

We would like to thank our family and friends that were able to join us in celebration of our

50th Wedding Anniversary

The best wishes of cards and gifts we received is very much appreciated. A special Thank You to Rhonda, Diane, Rob, Ray, Brad and Brittany for a cherished and memorable day.

Ron and Lois Ritchie

HEARING SCIENCES

Audiology and Hearing Aid Centre

NOISY WORKPLACE?

If you have spent your working life in noisy areas, you may be eligible for full coverage. Even if you are now retired, you may apply for benefits if your hearing was damaged due to long term noise exposure in the workplace. We are authorized vendors for WSIB, DVA, ADP, ODSP and NIHB. We are experienced in the application process with a very high success rate. The first step to better hearing is a hearing test.

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to book your complimentary hearing test
(\$60 value, Age 55+)



GEORGETOWN 211 Guelph Street, Suite 1 (M&M Plaza, across from Winners)



The Regional Municipality of Halton

Access Halton at: www.halton.ca (Dial 311)

2013 Seasonal Influenza (flu) Immunization Clinics at Seniors' Centre Locations

The Halton Region Health Department is offering free seasonal flu immunization clinics to Ontarians six months of age and over at the following times and locations. No appointments necessary.

Visit www.halton.ca/flu or dial 311 for the complete clinic schedule and to learn more about the seasonal flu.

Date	Time	Location
Monday, October 21	10 a.m. – 1 p.m.	Georgetown Seniors' Centre Indoor Mall, Unit 9 318 Guelph Street Georgetown
Tuesday, October 22	10 a.m. – 1 p.m.	Acton Seniors' Recreation Centre Acton, Arena, Community Hall, 415 Queen Street East Acton

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Please contact us, as soon as possible, if you have any accessibility needs at Halton Region events or meetings.

17/10/13



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Waste Reduction Week in Canada

October 21 to 27, 2013

Across the country, Waste Reduction Week in Canada raises awareness about waste management issues and the importance of practicing the 3Rs—reduce, reuse, recycle. Visit www.wrrcanada.com for more information.

In Halton, there are many things we can all do to practice the 3Rs.



Reduce

- **Buy only what you need.** Reduce waste by avoiding unnecessary purchases. Rent or borrow items that rarely get used.
- **Choose products that can be reused,** such as rechargeable batteries, cloth napkins and reusable drink bottles. Items such as these don't have to be thrown away after they have been used just once.
- **Buy all-purpose household cleaner,** instead of buying many different ones for each cleaning role. Or better yet, make your own cleaner using vinegar and water.
- **Eat leftover food and make just enough.** Use leftovers for lunch or dinner the next day.
- **Choose products with little packaging.** That way, less packaging ends up in the Blue Box or garbage. For those items you use regularly, buy them in bulk instead of in smaller amounts. This will save you money as well as reduce waste.



- **Bring your bags!** Use reusable cloth bags when shopping.
- **Lug a mug.** Bring a reusable travel mug to the coffee shop. Many offer small discounts for using a reusable mug too.
- **Start a GOOS bin.** Collect paper in a GOOS (Good On One Side) bin for reuse.
- **Donate!** Support local charities by donating reusable clothing that is in good condition. Visit www.halton.ca/reuse for a list.

Recycle

- **Recycle in every room.** In the bathroom, collect plastic shampoo and soap bottles for your Blue Box, and collect used facial tissues for the GreenCart.
- **Empty the basement.** Old computers, TVs and stereos can be easily recycled at free collection sites across Ontario. For the location nearest you and electronic items accepted, visit www.recycleyourelectronics.ca.
- **Think about recycling when shopping.** Single-serve yogurt cups go in the Blue Box, while yogurt tubes go in the garbage. Paper egg cartons go in the GreenCart and clear plastic egg cartons go in the Blue Box, while Styrofoam egg cartons go in the garbage.



Reuse

- **Pack a waste-free lunch.** Use reusable containers for lunches and snacks, a thermos for water and juice, reusable cutlery and a cloth napkin so nothing gets thrown out!



Halton Region's 2013/2014 seasonal flu immunization clinics have started

Halton Region will hold seasonal flu immunization across the region beginning on October 28th through January 15th.

This season, there are even more options for immunization. Halton Region is offering 28 immunization clinics. Doctors' offices, walk-in clinics, some workplaces and many pharmacies are also offering the vaccine.

Halton's Health Department recommends flu immunization for those six months of age and older. Protect yourself and those around you. Visit www.halton.ca/flu or dial 311 to learn more about the flu, and to find clinic dates and locations.



Gary Carr
Regional Chair

Halton Regional Meeting Schedule

Meetings can be viewed at www.halton.ca/meetings

Oct 23 9:30 a.m. Regional Council
Nov 5 9:30 a.m. Health & Social Services Cttee.

Nov 6 9:30 a.m. Planning & Public Works Cttee.
Nov 6 1:30 p.m. Administration & Finance Cttee.

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