

SENIOR SCAPE: Get Fit

By Sylvia Gilchrist

Do you wish you were more fit or, perhaps, a little more creative? The Town of Aurora offers many programs for adults 55+ at the Aurora Seniors' Centre. Programs such as Yoga, Zumba Gold, and Fitness Challenge help seniors with their fitness, as well as programs like Drawing Fundamentals and Guitar that cater to their creative side. If you are interested, come and check them out or register at the Seniors' Centre.

GARDENING CLUB

The grounds around the Seniors' Centre take time and energy, but look lovely, thanks to the volunteers who work hard to keep the place looking attractive, neat, and tidy. New volunteers are always welcome and so, if you have a green thumb or just enjoy digging around in the dirt, your help will be always welcome.

BADMINTON AND TABLE TENNIS

If you enjoy playing badminton, the badminton club will welcome you. Even if you have never played before, come and try it. They play on Mondays at 9 a.m. and Tuesdays at 4 p.m. However, if table tennis is your fort , come out and play on Wednesdays at 3.15 or Thursdays at 1 p.m. You don't have to worry about your skill level, we have players of all abilities.

WOOD SHOP

The wood shop is open every day of the week and many interesting things happen in there. If you have a flare for carving or just like building things, then Ron Coe will help you get started. On Tuesdays at 9.30 a.m., the wood carvers take over but the rest of the time you can do your own thing. The wood shop has built displays for the Santa Claus Parade, Hallowe'en, and the Canada Day parade as well as items that are required by the Seniors Centre. They are a very talented group and always welcome new participants.

SCRABBLE AND RUMICUB

Do you or did you play board games at the cottage? It seems to be a tradition in the evenings or when it is raining. Two popular board games that are played at the Seniors' Centre are Scrabble and Rumicub. Scrabble, as many of you know, is a game of words, whereas Rumicube is a game of numbers. Both are great games to play and the Seniors' Centre offers Scrabble on Tuesdays at 1 pm and Rumicube on Fridays at 1 pm.

If you are interested in becoming a member or volunteer, we are located at 90 John West Way across from the Aurora Town Hall. Come for a visit or a tour or give us a call at 905-716-4767. We are always willing to show you around or brag about the great benefits of the Aurora Seniors Association.