

## SENIOR SCAPE: Things are heating up

By Charles Sequeira

### Walking Club

Walks will be held on Wednesday mornings and will be about an hour in length.

Most walks will be on the trail from the Sheppard's Bush parking lot since this is the most well-used in the winter and tends to be in better condition. If weather permits, we may try some other trails. We will not walk if the trail gets icy or if the weather is bad. If in doubt, check with the Reception Desk (905-726-4767) early Wednesday morning. We meet at 9.30 a.m. at the Seniors' Centre and car pool to the starting location.

No pre-registration is required. We are always looking for eager members to walk with us, so, come out and join us.

### CHATS' Virtual ?Walk for Wellness?

Our Seniors' Centre had two teams participating in this program through February 7. Each participant was asked to walk at least 50,000 steps during this week. We had two teams: the Aurora Seniors Walkers and Aurora Seniors Board Bunch. All proceeds raised will go to CHATS to support seniors' programs and services in our communities.

We thank all our supporters for their donations during this campaign.

### Friday night Dances

Don't let winter weather keep you from a fun evening. Come out and enjoy our popular and fun social dance. The next dance will be on February 21. March dances will be on March 7 and 21. Dances start at 8 p.m. through 11 p.m. Singles and non-members are always welcome. Members: \$4.50 and non-members \$5, including light refreshments.

### Computer Club

On Tuesday, February 25, our computer club tackles Smartphones and why you might want to have one. Once you decide you want to try one, which would best suit you? This session will be covered by our very own senior instructors.

Drop-in sessions run Tuesdays from 1.30 p.m. to 3.30 p.m. These sessions are run weekly with the intent that any member who is looking for any kind of technical help can come by and we will try our best to assist.

### 2014 Community Recognition and Citizen of the Year Awards

Nominations are now open for the 2014 CRAs and Citizen of the Year awards (they are being combined into one program this year). From now until March 13 we will be promoting nominations through as many channels as possible. For further details please refer to the poster on our bulletin board or our LED display in the seniors centre reception lobby.

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), click on February newsletter or email [auroraseniors@rogers.com](mailto:auroraseniors@rogers.com) or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.