

## SENIOR SCAPE

By Christina Doyle

Surprise! Where and when did you come from? I just got up this morning to have my nice cup of java and there you were with all your glory!

Yup, it's here folks, the first snowflakes have arrived.

Brrr, where is my cozy sweater, my warm woollies and my hot chocolate?

There are some of you who love winter, love the cold, love the north wind. Or do you dread it as much as I do? Well, at least I know what to wear, black, black and some more black! Gone, long gone is my little white sundress, my floppy hat, my sandals. I miss the warm weather already.

I know what you're thinking: ?stop your whining lady!?

As they say, we must rise to the occasion. Real life is the collision, day in and day out ? of the improbable with the impossible. So, say ,?okay, I know winter is here, it's cold, I don't like it but I am going to make the best of it.? Hmmm, what to do? As quoted by Ralph Waldo Emerson: The first wealth is health.

So, before you start thinking about Christmas, shopping, cooking and cleaning, take a moment and count your blessings. We cannot buy good health, no matter how much money we have. There is a sale on in every store window but your good health is not for sale. It is priceless!

If you feel you don't have quite enough, remember if you have your health, then you are truly rich! After spending five months in a hospital when I had young children at home waiting for their mommy to come home, I quickly understood and appreciated what health is all about. It's not about being sick, but having a little energy, an inner joy, a smile on your face that says hey I am just happy to be here! Sometimes we must reach the lowest of the lowest to finally come to that understanding ? that life is truly precious and fragile.

Maybe you are suffering from the flu or just a bad cold. Well then, don't fight it, don't be upset, take your medicine, put on your pajamas, and watch TV and rest. It too will pass. Every illness, from a cold to cancer, has a life-affirming lesson for us. It may be the perfect time for you to stop and reflect and look at old family pictures and see how rich your life is.

This November, make friends with someone who cooks good soup or, better still, make your own, or buy an amaryllis and watch it bloom.

Here is a little prayer: I am not feeling well these days, my body aches and I am so tired. I want to get well and fast. Help me do all I should to get better. Help me to be patient with this and myself, knowing that you know what my problems are. I thank you for all the blessings you have given me throughout my life, as I try to wait and be patient for a full recovery.

So, until next time, take it easy, don't worry, all is well with you. Oh, and don't forget to honour those who have and are serving our beautiful Canada across the seas, we owe them so much. Thank you Veterans everywhere, past and present.

### HAPPENINGS AT THE SENIORS' CENTRE

**EVERGREEN CHOIR:** The annual Christmas Concert will be held on Saturday, December 9. The start time for this concert only has been changed to 1:30. Tickets are \$5 with children 14 and under free with a ticket.

**EBENEZER SCROOGE:** The Silver Stars will be performing Ebenezer Scrooge on Saturday, December 16 and Sunday, December 17. The show time both days is 2 pm and tickets cost \$5.

**POETRY IS ART:** An evening of poetry will be held on Friday, November 17 at 7:30 pm. Several members will read their poems. It will be an informal evening around the fireplace followed by coffee or tea.

**ASA BOOK CLUB:** The book club is looking for new members. They meet on the second and fourth Monday each month in the Library at the ASA at 1:30 pm.

For more information on the Aurora Seniors' Centre and all it has to offer, drop by 90 John West Way, or call 905-726-4767 between 9 am and 4 pm Monday to Friday.