

SENIORS LIFESTYLES

Seniors' Calendar

Open Grief Support Group: The pain of losing a loved one is a difficult pain to bear. It hits us deeply. Sometimes we don't know how we can carry on. If you are dealing with grief, be it recent or long term, you are invited to attend this open twice monthly meeting. Learn about grief, find ways of dealing with grief, hear the stories of others at Norval United Church, 486 Guelph St., 7-8:30 p.m. Info: Paul Ivany, 905-877-6122, paul@norvalunited.ca, www.norvalunited.ca (Jan. 14, 28, Feb. 11, Feb 18, March 11, 18, April 8, 22, May 13, 27, June 10, 24)

Beginner Bridge: Have you ever wanted to learn how to play bridge? Now available at the Georgetown Seniors Centre on Tuesdays, 9 a.m. to noon., lessons by Janice Giles. \$3 drop-in fee. If interested contact Janice, 905-877-5360 or call the Centre, 905-877-6444.

Georgetown Seniors Centre hosts euchre first and third Tuesday and bid euchre second and fourth Tuesday, 7 p.m. at the centre on Guelph St. Admission \$2. Also Saturdays, \$3.

Murder Mystery Dinner: Enjoy an evening of Mystery Theatre on Saturday, Jan. 19, provided by Mysteriously Yours Theatre Group at the Georgetown Seniors Centre. Cocktails at 5:30 p.m. and dinner, including wine at 6:30 p.m. catered by Bruce Cunningham. For tickets/info: 905-877-6444. Cost: \$80/person. A fundraiser for the Centre.



Acclaim Health offers dementia family support group

Caring for someone with Alzheimer's or dementia?

The Halton Hills Family Support Group meets, 7-9 p.m. on the first Tuesday of each month in the Community Room at the Halton Regional Police Station, 217 Guelph St., Georgetown.

This meeting space is generously donated by Halton Regional Police. The free support group helps res-

idents to:

- Meet others caring for family members with dementia
- Share experiences and learn coping strategies
- Find out about available community resources

2013 meeting dates are Feb. 5, March 5, April 2, May 7, June 4, July 2, August 6, Sept. 3, Oct. 1, Nov. 5, Dec. 3.

Please register by contacting: Sandi Robinson, Education Coordinator at 905-847-9559 or srobinson@acclaimhealth.ca

The group is hosted by Acclaim Health and is funded in part by the Local Health Integration Network (LHIN) and the Government of Ontario.

It is a United Way funded agency.

Acton Seniors Centre's computer classes begin this week

By **JULIE CONROY**

Acton Seniors Centre

Have you lost a family birthstone ring recently or a small wooden cross or a blue and silver pendant earring? They are at the front desk in the cash register. We would be happy to return them to you if you can describe your item.

Tickets are on sale at the front desk for the next social dinner on Tuesday, Jan. 15. The Gang from the Hill will be entertaining us and Shepherd's Pie and a special dessert are on the menu for dinner.

Friday's lunch on January 11 will

be Spaghetti, Caesar's Salad and of course, dessert. The following Friday, Jan. 18, Boston Clam Chowder, assorted sandwiches and dessert will be served. If you are interested, please sign up for the lunches by the Wednesday.

The computer classes started on Tuesday, Jan. 8 at 9 a.m. The first class is on setting up your computer and learning about the basic components. Participants will also acquire a basic understanding of the Windows operating system as well as important computer vocabulary. The second class is about installing and using Microsoft Office and

Open Office programs, eg. Word, Publisher, Excel, PowerPoint, One Note and Outlook. These programs are a computer user's best friend. You will be able to write letters, keep track of finances, family photos or create slideshows, keep a personal journal and send and receive emails. You can bring your own laptop or share one of the Centre's laptops. This is a five-week course but you can pick and choose which classes interest you.

The 50/50 was not won on Friday, Dec. 28. If you have not renewed your membership, your name will be pulled from the 50/50 drum.

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