

## SENIOR SCAPE

By **Jim L. Abram**

Stay on Your Feet!

I trust that all seniors are enjoying the spring weather!

We've had a mild winter with little snow, but don't be fooled.

Don't be overconfident. Mobility issues can make us vulnerable to falling, slipping and other hazards associated with aging.

I am a case example! I fell this winter in my own home and in a parking lot.

I was being careful, but, in retrospect, I should have been using my cane and been more respectful of the risks.

Don't worry, I'm okay. I do worry though about all the seniors that fall at this time of year regardless of how much care we take.

Spring sunshine doesn't give us a getting-out-of-falling free card. So, don't over-do it, stay off the ice and keep well.

Cinderella ? Seniorella Production

This wonderful, entertaining play features a cast and crew of Aurora Seniors' Centre members who share the love of Community Theatre. This popular event takes place at the Aurora Seniors' Centre on Friday, April 8, at 7.30 p.m. and again on Saturday, April 9, for a 2 p.m. matinee. Tickets are only \$5 each and refreshments served after the play are included. What a great value! Get your tickets early, available at the Seniors' Centre reception desk.

Don't miss this always entertaining event!

**MAH-JONGG CLASSES RETURN!**

It is interesting to note that Mah-jongg, a fascinating and challenging game of tiles that began over 5,000 years ago in China has recently been deemed by gerontologists to be one of the best activities for stimulating the brain.

Who knew that having so much fun could be so worthwhile? My brain needs all the help it can get. What began several years ago at your Seniors' Centre as a small group of just 4 players has grown to a dozen and more people who meet two afternoons a week to play the game, have a few laughs and even enjoy snacks from time to time!

The convenor, Heather Trusler and the other volunteers at the Seniors' Centre are once again offering beginner lessons of American Mah-jongg. If you are interested, please sign up at the reception desk by offering your name, phone number and email address. We have room for a maximum of nine people -- weekly classes, from 10 a.m. to 11.30 and will start Wednesday April 6, and run for four weeks following.

There is no cost, aside from your customary \$1.00 daily activity fee. You will fill your sense of curiosity and have a great time!

Reminder: The Annual Spring Sale is coming soon!

The Aurora Seniors' Centre Annual Spring Sale featuring vendors, crafts, white elephant and diamond treasures, is one of the most anticipated and exciting events of the year.

It is coming up soon on Saturday, April 30, so mark your calendar now! If you are spring cleaning, downsizing or just have a donation, no matter how large or small, please keep us in mind. Your donations in the past have made this annual event a huge success. You can drop off your donations at the Aurora Seniors' Centre located at 90 John West Way (next to Town Hall) on Thursday, April 28 or Friday, April 29 between the hours of 9 ? 4. (Most donations are acceptable but please no VHS tapes, magazines, computer books nor clothing). Vendor space is fully booked!

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.