

SENIORS LIFESTYLES

Links2Care offers meal programs for seniors

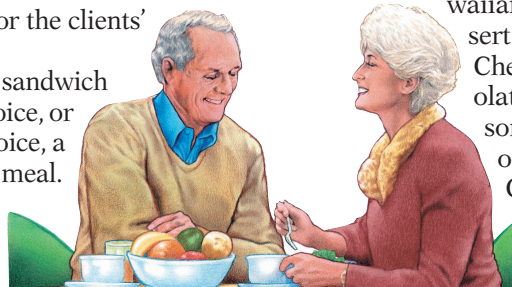
Meals on Wheels— More than just a meal

Are you finding it hard to cook for yourself? Are you concerned about your nutritional needs? Then give Links2Care a call to find out about our Meals on Wheels program and the options that are available. The meals are delivered right to your door by our wonderful volunteers, who also provide a friendly face and a smile to brighten up your day. This contact can also provide a check for the clients' well-being.

Choose a sandwich meal, a lighter choice, or the traditional choice, a hot three course meal.

How about ButterChicken, Pork Loin in Mushroom Sauce, Beef Stroganoff or Ham and Scalloped Potatoes? And for dessert Carrot Cake with Cream Icing or Bread Pudding? These are just a few of the meals available.

Meals can be provided with as little as 24 hours notice. Call now to order meals or for more information— Anne (Acton) 519-853-3310 or Liz (Georgetown) 905-873-6502.



Frozen meals for seniors

Don't feel like cooking tonight? Then why not try our range of delicious frozen meals! How about Beef Stroganoff, Roast Chicken, Salmon in Lemon Sauce or Hawaiian Pork? And for dessert, Strawberry Shortcake, Cherry Cheesecake or Chocolate Fudge Cake? There is something to please everyone—vegetarian meals, Chinese meals or breakfast snacks. Place your order by Tuesday morning for delivery on Thursday by our wonderful volunteers, or stop by one of our offices and purchase directly from the freezer. Take advantage of our introductory offer; three main courses, two soups and two desserts for only \$15! For more information please contact Anne at our Acton office 519-853-3310 or Liz in Georgetown at 905-873-6502.

German Skat: a card game is played at the Georgetown Seniors Centre every Wednesday starting at 6:30 p.m. For details call Martin, 905-878-7013.

Aphasia help: Do you or anyone you know suffer from Aphasia? The Halton Aphasia Centre is a non-profit organization whose aim is to assist persons recovering from a stroke or other trauma and living with aphasia. A Communicative Disorders Assistant (CDA) and a Speech Language Pathologist (SLP) direct and supervise trained volunteers in specifically developed programs and activities every Wednesday, 9:30 a.m. to 1:30 p.m. at the Glen Williams Town Hall, 1 Prince St. in Glen Williams. Volunteers are needed. Any individual interested in volunteering as a communication facilitator, please contact our office. Info: 1-866-204-4044 or visit www.haltonaphasiacentre.com



Georgetown Seniors Centre euchre: (euchre 1st and third Tuesday; bid euchre second and fourth Tuesday), 7 p.m. at the

Seniors Calendar

centre on Guelph St. Admission \$2.

Seniors AGM: Georgetown District Seniors Centre, 318 Guelph St., Unit 9 holds its annual general meeting, on Thursday, Feb. 25, 1 p.m. at the centre. Info: 905-877-6444.

Alzheimer Support group: An opportunity for family caregivers (caring for someone with Alzheimer or related dementia) to receive information and share their personal journey with others, meets on Tuesday, March 2, 7-9 p.m. at the Halton Regional Police Station, 217 Guelph St. Info: 1-800-387-7127. Open to all family caregivers.

Trips ahead: Acton Seniors Centre is arranging a trip to Canada Blooms on Sunday, March 21. Sign up at the Centre if interested.

Georgetown Seniors Centre is planning a trip to see the King Tut exhibition at the AGO on Tuesday, April 6. For more information contact the Centre.



Georgetown

DENTURE CLINIC

Alexander Trenton, DD, F.C.A.D. (A)

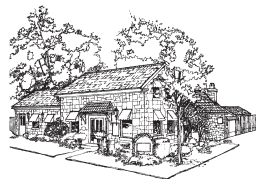
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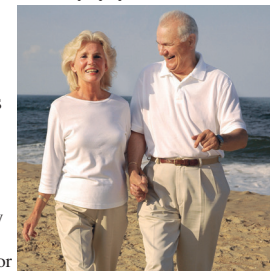
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Contact Patricia Kelly (Owner/Administrator) at 519-833-1033

RR2, Erin, Ontario