

Georgetown Seniors Centre looks ahead to September activities

By FLORENCE RIEHL
Georgetown Seniors Centre

I am using my column this week to let you in on some of the exciting things that will be happening at our Centre Open House Week, September 13-17. I hope you will come out and participate in the various programs, activities, and events.

We begin with Monday, Sept. 13, at 10 a.m. with a demo of Home Support Exercises. This will be followed at

10 a.m. with a visit with your Metro pharmacist. An opportunity to talk about and review your medications. At noon a New Members Tea is to be held. This is by invitation to all new members of 2010.

Tuesday, Sept. 14 begins at 9 a.m. with a Tai Chi Fan demonstration. At 10 a.m. there will be an information session regarding travel insurance. You will want to stay for our famous Open House BBQ at noon.

A representative will be

available on Wednesday, Sept. 15 to talk with you about ActiVan and Taxi Script tickets. Probably you will be able to register if you are not already. Then you can take part in a demo on Chair Yoga. This is a new program being offered if there is sufficient interest.

We learn how to build our bones by being on hand for a Bone Builder Demo on Thursday morning, Sept. 16 at 9 a.m. Our Spa Day is being held from 10 a.m. to 3 p.m. Appointments are necessary

for this. Please check with Reception.

Good Food Box Information and Cooking for One take place of the Friday, Sept. 17 at 10 a.m. This will give you an opportunity to check out, and perhaps purchase, the cook-

book we have for sale, *The Senior Chef, Cooking for One Or Two* at a cost of \$5. I think it is probably the best cookbook I ever purchased.

What a busy week! Mark your calendars so you don't miss anything!

Arthritis Society needs canvassers

Canvassers are still urgently needed to assist in September with the Arthritis Society's Residential Campaign. Volunteers canvass 25 to 30 homes

on their street or a neighbouring street in September. If you are interested in learning more, call The Arthritis Society at 905-455-6273 ext. 225.



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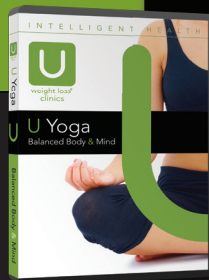
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