

# SENIORS LIVING

## HALC-Georgetown to host Wellness and Falls Prevention Day

By Florence Riehl

Hillsview Active Living Centre- Georgetown

Hurrah! The new automatic sliding accessible doors have been installed. What a difference! It even makes our foyer seem larger and brighter.

Hope you have marked your calendar to spend the day, Friday, Nov. 20, or at least part of it, at our Active Living Centre to take part in our "Wellness and Falls Prevention Day". Doors open at 10 a.m. with Opening Ceremonies taking place at 10:30 a.m. This event is open to anyone interested in learning more about related topics. Lunch and snacks are provided. Great presentations on a variety of topics. Highlights of this day and various seminars being offered are listed on Page 21 of our "Hillsview" newsletter or by calling the Centre at 905-877-6444. Looking forward to seeing you there.

Still room to sign up for a 16-week Weight Watchers program at the Georgetown Centre on Fridays at noon beginning Nov. 13 and running till March 11. Cost works out to be about \$15 a week for a healthier you. If you are interested in joining please sign up at Reception. Class is open to non-members as well.

Casino Rama trips have been cancelled until further notice. Thanks to Cathy and Wilda for their leadership, looking after these trips each month. We are in need of an Acton convenor to take on this opportunity for our joint trips to resume.

Have you given thought to putting your name forward to serve on the Board of Directors? If you can contribute your time, leadership and talents "We Want You". Please let your intentions be known to Rick or John.

Travel: There are a couple of new day trips for 2016 now on the Travel Desk waiting for your signature.

## Bingo Night returns this Saturday at HALC-Acton

By Julie Conroy

Hillsview Active Living Centre- Acton

Bingo on Saturday, Oct. 24 was well attended. Thirty people enjoyed "eyes down" while they checked for the lucky numbers. The next one will be Saturday, Nov. 7 at 7 p.m. We will not have Bingo in December as it is such a busy month for everyone.

On Tuesday morning the Men's Breakfast Club's guest speaker was Deputy Fire Chief Harry Olivieri. He talked about the need to renew smoke detectors and fire alarms and brought the men up to date on new regulations that take effect this week. Halton Hills Fire Department is offering a FREE "Home Safe Home" courtesy inspection program. There are forms at the reception desk if you would like to take advantage of this. The speaker at the next Men's Breakfast will be Dick Spear, Manager of Halton Hills Works Dept.

On Tuesday, Nov. 10 at 1:30 p.m. we will

be holding a Birthday Tea. If you were born in either October or November you will receive a call a few days before the event inviting you and a guest to the celebration.

The next social evening will be Monday, Nov. 16 and the theme this month will be Western. Dig out the cowboy boots and hats. We will be enjoying ribs and all the fixings. The music will be provided by Wally Moggs.

We are busy planning our Christmas Fair at the moment. It will be held on Saturday, Nov. 21 from 10 a.m. to 1 p.m. There is a signup sheet for donations at the reception desk. Please try and help as this is our major fundraiser

I am arranging a meeting on Wednesday, Nov. 18 at 1:30 p.m. at the Acton Legion for anyone who has booked to go to Cuba with me in January. I will have information on some of the day trips you might like to take, and it will give you a chance to meet fellow travellers.

Lunch on Friday, Nov. 13 will be soup and sandwiches.



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