

## SENIOR SCAPE

By Christina Doyle

When I first began my teaching career, I got called in as a supply teacher on the first day of school into a Kindergarten room. The children didn't seem to be too bothered that their regular teacher wasn't there. I think they were just as scared as I was. As the children had finished hanging up their little jackets, a voice came over the room and said, 'Please stand for the National Anthem.' As it so happened a little one was right next to me and began immediately tugging on my skirt and said 'Mrs. Doyle, is that God?' 'No, I said that's just the principal.'

That my friend is your morning smile!

During this hectic season, we mustn't forget to smile and laugh.

We seniors are hopefully in the position to be asked to come to dinner rather than being expected to make one during the holiday season. For some of us, the excitement might just be too much especially if you are visiting your own sons and daughters along with the grandchildren.

There comes a point in the dinner hour when grandchildren break their new found toys, the incessant arguing of brothers and sisters and all the while you are thinking 'Where, oh where is my couch, my warm blanket, my jammies and quiet?' please can I have some quiet??

It's wonderful to be able to get together with loved ones but don't overstay your visit. If your son or daughter is drifting off from exhaustion, it's time to go home Grandma and Grandpa.

Don't be shy about asking your children, after eating, 'Oh, I really loved that roast beef and those mashed potatoes, and that pie wasn't too bad either. Do you think you could spare some so I don't have to make dinner tomorrow?'

That's right, you paid your dues, you raised your children, now it's time to take back?at least some food, that is!

Now, let's talk about gifting: what does one get for someone who is 84 years old, or for that matter, anyone over the age of 65?

Stop with that shameful lie, 'Not another. I really don't want anything for Christmas, really I don't need anything!'

Lies, all lies. Yes, you do. How about a grocery gift certificate, or a gift to your favourite restaurant, a visit to your hairdresser, the nice winter coat you have been eyeing in the store or even the services from Molly Maid?

Your children are always wondering what to get you, so why not tell them? Get something you want, enough of those warm socks, another scarf, cologne you will never wear. It's okay, your children want to know. You may have remembered those Boxing Days or the day when you can return things in the mall, line ups of frustrated and disappointed people waiting to return something they just didn't want. Remember those days? It is not a pretty picture, so why not save the kids the aggravation and frustration and playing guessing games.

Go ahead tell your loved ones what you would like, they will thank you for it.

And now that the white stuff is here, winter reminds us of peace, and reflecting time just seems to go ever so slowly. However, while you are home, in your little condo, in your apartment, why not buy yourself an amaryllis or two? They come in many colors and grow significantly every day for weeks.

Then it bursts into large blossoms for you to enjoy the winter season.

Rather than being disappointed at the snow and its limitations, find a good book to read, or an activity that you enjoy during the winter season. There is always a lot of goings on here at the Aurora Seniors' Centre.

Together, we will get through this and we will welcome spring once again. As my doctor reminded me, take that Vitamin D as we have less and less sun these days.

So, everyone get out there and make a snowman; yes, it does sound silly, but silly is good. It's worth a good laugh.

May this December find you healthy, free from colds, warm feet and warm hearts.

To all our readers, a Merry Christmas, Happy Hanukkah, Happy Kwanza and Happy Diwali. May you always be surrounded in peace and love.

See you in 2017!

### Seniors Centre Happenings

New Year's Eve Social. If you haven't anything to do on New Year's Eve, why not visit the Aurora Seniors' Centre and enjoy an evening of games, friends and conversation. It costs only \$6 and runs from 6 pm to 9 pm with the New Year being welcomed at 8 pm from Greenland.

Tickets are available from the front desk at the Seniors Centre and the numbers are limited to 80, so don't wait!  
Aurora Food Pantry. The Seniors' Centre is trying to collect the weight of a hippo (3,300 lbs) of food for the Aurora Food Pantry.  
Please drop off your donation by December 15.  
Holiday Sing-A-Long: Come to the lounge at the Seniors' Centre from 10:30 to 12 noon on Thursday, December 15 for a holiday sing-a-long.