

# Seniors with tales to tell are welcomed

By MARION HOGAN  
Herald Special

In May 1990, Bob Malcolmson offered space in the Herald to the Georgetown and District Seniors' Association for a column to be written by seniors for seniors. We thought that this was a great opportunity for the committees to inform members about what is being done by the association, and at the same time give seniors an opportunity to write about things they enjoy doing or have done. In the year and a bit that we have had this column, we have had some interesting and enthusiastic paragraphs written in this column entitled "Seniors for the Future".

At this time, I want to thank all of those who have contributed articles for Seniors for the Future - Les Mellish and members of the committees for information about meetings, finances, and fund raising activities of the seniors' association; and Florence Wilkinson, Joan Scannell, Allan Scully, Joyce Gosling, Maddie Howat, Nan Wheeler,

## Seniors for the Future

Ruth Forgrave, Garfield McGilvray, Gilbert English, Joyce Tilson, J. M. Galbraith and Maureen Browning for their articles. I also want to thank Margaret Felce for her contribution about the "Library on Wheels". Some of these people have written many articles and some one, but all the articles have been interesting and enthusiastic.

Now I am appealing to you, that is other seniors with tales to tell about things that you are doing or have done. Whatever it is, it may put other readers on track for new adventures in their lives. Al Scully has written about Elderhostel which offers programs with many new experiences in Canada and other countries; Ruth Forgrave wrote about her trip to Newfoundland; Maureen Browning has told us about some of her experiences in a canoe.

Tell us about some of the things that you enjoy doing, whether it is a hobby, participating in a sport, walking in a pleasant place, returning to school, visiting a new country or a different part of Canada, renewing acquaintances, or recalling scenes of yesteryear. Whatever you want to write about, we want to hear from you. This column relies on you to keep it going.

At this time, I want also to invite comments on articles. Perhaps you have had a like experience and would like to tell us about it. We do receive comments by word of mouth about the column but, if it was in writing I could pass the comments on to the Herald and other readers. Whatever you want to write, please send it to me.

My address is 25 Henry St., L7G 2K5 - phone 877-4277.

Please note Seniors - The Georgetown and District Seniors

Association is having a bake table at the Georgetown Fall Fair Sept. 7 and 8. We need baking and help both days. If you have baking to contribute or can help call Florence Smith at 877-0625.

Senior Bowlers - Golden Age Bowling is starting Sept. 6, 1 p.m. All new bowlers welcome. The bowling lane address is 12 Mountainview Road South.

Its time to dust off those dancing shoes, put on the tu-tus or whatever and swing your partner.

Cathy and Gord Hunt invite you to come out for two free nights of Square Dancing on Sept. 11, 18 at 8 p.m. in Pineview Public School, Reg. Rd. 5 at Trafalgar.

This is a friendly, sociable, low impact activity. Try it for a couple of evenings and you may want to continue for a lively season of fun at modest cost.

Dancing at three levels of performance is sponsored by "Pine Valley Squares" of Georgetown and more information can be had by calling 877-3002 or 451-2723.

## Educational series on aging offered at Centennial Manor

To help people understand the aging process, Halton Centennial Manor social worker Lauraine Andrews is offering an educational series on aging.

Beginning Sept. 9, experts on aging, elderly care and mental health experts will be giving seminars on various topics concerning the elderly and those living with the elderly at Halton Centennial Manor at 185 Ontario St. South in Milton from 7 to 9 p.m.

"I think we all need to know a little bit more about the aging process to know what is and isn't normal," said Ms. Andrews. "Part of our philosophy at the manor is not only to provide institutional care for those who need it but to educate the community about our elderly."

To register for the free series, call Lauraine Andrews at 878-4141, ext. 167.

The series includes sessions

on:  
Session No. 1, Monday, Sept. 9, 1991 from 7 to 9 p.m. - Normal Aging and Wellness "Building on Positives", Ron MacKinnon, Recreationist; Sheldon Wolfson, Registered Nurse; Hether Brown, Dietician.

Session No. 2, Monday, Sept. 16, 1991, 7 to 9 p.m. - Aging - "A Season of Losses" - coping with grief and changes. Rev. Robert Hyde, United Church Minister; Lauraine Andrews, Social Worker.

Session No. 3, Monday, Sept. 23, 1991 from 7 to 9 p.m. - Emotional Impact on Chronic Illness - also to focus on care of the caregiver. Tamara Horton, Gerontologist.

Session No. 4, Monday Sept. 20, 1991 from 7 to 9 p.m. - Common Medical Problems of Aging - helping the doctor in assessment; - medications - safe use and problems. Dr. Mary Rudyk, Geriatrician.

Session No. 5, Monday, Oct. 7,

1991 from 7 to 9 p.m. - Mental Health and the Elderly - Dementia, Depression, Delirium. Terry Paine, North Halton Mental Health Clinic; Mary Everett, Alzheimers' Society.

Session No. 6, Monday, Oct. 21, 1991 from 7 to 9 p.m. - Community Resources - Working - the System. Tamara Horton, Halton Placement Co-ordination Services; Margo Vegt, Hospital Discharge Planner.

Session No. 7, Monday, Oct. 28, 1991 from 7 to 9 p.m. - Legal and Financial planning - estate planning, wills, power of attorney. Lorne Greenwood, Lawyer; Linda High, Financial Consultant. Funeral Planning - myths and realities. Scott Early, Funeral Director.

Session No. 8, Monday, Nov. 4, 1991 from 7 to 9 p.m. - Prescription for Happy Retirement and Emotional Well Being. Lauraine Andrews, Social Worker Panel of Retired Citizens.

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munity happenings and informative columnists. We want you to know that the HERALD is YOUR NEWSPAPER and we'd like to invite your written comments on how we're doing, or if there's something you'd like to see more of in your newspaper. Please drop us a line.

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