

## SENIOR SCAPE: Fill-A-Box

By Charles Sequeira

The Aurora Seniors' Centre volunteers were able to fill 75 gift boxes with goodies, treasure and necessities for Seniors who are confined to their rooms. The generous donations for inside the boxes were amazing, but the cash donated to finish the job was over the top.

Each gift box received the follow items:

Socks, tooth brush and paste, candy, cookies, flashlight and batteries, night light, game or puzzle, pen and pad, mug with tea and coffee, Lotto scratch ticket, bag full of granola bars, raisins, candy.

On top of that, each one received a treasured gift, ranging from bracelets to decks of cards, stuffed critter to tell your troubles to.

After each box was filled, we were able to put together small gift bags of goodies for 22 residences of Cobblestone Rest Home.

These bags have toothbrush and paste, tissues, granola bar, candy and soap.

Also any item that would not fit in the box, like large boxes of cereal we sent to the food bank or large bath washes were sent on to Blue Door Shelters.

In the end, we were able to help out a lot of people that might not have received anything.

Thank you to our Let's Create committee of volunteers who decorated the boxes and gave up their Wednesdays afternoons to sort and

fill these gift boxes.

These gift boxes will be distributed by CHATS.

### A TIGERS SUPER-FAN!

The Ultimate Tiger Keepsake-It's here! Joan Levert, a member of the Aurora Seniors' Centre and a volunteer instructor of our sewing club, designed a Tiger quilt pattern and each square is a symbol of the Aurora Tigers' hockey club philosophy.

The picture of the finished quilt is on display on our bulletin board and the actual finished quilt is more beautiful than ever imagined. Each square is stitched in a specific pattern, with an interpretation representing teamwork, speed, skill and determination. The true TIGER testament.

There is even a hidden hockey stick, puck, and net in the stitching!

You could win this Ultimate Tiger Quilt by purchasing raffle tickets at three for \$10 sold only in the Tiger Den at their home games. Proceeds collected will benefit the Aurora Seniors' Centre. Thank you, Joan.

### STAYING FIT

The Aurora Seniors Centre is excited to debut evening fitness classes starting in January. Join us Tuesday nights at 5.30 p.m. for Body Control Pilates, 6.30 p.m. for Gentle Pilates and at 7.30 pm for BOSU. What is BOSU? This class is designed to improve your balance and core stability for better coordination, endurance and strength. The BOSU was originally designed to help athletes however we find it is also great for older adults. We also are offering Zumba Gold on Thursday evenings at 7 p.m. starting in January! If you are interested or have any questions, please call Karie Papillon, our Seniors Coordinator at (905) 727-3123 x3610. She would be happy to help!

### INTERGENERATIONAL LINK

Lester B. Pearson P.S. students are developing a senior-friendly app tutorial that would help seniors learn how to use their email. They would like to share their research and ideas with the Aurora Seniors' Centre members on Tuesday, December 9 at 10 a.m. at the Centre. These students have developed an app tutorial to help seniors learn how to use email and make attachments to their email.

They concluded that this is one of the most meaningful skills for this population to keep connected with family and grandkids.

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.

