

SENIORS LIVING

HALC accepting food, clothing donations

By Florence Riehl
Georgetown Active Living Centre

What a Christmas present we are receiving! Our Centre construction is almost finished. The new space has been painted and almost ready for use. Those who have seen it are extolling the amount of space we now have. We thank you for your patience during the last few months.

Another successful Bazaar at the Centre. A lot of hard work by a lot of volunteers under the guidance of Terri and Sherry and Carol Dobson, the convenor, made for its success. Thank you to all who helped and to those who came to purchase our wares. For some it was an opportunity to see the new space.

We are now into the month of December, a busy month for most. How quickly it can pass by. Just a reminder to let you plan into your busy schedule a drop by the Centre to renew

your membership for 2016. It is due on Jan. 1. A completed membership form is necessary and membership is still only \$35 for the year.

While you are there you might pick up a Christmas present for "that hard to buy for Senior" on your list. Maybe a membership to the Centre, fees for an Active Living program, or something unique from the Craft cupboard or a ticket to our Christmas Dinner.

A last reminder to pick up a ticket for the Annual Christmas Dinner, on Thursday, Dec. 17 at noon. A wonderful opportunity to sit down with your friends and share in a turkey dinner with all the trimmings. The cost is \$25 per member or \$30 non-members.

Again this year we are collecting for our local food bank as well as the Upper Credit Humane Society. The Humane Society is in need of dog/cat food, blankets, toys, beds, toilet

paper, paper towels, dish soap, Canadian Tire money as well as cash donations.

We will also have a box to collect, new warm winter clothing for children 0 to 12 years for Links2Care. We know we can count on your continued generosity.

"Free" exercise and Falls Prevention classes are being offered at the Centre by Bayshore Therapy and Rehab in partnership with Mississauga Halton LHIN Network. If you are looking to improve your ability to perform activities around your home and reduce your risk of falling and gaining a better insight into your osteoporosis, these classes are for you! Each class includes some exercises.

They will run for 12 weeks, Thursday and Friday, Dec. 3 to March 4, 9 a.m. to 12 p.m. Friday classes are a repeat of Thursday. If you are interested in joining, please register with office staff, 905-877-6444.



BUILDING STRENGTH: Sandy Rahn of the Town of Halton Hills was the instructor for the 'Bone Builder' demonstration recently during the Hillsview Active Living Centre Georgetown Wellness Fair at its facility on Guelph St.

Photo by Eamonn Maher



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