

## SENIOR SCAPE

By Christina Doyle

I was listening to a comedian not long ago and he had commented the shock he received when he walked by his mirror after waking up one morning.

He had said ?Who is that person? Is that a bald spot? What's with all that gray hair and those wrinkles?!? Sounds familiar? Yeah, I know, folks, we have changed, some of us a lot and some of us have changed just a bit. It scares me too when I see that I am slower at doing things, and then try to convince myself that I am the same old gal. But I am, the same old girl, happy with life, enjoy the same things like spending time with my family, but then I am not the same girl. I don't entertain like I used to, I don't make dozens of muffins at one time, bake as if I was in some cooking contest of endurance. Yup, those days are gone and its okay with me, bottom line is we have no other choice but to accept what we can and can't do and just move on.

This month of October is all about change, isn't it? The days continue to fly by. Do you feel like that? We were all anticipating spring, then spring hardly came, the flowers came late or not at all, and then we got the heat. But that's okay, everyone. Each day is a gift and we have become wiser, and yes older but so what? It's important to stop looking at that number and think about what your heart is telling you. Loud and clear, it says stop complaining, stop whining, and live your life as best as you can.

All of us have some regrets in our life, all of us can say I should have, or could have. That kind of talk must be out of our heads completely if we are going to live our life to the fullest.

If you haven't gotten rid of some old things now would be the best time to do this. Don't throw out, donate to your favorite charity or give them away to a friend. It's time to clear our homes and clear our minds. How do we clear our minds? How can we help ourselves alleviate our stress? Number one ?keep it simple, 2) develop gratitude in your life, 3) create a quiet surrounding in your home, 4) breathe deeply and often, 5) move! Walk, dance, run but find something you enjoy, 6) eat only when you are hungry not out of necessity, 7) stay away from negative people, 8) stop trying to please everybody and begin pleasing yourself and, most importantly, be yourself. When someone meets you and spends time with you, let them walk away feeling inspired and positive. Remember this too shall pass, so live in the now and not what has passed. Have a blessed October.

### HAPPENINGS AT THE SENIORS CENTRE

TRY BID EUCHRE. If you have ever wanted to learn this interesting game, then come out on Monday mornings at 9.30. Lessons are given and then you may play as much as you want.

LINE DANCE. On Tuesday evenings at 6 pm you can come and enjoy line dancing.

KEEP SINGING. If you are not sure about joining the Evergreen Choir, but would like to sing then come to the Seniors Centre on Thursday mornings at 10.30 and sing along with a group of people who enjoy singing.

LADIES PICKLE BALL. Pickleball is very popular right now. If you play tennis, you will be able to quickly learn pickleball. Ladies play it on Thursdays at the Seniors' Centre at 2.15.