

EWAG News

Senior News

EWAG Seniors is looking for volunteers to assist with the day program and van. Please contact Kelly Stockdale Volunteer/Community Services Coordinator @519-833-9696

Foot Care Clinic- Tues. Sept. 2 in the EWAG Seniors room, Centre 2000, Erin. Cost is \$20. Please bring your own towel. Call Sherri Plourde @ 519-833-0087 to book an appointment.

Pilates Mat Classes resumes Tue. Sept. 9 9am-10am. (Please bring your own mat.) Pilates ball classes will begin on Thur. Sept. 11, 6:30-7:30pm. (Please bring your own ball) ALL AGES WELCOME! For more information please contact Sherri Plourde @ 519-833-0087.

Fundraiser BBQ for Alzheimer's- Fri. Sept. 5 11am - 1:30pm at EWAG Main Street office. Please come and enjoy a hamburger or hot dog and help support Alzheimer's.

Line Dancing is start-

ing up again on Fri. Sept. 5-10am-12pm and every Friday, afterwards, EWAG Seniors room, Centre 2000, Erin. Contact Sherri Plourde @ 519-833-0087 for more information or to sign up.

Tai Chi Classes resume on Wed., Sept. 17 and every Wednesday for the next six weeks, at St. John Anglican Church Parish Hall, Rockwood from 2:30-3:30pm. Cost is \$50. Contact Sherri Plourde @ 519-833-0087 for more information or to sign up. Join us for this slow moving and meditative gentle exercise that helps maintain fitness, flexibility and natural health!

Stratford "Music Man" Tue., Oct. 7. Cost is \$75 for transportation and show. (Purchase your own lunch) Contact Sherri Plourde @ 519-833-0087 to book your seat.

"SNERDS" are offering free computer help to seniors in the Erin/Hillsburgh area. Please contact Sherri Plourde @ 519-833-0087 for more information or to utilize this service.

Thrift Store News

All EWAG Thrift Stores (Erin, Hillsburgh and Rockwood) are changing seasons. Fall and winter clothing is arriving daily. We have a great selection to choose from and prices that can't be beat. Shop today for all your back to school clothes.

Back to school safety tips

Most schools in the Wellington County are faced with traffic issues such as parking in "No Parking" zones, speeding, unsafe turns, blocking school bus lanes and more, say Wellington OPP.

In addition, children do not always follow the rules of the road. Often they enter the street from between two cars, attempt to get their bikes through an intersection before the light turns red, and skateboard or run into traffic.

Motorists should exercise increased caution in and around our school zones. Potential dangers are much easier to pick up when driving at or below the speed limits. Special attention should also be paid to school buses with flashing red lights when on an undivided roadway. In these instances, motorists are required under the Highway Traffic Act to stop and wait until the flashing red lights are turned off before passing a bus.

Following some of these simple Safety Tips, we may reduce the stress of back to school traffic:

Remind children to; walk on sidewalks when available, cross roadways at the intersections; wear their bicycle helmet when riding their bike; walking their bike across the roadways; look in all directions when crossing roads; Stop, Look, and Listen before entering the roadway.

For Drivers: be aware of school zone signs; slow

down; be ready to stop at all times. Children may not notice oncoming traffic; always try to make eye contact with children waiting to cross the road; be patient and wait for children to complete their crossing before proceeding; stop when directed to do so by a crossing guard.

All members of Wellington OPP will be monitoring aggressive drivers and will increase enforcement if necessary to help make this transition to a new school year a safe one.

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Acton Houseleague Hockey Association

2008-09 Registraton



When: September 6th, 2008 12pm - 2pm

Where: Acton Legion

Registration forms available at:
www.actonhouseleague.ca

Tyke \$300.00
All other divisions \$400.00

Season Starts September 26th - 28th, 2008

Coaches and volunteers needed