

## SENIOR SCAPE

**By Christina Doyle**

There is an artist in town who takes your breath away by painting the colors all around us, particularly during this season. I am always in awe of fall colours, especially on a sunny day when the landscape is so mesmerizing that one must stop and appreciate life around one.

Why not put on a cozy sweater and savor the outdoors? Walk dear friends, walk. While doing so, pick up some beautiful leaves and bring them home and put them between two sheets of wax paper and with a cool iron, press down and voila, you have fall forever! Make sure you visit the Aurora Farmer's Market and bring home some country bounty and remember, eating fresh is far better than a can of corn!

We know what's around the corner ? snow ? but don't be sad, there is still so much to do.

Next time you go to the grocery store, pick up a mini pumpkin or squash and decorate your kitchen table to help you remember to smile and to be thankful for what you have.

Warm apple cider is a must; share it with a friend.

Do you remember a time when you went on a hayride or bobbed for apples? Do you remember the harvest activities you did as a child? How about the remedies that your mother would do when you weren't feeling well as a child? I personally remember that because I was so underweight, every morning my mom would call me to the kitchen on a school day and make a stop at the fridge. There it was, the most horrible tasting liquid I have ever had and that was cod liver oil.

She knew that after gagging a few mornings, that for me to swallow it she would have to bribe me. So, she would pop a piece of chocolate into my mouth right after I had a spoonful of that wretched stuff.

Hence, I became an addict for chocolate, I was a slave for chocolate, I would do anything for chocolate.

I had no standards when it came to chocolate, I would eat it, not matter what state it was in and rarely would I share it! Now as a borderline diabetic, I can only dream.

As we get older, it is important to take Vitamin D on a regular basis. It is a tasteless and easy to swallow little pill that will work wonders for your immune system and health.

Just before I close, a small passage to help you smile.

The class of five-year-olds were on their best behaviour for the inspectors visit. They were answering his questions well. Then it came to Tommy's turn. The inspector looked him in the eye. What do five and one make? ?No reply.

Well, he repeated, if I gave you five rabbits yesterday and one today, how many would you have. Seven, said Tommy. The inspector frowned. How do you make that out, he asked? Because I've got one at home already, said Tommy innocently. (from The Friendship Book of Francis Gay, 1978)

So, as we welcome October, let's remind ourselves that if one were to ask us, wewould describe our experience of abundance. May this season surround you with beauty, love, a vibrant spirit and health, which you can then say with all your heart, I have plenty!

### HAPPENINGS AT THE SENIORS' CENTRE

Let's Create. This group meets every Wednesday at 1 p.m. and have been making beautiful bracelets, earrings and other treasures out of beads. They will be holding a sale daily from Tuesday, October 10 to Friday, October 13 from 10 a.m. to 2 p.m. You can do some of your Christmas shopping by visiting their table!

Wednesday Bistros will start again in October. You receive soup, a sandwich or equivalent and dessert ? all for \$5!

Wood Carving is held every Tuesday and Thursday in the wood shop. If you have often thought you might like to try this activity, why not visit the wood shop at 9.30 and see what is going on.