

SENIOR SCAPE: Divert Your Rut

By **Sylvia Dickens**

Does your routine include a visit to the Centre to play your game of choice every week, month after month, year after year? If so, you're probably in a rut. Ok, perhaps you really do enjoy playing Bridge or Pickle Ball that much, but wouldn't you enjoy a change? Personally, I need a regular dose of change, regardless of how much I enjoy Scrabble or Badminton. Guaranteed, within a year or less I have to try something new or different. If I don't move on within two years, I'll go dormant both physically and mentally. It's not good to adhere so rigidly to a routine. For me, change always triggers a sense of revitalization and excitement. Life offers so much and I don't want to miss it by limiting my involvement.

Since I joined the Centre almost two years ago, I've played table tennis, badminton (although my bad knees at the time cut this activity short), pool, Mahjong, Scrabble, Rummi-kub, and I worked on a few projects in the work room and the sewing room. I volunteered on the Special Events Committee and chaired the Victorian Tea, plus I've been writing this column. Having tried almost everything that interests me, I still have to try Bocce Ball and maybe Carpet Bowling. Plus, I'd like to give badminton another try. What activities have you enjoyed since you joined the Centre?

It's highly likely you haven't tried Rummi-Kub. This is one of those little-known activities that tends to remain hidden in one of those small rooms off the main hub of activity. Certainly, there is a lot more action around the lounge which sits next to the Bingo room and the gymnasium. Cards are often played in the large room off the lobby, which is also where the Knotty Knitters, Let's Create and Sew Much Fun groups meet.

Rummi-Kub, which enjoys several spelling variations, is played in the room down the hall between the work shop and the computer room.

What is Rummi-Kub?

Rummi-Kub is played with small tiles similar to Mahjong tiles. Tiles make up four suits of 13 tiles each, similar to cards. In fact, Rummy is a card game from which this game was probably derived.

The goal is to get rid of all your tiles to win the game. You do that by forming a minimum of 3-tile sets in either a run or same color numbers. You need 30 to start so you'll like to see the high numbers come up when you select your tiles. It's a nightmare when people pick only small numbers and can't start until the game's almost over. This doesn't mean you're sure to lose. Some people have dropped all their tiles quickly once they did start and won the game.

The official game involves keeping track of each player's score, but this group is less formal. They are always hoping more people will join them as there's room for eight players and there are frequently empty seats.

Why not join them now and then? They play Fridays at 1 p.m. I might even see you there.

Fitness and Fun Programs

A few issues back, we talked about exercise and the programs available at the Centre. Here is more specific data. First of all, registration has just opened so you'll want to sign up quickly before the seats are taken. There are 21 programs to appeal to all interest levels.

If you want to get and stay fit, the programs offered this fall include: Aquafitness 55+, Basic Cardio, Body Control Pilates, Chair Fitness, Chair Stretch, and a new program, Gentle Pilates for those just starting out. Stretch and Tone, Tai Chi, pFIT, Zumba Gold and Qi-Gong are also offered again this season. For the more energetic among you, there is the Fitness Challenge.

If you'd like to try your hand at Acrylic Painting or Painting and Sketching, they come in both beginner and intermediate levels. You might like to try Drawing Fundamentals which is a great way to try your hand at art as a pastime.

Seniors' Centre members can register for any of these and other programs in person at the Centre starting July 28. Some programs begin in early September.

For more information on the Aurora Seniors' Centre, drop by 90 John West Way, visit www.auroraseniors.ca, email auroraseniors@rogers.com or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.