

## SENIOR SCAPE: Escape the Remote

By Sylvia Dickens

How ever did we manage before the remote? No longer do we need to get out of our chair to make adjustments to the television. We can do almost anything with the simple click of a button or setting some other remote system.

We can switch from watching television to listening to music remotely. Dinner and coffee can be set to prepare itself. Lights come on when we move from room to room. We don't even need to move our arm up and down, back and forth to clean our teeth because of the electric toothbrush. Children spend more time in front of a computer or television than they do in any other activity.

No wonder so many of us are out of shape and it's getting worse. Obesity is becoming widespread at all ages.

Remember when you had to walk over to the television to turn it on, change stations, tune in a static-filled station, and turn it off? Remember the original remote? That cable running across the floor from your sofa to the set could be a hazard. That's where it all began.

Driving now incorporates remote actions. Click a remote to open and lock the doors or find your car in a huge parking lot. Set 'cruise' and you can sit back and relax without worrying about pushing the gas pedal. Use an inboard camera to back up your car. Cars today can even park themselves! How lazy is that when you can't even turn your head?

And let's not forget all those hundreds of television stations that run 24-7. It's virtually impossible not to find something to watch, but if you've already 'remoted' your way through almost all the retro cartoons and classic movies, it's time to move yourself. How many times can you watch the Roadrunner repeatedly outfox the coyote with his myriad of Acme products, or witness Bugs Bunny forever befuddle Elmer Fudd? Surely you've enjoyed enough battles between Daffy Duck and his co-stars or any of the Looney Tunes characters interacting.

All this new technology makes it even more crucial that we keep active in other ways. It also removes us from society which means we need to get away from our televisions and computers and spend time making new acquaintances, maintaining old ones and perhaps even making new friends with new topics of conversation. Conversation can be surprisingly uplifting, stimulating and motivating. When was the last time you enjoyed a lively chat with a group of people sharing their own alternate views?

You will find many programs at the Centre that exercise you physically and mentally. Fortunately, it's not all about the games, which are fun in themselves. There are plenty of opportunities to carry on conversations with others in the group.

If you've yet to make your way to the Centre, remember that it offers more than games to enjoy. You will also have many chances to socialize with the friendly members. By the way, rumor has it that the Aurora Seniors' Centre is one of the friendliest around.

### Casino Trip August 21

Speaking of socializing, what better opportunity than on a road trip to Fallsview Casino Resort in Niagara Falls? Whether your game is slots or tables, you'll find it all here, with over 3,000 slots and video poker machines. It offers everything from Blackjack to Baccarat, Poker, Craps, Roulette and Pai Gow Poker to Caribbean Stud.

For more specifics, see the display at the Reception Desk. There, you can book your tickets which includes a \$10 slot voucher. This trip is easily affordable at \$15 for members and \$20 for non-members.

### Stratford Festival September 26

For those of you who enjoy a good theatre production, don't miss Stratford Festival Theatre's 'Crazy for You'. Banker Bobby Child is sent to Deadrock, Nevada to foreclose on a derelict theatre and ends up falling for the owner's daughter, Polly Baker. Can he reconcile the demands of duty and love, and his own dreams of dancing? 'I Got Rhythm', 'Nice Work If You Can Get It' and 'Someone To Watch Over Me' are just some of the gems in this dynamic musical's dazzling score.

Note that you must register by August 26. The cost is \$135 for members, \$140 for non-members. The group departs on September 26 at 9 a.m. from the Aurora Community Centre. Get more details and register at the Centre's Reception Desk.

### Seniors Day at Town Park

Saturday, August 2 has been designated as Seniors Day at the Town Park by the Farmers' Market Association. From 8 a.m. to 1 p.m., try your hand at a chess game with an ASA member at the Seniors Booth! From 10 a.m. to 11:30 a.m. at the band shell, members of the ASA will provide entertainment featuring singers, guitarists, piano players, comedy, line dancing and ballroom dancing. You'll also have a chance to join them on the stage for some karaoke singing!