

COMMUNITY

HALC-Acton to continue 'reaching out' to the community

By Julie Conroy

Hillsview Active Living Centre- Acton

Fifty people enjoyed the Reach Out dinner on Monday, Jan. 18. We were happy to see some new faces which was the reason for the dinner. The next Reach Out event on Feb. 2 from 12-1:30 p.m.; it will be a High Tea. We are partnering with Links2Care on this event to bring in members from the community. There will not be a sign-up sheet for members for this tea.

The latest copy of Hillsview will be at the reception desk shortly. Please pick up your copy as it covers the interesting programs, activities, trips and events planned for the next three months.

Is visiting China on your bucket list? On Tuesday, Feb. 2, 2-3 p.m. there is a presentation about a 12-day trip to China. Drop in and get all your questions answered.

Registered Dietitian Amanda Li will be here again on Tuesday, Feb. 9 with her second nutrition presentation. It will help you become a savvy nutrition label reader. There will be six sessions in total and cover a variety of subjects from "The best and worst foods to eat for your heart" and "Managing your diabetes with food". For additional information, drop in and read the session sheets at the

reception desk. An hour well spent to help you become a healthier person.

On Friday morning before setting off on their hike to the Guelph area, the hiking group added another leaf to our "Tree of Hope" wall in memory of Sue Robbins. The leaf read "In Memory of our smiling, fun loving friend, from the Happy Hikers". The hikers meet every Friday at 10 a.m. to hike the various trails in the area.

There will be a committee Information Tea on Tuesday, Feb. 16, 10-11 a.m. Hillsview's Board of directors and committee members will be here talking briefly about the various positions they hold. There be light refreshments and an open discussion on how you can make a difference at your Centre. We would like your input. If you would like to have more information please contact Heather Beaumont who is at the Centre every Monday.

At a recent Fundraising meeting there was a discussion about the title of Fundraising Committee. It was felt a change in the name to Funding Committee sounded a little more in keeping with what the committee actually does.

Michelle has been kept very busy this week with members renewing their membership and new people joining the Centre. Membership now stands at 258 up 30 from last week.

HALTON HILLS MINOR LACROSSE ASSOCIATION



WELCOME TO THE DOG POUND!

Registrations: Sat. Jan 30th & Sat. Feb 6th
TPO Hall - MoldMasters 9 am - 2 pm

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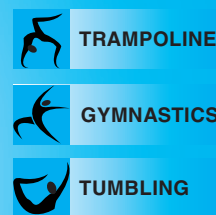
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