

# The Paisley Concert Choir welcomes new members

Happy New Year to everyone! I do hope that 2019 is a very good one for all of you.

Don't forget that the 'Flex, Stretch & Balance Exercise Class' for men and women over 50 years of age takes place every Thursday from 10-11am at the Paisley Community Centre Auditorium. The classes are free and there is no registration, just dress comfortably. This 10 week program is offered by the Brockton and Area Family Health Team. It's a great way to get some exercise, learn informative health information and socialize.

For the quilting enthusiasts, there will be quilting taking place at Westminster Presbyterian Church in Paisley every Tuesday and Wednesday during February from 10-4pm. Bring a bag lunch; tea and coffee will be provided. Everyone is welcome.

The Paisley Concert Choir resumes practice for their spring session on Wednesday, February 6th at 6:30pm at Knox United Church, Paisley. This four part adult choir meets every Wednesday and new members are always welcome. No auditions are required; you just need to have

BY  
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## Paisley Current

a love for singing. For more information contact Helen Crysler at 519-353-4017 or me at 519-353-7202.

The Treasure Chest Museum is hosting a Valentine Luncheon and Euchre Party on Fri., February 15 at 12pm. The cost is \$10.

Celebrate Family Day on Monday, February 18th at the Museum from 1-4pm. Come and explore your Family history. There are also lots of activities taking place at the arena that day. Paisley Blues Festival will be providing their awesome lunch again this year. For more details be sure to check out the 'Grow Paisley' Facebook page.

The Paisley arena is busy with winter activities. Public skating takes place every Sunday from 6:30-7:30pm; Tuesday 12-1pm and Friday 2-3pm. The cost is \$3 or

\$8 per family. Anyone wishing to book a regular ice time or an occasional ice time can contact Katrina at 519-363-3039 ex 117. Carpet bowling is offered every Tuesday from 1:30-4pm in the arena auditorium. All skill levels are welcome and it costs \$2.

Don't forget the Paisley Legion Branch #295 doors are open for lots of activities. Monday mornings: coffee time and crokinole at 10am; euchre on Monday evenings at 6:45pm; Tuesday: TV bingo at 7pm; karaoke on the first Friday of each month at 8pm; and darts every Sunday afternoon at 2pm. Everyone is always welcome.

Congratulations on the opening of the latest business in Paisley 'Service Ontario'. The 'Service Ontario' office is located at 434 Queen Street (formerly Gerald Patterson Insurance). Their office hours are Tuesday - Friday 10am-6pm and Saturday from 10am-2pm. They can be reached at 519-353-4888.

If you have an event you would like mentioned in the next issue please contact me no later than February 7th at thesteinhoffs@hotmail.com or 519-353-7202.

# Thoughts and behaviours help shape our future

BY  
GWEN  
RANDALL-YOUNG



## Psychology Today

Recently I read an article about futurist, Faith Popcorn. She says that in the future, we will state our age in biological rather than chronological terms. This is a particularly interesting concept, since there is growing evidence that we can influence the aging process in many ways.

We know that those who exercise regularly can have the physical capacity and stamina of someone decades younger. We all know people who 'think young', remaining alert, current and tuned in to the world around them.

Similarly, there are those who are 'old' way before their time, as a result of negative

thought patterns and limiting beliefs about themselves. 'Staying young' is not so much about 'looking young' as it is about maintaining a satisfying quality of life. If we take care of ourselves, we have more energy and enthusiasm for life, and are likely to become much more involved in the natural or social world.

The more involved we are, the more motivation we have to take care of ourselves. It is a positive, upward spiral. Every part of our body/mind, from our muscles to our brains benefit from use, and will atrophy from disuse. We were designed to move, think, learn, love and laugh, and if we keep all of these capabilities engaged, there is no reason to become 'old'.

It might be a good idea to take a little inventory, and if we are deficient in any of the above areas, let's rectify that right now. Our thoughts and behaviors today create our future, and it's up to us to make it a good one.

*Gwen Randall-Young is an author and award-winning Psychotherapist. To obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca).*

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