

SENIOR SCAPE: See how far we've come

By **Jim L. Abram**

What an exciting time it is to be a member of the Aurora Seniors' Centre!

Our members are an energetic (yes, that's energetic not geriatric) group of young-at-heart, older adults who are very enthusiastic about participating in the many programs, events and activities that the Centre has to offer.

This year the Centre boasts that 2015 is the 10th anniversary (2005 ? 2015) of enriching the lives of older adults at our best in class, state of the art Aurora Seniors' Centre located across from Town Hall at 90 John West Way.

Come on out to celebrate this significant milestone by joining us on Sunday, September 20 from 1 ? 4 p.m. Light refreshments will be served. Some of the founding members will present a history of the growth and successes of the Aurora Seniors' Association from its humble beginnings on Victoria Street to what we enjoy today.

Our activities, programs and projects cover everything from A to Z, literally from Aquafit to Zumba Gold. So please come out to share stories, share memories, renew friendships and look over the photos and other memorabilia that will be on display.

The year we opened our doors we had 739 members. Now we have doubled that. Much of the reason for our success is the excellent partnership we have with the Town of Aurora including but not limited to current and past Mayors, Councillors and Town staff, particularly the Town of Aurora Parks and Recreation Department.

Success is measured by the dedication, commitment and hard work of the seniors who volunteer their time, energy and compassion and Town staff who continue to provide both service and leadership to our Association.

The centre is a great place to come for social and physical well-being, as the gym, wood shop, billiard room, library, computer room, bocce courts, many activity and meeting rooms, lounge and exercise classes are well-used. We have so many activities. Our activities extend beyond our walls as we have many travel tours, outdoor pickle ball and a walking club that takes advantage of the wonderful trail system throughout Aurora, just to mention a few. There is something for everyone, and it's very reasonable with affordable membership and a low daily activity fee of only \$1.

We can all be proud that your Aurora Seniors' Centre continues to be a hub of activity for our community of older adults. ?It's a great place to socialize.?

Jimmy's last word: One final thing, coffee is only 25 cents and water is free!

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.