viewed as a time of reflection and resolution.

What are you hoping for this September? What do you desire for yourself? Maybe finally catching up with an old friend or allowing yourself much needed down time? It's not how much time we have, it's what we do with the time we have right now.

Take time to develop your authentic self by accepting your own limitations and making peace with your past. It's time to rediscover the gifts you have. Are you a good listener, a good cook, a good knitter, a good poker player, just to name a few?

Believe me, take a moment and look inside yourself and see the gifts you have and, if it is at all possible, take a moment and share it with someone.

Much of my writing to you has been in developing an attitude of gratitude and developing your authentic self. This translates into someone who is at peace with themselves, who has been able to put their finances in place, being content with what they have achieved and knowing just how far they have come.

This wonderful realization means that as you are reading this article, you are grateful for what you have; realize it wasn't easy to get to this place where you are today. However, if your heart is bursting as mine does "happy to be among flowers, your walking buddies, the golf course, your pet, or your grandchildren, your friends, or your place of worship" then you are a true success.

We all didn't come through with all the pieces in place, but somehow it works for us.

We are okay, we made it, somehow, someway.

May this September bring you renewed strength.

Remember: real strength comes from knowing that we can survive. We can go on, no matter what life throws at us. There is always a light at the end of the tunnel. Go easy on yourself, don't be so critical of yourself, there are plenty out there who will do the job for you; don't you add one ounce of that negativity into your heart.

Spend time with happy people, people who make you laugh, keep away from the whiners who never seem to be happy with anything in life. They will only zap your energy and leave you feeling weak and disappointed.

It's time for you to be your own best friend, the one who accepts you as you are, just right in every way. It's the month to walk forward, forget the past, leave it there where it belongs in the past. Speak of what you are going to do today and tomorrow, and start speaking the language of life, of going on, one step at a time. Self-empowerment is a remarkable revelation when you realize just how strong you really are.

So, this September, discover popcorn, apple cider, mashed potatoes, pencil crayons, candles and bouquets of dried flowers.

Enjoy September's simple things that bring us warmth and love!!

Seniors' Centre News

**Town Programs:** The Town programs start up this month. Some are already full, but if you are interested, contact the Seniors' Centre Reception desk or ask Karie Papillon, our Seniors Coordinator, which programs are still available.

**The Evergreen Choir:** If it is your desire to sing, now is the time to join. The choir, under the direction of Dr. Richard Heinzle, always welcomes new members. So, if you like to sing, why not come out and give it a try.

**Stamp Club:** If you are interested in collecting stamps, the Stamp Club meets every Thursday morning at 9.00 am. It is a wonderful hobby that most of us enjoyed when we were children.

**Bocce:** The Seniors' Centre has two excellent bocce courts and time is running out to play this year. They were recently renovated and so if you want to try them, members play on Tuesdays and Thursdays at 9.00 am and on Wednesdays at 1.30 pm.

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.