

Living the Life

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Starting the New Year Right

By Keith Irish, Markham Ward 1 Councillor



The 19th century British author George Eliot wrote: "It is never too late to be what you might have been."

With the dawn of a New Year, many of us look upon it as an opportunity to start anew in any number of ways. Exercise, lose weight, save more, be a better person, are traditionally among the top 10 resolutions.

However, studies reveal that while approximately 60 per cent of us admit to making them, only eight per cent actually have any success achieving them.

If you want to be unique among your friends and family, definitely among the minority, and make 2020 your best year ever, the City of Markham can give you a helping hand!

A great place to start is one of our city's 12 Community Centres. Among them, the Thornhill Community Centre remains one of our most cherished. Along with the library, Seniors Centre, ice rinks, community halls/meeting rooms and fitness centre, it is a place where people across our community can come together to learn



we make it happen you make it home!



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something new, to get active and to make friends.

Markham also has a number of special offers to help give you a boost should you need one:

- Get a 3-month Markham Fitness Centre membership for the price of two months and start your exercise journey with a free personalized fitness plan. You can begin to unlock your exclusive membership benefits by visiting www.markham. ca/fitness. The offer expires February 14, 2020.
- Did you know Markham offers over 150 different fun, educational, creative and active camps for children of all ages and abilities? Register for summer camp between February 4 and 29 to become eligible to be entered into a draw. For every summer camp you register for, you will be entered into a contest to win a free week of camp. Ten lucky winners will be randomly selected! You can learn more at www.markham.ca/summercamps.
- If you're a first-time swimmer with the city, you can enjoy a New Swimmer Discount and get 25 per cent off your first lesson.
- In the event you're looking for something else, you can rekindle a passion or try something new by choosing from over 2,500 programs and workshops. The city has something for all interests, ages and abilities. Explore Markham's Program Guide by visiting www.markham.ca/ markhamlife.

And, if you didn't know... "George Eliot" was actually the pen name of Mary Ann Evans, who wrote at a time when it was somewhat unfashionable for women to write anything but lighthearted romances. Whom better to serve as an example of how obstacles can be conquered and how you can become the person you are meant to be?

I wish everyone a happy, safe and successful New Year.



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