

SENIOR SCAPE: Seniors? Centre opens late

By Sylvia Dickens

Do you find yourself wondering why the Centre isn't open later? Most activities end around 3.45 p.m. to give members a chance to clean up and leave the building by 4:30 p.m. when it officially closes.

Some people prefer the early close so they can get home to prepare dinner and perhaps take care of a few chores or maybe spend time with their grandchildren. The rest of us just accept the fact it's closed and follow the happy crowd out the door.

What you might not know, however, is that there are days in the week when the Centre stays open later. On Tuesdays, the doors close at 9 p.m. and on Fridays they shut at 11 p.m. Those evenings are used for two organized events: movies on Tuesdays and dances on Fridays. Card players take advantage of these later closing times to get in a few extra games. If you like billiards or snooker, the pool room is always available regardless of the time of day or evening. Just be sure to put it back the way you found it and shut out the lights when you're done.

If you are looking for ways to fill those two evenings, participate in the dances or check out a movie now and then. They are usually well-chosen and well-appreciated by attendees.

For example, last month seniors watched *Heaven is for Real* starring Greg Kinnear and Kelly Reilly where a small-town father must find the courage and conviction to share his son's extraordinary life-changing experience with the world. On August 20, organizers held a special afternoon matinee featuring *12 Years a Slave* starring Chiwetel Ejiofor and Lupita Nyong'o. In the pre-Civil War United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery.

Each month, the movies are listed in the newsletter which is displayed on the reception desk. It also contains other announcements such as upcoming trips and special events. If you are on the internet, you can read the newsletter online by going to the ASA website noted below.

Speaking of entertainment. The recently new *Keep on Singing* program is open to anyone, regardless of your singing talents. It's a fun way for members to gather and enjoy some of their favorite songs. Participants sing to guitar played by Dave Griffith and visit area senior residences to entertain their members. The group meets from 10.30 a.m. to noon every Thursday. For more information contact Dave Griffith at dvgriff@sympatico.ca or Judy at judy202@rogers.com.

Free medical advice

Two events will occur in September to help educate seniors on a few health issues. On Wednesday, September 24 at 1 p.m. the Centre will hold a seminar featuring Sobey's Pharmacy. The representative will speak about common interactions between drugs, food and health conditions.

On September 17 at 10.30 a.m., the Centre will hold a Blood Pressure Clinic in conjunction with Park Place Manor. A registered nurse will take your blood pressure and answer your questions on the topic.

Feel Better course

If you've been feeling sluggish lately and wonder whatever happened to that youthful feeling, this course will help take you back. Several things have to come together for us to feel good, starting with better sleep and having more energy. This course teaches you how to get better sleep, feel happier, have more energy and confidence. It's an opportunity for you to learn to get out more, enjoy better relationships and help others. These enjoyable 90-minute sessions run over eight installments and is called *Living Life to the Full*.

It will run on Tuesdays from October 7 to November 25 from 6 p.m. to 7.30 p.m. To register contact Carol Lever 905- 841-3977 x2211 or email at clever@cmha-yr.on.ca. The cost is \$150.

Important dates

Here are two important dates to put on your calendar: Tickets are on sale now so don't be disappointed. On Sunday, October 5 at 2.30 p.m. the Centre welcomes the York Region Police Male Chorus and on Friday, October 10 the Silver Stars will have a Murder Mystery which have proven to be very popular in the past. More information is available at the Reception Desk.

For more information on the Aurora Seniors' Centre, drop by 90 John West Way, visit www.auroraseniors.ca, email auroraseniors@rogers.com or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.

