

SENIOR SCAPE: We walk our talk

By Charles Sequeira

Seniors' Centre walks are held each Wednesday mornings and embark on trails in and around Aurora. The terrain might be hilly (as is much of Aurora) and participants should wear appropriate clothing and footwear. We meet each week at 9.30 a.m. at our Seniors' Centre and carpool to the starting location, if necessary. No pre-registration is required. We are always looking for eager members to walk with us.

It is a great way to stay active and enjoy the fall colours.

Locations:

October 16: McKenzie Marsh trail, north from St. John's Sideroad

October 23: Sheppard's Bush, Oak Ridges Trail, south from Seniors' Centre

October 30: Tom Taylor Trail, Newmarket.

Let's Create

This group of seniors meet weekly and create something useful out of nothing. Come see their handiwork at the Holiday Bazaar on November 9. Please come by and see our projects any Wednesday from 1 ? 3 p.m. This month, we are making Christmas cards. For more information, call Carol at our Seniors' Centre.

Book Club

If you like to read and discuss books, consider joining us. Our book club is looking for a few new members. We have five spaces available. We usually meet on the second and fourth Monday of the month at 1.30 p.m. However, this month, due to Thanksgiving Monday, our next meeting will be Friday, October 18 at 1.30 p.m. There will be a sign-up sheet available at our Seniors' Centre Reception.

Over the summer months we read *The Human Factor* by Graham Greene. The story is set during the cold war and the lead character, Maurice Castle, is a trusted British Secret Service agent. In order to protect his family he is forced to become a double agent and passes information to the Soviets. The effect on his family, his colleagues and his own divided loyalty combine to make an exciting spy story.

Holiday Food Drive

From November 11 to December 11 we will collect food for the Aurora Food Pantry.

All donations of non-perishable food will earn a star for our lobby Christmas Tree. We want to fill the tree with hundreds of stars to show our support to the Food Bank.

Knotty Knitters

Crafts and Conversation?The Aurora Seniors' Centre gets crafty on Monday mornings with the Knotty Knitters. Focusing on knitting, sewing, decoupage, and flower arranging, the group has evolved. If you would like to help them grow and enjoy the company of friends, come over and help make baby blankets and hats for newborns at Southlake Regional Health Centre. Patterns are available to anyone who would like to lend a hand.

ASA-Computer Club

Apple users can take advantage of next Tuesday's Computer Club on October 15. This month's dynamic Apple team of Michele, Susan and Herb will focus on the very many apps available for iPads and iPhones.

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.