

SENIOR SCAPE: Healthy New Year

By Charles Sequeira

Now that the festive season is behind us, it is time to start being active in body, mind and spirit. The best place to do it is at our Seniors' Centre with all the programs and activities it has to offer. Take advantage! You might want to volunteer as well, contact the various committees, they are always looking for much needed volunteers.

Membership renewal

Please don't forget to renew your membership in January. There will be extra volunteers assigned to process your renewals membership. Remember, you must present your green membership card in order to renew your membership. Please call our reception desk for more details.

Annual Memorial Service

Each year we take time to honour the members of the Aurora Seniors Association who have passed away. Please join us on Wednesday, January 22 at 2 p.m. in the West McKenzie Room to celebrate the lives and contributions of those members. Our Evergreen Choir will sing, and refreshments will be available. Please note that out of respect for this service, no other activities will take place during the service.

ASA Computer Club

Our club hopes that everybody had a wonderful and relaxing holiday season. Now that it is over, we are back to our normal activities as winter is upon us. Drop-in sessions are Tuesdays from 1.30 p.m. to 3.30 p.m. These sessions are run weekly, every Tuesday, with the intent that any member who is looking for any kind of technical help can come by and we will try our best to assist. All the help we provide is covered by your payment of the \$1 daily activity fee.

Friday Night Dances

Our next popular Friday Night Dance will be on Friday, January 24, February 7 and 24 from 8 ? 11 p.m. Singles and non-members always welcome! Cash bar is available with wine, beer and soft drinks .

Ballroom Dancing Lessons: Whether you want to brush up on old skills or learn new moves come out for a great evening of dancing. Ballroom and Latin dances including Foxtrot, Cha Cha, Waltz, Rumba and more. Course starts on Tuesdays, January 21 to March 25 from 7.45 p.m. ? 8.45 p.m. \$58 per person.

Trivia Challenge

We invite you to this event on Friday, January 31. Door open at 5.30 p.m. Game starts at 6.00 p.m. There will be four games played. Prizes for winning tables. Cash bar and Door prizes. Light refreshments and dessert will be served at intermission. Price \$7 per person.

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