

New Meals supplier announced in Warkworth

NORTHUMBERLAND TODAY AUG 4/16

CECILIA NASMITH
NORTHUMBERLAND TODAY

WARKWORTH — Community Care Northumberland has announced that the delicious hot meals available through its Meals On Wheels service will come from a new supplier.

Thanks to the talents of the staff at Jeannine's Backtalk Cafe at 9 Main St., the program will make these meals available to seniors and adults with disabilities who cannot cook for themselves or easily shop for groceries — and very economically.

The area of service is within five km. of the restaurant, which will make up meals each Wednesday that consist of soup or salad, a choice of two entrees plus dessert for \$6.

Delivery to registered Community Care clients will take place between 11 a.m. and noon, and they will be billed at the end of each month.

The initial menu choice Aug. 3 was fish and chips or clubhouse sandwich.

For the rest of the month, the choices will be:

- Aug. 10 — Liver and onions or chicken wrap.

- Aug. 17 — Hot patty with gravy, potatoes and vegetables or grilled-cheese sandwich.

- Aug. 24 — Chicken breast with broccoli-cheese sauce or burger.

- Aug. 31 — Ham and scalloped potatoes or bacon-lettuce-tomato sandwich.

In the Community Care press release, Warkworth Meals On Wheels client John Ottewill said he was quite enjoying the meals.

"Residents like myself, where I'm not the best at cooking, can manage this because I don't have to prepare anything," he added.

"We are pleased to find a local partner in Jeannine's Backtalk Cafe," Community Care executive director Trish Baird said.

"If you know of someone who would benefit from this service in the Warkworth area, please call our Campbellford office for more details."

The Campbellford office can be reached at (705) 653-1411.

For more information on the Meals On Wheels program, including volunteer opportunities and other Northumberland communities where it is offered, visit www.commcare.ca/mow.html.



Warkworth Meals On Wheels client John Ottewill is seen with Community Care Northumberland's summer-program assistant for Trent Hills, Jessica Russell.

SUBMITTED PHOTO

Colborne Chronicle

Community Care offers driver-refresher course

CECILIA NASMITH
NORTHUMBERLAND TODAY

COLBORNE — Most seniors have been driving for years, and the last thing on their minds is taking a driving course now.

But a press release from Community Care Northumberland suggests thinking again.

With age come changes to hearing, vision, flexibility and reaction time. The rate of these changes varies with the individual, but it is important to recognize these changes and what you can do to compensate for them.

On Aug. 23 and 24, Community Care is offering the Canada Safety Council 55 Alive Driver Refresher Course in Colborne with the goal of helping to mitigate age-related challenges and keep mature drivers safe.

Over these two mornings, the six-hour course will help anyone over the age of 55 identify and correct bad driving habits, improve awareness of traffic hazards, gain confidence behind the wheel, and offer a update on traffic laws and technology.

You will likely benefit from the 55 Alive course, if any of these sit-

uations bothers you: entering or exiting a highway; changing lanes on the highway; passing; parking; left turns; yielding the right-of-way; night driving and winter driving.

The course will run from 9 a.m. to noon both days at Colborne's Ontario Agri-Food Venture Centre (116 Industrial Park Rd. N.).

Pre-registration is required (which you can do by calling the Colborne Community Care office at 905-355-2989), and participants are required to purchase a \$10 workbook which is theirs to keep.

Space is limited, so register as soon as possible.

Auction Barn Jamboree is around the corner

CECILIA NASMITH
NORTHUMBERLAND TODAY

COLBORNE — Plans are gearing up for Colborne's 12th annual Auction Barn Jamboree, with only weeks to go.

The country-music festival at the Keeler Centre is planned for Sept. 1 to 4, with a big kick-off concert Aug. 31.

The event name is in honour of its creators — Gary Warner of Warner's Auction Hall, who shared a love of good classic country music with retiree Linda Grills. The result is an annual celebration of a beloved local genre.

Ticket holders and on-site campers alike (an estimated 300 of them) will enjoy the daily schedule of open-mic times and professional stage shows from Thursday to Sunday. The schedule typically has open-mic sessions from 1 to 5 p.m., followed by a two-hour dinner break and the main stage-show acts starting at 7 p.m.

Sunday always brings a large country-gospel hour as well.

Monday is left open as a travel day, as fans go home after another wonderful event.

For more information on this year's Auction Barn Jamboree, as well as the line-up, visit <http://www.auctionbarnjamboree.ca>.

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