

## SENIOR SCAPE

By Christina Doyle

Open your windows and let that Spring fresh air come into your homes.

It's time to look around each room and see what needs to go. What may not be beautiful to you any longer may be beautiful in someone else's eyes.

Don't throw it out; donate it if you can, please. I am sure someone in Town is enjoying my pink stiletto shoes that I enjoyed wearing when I could.

Begin to simplify your living space, it's okay to get rid of things that have been buried in your closets or basements for too long. As you grow in living an abundant life, you will see that you need less, eat less and most likely sleep less, which is all fine. The moment you start organizing things, even in the smallest of drawers, you are taking back control of your life.

Last month, I shared with you about the benefits of walking and decluttering your mind, but now with lovely weather here, it's time to declutter your living space. Don't procrastinate, do it now and then step back and enjoy the simplicity of order in your life.

We have begun spring cleaning in our health and now where we hang our hat!

Don't forget to feed your soul, read an inspirational book, paint, knit, draw, plant, and even sing! Puttering is a good thing too ? it's not quite like decluttering, but puttering allows you to do things at a slower pace and you are still productive.

Play some Bach or Beethoven while you are puttering to relax your mind while you are reorganizing. The crystal you still have that no one drinks out of? Give them to a family member who entertains.

My 85-year-old mother gets rid of her stuff by donating it to me and now I am passing these lovely glasses, dishes to my daughter who readily accepts. If she didn't I wouldn't be hurt or feel that she didn't appreciate them. Hey, not everyone thinks your mugs or glasses are just what they wanted! Rather, I would donate them to a shelter for sure.

Make your home cozy and a relaxing sight when you come home from your walk or activity. So, when you open the door, you don't cringe but rather release a deep sigh of relief to be home.

And for those gentlemen or ladies who are handy with a hammer or a paint brush, then offer your service to someone today who you know could use a helping hand.

This May, spend some time re-evaluating your living space that will bring you comfort and peace.

I used to spend hours in a Chapters bookstore reading motivational books. The stillness and quiet was just what I needed to idly reflect and enjoy the writings of various authors.

If you haven't yet become familiar with the computer, there are many wonderful sites on YouTube that can enlighten your hearts through music or inspirational teachings.

All you need are a pair of ear phones and you are ready?to relax.

Oh, I didn't forget our Mothers, those past and present and those yet to become. Motherhood, is a wonderful gift that I have never taken lightly and have so enjoyed every moment having children to watch, to nurture and then to have the opportunity to witness ? two wonderful grown people that are leading productive and happy lives. What more can we ask?

Part of my paycheque always ended up in the family room, a room filled with toys and games and I never regretted one moment of it. Our children always need us in some way or another, even if it's a call on the phone and the voice says, ?Hey Mom, I was thinking about this situation and need your advice.? How nice is that? We have always said to our children, ?We are here for you when you need us. We wont interfere but if you want our advice you can be sure it will be honest, and it will come from the heart.? To all Mothers, may God Bless you all. Happy Mothers Day!

## HAPPENINGS AT THE SENIORS' CENTRE

The Evergreen Choir Concert is Saturday, May 27 at 2.30 p.m. Tickets are now on sale for \$5 each. The theme this year is Canada's 150th anniversary, with most music being sung having a Canada connection. It should be a lot of fun.

Walking Group: Now that Spring is here, why not put on some walking shoes and join the weekly group at the Seniors' Centre at 9.30 a.m. on Wednesdays? They walk for about an hour in and around Aurora.

Computer Club: Want to learn more about computers? Our computer club meets every Tuesday at 10 a.m. for an inspirational talk. This is followed in the afternoon by members being able to get personal help.

Casino Rama: The Seniors' Centre will be visiting Casino Rama on Wednesday, May 17. The cost is \$7 for members and \$13 for

non-members. The trip includes a buffet lunch.