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Please call John
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Do you have items to sell?

**Sell them in
The New Tanner
519-853-0051**



ACTON SENIORS' RECREATION CENTRE

BY JULIE CONROY

Just a reminder. Art classes start again on Wednesday, February 7. Hopefully, the overhead mirror and wireless mike will make it much easier for Maria to explain the different techniques needed to create water colour masterpieces.

The presentation on protecting yourself from the Avian flu, SARS, stomach flu etc., was well received by everyone who attended. The speaker was Kurl Theil from the Stevens Co. He cleared up some misconceptions and stressed that to catch Avian flu a person needs to be in direct contact with living poultry before it can mutate in humans and be contagious. You can safely eat cooked chicken, as long as it is prepared and cooked properly. (Different problem- food poisoning).

The flu is highly contagious through droplets, coughing, and sneezing. The virus can survive on surfaces for several days. He stressed the fact that you cannot get the flu by having a flu shot. The best precautions are hygiene, e.g. washing hands, using a hand sanitizer, avoid shaking hands, hugging, and kissing, disinfect all surfaces where germs may hide. If using public transport during an outbreak of flu you can wear a face mask, and carry a sanitizer with you. For more information you can check the web site: pandemic101.com or go-kit.com. They gave out free flu kits to all present, and will come back to give another presentation if there is enough interest.

Upcoming information on events at the Centre: Tuesday, February 6 at 1:30p.m. Heather Eagleson R.N. a diabetes nurse educator and Colette Sewell a diabetes education dietitian will give a diabetes information program. If you are diabetic, or care for someone who is, now is the time to get some additional information.

Connectcare will be here on February 13 at 1:30p.m. Connectcare is a non profit service offered by our four local hospitals. They provide services to enhance and support independent living in a person's own home if they need help with care, whether recovering from surgery, or a hospital stay. Everyone is welcome to listen to the speakers at any time.

Arlene Bruce asks me to remind membership that the book club meets from 2-3:30 on the first Tuesday of the month. Each member reviews a book recently read. This often generates lively discussion ranging far beyond the book introduced. The book interests of the small group are wildly diverse which adds to the fun. She tells me this is a most satisfying and enlightening hour and a change of pace in their busy lives. If you love reading and/or discussions join them on February 6. All are welcome.

Peggy was sick last week so Pat gave me the results of the carpet bowling which were: Nive's Brown team beat Ivan's Black team 18-11.

If you are ever here on a Thursday afternoon you have probably seen Ruth busy knitting mitts when she is not playing cards. She tells me she has knitted almost 900 pairs of mitts, toques, or slippers for orphans in Siberia, and she also knits pneumonia vests for children in Africa. If you love to knit, or would like to provide her with the wool you have sitting at home waiting for you to finish that project, give her a call at 519-853-5124.

The next social dinner planned is a Mardi Gras. It will feature Cajun food, and tickets are on sale now.

The new February/March newsletter is now out, so please ask for yours when you pop in the Centre. It is very discouraging to find

that although you have seen members at the Centre they haven't bothered to pick theirs up. A lot of work goes into them, and they have some interesting information in them, especially the monthly calendar showing all the events happening during the next two months.

There is a trip planned to Canada Blooms at the Toronto Convention Centre, the place to go. Tentative date is March 8 if there is enough interest.

The Black Forest Inn in Conestoga is presenting "A Tribute to the Women in Country Music." There will be a bus going on Wednesday, February 14 and the price will include a hot lunch. As usual the information is at the travel desk. Someone from the travel committee is there every Monday and Friday morning, but you can sign up any time.

On a final note, the annual general meeting will be on Tuesday, February 27. We hope to see a good crowd on that day, as it is your Centre, and we need your support! After the general business there will be refreshments and entertainment.

The 50/50 draw was not won again this week, so the draw next week should be about \$300. Come on in and drop your loonie in the box.



FOLK DANCE: Jie Wang was one of the members of the Guelph International Language program entertaining the Acton Seniors at their Chinese dinner last week with a graceful Chinese folk dance. — Julie Conroy photo

Back Facts



From the February 2, 2006 pages of The New Tanner.

One year ago: Kristine Cieslok, owner of Blue Springs Salon and Spa was voted the Chamber of Commerce's Entrepreneur of the Year, and veteran library staffer, Marie Vickery was selected Employee of the Year. The Limehouse community earned the Civic Pride award for restoration of the lime kilns and the Town Hall and development of a community garden.

In other news:

• The Town's proposed 2006 operating budget requires a tax levy of \$20.5-million – a 5.1 per cent per cent tax increase over last year, or \$51 more for a Town tax bill of \$1,053 for a house assessed at \$300,000.

• More than 20 Peewee hockey teams from across the Province came to Acton for the 36th annual Acton House League Hockey Pee-

wee tournament, billed as the oldest Peewee tournament in Ontario.

From the January 31, 2002 pages of The New Tanner.

Five years ago: Halton Hills wants and needs to lose its bedroom community image to attract new businesses, a challenge underlined by a report to Council showing residential tax payers pay more than their fair share for Town programs and services because of the weak industrial base.

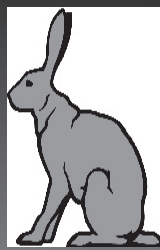
• One of three Acton youths charged with stealing \$2.68 in

change from several cars was sentenced to five days in jail after pleading guilty to theft under \$5,000 in Milton youth court.

• Hank Walsma is elected president of the Acton

Agricultural Society's fair board and promises more animals and family fun at the fair.

HARE TODAY



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