

SENIOR SCAPE: Go Canada!

By **Jim L. Abram**

I just finished watching the Canada versus United States Men's Hockey game. The Canadian women's team had already won the Gold medal. So my advice was very simple. Play like girls!

The men's team must have taken my advice.

There was more hitting in the women's game. But, the result was the same. President Obama owes Prime Minister Harper a case of beer. I hope it is Canadian beer, otherwise Stevie shouldn't accept it.

I think it is fitting that the greatest conflict between our countries after 200 years of peace is settled by a case of beer. Make it a real bet. The loser should have to take Justin Bieber.

Apparently the Russians aren't too upset about being bounced from the hockey medal contest. They are now confident that their goaltender, Semyon Varlamov, will win the Putin Hockey MVP Award next year for the Siberian Hockey Team.

These Olympics have been great. I want to thank the person who thought of having cross country skiers strap a rifle to their back. I always wonder why the guy in second place doesn't just shoot the skier in front of him.

Sochi has been a great venue for the Winter Olympics with its summer temperatures, palm trees and the longest saltwater beach in the world. David Letterman expressed it best when he said: "The Olympic village is a mess. The food is horrible. And, well, that's what happens when you tick off gay people."

Well, if nothing else, the Olympics make you proud and happy during a rather bleak winter. Such competitions make you feel warm in the body, mind and spirit, even though your butt might be cold. You feel less grumpy too.

Men Wanted!

Men, do you sometimes find yourself humming a tune? Have you been told by friends that you have a nice voice? Then you are a wanted man! The Evergreen Choir of the Aurora Seniors' Centre wants you. As you know, a choir is all about harmony and the Evergreens are very fortunate to have many good altos and sopranos, and some talented men who sing tenor and bass. (including one great lady who also sings tenor)

So, if you are looking for a new challenge which is socially pleasant and mentally stimulating and FUN, we would love to have you come and sit in on a couple of rehearsals. Not too many of us read music or have professional training, but we have a wonderful director in the person of Dr. Richard Henzle who not only is very knowledgeable, but also, lucky for us, very patient.

We started rehearsals on February 5 for our Spring concert at the Centre which takes place on May 24. The Evergreen Choir meets every Wednesday afternoon at 1.30 pm and we practice from 1.45 pm to 3.15 pm.

For more information please contact Stella Switzer, Chair of the Evergreen Choir at switzer3613@sympatico.ca

If winter is getting you down, come on over to the Aurora Seniors' Centre where everything you do is valued and appreciated! You can participate in sports, activities and events, enjoy the library, computer room, billiards and games room or wood shop or just have a coffee with friends in the lounge. Your Bocce game will have to wait until the snow melts though!

Remember to walk every day, take time for yourself every day and be nice to others at every opportunity. Live with energy, enthusiasm and empathy and keep faith in family and friends. Appreciate people over 70 as much as people under 7.

Jimmy's last word: If you are alive today, you will in all likelihood be alive tomorrow. Use the good dishes and burn the candles. Make the most of all this good world has to offer. The best is yet to come.

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.