

## SENIOR SCAPE

**By Jan Freedman**

While I was pondering what subject to write about this time, the decision was made for me by the devastating event that occurred at Stoneman Douglas School in Parkland, Florida.

My initial and visceral reaction of horror and anger at the senseless violence was supplanted by my need to celebrate the inherent beauty and wonderment of life.

I was reminded that we cannot afford to take life's gifts for granted. We should take every opportunity to tell those we love and care about how we feel, because you never know what tomorrow will bring. Take every day as a gift and use every chance to do a good deed, especially without being asked.

Call friends and family members you haven't seen in a while. Compliment someone on a job well done. Offer to volunteer when there are jobs which need doing and do so with a smile. You'll be surprised how contagious that smile will be and you'll feel great about being able to help someone.

As well as doing good deeds, take the time to really enjoy life-the proverbial 'stop and smell the roses?'. It's so important to take the time to notice the beauty all around us and particularly important for us seniors since we now have less time than we once had to do this.

We are so fortunate in Aurora to have the wonderful Seniors' Centre which offers such a variety of activities to choose from.

If so inclined, you could fill every day with an activity, course, trip or movie at the Centre, to name just a few, and you'll have lots of great company with whom to enjoy these programmes.

In addition to the Seniors' Centre, Aurora offers many activities to tempt you and enrich your life.

There are the wonderful plays at Theatre Aurora and all the courses, speakers, and concerts at the Cultural Centre. These take place throughout the year and not just on weekends. The caliber of the actors and the concert musicians is first rate and the prices are affordable.

Just think that you can enjoy top drawer music and artists without having to drive downtown, fight for a parking spot and pay a handsome fee for that dubious pleasure.

Let's not forget the many activities at the various community centres, as well as the exciting goings on at our amazing Aurora Public Library which are well worth attending.

There are many enticing activities you can take advantage of to enrich your life and mitigate the evil in our world. I look forward to seeing you out and about enjoying life to the fullest in our great Town.

### HAPPENINGS

#### AT THE SENIORS' CENTRE

**The Revenge of the Red Feather Ladies.** This is the latest production by the Centre's Silver Stars and will be performed on Saturday, April 14 and Sunday, April 15 at 2 pm. Tickets are \$5 each and are available now at the Reception desk.

**Dinner Dance Gala.** This event will be held Saturday, May 5 from 6:00 to 11:00 pm. Antipasto will be served at 6:30 pm, dinner at 7:00, and dancing following dinner. Tickets are available now at Reception and cost \$50 for members and \$55 for non-members.

**OK?Blue Jays?Let's Play Ball.** A bus will take members and non-members to the Rogers Centre on Wednesday, August 22. The cost is \$107 for members and \$115 per person for non-members. If you are interested, contact Andrew Bailey at 905-727-3123, extension 3611.

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), email [auroraseniors@rogers.com](mailto:auroraseniors@rogers.com) or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday. The monthly Seniors Association bulletin is posted on our web site so for all the details on Association activities, clubs, events, bistro lunch menus, sports, and movies to mention a few, and town programs, trips and other valuable information concerning the Aurora Seniors Association, take a look at [www.auroraseniors.ca](http://www.auroraseniors.ca)!