

SENIOR SCAPE: I Like Crazy People

By **Jim L. Abram**

I am sitting down at my computer and pondering in deep thought as to what I might choose to write about for your Senior Scape article.

As I contemplate at length, I consider and reconsider all the good advice that all my well-meaning friends and acquaintances at the Seniors' Centre give to offer. I then realize that all of my senior friends have much good advice to offer given that our lives offer much to be shared.

Should I write about politics, as there is an important election impending at the Seniors Centre? Should I write about the honest yet seemingly devious tactics of the Scrabble club as I have a vendetta to fulfill following their welcoming me into their lair as the spider said to the fly? No, that would be unnice. (a word that is not in the dictionary but would potentially create a scrabble squabble).

I decided I would sit down in the Centre Lounge, enjoy a few cups of coffee for 25 cents apiece and listen to the stories of anyone who might be brave enough to sit near me. I met and conversed with some wonderful people. Let me share with you my adventures. Sitting next to me in one of the comfy armchairs was Mike. Mike asked me if I shared his concerns over how difficult it is for seniors to keep up with demands of continued home ownership.

We commiserated over how difficult it is to maintain the traditional family home with the ongoing need for a new driveway, windows, eaves troughs, roof, furnace, air conditioner....the list is endless. We shared many of the same concerns and agreed there are no easy solutions and every one of us has to make very personal and often agonizing decisions as to how to deal with their aging homes in light of our aging bones.

Mike got up and said good-bye in order to go to work as many seniors need to continue to work to keep healthy, active and to put bread on the table. I shared with Mike that I too worked part-time for the very same reasons. Mike's vacated comfy chair was then occupied by another Mike. I thought to myself, why is everyone named Mike?

This Mike was equally nice. Only louder. We all come in different shapes, sizes and volumes. Volume can occasionally be a good thing as we were inadvertently able to engage all of those persons within hearing range as part of the conversation. We now had a quorum and the debate over how people like Conrad Black have been represented by the media went viral in the lounge!

Everyone not only had an opinion to state, but each participant was good enough to listen to and acknowledge all others' views. What a pleasant environment for collective and communal discussion.

So this was an afternoon at the Seniors Centre. But wait! There were other sightings at the Centre! Brigid was seen in her trendy new ?Roots? wear...trendy in pink for spring. Ruth was overheard saying that the ASA Walking Club might be fortunate enough to see the first signs of spring flowers during the walking club walk this week.

I overheard Karie, our valued Seniors Coordinator mention how appreciative all ?staff? (I hate that misnomer...they are not staff, but rather, family) at the Seniors Centre are of the great many contributions of valued volunteers. Karie made a point of expressing that this sentiment was not just because April is ?volunteer appreciation month? but rather, at the ASC, every month is volunteer appreciation month.

Annual Spring Sale

Don't miss it! The Annual Spring Sale will be held on April 27. There will be a wide variety of books, crafts, treasures and a great BBQ. I am going to volunteer to chef at the BBQ so that I can meet and feed as many hungry people welcome to attend.

Aurora Seniors Centre Board of Directors Election

Get to know your candidates. Vote and vote often! (Couldn't miss expressing the obvious joke.) Your candidates want to hear and respond to what is important to you as an active of member of your Seniors' Centre. Please come out to the All Candidates Meeting on Wednesday, April 24 at 11 a.m. and please stay for the Budget Bistro for a delicious lunch for only \$4! It'll be fun and the deviled eggs and ham are no reflection on the devilishness and hamming it up of the candidates!

Today's Advice: (This is my personal favourite of all time) ?Don't Eat Anything Bigger than Your Head.? And by the way, crazy people like me. A good thing.

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.