

# SENIOR SCAPE

By Christina Doyle

Let us then, be up and doing  
With a heart for any fate;  
Still achieving, still pursuing,  
Learn to labor and to wait.

- Henry Wadsworth Longfellow

Here in just four lines, is the essence to getting the most out of your life.

It was written more than a hundred years ago, and yet these wise words still hold true today.

‘Let us then, be up and doing?’ what exactly does that mean for you and me? You guessed it, just thinking about it and hoping to do something this September, isn't enough, you need to make it happen. We must be doing something about bringing our hopes and dreams into our world, even if we have just an hour to spare from our twenty-four-hour day to learn something new.

What is the alternative? just sit on the couch and watch another episode of Price is Right? Change up your schedule this year. If you want to see some dynamic people who make it their business to live life and to give to others, check out the Aurora Seniors' Centre. It just doesn't get better than that.

No matter what you decide to do this fall, open your heart and your mind to the many possibilities and please don't say, ‘oh, I couldn't do that?’, ‘I've never done that before.’ Come on, everyone! Give it a try. What do you have to lose? Don't give up on yourself, each one of us can learn something new if we are just willing to try. Trust in yourself.

‘Learn to labor and to wait?’ this has to be one of the most difficult of Longfellow's suggestions. Who wants to wait? These days it just seems that the days go by so fast. It wasn't that long ago we were waiting for spring, some of my flowers didn't bloom and neither did my forsythia display any of its usual golden hues. Then came the heat, and spring somehow zipped by without a trace. Don't put off what you can do today, make the most of your time, no matter how small. Just as Nike slogan rings in my ear? Just Do It!

When you do venture to try something new, be patient with yourself, I know it may be a little difficult and we certainly can find all the excuses in the world to put off a new thing and waltz right back into doldrums.

As the season of change will be ‘a-comin’ soon, come to the Aurora Seniors' Centre, find some buddies and make new friends.

Lastly, let's wish all our Jewish friends a very, very Happy Shana Tova as they welcome in the New Year. May all your families be blessed with health and love.

## HAPPENINGS

### AT THE SENIORS' CENTRE

THE EVERGREEN CHOIR is back rehearsing again on Wednesday afternoons from 1.45 to 3.00 p.m., starting September 12. This year we will be holding a ‘Getting to Know You’ session on September 12 to give new and old members of the choir an opportunity to get to know our new Choir Director, Dan Lenz. Tea and coffee plus cookies, etc. will be available. The choir is always looking to welcome new members. If you enjoy singing, come out and try. As recently stated in the Star, ‘A study published in Evolution & Human Behaviour found that choral singing calms the heart, boosts endorphin levels, improves lung function?’

TRY IT WEEK will be held September 10 to 15. This is your opportunity to try many of the activities the Seniors' Centre offers, including Rebounding, Tai Chi, Yoga stretch. You may sign up at Reception.

LEARN TO KNIT. If you have often wanted to sit and knit while watching television, now is your opportunity to learn. Four sessions will be held, starting October 1 where you will learn to knit three small projects that will teach you about yarn and gauge, casting on, knit and purl stitches, button holes, casting off, and seaming. The cost is \$5 total and you may register at Reception.

SILVER STARS are preparing for their next production which will be held close to Christmas, but they need help with sewing some of the costumes and they are also looking for two more people to play two small roles.