

# Aurora Men's Sheds Newsletter - April 2025.

Hello, fine gentlemen,

Another month has flown by, and once again, it's been full of energy, engagement, and enlightening conversation at our Shed.

**Quick reminder:** Each month's weekly activities are just a click away on our website:

👉 [auroraseniors.ca/mensshed](https://auroraseniors.ca/mensshed)

## Shed Highlights.

We kicked things off on April 2 by representing the Aurora Men's Shed at the **Newmarket Active Living Fair**. Our table was well received, and we're happy to report that the Men's Shed name is getting out there—spotted in the wild by residents of both Newmarket *and* Aurora!

Next up was "**The Aging Brain**"—a fascinating and surprisingly fun look at what happens upstairs as the years go by. Who knew we lose 2% of our brain capacity every decade? At this rate, I may soon need both hands just to count to nine... err, ten. Math is hard, but humour is healthy! And did you know a 20-second hug is a scientifically-proven stress reliever? Hugs: the new prescription medicine (and no co-pay).. (Please ask for permission before you can hug someone...!!!)

The following week brought the much-anticipated return of **Mr. Sparkle**, who dazzled us again—this time with crucial advice on "**Medication Safety**." His talk quickly turned into a dynamic Q&A, proving once more that sometimes the best presentations are the ones where the audience takes the mic. Let's keep asking, keep learning, and keep staying safe.

Quick thought of the month: Why do we store medicine in the bathroom—the very room filled with steam and moisture, which happens to be the worst environment for preserving medication? Just saying... someone alert the common sense department.

Outside our regular Shed programming, many of us were spotted lending a hand at local events. On *Friday, April 23*, I saw Andy and Alex and several other familiar faces helping at the community ASA Garage Sale. Friday 23 April, I and others were outdoors, heroically accepting goods, and two things struck me deeply: The incredible generosity of donors... And that Arctic wind that sliced through five layers of what I had *confidently* deemed "warm clothing."

To make things worse (or “worster”? Where are the grammar police when you need them?), I had only one glove. My annual collection of mismatched left and right gloves continues to grow. The site’s work gloves? Far too petite for my heroic XL hands.

Saturday, the crew had it even colder, and wetter!. Many of our fellow Men’s Shedders could be spotted volunteering or shopping. As a cashier, I found myself \$40 lighter by the end of the shift... turns out volunteering is hazardous to your wallet. So many great finds! Sadly, I missed out on the backpack I’d eyed. A classic case of *he who hesitates misses out on luggage*.

## **Other Noteworthy Moments**

Several of our members volunteered with **CHATS** over the past year, and were recently treated to a **Volunteer Appreciation Lunch**—a lovely gesture with great food, warm company, and lively conversation. Big thanks to all who gave their time, and good news: CHATS has invited us to volunteer more often. (Apparently, we successfully passed the audition!)

Finally, hats off (or should I say *hats on*) to everyone who helped with the **Aurora Town Square Grand Opening**. In recognition of our efforts, the town hosted a **Baseball-themed Volunteer Appreciation Night**—featuring great food, plenty of laughs, and the rare joy of wearing a baseball cap indoors *without judgment*. A win all around!

## **Upcoming Fun: Carpet Bowling!**

Join us this **Thursday at 9:45(ish)–11:00 AM** for some informal **Carpet Bowling**. The number of creative excuses for why your bowl didn’t go where it was supposed to will multiply tenfold—we guarantee it. Bring your A-game and your best stories.

Stay warm, stay curious, and if anyone finds my missing glove, please return it to Lost & Found—or should I say, **Glove & Found?**

Warm regards,

Dave and Anton.