

ERAMOS Meet our Pelvic Floor Team



Meryl DaCosta



Jenny Telfer Crum

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COMMUNITY

Nutrition sessions offered at HALC-Acton

By Julie Conroy

Hillsview Active Living Centre- Acton

Everyone enjoyed the music and were up dancing to Dr "J" at the belated New Year Celebration on January 11. I am surprised anyone could move after the generous portions of lasagna we consumed. Door prize winners were Harry Van Der Heyden, Bev Jones, Joan Maloney, Kris Bruce, Barb Jones, and Lynn Fountain. Liz Hendry was happy to win the 50/50.

Pape Tole starts again on Thursday, Jan. 21 at 7 p.m.

Have you invested a loonie in the hope of winning the "liquid gold" which is the monthly prize for January? February's will have a romantic theme.

There will be a Committee Information Tea on Tuesday, Feb. 16, 10-11 a.m. Come and join your Board of Directors and your committee members for light refreshments and an open discussion on how you can make a difference at your Centre. Everyone is invited, especially members who have recently joined the Centre. Board members will be talking briefly about the various positions they hold, and we will be looking for your input.

Tickets for the Reach Out dinner sold out quickly. We encourage new people to join us and hopefully they found something to in-

terest them at the Centre. We offer many opportunities to meet new people whether by joining us at social gatherings, improving your body and mind, learning new skills like Paper Tole, the art group, or preparing nutritious meals, day trips, or occasionally trips that last a week or 14 days. You might just be looking for a change of scenery and enjoy a coffee and a chat in our cafe area.

Jan. 26 is a busy day at the Centre. In the morning the men will be enjoying their Monthly Men's Breakfast. In the afternoon at 1 p.m., Amanda Li will be at the Centre for first the of six sessions talking about the various aspects of nutrition. Amanda is a Registered Dietitian and culinary expert. She is a professor at George Brown College. The first session will be "A guide to balancing your dinner plate". The presentations will be every two weeks and help you and your family live a healthier life style.

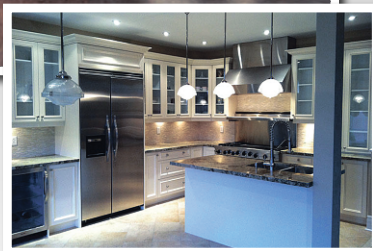
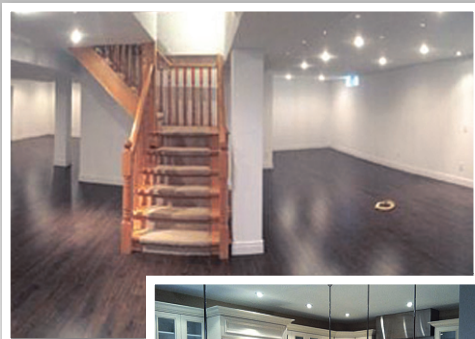
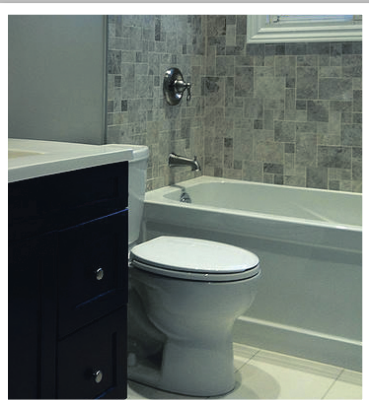
In the evening at 7 p.m. is the monthly Book Club.

Lunch on Friday, Jan. 29 will be ham and scalloped potatoes and dessert followed by Bingo at 1:15 p.m.

On a personal note I would like to thank everyone who came out to help celebrate my birthday last week and especially for the donations to the local food banks.

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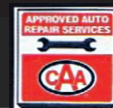
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