

## SENIOR SCAPE: Prepare Your Body

Prepare your body now for summer

By Sylvia Dickens

Any doctor will tell you that one of the worst things you can do is get active all at once. This couldn't be truer when spring arrives and you're invigorated by the inviting outdoors.

Very soon, it will be summer and you are sure to become even more active.

When you stress your body without preparation, it can respond rather nastily, from sore or even torn muscles to more serious skeletal, circulatory and respiratory problems.

Age makes little difference. People in their 40s and 50s can experience problems which is why many of them warm up first. Some of them do 10-15 minutes of stretches, while others take as much as an hour to warm up. It depends on their activity.

Professional athletes begin "warming up" months before their seasons start. They perform a variety of exercises to strengthen muscles, improve flexibility, maximize lung capacity, and build stamina. Even though they stay active year round, they still need to warm up which also helps prevent injuries.

If you have not been very active over the past few months, and you plan to get busy over the summer "tending to your garden, taking tours, walking" here are some programs to prepare your body for all that summer fun.

Basic Cardio and Stretch and Tone will help get your heart and muscles up to speed. Stretching and toning is beneficial to avoid pulled muscles while making them stronger. Cardio brings your heart out of its relaxed state, strengthens the heart muscle and makes the organ more efficient.

Imagine feeling good while you enjoy your summer. No shortness of breath, no sore muscles, and a sense of invigoration when you exercise.

Basic Cardio begins Thursday June 13 at 9.15 a.m. It costs \$24.50. Stretch and Tone starts June 10 at 1.30 p.m. or Thursday at 10 a.m. starting June 13 at a cost of \$49.

For those of you who want to really work out, try the Fitness Challenge. It begins Thursday June 13 at 11:15 a.m. and costs \$49.

### Country And Western Dance

If you're a die-hard country and western fan, you won't want to miss the upcoming Country and Western Dance on August 16 from 8 p.m. to 11 p.m. You'll get a chance to wear your favourite western costume, boots, hat, jeans, suspenders "and any other accessory you can think of. Enjoy demonstrations of square dancing and line dancing set to toe-tapping themed music. Tickets are on sale now at \$5 per person. Everyone is welcome. Refreshments will be provided during intermission.

### Operation Smile follow-up

You will recall that a group of our seniors participated in Operation Smile early this year by creating a variety of items for children suffering with cleft palate problems. Many of those children are rejected by their societies and their peers. Some die from starvation because their condition is so bad that they cannot eat.

A group of doctors involved with Operation Smile perform free operations to save their lives. During and after the surgery, the children need night gowns, arm bands to prevent them from touching their faces and causing infection, and coloring books to take their minds off their pre and post operative pain.

Our seniors created batches of these items which were provided to the local Operation Smile coordinator, Maureen Atcheson. She has just advised that Purolator picked up the boxes from her house and shipped them direct to Virginia for redistribution. That's not the good news, however. The news is that they did it free of charge! This was a significant contribution. Ms. Atcheson wishes to thank Purolator for their generosity in this regard.

### Zoomer Market Place

On Saturday, June 15, you are invited to attend CARP's Zoomer Market Place at the Newmarket Community Center, Lions Hall 2 at 200 Doug Duncan Drive. The event runs from 9 a.m. to 2 p.m. Admission is free. There will be light refreshments and prizes.

More than 20 exhibitors will be on hand with valuable goods and information for you. Among the participants are: CNIB, Stay Fit Pole Walking, Investors Group, Silver Cross Healthcare Equipment, Psychologist Dr. T. Sands, Chiropractic on Main, Bowen Therapy, Roadhouse and Rose Funeral Home, York Foot and Ankle Clinic, Olmstead Physiotherapy, Shoppers Home Health Care,

Hollandview Trail retirement Community, and the Ministry of Consumer Services.  
All are welcome.

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.