

## SENIOR SCAPE

By Charles Sequeira

### Walking Club at the Seniors' Centre

We at the Aurora Seniors' Centre encourage you to stay active in the coming months. Walking is a very basic form of exercise and is good for you. I try and walk each day whether on the treadmill or an evening walk, and I have an average of 5,000 steps each day. Walks are held on Wednesday mornings and are about an hour in length.

All walks are on trails in and around Aurora.

The terrain may be hilly (as is much of Aurora) and participants should wear appropriate clothing and footwear. We meet each week at 9.30 a.m. at the Seniors' Centre and carpool to the starting location, if necessary.

No pre-registration is required, just show up. We are always looking for eager members to walk, so come out and join us.

If walking is not your preference, then you should consider enrolling in any one of the Fall 2014 Town-run programs for seniors.

Registrations have started and you can view the different programs by going to our website as shown below, or in person, and pick up a copy of our August newsletter.

Trivia Challenge ? Friday, September 12

We invite you to a Trivia Challenge event. There will be four games played and each game will have a series of questions to challenge your knowledge. Each table forms one team and a team answer for each question will be required. Prizes for the winning tables and door prizes. Light refreshments and dessert will be served at intermission. Price \$10 per person. Seating is limited.

Our Appreciation?

? to Investors Group, Patrice Graham-Brown, Division Director and her Team for including the Aurora Seniors' Centre along with seven other different charitable organization with grants based on time commitment and the volunteering provided in 2013 by Patrice and her team.

This grant was presented to us at the Town Park concert on Wednesday, August 13, 2014.

### Volunteers required!

Almost everything in the Centre is run by volunteers. Without them lunch might be cancelled, the shop will be closed, library books everywhere, playing cards gone, you won't get expert help in the computer room, and so on. Our volunteers makes sure that you have everything you need to enjoy your time at the Centre.

Many of our members have been ? and are ? volunteers for many, many years and some of them now feel it's their time to sit back and enjoy. That's great as long as the Seniors' Centre can still have all the great activities, lunches and events that everyone expects, but without volunteers it won't happen. Our Seniors' Centre is the best because of the great people who use it and respect it and the volunteers who make it the best. We are very lucky to have this facility for our use and enjoyment. Please think about volunteering to help keep our Seniors' Centre special!

Our Food Services Committee needs a new Chairperson Volunteer. If you think you can help please speak to Charles, Ron or Karie at the Centre.

Friday Night Social Dances ? September 5 and 19

From 8 ? 11 p.m., singles and non-members are always welcome. Members: \$4.50, \$5 for non-members. ? Includes light refreshments. Cash bar available.

### Soap Operas

Do you watch soap operas? We are thinking of starting a soap opera club that would meet on Friday afternoons. Join others, watch together and talk about it. If you are interested sign up at our reception desk. Tell us which soap you watch. If there is enough interest we will let you know.

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.