

Seniors can plan own physical fitness program

By J.M. GALBRAITH

Seniors can promote their own physical fitness in activities they personally enjoy. These may include walking, skiing, gardening, swimming, dancing, for instance. Another alternative is an exercise class. A group effort is often an incentive that discourages procrastination. For five years I held a once-a-week fitness class for seniors. I was sponsored and trained by the Red Cross as a volunteer to work in my community. It was a rewarding time for me. "My" seniors were great and I was proud of their spirit and spunk. The following observations are entirely my own out of my experience.

The first objective of a fitness program for seniors is regular participation. Seniors, like any other group will turn up for programs they enjoy. So let's have fun!

The next objective is a sense of accomplishment. This should be apparent in a feeling that the program really does keep them physically fit, provide a challenge, and become a source of social well-being. Everyone in the group must be encouraged to do the best they are able without strain or pain. Exercises for seniors are gentle, moderately paced, and designed to accommodate varying problems with balance, co-ordination, stiffening joints and other inconveniences. Every instructor must be aware of the special difficulties that accompany aging - what is possible, what is not. Ideally, the routines

Seniors for the Future

are suitable for practising daily between classes. Aside from the actual exercises, there are at least three other important criteria:-

First - A continuity in the program that includes a regular day, a regular time, a suitable regularly available space and the fewest possible cancellations.

Second - Music. An enthusiastic piano player is a real find and always gives a class a lift. Other-wise appropriate cassette tapes are a help.

Third - Laughter. Find time for a little humor whether it be a joke, an anecdote or just an upbeat remark. The atmosphere can be light while the activity is serious.

Exercise is important whether you are a child, an adolescent, a young middle or older adult. Remember the saying - you're as young as you feel - and keep moving!

Seniors are asked to spare time this Wednesday to go to Queen's Park as part of a demonstration of concern about the threat to Halton Hills water supply posed by the proposal to turn the Acton Quarry into a garbage dump.

This risk must not be entertained by the Ministry of the Environment.

If the Town has to fight this in court the costs will come from

our taxes.

We need neither the risk nor the increase in taxes for this purpose. Seniors are asked to support The Town Council in this.

Buses will be available at 10:15 a.m. Call 877-1780 or 853-0059 or 853-1328.

I Am Fine - Thank You!

There is nothing the matter with me.

I'm healthy as can be, I have arthritis in both of my knees,

And when I talk, I talk with a wheeze,

My pulse is weak and my blood is thin,

But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,

Or I wouldn't be able to be on the street,

Sleep is denied me night after night,

But every morning I find I'm all right;

My mem'ry is failing, my head's in a spin,

But I'm awfully well for the shape I'm in.

The moral is this as this tale unfolds,

That for you and me who are growing old,

Town Gardener

Be patient with your garden

By TOM CAVAN
Is It Time?

Every spring beginners and seasoned gardeners try to break ground too early. The cold steel of your shovel turns red hot as you dig in with totill-like action only to move wet clods of soil that are so unmanageable.

Well, folks, be patient.

A good rule of the green thumb is wait until the soil has dried and allow air to infiltrate. This will allow you to loosen and mix your soil in preparation for planting.

Fact is plants produce roots more readily in warm soil than they do in cool wet soil. If you place spring tubers and bulbs in cold soil, the chances of them rooting are greater than growing. What I'm referring to is gladiolus, dahlia, lily, anemone, acidanthera, montbretia and the more exotic canna lily.

This group of flowers you can plant before bedding out plants and reap the rewards mid-summer through to October. In the case of gladiolus for cut flowers, plant in stages, so flowering doesn't come and go for such spectacular spears of color all at once. Gladiolus should be

dusted with an insecticide-fungicide lightly to prevent pests. Plant approximately six inches deep and six inches apart, mixing bonemeal with your soil. Once the plants begin active growth, fertilize with recommended bulb fertilizers or RX-15 and repeat every four weeks. As foliage shows any kind of deterioration, dig corms leaving any soil being held by the roots after giving them a light rub, then place them in a tray. Three or four days later, remove the soil and place them in a clean dry tray in the basement where it is warm and dry for approximately three weeks. After curing, place them in burlap or in onion bags and again you should dust them with an insecticide-fungicide.

Dahlias are probably the most prolific bloomers ranging from dwarf bedding plants to six foot specimens that will make any neighbor take notice. To have this kind of success you must allow good rich, well-drained soil and lots of warm sun. Dahlias are heavy feeders so fertilize every two weeks when active, otherwise they have a habit of turning to woody stems and few flowers. Those six foot giants need about

18" spacing to allow them their due space.

Dig the tubers after the first frost and retain as much soil as possible without transforming your garage into a shade display garden. Allow them to dry four 3-4 days and brush soil from tubers. Air dry them for three to four days before storing. Don't divide the tubers until next spring prior to planting. Dust the tubers with bulb dust for preventative measures against insects and disease.

Tender bulbs require attention for good blooming and repeated success but if you've had the pleasure of seeing these in full flight you'll find these few tips easily done for the masses of color they will provide.

Short Notes: Acidanthera, with its delicate white flowers, are very compatible in front of gladioli and have the same care requirements.

Start your canna lilies indoors to achieve enormous heights. Allow soil to dry before digging in the fall.

Montbretia will also accent gladioli and have identical care and storage.

It's better to say "I'm fine", with a grin,
Than to let folks know the shape we are in.

How do I know that my youth is all spent?

Well, my "get up and go" has got up and went.

But I really don't mind when I think with a grin.

Of all the grand places my "get up" has been.

Old age is golden, I've heard it said,

But sometimes I wonder as I get into bed

With my ears in the drawer, my teeth in a cup,

My eyes on the table until I wake up;

E're sleep comes o'er me, I say to myself:

"Is there anything else I should lay on the shelf?"

When I was young, my slippers were red,

I could kick my heels right over my head;

When I grew older my slippers were blue,

But still I could dance the whole night through;

Now when I am old, my slippers are black

I walk to the store and puff my way back.

I get up each morning and dust off my wits

I pick up the paper and read the "obits",

If my name is still missing, I know I'm not dead.

So I get a good breakfast and go back to bed.

Author Unknown.

Come On Over - I'd Like To Meet You!

What's Cooking at STEAK EXPRESS?
Saturday is Sample Day!

GET READY FOR MAY BARBECUE BLAST-OFF AT STEAK EXPRESS

BOXED MEATS FROZEN FOOD

GEORGETOWN at Decker & Church St. 877-0721

OPEN SUNDAY

LOVE AND ROMANCE

This workshop is about all kinds of love. We will explore what we are really seeking from love and loving relationships. Please give us a call for more information.

FOR BOTH SINGLES AND COUPLES

Saturday, June 8th

9:30 a.m.-4:30 p.m.

Scotsdale Farm - Georgetown

The workshop fee is \$100 per person (GST incl.)

Registration Limited! Please register by May 22 91

REGISTER NOW! **Burch, Mezes Associates** 877-6355



OSBORNE DECOR

Custom Made Verticals, Drapes And Bedspreads
FREE SHOP-AT-HOME SERVICE!

NORVAL 877-6086

FOR THE MONTH OF **MAY**
WE PAY THE G.S.T.

MY GENERATION

61 MAN ST. S. 873-2851
DOWNTOWN GEORGETOWN

Corrie's Hairplace

WELCOMES **MARY BECKER** to our staff

Mary has been a hair stylist for 6 years and looks forward to meeting new clients

Book with Mary and receive **10% OFF ALL SERVICES**

"SPIRAL PERMS are Mary's Specialty"

For Mother's Day give a Gift Certificate at 10% Off Full Hair Service

Full Hair Service for the whole family including GIGI Honeq Hair Removal and Eyelash Tinting

853-3461

21 Mill St. W. Proprietor: Pam Worsfold **ACTON**

COMING SOON!

Olde GEORGETOWN Place

THE **Scavenger Hunt**

YOU CAN **WIN \$1000**

TO SPEND IN OLDE GEORGETOWN PLACE

WATCH FOR MORE DETAILS IN THE HERALD