

Old gophers and young gophers can benefit from exercise

By FLORENCE WILKINSON
Herald Special

Just before we left on an extended tour of Western Canada this past June I was listening to a program in which a senior researcher was suggesting that rolling down hills was good for a senior's health. Apparently, when he and his wife were out walking they became quite tired and had this long hill to go down. He remembered that, as a child, he had often rolled down hills just for the fun of it. His wife agreed to go along with him in rolling

Seniors for the Future

down that particular hill.

He explained that, after the initial dizziness had disappeared, both he and his wife commented on what a feeling of well-being had come over them as a result of their exploits. This was what led him to decide to do experimenting within this area. He described how the experiments took place.

When we got to the West, and began to see gophers along the highways, I connected the spring antics of gophers with the experiments of the scientist. Not one gopher stood in the middle of the lane of traffic to get twirled around during these days in June. These must have been young gophers which were not in need of the twirling exercise, for in the spring, when the gophers first emerge from their winter's hiding, it is quite common for them to stand so that a car can go over them and twirl them around and around.

I wonder what it is in the nature of a beast - or a human - which encourages it to indulge in this exercise. Whatever it is, it seems to be a need for young people and old gophers. Perhaps the senior scientist has found out that exercises which are good for old gophers are also good for old people! Have you done any rolling or twirling lately?

Groups Starting in the Fall
Golden Circle: First and third Tuesdays, Sept. 3, 1:15 p.m., St. Andrew's United Church.

Norval Neighbors - Second, fourth Wednesdays, Sept. 11 at 1 p.m. Community Centre.

Halton Seniors TV Productions - First and third Tuesdays, Sept. 3, 9:30 a.m. Assic offices in Acton. Sept. 17, 9:30 a.m. Trafalgar meeting room, Halton Hills offices, Georgetown.

Bells and Beaus - Second and fourth Mondays, Sept. 9, 1:30 p.m. St. George's Anglican Church.

Happy Sales Line Dancing - Every Friday, 10 a.m., starts Sept. 13. St. Alban's Church, Glen Williams.

Seniors residence soon a reality

The Holco Non-Profit Housing Corporation will officially declare the start of construction of the Dave Coti Senior's Residence in Georgetown with a ground breaking ceremony this Friday.

Construction for this project, located at 169 and 173 Main Street, Georgetown, will begin in September and is expected to be completed by September, 1992. This 80-unit complex, given the go-ahead by the Ministry of Housing in July, will cost \$9.527 million.

Construction for the project will be done by Afford-Accom (Georgetown) Ltd.

The seniors' complex, named after former Georgetown Holy Cross priest Father Dave Coti (still on the board of directors for the Holco Non-Profit Housing Corporation) will include two separate wings with four units being handicap accessible.

There will be 72 one room apartments and 8 two bedroom apartments. Each unit will have a kitchen area with stove and fridge as well as a living room. There will be a lounge area for activities and relaxing and laundry facilities will be available.

Yvette Luke, project co-ordinator with Sar-Mak Ltd. of Toronto, said there is a great need and demand for such a seniors' residence in Georgetown and that many people have already inquired about the complex.

The ground breaking ceremony for this development will begin at 10:30 a.m. Special guests at this ceremony will include North Halton MPP Noel Duignan, Father Dave Coti, and Halton Regional Chairman Peter Pomeroy.

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NOTICE
REXWAY DRIVE AT HARRISON PUBLIC SCHOOL
NEW TRAFFIC CONTROL PLAN
FOR MOTORISTS AND PEDESTRIANS

The implementation of the traffic control scheme illustrated below was approved by Council for the Town of Halton Hills at its meeting of 1991 08 12 after prior consultation with the school community. The new plan involved the removal of the substandard and unwarranted mid-block pedestrian traffic signal located at the curve of Rexway Dr. and the marking of a new crosswalk with School Crossing signs situated further to the north in front of the main entrance to Harrison Public School. The school bus loading zone on the east side has been shifted southerly to the curve and on-street parking is now permitted on the east side of Rexway Drive between the new school bus loading zone and Mackenzie Drive. Parking has been prohibited on the west side of Rexway Drive from Mackenzie Drive to just northerly of the school crosswalk to ensure safe traffic flow and pedestrian visibility.

More information on this matter can be provided by contacting Robert Butrym, C.E.T., Senior Traffic Analyst of the Town's Engineering Department at 873-2600, ext. 304.

AD No. 1448 R.C. Austin, P.Eng. Town Engineer