

Dust Off your Dreams— You May Grow ‘Younger’

Now is the time to change your life—it is not the time to be shy, to stand back. There is still a lot of living to do. One’s aching knees are only a reminder that now is the time to act.

“I don’t want to get to the end of my life and find that I have lived just the length of it. I want to have lived the width of it as well” - Diane Ackerman.

To some the phrase ‘bucket list’ is an overused phrase. But it translates into a lifetime of hopes and dreams and is all about accomplishments, family and friends and adventure.

The years fly by. How many of your days have gone astray, and what are you going to do to make sure the

upcoming days are fulfilling? One answer to this question is to **Build a Dream**. Body and soul need new challenges on each and every day of the year. The dreams in your bucket list may be small or large.

Look at everyone and everything as if you are seeing them for the first time. Look at even the smallest of things. Often it is the big things that loom so large in our lives that the delightful small things get blotted out. Now is the time to open our hearts to the dreams that we have pushed into the background. Now is the time to listen to the small voice that whispers in our ear and reminds us of those things that we love to do, but feel

that we don’t have time to do them anymore. **Make the time!**

If you want your life to be a magnificent story, then begin by realizing that you are the author and everyday you have the opportunity to write a new page. Mark Houlahan

You will only be able to do this if you believe in yourself. Whatever you decide to do, do it joyously. When we are practicing joy our bodies experience an increase in blood flow which in turn leads to more joy. Joy makes us younger; it increases our immunity; it enhances our creativity and our intuition.

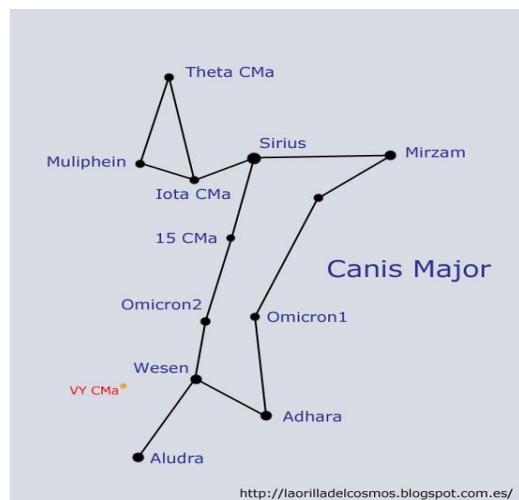
THE ‘DOG DAYS OF SUMMER’

The ‘Dog Days of Summer’ is often taken to mean the sultry part of summer, a period of lethargy and inactivity. This time is usually mid-July to mid-August. The phrase actually comes from the ancient Greek and Roman beliefs about **Sirius**, a star which is part of the constellation **Canis major**. Sirius is not only the brightest star in the constellation but it is the brightest star in the entire night sky. To the Greeks the “dog days” occurred about the day when Sirius first appeared to rise just before the sun, in late July. These days were thought to be the hottest of the year, and a period which often brought fever and catastrophe.

But because the Earth is spinning the earth’s night sky is independent of the calendar seasons. The calendar is fixed, but the stars shift. This means that the dog days which occurred in ancient Greece aren’t the dog days of today.

Several millennia from now the dog days will not even occur in the summer.

Then we’ll have to speak of the ‘Dog Days of Winter’!



Submissions to the Panorama

*If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: August 11, 2017 by 4:30 pm. Mailing Date for September/October 2017 edition: August 30, 2017. **We welcome your Views and Input!** Call Lucrecia at: 780-980-7115*

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EVENTS in Leduc

LEDUC
ARTS
FOUNDRY

Leduc Arts Foundry present the 'first annual art walk' - an outdoor gallery and market in the heart of downtown Leduc—Saturday, July 15th: 11 am to 8 pm, Main Street between 48th & 49th Street. A barbeque begins at 11:00 a.m., and local food trucks will be on site after the barbecue.

There will be workshops, demonstrations and musical performances.

Taoist Tai Chi
Wednesdays

7:00 –9:00 pm

Derrick Church

4907-48 Street

No experience needed

Call: 780-986-1258

Lunch Lesson from an 85 Year Old

One day I had lunch with some old friends Jim, a short, balding golfer type, about 85 years old, came along with them. When the menus were presented, my friends and I ordered salads, sandwiches and soups, except for Jim who said, "A large piece of home-made apple pie, heated please, along with two large scoops of vanilla ice cream." All of us were aghast.

We tried to act nonchalant, but when our orders were brought out I didn't enjoy eating mine. I couldn't take my eyes off Jim as I watched him savoring each bite of his pie a-la-mode.

The next time I went out for lunch I called Jim and invited him to join me. I lunched on a white meat tuna sandwich, while he ordered a chocolate parfait. I looked at him and chuckled, and he asked me if he amused me. I said, "Yes, you certainly do, and you confuse me. How come you always order such rich desserts, while I feel as if I must be sensible in my food choices?"

He replied, "I'm tasting all that is possible for me to taste. I try to eat the food I need, and do the things I should in order to stay healthy, but life's too short, my friend. I hate missing out on something good. This year I realized just how old I was. He grinned. I've never been this old before, so while I'm still here, I've decided it's time to try all those things that I've been ignoring. I haven't smelled all the flowers yet. There are too many trout streams I haven't fished. There's more fudge sundaes to wolf down and kites to be flown overhead. There are too many golf courses I haven't played. I've not laughed at all the jokes. I've missed a lot of sporting events, and potato chips and cokes."

"I want to wade again in water and feel ocean spray on my face. I want to sit in a country church once more and thank God for His grace. I want peanut butter every day spread on my morning toast. I want un-timed long distance calls to those I love. I haven't cried at all the movies yet, or walked in enough morning rain. I need to feel wind on my face."

"So if I choose to have dessert instead of having dinner, then should I die before night fall, I'd say I died a winner, because I missed out on nothing. I filled my heart's desire. I had that final piece of pie before my life expired."

With that, I called the waitress over and said "I've changed my mind, I want what he's having, only please add some more whipped cream!"

WHEN YOUR SPOUSE DIES—THEN WHAT? FEAR OF NEW THINGS

Fear of new things is a real challenge to overcome. Now that I'm alone, I had to start doing what had previously been "my husband's jobs".

I took my car to a car wash and asked the attendant to show me what to do. He did. Then I did, but not very well. But, after a couple of times I became good at it. I learned to wear waterproof shoes and keep soft old towels in the car to wipe it down to eliminate streaks. I learned to wipe around the car's door seals in the winter so the doors didn't freeze shut and rip off the rubber gaskets.

My worst job was a mouse infestation in my house. I had to learn how to set traps and dispose of my catch. I used a long-handled grabber, putting

everything in a plastic bag, and disposing of the trap and rodent together. I learned to change furnace filters, broadcast grass fertilizer and shut off the inside and outside water valves. In the basement the water shutoff valve had been installed 8 feet up the wall, which meant that in order to reach it I would have had to stand on the dryer- not a good idea. So I called a plumber and had it moved down to 4 feet where I can now safely reach it.

My friend, whose wife had died, was surprised just how much work was involved in deciding what to cook, shopping, cooking itself and cleaning up dirty dishes and pots. He will no doubt be surprised at how much work it is

to keep the house clean, wash and iron clothes and work in the yard.

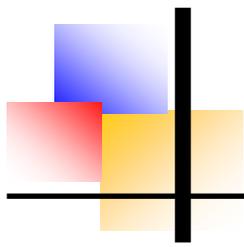
My daughters have helped me to become computer literate.

So now in my 60's my brain keeps on learning new things, and ***I KEEP ON KEEPING ON!***...Anonymous

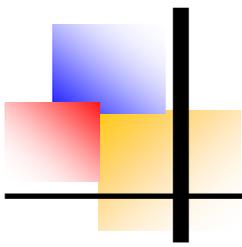
It's important to remember that even though you may feel helpless — you're not.

"Do one thing every day that scares you."

—Eleanor Roosevelt



Mon	Tue	Wed	Thu	Fri
3 CANADA DAY July 1st! Happy 150th Birthday Canada	4 9:00 Dup. Bridge (TH) 1:00 Crib (TH)	5 10:00 Qigong (TH) 1:00 Fun Curling (TH) 2:00 Guitar (TH) 7:00 –9:00 Taoist Tai Chi—Derrick Church-4907-48 Street	6 9:30 Knitting Group & Coffee (TH) 11:30 Lunch 1:00 LDSC Board Mtg. 7:00 Crib (TH)	7 10:00 Exercises (TH) 1:00 Fun Bridge (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
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24 10:00 Exercises (TH) 7:00 Guitar (TH)	25 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 6:30 Parkinson's Mtg. (TH)	26 10:00 Qigong (TH) 1:00 Fun Curling (TH) 2:00 Guitar (TH) 7:00 –9:00 Taoist Tai Chi—Derrick Church-4907-48 Street	27 9:30 Knitting Group & Coffee (TH) 11:30 Lunch 1:00 Fun Bridge (TH) 7:00 Crib (TH)	28 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
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