

# SENIOR SCAPE: Happy New Year to All!

**By Jim Abram**

When it comes to health and fitness inspiration, senior citizens might not be the first group of folks that come to mind. However, 2014 showed us that there are a ton of over-the-hill women and men out there defying the odds and inspiring us with their strength, determination, and positivity.

These individuals are each living proof that age ain't nothin' but a number.

If you've been having a tough time motivating yourself to get off the couch and to the gym, think of coming to your Aurora Seniors' Centre or to the Aurora Family Leisure Complex (AFLC or new Youth Centre, otherwise known) to get active in mind, body and spirit!

Whether it was the Walking Club, Carpet Bowling, Bocce, Pickle Ball or any of the other activities, seniors' participation in health and wellness activities at the Aurora Seniors' Centre grew.

We were so happy to see so many new faces trying out things that, to some, were new to them. Other seniors were only too happy to help out the newbies! I encourage all seniors in Aurora to get involved. And I don't just mean at the Seniors' Centre.

Get involved in the politics of Aurora as decisions made at the Council table have a great impact on your quality of life.

Let your political representatives know your concerns; otherwise they will be ill-equipped to address your concerns appropriately.

Keep informed as to what is going on otherwise decisions will be made (like the increased fees to seniors for use of Town fitness facilities ? I'm sure you weren't aware of that either) that impact your quality of life in Aurora.

Get involved by contributing to our community health and spirit. Help a neighbour. Help a friend. Help a stranger. We are a community of souls that work best as one. You will find that volunteerism has its own special rewards. You will meet some very nice people. I know I have.

Get involved with our youth and their families. Things are hard today for most people. These kids today can't rely on having a corporate pension when they retire. Home ownership seems out of reach for most. Living day to day is not something of the past. Mental health issues have become widespread yet often hidden. In the least, kindness helps. And I hate to go back to politics, but get involved and we can be the catalyst for positive change for all of society, not just seniors.

As a community, seniors can take a lead in moving our town forward to create a better quality of life, not only for seniors but for all of us who live in this precious, unique, environmentally sensitive, little piece of the world we call Aurora, a place we call home.

I'd like to take this opportunity to thank those good people at The Auroran for giving our seniors this space in our community newspaper to share Senior's thoughts, ideas, information and hopes and laughs over the past many years and we hope to keep it going for a long time to come.

Get used to us; we seniors don't plan on going anywhere very far from this planet or this Town soon.

Jimmy's last word: Happy New Year and may 2015 be your best year yet!