

# SENIORS MONTH: LET'S CELEBRATE

## Georgetown Seniors Centre hosts Seniors Month dinner on June 17

By FLORENCE RIEHL  
Georgetown Seniors Centre

About 25 faithful members of Mingle and Chat got together on Wednesday, June 1st to have a birthday party celebrating everyone's birthday. They looked cute in their birthday hats. Good food was abundant but they did have a little difficulty with the games.

Another packed house for the Annual Variety Show on June 6th. Congratulations to all who took part.

Your invitation is still open to try tapping your feet at the Demo and Try-it Tap Class at the Centre on June 16 at 10 a.m. Healthy snacks will be provided.

Do you have your ticket for the Seniors' Month Celebration Dinner on Friday, June 17 at 5 p.m.? The entertainment alone, The Jukebox, is worth the \$15 charge. Friday, June 10 is last day to purchase your ticket for this event.

The signup sheet for The Safe Driving for Seniors on June 25th is full. A second sheet has been added for another seminar to be held in the future. Don't wait too long before adding your name.

Some of the registered programs will run through the summer: Still Sizzlin' from July 3 to Aug. 23, Bone Builder from July 7 to Aug. 25, and Zumba Gold from July 14 to Sept. 1. You must register early to secure a spot in the program and to make sure that the program runs. Registration may be handled through Sherry at the Centre.

Our kitchen is now known as the G.D.S.C. Bistro and offers lunch every day at the Centre. Bagels and spread, and cup of soup are available along with coffee and cookies.

Sandwich Tuesdays and Thursday Soups will resume in the fall.

Now that the weather seems to be picking up in heat, you are reminded that our Centre is air conditioned and drop-in programs continue throughout the summer.

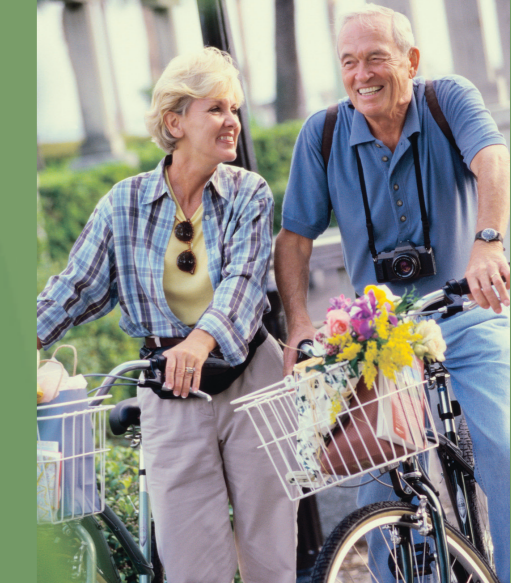
Come into the Centre to pick up your new Day Trippers' brochure (Green) to be aware of the day trips planned until December.



## Nan is 101!

Longtime Glen Williams resident Nan Wheeler celebrated being 101 years young as family and friends gathered at Shoeless Joe's on Sunday, June 5. Her actual birthday is June 6. Born Nan Tost, she married Harold Wheeler and they had two sons, Bill and Marty, three grandsons Kyle, Alexander and Andrew, and granddaughter Lorilyn, along with great grandchildren Devan, Matthew and Meghan.

Photo submitted



## Acton Seniors to celebrate on June 30

By JULIE CONROY  
Acton Seniors Centre

We will be celebrating Seniors Month during the month of June. Our dinner this month on Thursday, June 30 will feature Maple Lodge chicken (they will be cooking the chicken in the parking lot), roasted potatoes, cauliflower and carrots, followed by a tropical dessert. Our entertainment will be the South Pacific Dancers, which should set us in the mood for summer. Tickets are available at the front desk. This is the final social dinner for the summer and the dinners will restart in September.

Ten new members joined us at a New Members' Luncheon. Hopefully they all enjoyed themselves and learned a little about what the Centre has to offer them.

Thirty-six members from Acton and Georgetown Seniors Centres and friends enjoyed a friendly game of golf at Blue Springs on the Academy course. After a delicious lunch some of us decided to play a second

nine holes. We were very lucky with the weather, and managed to pick the only dry day it seems in May. It just started to sprinkle as people were finishing the second nine holes. We have the next game booked for Wednesday, Sept. 7, and a signup sheet will be up in July.

Still on the summer theme, the Acton and Georgetown Seniors Centres' travel group has a trip planned to see the comedy play, *Sexy Laundry* on Tuesday, June 14 at the Orillia Opera House, followed by a barbecue dinner cruise on Lake Couchiching. What a lovely way to spend a summer afternoon. There is still room for a few more names on the list.

Pat Frizzell is very excited as the brand new laptops are now at the Centre. We will be having instructions starting in September for anyone wishing to experience navigating the electronic highway. Michelle tells me that starting on June 14 the movies will be shown on the new large screen, which will make the movie experience more enjoyable. Mind you it was very cozy huddled on the chesterfields watching the movies on the TV. Thanks to the New Horizon grant we received recently.

## Over 100 people gather at Region's Age-Friendly Communities Forum

On Thursday, June 2, the Halton Region Elder Services Advisory Committee (ESAC) hosted an Age-Friendly Communities Forum at the Halton Regional Centre.

The forum was attended by over 100 Halton seniors, business representatives, and community stakeholders who worked together to develop ideas on how to continue to build age-friendly communities in Halton.

"Over the next few years, the population of Halton Region will reflect a significant increase in residents who are over the age of 65," said Halton Regional Chair Gary Carr. "It is important that we work together towards making our communities more age-friendly so that Halton seniors can feel safe, maintain their health, and can participate fully in their community."

Participants divided into working groups to discuss the results of focus group recently conducted by ESAC. These groups were organized by themes

that represent the core principles of age-friendly communities. The group members were encouraged to generate ideas on how communities can support seniors through the challenges they face and tap into their knowledge and skills as key members of our communities. The information collected at this forum will be used to develop opportunities for action that will be shared with Regional Council and the Halton community.

The ESAC age-friendly project is based on an approach developed by the World Health Organization that seeks to engage older citizens in making their communities better, healthier and safer places for seniors to live and thrive. In an age-friendly community, businesses, policies, services, and structures related to the physical and social environment are designed to support and enable older people to continue to be contributing members of their community.

## Georgetown DENTURE CLINIC

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

Creating Confident Smiles Since 1982!

18 Church Street, Georgetown



905-877-2359



## ActiVan



Public transportation solutions for seniors 65 yrs+ and persons with disabilities.

## TAXI

Town of Halton Hills Taxi Scrip Program in partnership with

## ActiVan

G-Town Taxi • 905-702-7997 or 905-873-2222  
E-Z Taxi • 905-873-9900 or (has accessible cab) 519-853-1261  
McKab Taxi • 905-877-1234

For more information on these services, call 905-873-2601, ext. 2617 or email [activan@haltonhills.ca](mailto:activan@haltonhills.ca)

## Mountainview Residence

This 81 suite Retirement Residence offers home-cooked meals, daily housekeeping, laundry services, nursing staff and planned social activities.



## Mountainview Terrace

60 apartment style suites for cognitive self-sufficient seniors. Included in monthly fee: Weekly housekeeping, lunch & dinner, activities.



Owned & operated by the Summer family. Situated on a beautifully landscaped 5.6 acre property at 222 Mountainview Rd. N., Georgetown. For more information or to enjoy a personal tour - simply call 905-877-1800. [www.mountainviewterrace.ca](http://www.mountainviewterrace.ca) [www.mountainviewresidence.ca](http://www.mountainviewresidence.ca)



## JUNE IS SENIORS MONTH

"Enjoy life in Good Company" At Georgetown Seniors Centre

### FREE DEMO & TRY IT TAP CLASS SENIORS MONTH DINNER

Thursday, June 16 10:00 am  
Featuring Footnotes Dance Group

Friday, June 17 5:00 pm  
Tickets \$15.00  
Entertainment: "Jukebox"

CALL THE CENTRE FOR MORE DETAILS 905-877-6444



130 Mill Street East, Acton 519-853-0079

Full & Partial Dentures  
Implant Retained Dentures  
Precision Dentures (BPS® Certified)  
Same Day Service for Repairs & Relines  
Dental Lab On Site  
No Referrals Needed



## Specializing in Alzheimer's Clientele



"TOTALLY SECURED ENVIRONMENT"  
Fox Run is a country estate located on four scenic acres overlooking the Caledon Hills, and close to the quaint village of Erin, Ontario. Fox Run caters exclusively to individuals in early to mid states of Alzheimer's disease and related dementia. We offer a non-institutional alternative for those who can no longer live alone and need around the clock attention.

Contact Patricia Kelly (Owner/Administrator) at 519-833-1033 RR2, Erin, Ontario



## LONG TERM CARE AND RETIREMENT LIVING

Eden House Care Facility Inc.

"A Nice Place to Live"

Please call for a tour and ask for Shelley.



R.R. 2, Guelph 519-856-4622 [www.edenhousecarehome.ca](http://www.edenhousecarehome.ca)