

## SENIOR SCAPE

By Christina Doyle

?You agree ? I'm sure you agree, that beauty is the only thing worth living for.? ? Agatha Christie

As the magazines for the New Year hit the stands reminding you to declutter your closets, watch your diet, your schedule, or signing up at the gym, give some thought this New Year to your spiritual life.

It seems that that is what January is for ? a new beginning.

Feeding your spirit, your soul, is such an important discipline. It's not like something on your to-do list. It's not another task, like remembering your vitamins and flossing. You don't need to be waiting for inspiration to realize how wonderful this New Year really is.

Ms. Christie was right, finding the beauty in things around you and learning to be grateful for our life, no matter how nasty things have been for you, gratitude is the secret to living a happier life. You must make every effort to follow a gentle path to abundance. That means, look at the world and everything around you through eyes that appreciate beauty and simplicity.

Although everything is white outside and a glance in the mirror means another gray hair or loss of hair. Or maybe, you are asking yourself, ?why, oh why did I have to have that extra piece of pie??

Who cares? Was it good? Sure it was. Did you gain weight? Sure you did. Who cares, in no time at all you can get rid of it. How often do we eat like that, unless it's a holiday? Stop the guilt, life is meant for you to live it up and enjoy. So, now today, there is no cake in your fridge and you are on your regular diet, those pounds will eventually come off. So, go easy on yourself, stop beating yourself up; you had fun, you laughed and maybe you even cried. All these moments will come to pass, and they will be a sweet memory.

So, this beautiful brand-New Year, let your skies be filled with laughter, with joy, with gratitude. Don't let winter's darkness close in on you; it's time for you to be the light. It is in the details of life that beauty is revealed, sustained, and nurtured.

If you had an opportunity to be with those you love, family and friends, then you are richer than rich. You certainly don't have to look too far to be happy, to begin this New Year with such a tremendous hope that all will be well.

None of us can control the outcomes of our lives, but we do have this one precious moment to be a source of inspiration to another. We are all here to serve each other and in turn we receive contentment and peace knowing we tried to make a little difference for someone in this crazy world we live in.

And, as I say to you, I am saying to myself, try slowing down as if it were an adagio ? a melody played in an easy, graceful manner. Listen to music that soothes and uplifts your spirit. And while you are listening, pause to consider how your own life has been a piece of beautiful music. The highs and the lows, and the gentle lull reminding you that yes, I am living a fine life, not a perfect life, but I am okay, and I know everything will go as it should.

Happy New Year to all our readers. May it bring you a lift to your spirit and a realization that you are cherished by this writer and the Aurora Seniors Association! Accept, bless, give thanks and then get going!

### HAPPENINGS AT THE AURORA SENIORS' CENTRE

UPCOMING SEMINARS: Seminars are held on a regular basis at the Centre. They are held in the lounge and start at 1 pm. The topic of the first seminar of the New Year is Health and Nutrition. Then there is one on February 21 and one on March 14.

BUDGET BISTRO took a holiday over Christmas but is back in full swing on Wednesday, January 3 and subsequent Wednesdays. LADIES BILLIARDS is held every Monday morning from 9 am to 12 noon. No men are allowed! It is for ladies only, so come out and try your hand.

MEXICAN RUMMY is played on every Wednesday at 1 pm. If you have never played, why don't you come and give it a try.

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), or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.