

## SENIOR SCAPE: Brain Food

By **Jim L. Abram**

The brain is an 'activity dependent' organ.

My opinion is that if you don't think you are old, you aren't old.

Some of the best years' of my life were the time

I spent in University. Some of the greatest joys I observe in members of the Aurora Seniors' Centre are their enjoyment of books which they exchange freely very frequently at the Centre.

As a senior, I hope you continue to think of yourself as a 'student' and continue to learn.

Never choose to slow down. Your brain will like you more if you keep it busy. Physical and social activity creates smarter brains.

By all measures, do not let societal stigmas surrounding the 'proper place' of seniors stifle your creative mind. I for one diligently exercise my right to contribute to this experiment we call 'life.' But a word of caution is in order here: always remember that your brain follows your heart. These two organs may work in tandem to lead your well-being and behaviour but that doesn't mean you should ignore your liver, lungs and other parts of your body!

As an example of one of the many programs that the Aurora Seniors' Centre partners in to offer programs, seminars and events relevant to seniors, Diversicare introduced a one-of-a-kind brain stimulation program. Brain Gym & More is an innovative program that is supported by the current brain research about the brain's plasticity.

Research studies have found that using Brain Gym and other sensory modalities slows down or reverses some of the effects of aging such as lack of concentration, poor recall, limited thinking patterns and, seemingly, an inability to learn new material.

People that participate in this event have found it to be a huge success. Already, people across the country at Diversicare's retirement residences and long-term care homes have shared benefits this program has had on their lives.

Some report they feel more energetic in mornings, excited about getting out of bed, steadier on their feet, better balance, hands stopped shaking enough to write a letter and sleeping better.

### MODEL SHIP BUILDING

Our featured October seminar is on Model Ship Building to be held on Wednesday, October 30, at 1 p.m. at the Aurora Seniors' Centre.

This presentation will provide an introduction to model ship building. It will describe the rewards and self-satisfaction you can expect from the hobby, a few things the hobby is not and we will show some models completed by the presenter, David Nelson, as examples of what is achievable in building models.

Key topics discussed are how to get started, tools you will need initially and where you can get access to experienced modellers who can provide advice and guidance. Nelson has a great website [www.dnelson.ca](http://www.dnelson.ca). Check it out!

### HOLIDAY BAZAAR

The Aurora Seniors' Centre is hosting their annual Holiday Bazaar on November 9 from 9 a.m. to 2 p.m. at 90 John West Way, Aurora. Vendors from the Aurora Farmers Market and the Seniors' Centre will be there. There will be a Tea Room, Bake Table and much, much more! This is a great opportunity to start your holiday shopping! We hope to see you there!

### YORK REGION POLICE MALE CHORUS

This concert will take place on Sunday, October 27, 2013 at the Aurora Seniors Centre. Doors open at 1.30 p.m., show starts at 2 p.m. Admission is only \$5; Refreshments will be served at Intermission. Tickets are available at the reception desk. You won't want to miss this excellent performance!

### SQUARE DANCING

Members are encouraged to join us at the Aurora Seniors' Centre every Monday from 12.15 p.m. to 1.00pm in the West-McKenzie hall. Singles and couples are welcome. We practise Traditional Square Dances and Country Dances, Gay Gordon, Strip the Willow, and much more. For further information please contact Dave Griffith, email: [dvgriff@sympatico.ca](mailto:dvgriff@sympatico.ca).

My Final Word: I overheard a senior telling his friend, 'I just bought a new hearing aid. It cost me four thousand dollars, but its state

of the art.? Really,? answered the friend, ?What kind is it?? ?Twelve thirty.?

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.