



ROCKWOOD CHAMPS: The Rockwood FC Under-15 Select girls' soccer team were named champions after winning two games at a recent exhibition game at the new Royal Distributing Marden Field House in Guelph/Eramosa. The team includes, front: Derica Scott, Darian Drewery, Lauren Hume, Katherine Azzopardi, Kiera Murison, Leah Amber Shaw, Julia Querques and Victoria Ziemianin. Back: Victoria Bouwmeester, Gesse-Lee Roberts, Aria Gaeta, Nikki Sinker, Darian Dermo and Chylene Good. – Submitted photo

News & Events
EWCS will continue to offer free beginner computer courses through the SNERDS program. A volunteer will be in the Erin office on Wednesday and house-calls can also be arranged. If you are interested in learning more about computers, or need help with a specific problem, call 519-833-9696. Appointments are required.

East Wellington Community Services will conduct public forums to share results of the recently completed Seniors Services and Needs Assessment Report. The public is invited to learn more about the feedback on three major issues: Health and Independence, Housing, and Transportation, as well as other issues. If you cannot attend during these times and would like more information about the Report on the Seniors Survey, contact Rick Eller at EWCS 519-833-9696 ext. 229.

The Rockwood meeting at Rockmosa Community Centre is Thursday, March 29, from 1-3 p.m.

The Shamrock Shuffle isn't until May 15 but you can register now and start fundraising early. This year prizes for fundraisers include: Running Room gift certificates, Kobo eReaders, and an overnight stay at a Niagara-on-the-Lake Inn & Spa. Brochures and more information is available on our website www.

ew-cs.com or you can register online through the runningroom.com

Seniors News
Please contact Sherri Plourde for more information on any of the following senior's programs or events 519-833-0087.

Free Lunch and Learn about Falls Prevention presented by Phillips Lifeline and EWCS Seniors: Wednesday, March 30 at 12 to

EWCS NEWS

1:30 p.m. EWCS Seniors Room (Centre 2000) Erin. Please join us for a free light lunch while learning how to prevent falls.

Active Adults Recreation Schedule
All activities are \$1 per visit, and take place in the EWCS Seniors Centre in

Centre 2000, Erin
• InStitches – knitting and crocheting group.

Tuesdays, 10 a.m. to 12 p.m.

• Yoga – Wednesdays, 8:30 to 9:30 a.m. (extra cost)

• Pilates – Tuesdays, 3:30 to 4:30 p.m. (cost: under \$10)

• Line Dancing – Fridays, 10 a.m. to 12 p.m.

• Bridge Card Group – Fridays, 1 to 4 p.m.

• Scottish & English Country Dancing – Tuesdays, 1 to 3 p.m.

Knox Presbyterian Church

44 Main St. N P.O. Box 342
Acton, Ontario L7J 2M4
(519)853-2360

Sundays at 10:30 a.m.

In a world of change, come and worship the unchanging God.

EASTER SERVICES
Sunday, April 22, 2011

- Early Service - 8:30a.m.
- Easter Worship Service - 10:30a.m.

Pearl Harris and Jim Wilson
are pleased to announce the engagement of their son
Matthew Wilson to Brandi Williamson
Wedding to take place June of 2011
in Prince Edward Island

MacMILLAN'S

Gourmet Frozen Foods

SPECIALS FROM APRIL 1ST TO APRIL 14TH

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<p>Fruit of the Month Raspberries 2 kg bag \$16.99 (Reg. \$19.99)</p> <p>Great addition to Smoothies! 2 bags for \$31.99</p>	<p>APPETIZERS (While Supplies last)</p> <p>Beef & Cheddar Bread Bowls \$5.69 (Reg. \$6.99)</p> <p>Mini Chicken Pot Pies \$5.69 (Reg. \$6.99)</p> <p>Sausage Rolls \$8.49 (Reg. \$9.99)</p>
<p>Large Shrimp 31/40 Cooked, Peeled and Deveined</p> <p>\$7.99 1 lb (Reg. \$9.99) 3 lbs for \$21.99</p> <p>Seafood Sauce \$2.99 (Reg. \$3.29)</p>	<p>BAKED 8" APPLE OR PUMPKIN PIE 2 for \$5.49 (Reg. \$3.99 each)</p> <p>GREAT FOR DESSERT ON EASTER SUNDAY!</p>

SENIORS 10% OFF EVERY WEDNESDAY (REGULAR PRICED MERCHANDISE)

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MON - FRI 9 to 7pm • SAT 10 - 6pm
SUN 10 - 5pm

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