

SENIOR SCAPE

By Christina Doyle

The flower shops and chocolate candy sales are on every shelf in stores these days, and they are about to encounter one of their busiest times of year.

It's nearing Valentines Day!

But allow this moment to consider this: stop thinking what the world wants you to think and do ? and do some more. Although the world would like you to think about many things, its time to turn away from the world and to realize what in this life makes you truly happy.

For each one of you will give a different answer, given your circumstances. Stop the television, turn off the news for just a day and, even possibly, for a week, if you can.

What is it that makes you smile, makes you feel at peace and contented? When you silence the outside world, you will give your heart an opportunity to look inside and say to yourself ?Stop! Time to listen to myself and to do what is good for me and me alone.? Take a moment and begin welcoming an early spring into your home, buy some fresh flowers and with all your might, stop and look at them and gaze upon their beauty, and of how miracles can happen. No one can tell you how to live your life, but you.

If you need a little mentoring, my friends, then here it is, something for you to read each morning and begin living this gifted life in a profound and meaningful way.

First and foremost, you have every reason to be happy ? really! Being happy goes beyond just pleasant emotions. Learning to remain joyful throughout the day can have dramatic positive effects on physiology and even improves the overall mental function.

Isn't that enough to keep you smiling? It does not matter what you are pursuing in your life, whether it is business, education or service, you are doing so because somewhere deep inside you is a feeling that this will bring you happiness.

Every single action that we perform on this planet springs from an aspiration to be happy because it is the original nature. When you were a child you were simply happy. That is your nature. The source of joy is within you, you can take charge of it.

When you get up in the morning, the first thing you should do is smile. At whom? No one. Because just the fact you woke up is not a small thing. So many millions of people who slept last night did not wake up today, but you and I woke up! Isn't it great that you woke up? So, smile because you woke up. Then look around and if there is someone, smile at them. Go outside and see the beauty in nature and see how it hasn't died either.

For the first time maybe in a long time, you can now see what is important here. What does this message mean for you? Say to yourself, I know what is important in my life. I have peace of mind and I am content with what I have, and my priorities are straight and clear.

Remember, the quality of your life is not determined by the clothes that you wear, the educational qualifications that you carry, the family background or your bank balance that you hold. Rather, the quality of your life depends upon how peaceful and joyous you are within yourself.

As Bing Crosby would sing, ?count your blessings?, yes, count them, my friend; you have much to smile about. Enjoy the early beginnings of spring and go ahead and buy yourself that heart shaped box of chocolates ? you deserve it!

Repeat after me: I am grateful for this day, I am grateful for my body, my soul and my mind. Everyday, I notice and feel gratitude for the abundance around me. Today I let go of all that does not serve me and choose to heal my heart, mind, body and soul with self-love and kindness.

HAPPENINGS AT THE SENIORS' CENTRE

Seminar. On February 20, the President of the Aurora Seniors Association, Dr. Dave LeGallais, and his wife Linda will give a seminar on Animal Tails. Dave was a well-known veterinarian in Aurora before his retirement and will also have a special guest with him and his wife.

Walking Clubs. There are two walking clubs: one is held each week and the walkers go outside every Wednesday morning to walk for about an hour. The walkers gather in the lounge at 9.30 am. The other walking club is held once a month inside at the Leisure Complex. After you walk and stretch, a seminar is held.

Seniors' Centre Without Walls. This is a new initiative reaching out to vulnerable and isolated seniors who are unable to come to the

Seniors' Centre for various reasons. Through the use of conference calls, seniors are given information on health-related matters, access to conversations with professionals, but more importantly, an opportunity to feel part of a community. If you are interested in learning more about this, contact Karie at 905-727-3123 extension 3610.