

SENIOR SCAPE: Evergreen

By Sylvia Gilchrist

The summer, unfortunately, is coming to a close and this is the time that we start thinking about what to do in the fall. If you are 55 or older, the Aurora Seniors' Centre has much to offer you. For example, have you considered singing?

As someone once said: ?Group singing is cheaper than therapy, healthier than drinking, and certainly more fun than working out. It is the one thing in life where feeling better is pretty much guaranteed.?

Singing provides many benefits both physically and emotionally, but more importantly ? socially.

Physically, singing improves our lung capacity and benefits our hearts. Circulation improves and we feel better.

Emotionally, singing has been found to reduce stress and increase positive feelings.

Socially, you meet new people who share something in common with you and have a lot of fun and sense of accomplishment.

In the Evergreen Choir at the Aurora Seniors' Centre, you will have a lot of fun. We have an excellent director in Dr. Richard Heinze who has guided us for many years. He pushes us, but can also be very amusing. His selection of the music we learn varies from year to year. He tries to include music we know with some that is unfamiliar.

You do not have to be able to read music to enjoy the Evergreen Choir and you don't have to be a great singer.

All we ask is that you enjoy music and feel like singing. The practices run from 1.45 ? 3.15 p.m. each Wednesday, but it is better if you are there at 1.30. Sheet music is provided by the Seniors' Centre and you return it when the choir has finished with it.

Our first practice is Wednesday, September 9. This year, however, we may be rehearsing and then singing at a tea that day organized by the Town of Aurora. Our main practice will start a week later on September 16.

So, why not come out and join us. The choir always welcomes new members. Give it a try! It is a lot of fun.

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, email auroraseniors@rogers.com or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.