

# Acton Seniors Centre busy too during Open House Week

By **JULIE CONROY**  
Acton Seniors Centre

Derek Howell was visiting Tony and Joyce Marrows last week. He joined us for darts during Open House week and achieved 180—the highest score possible at darts.

There were many other interesting events at the Open House at the Seniors Centre last week. On Wednesday, Lorrie Harris the floral designer from Sobey's, assisted by Ann Hamilton, gave us tips on making our flowers last as long as possible. We were given a booklet, which I know will be very useful, and we had the opportunity to create our own designs and take them home.

The Mexican evening was well attended and everyone enjoyed the chicken quesadilla, bean salad and delicious corn on the cob plus desserts. The two Mexican entertainers (Mexico de Noche) kept us

moving in our seats to the rhythm of their guitars and their singing. Another fun evening thanks to Real and his group. The door prizes were tropical plants and won by Shirley Loucks, Irene Breen, Mary Walsma, Stella Brunelle, Bill Service, Nina Palichuk, Ruth Burke and Joan Morris. Joan also won the 50/50. Teresa Downey won both the needlepoint picture and the Fern Jory black and white iris picture and Marj McDonough won the cozy afghan.

Bill Durham took the mystery out of browsing the net on Thursday morning. Everyone eagerly asked questions. Bill is employed by Dell and the husband of Michelle, our admin. assistant.

There was lots of interest in the chair yoga and bone building classes. Members receive a 25% discount for all Town-run programs held in the community hall.

See **VESTS**, pg. 27

# Ask The Professionals

Submit a Question for a Mystery Prize\*  
Drop off or mail to: The Independent & Free Press, Georgetown Market Place, 280 Guelph St., Unit 29, Georgetown, ON L7G 4B1  
or e-mail your questions to: [features@independentfreepress.com](mailto:features@independentfreepress.com)  
Deadline for questions - Sept. 31, 2010

**SUSAN S. POWELL**  
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SUSAN S. POWELL

**Q:** I have recently separated. When can I get a divorce?

**A:** There are 3 grounds for a divorce:

1. Living separate and apart for one year;
2. Adultery;
3. Cruelty.

People rarely proceed with a divorce based on adultery and/or cruelty as it is time consuming and expensive. The majority seek a divorce based on their having lived separate and apart for one year.

If you have other issues to settle such as custody/access, child or spousal support and the division of property, it is usually less expensive and time consuming to first negotiate the terms of a Separation Agreement. A Separation Agreement may include all of the outstanding issues except a divorce. Once the Separation Agreement has been negotiated you can then proceed with the divorce on an "uncontested basis." There would likely be no Court attendance necessary if all other issues were settled by a Separation Agreement which could be done prior to one year after you separated.

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H.B.Sc. PT, MCPA, res.CAMT

**Q:** A friend of mine has a TENS machine for pain relief. Do they work?

**A:** TENS machines have been clinically proven to provide relief from pain. The gentle electrical stimulation reduces the spinal cord's ability to send pain messages to the brain. This results in reduced pain which in turn results in reduced muscle guarding and spasm. The reduced muscle guarding and spasm means less joint compression and muscle tension which further reduces pain. If you or someone you know has recurring aches and pains and you would like to know how this technology can help please attend our next free public information night on November 25th. I will be answering questions regarding it's application in different situations and we will have them available to try. Call our office if you would like to RSVP or wish to know more.

**Lea Tufford**  
M.A., RMFT.  
Therapist  
**416-524-3010**  
Office in Georgetown



**Q:** My Husband and I are Divorcing - How Can We Lessen the Impact on our Children?

**A:** The emotional impact of a divorce can take a toll on everyone in the family, including the children. Children are often frightened and confused when parents divorce and may blame themselves for their parents not staying together. Children aged 5-8 often report a fear of abandonment while children aged 9-12 may feel angry with both parents. You can help by not expecting your children to take sides or to emotionally support you. Parents should also let children know the manner and frequency by which the non-custodial parent will keep in touch. The ability to co-parent following divorce is essential and children will be helped if both parents contribute to their education, development, and after-school activities. If you are concerned about how your divorce is affecting your child a mental health professional can help in this difficult transition.

## Churches & Temples

**GEORGETOWN ALLIANCE CHURCH**

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\*Nursery and Jr. Worship for children  
290 Main Street (south of Maple)  
**905-873-0249**  
[www.togetheratgac.com](http://www.togetheratgac.com)

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[www.knoxgeorgetown.ca](http://www.knoxgeorgetown.ca)

**REV. DR. JAMES COOPER**  
116 Main St. S., Georgetown, ON  
**905-877-7585**  
Chair-lift access available.  
'Sunday's Cool' youth ministry program for ages 4 & up.  
Service Dial-in: **905-702-1629**

SUNDAY WORSHIP SERVICES: 11:00 A.M.

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Sunday Worship Services: 10:00 am & 6:00 pm

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### St. John's Anglican Church, Stewarttown est. 1834

Trafalgar Road and 15th Sideroad -

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All are Welcome to Sunday Service: 10:00 am

Interim Priest in Charge: Rev. Canon Terry DeForest  
Church Office: 905-873-0235

#### SUNDAY SERVICES

- Lord's Supper 10 A.M. • Ministry Meeting 11:00 A.M.
- Fellowship Lunch 12:00 P.M. • Ministry Meeting 1:00 P.M.

Meeting In: Georgetown Seniors Centre  
Address: 318 Guelph Street

Phone: 905-873-1005 Website: [www.haltonhillsbiblechapel.com](http://www.haltonhillsbiblechapel.com)

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## PROFESSIONALS WANTED

to inform our readers & answer their questions

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Cheryl Tanego  
RPh

**Q:** How can I avoid long wait times when getting my prescriptions filled?

**A:** In order to avoid long waits here are a few tips to speed things up:

**For new prescriptions:** When you give your prescription to the pharmacy technician, ensure that all your personal information is accurate. If you have a drug plan let the technician know the details at the time you show your prescription. Giving this information later when you pick up your prescription can result in further delays while the technician refills the prescription.

**For prescriptions that do not have repeats left on them:**

Call in your refill a few days before you take your last pill. Most doctors can take more than 1 or two days to respond to a refill request and many medications should not be missed, even for one day.

**For prescriptions either with or without repeats left on them:** You can request a refill using the Shoppers Drug Mart Med Ready System: By phoning Shoppers and following the telephone prompts (press 1 then 1) you can enter your prescription number on the telephone keypad to automatically refill your prescription. Refills can also be requested by using the internet at [www.shoppersdrugmart.ca](http://www.shoppersdrugmart.ca) and clicking on 'pharmacy' at the top of the page then choosing 'refill your prescription'.

Of course you can always speak to a staff member in person if you have any questions or concerns but these useful suggestions can make your pharmacy experience more pleasurable, convenient and less frustrating.

**Halton Hills Speech Centre**

211 Guelph St., Ste #5,  
Georgetown L7G 5B5

**905-873-8400**

[www.haltonspeech.com](http://www.haltonspeech.com)



Karen MacKenzie-Stepner

**Q:** My 17 month old son babbles a lot but does not talk as of yet. I take him to a Parent-Child Center and see other toddlers his age talking, some of them even using two-word sentences. Should we worry?

**A:** This is a difficult question to answer. In general, as long as you eliminate the serious things that might be wrong - deafness for instance - and as long as there is comprehension and sociability, not talking at 17 months or even at 20 months is not as big a deal as parents often fear.

By age 2 however, if your child doesn't have a vocabulary of about 50 words and doesn't put them into simple sentences, it's reasonable to begin to ask why.

There are a number of reasons why an otherwise normally developing child might not talk, from extreme shyness to slow physiological development that makes articulation difficult. Ruling out these possibilities requires an evaluation. It is also important to note that of the 10% of young children with language difficulty, for 3% of them there is no obvious reason why.

If you have concerns or would like more information, contact our Centre.