

SENIORS LIFESTYLES

Get active at Georgetown Seniors Centre

By **FLORENCE RIEHL**
Georgetown Seniors Centre

Summer quiet at the Centre has been short lived. Summer sessions for Active Living Programs have begun. Zumba Gold, Bone Builder, Still Sizzlin' are now underway. There are still some spaces available for these classes. Please contact Sherry, 905-877-6444. Good opportunity to keep fit through the summer. Just a reminder that Active Living Programs are open to anyone 18 years and up.

T'ai Chi practice sessions are held Wednesday mornings beginning at 9:30 a.m. If you are interested in taking a T'ai Chi class in the fall, you might like to drop by the Centre on a Wednesday to observe or come out to the Dominion Seed House Gardens on a Thursday evening at 7:15 p.m. to watch. Many doctors are recommending T'ai Chi as an exercise program.

All drop in programs continue on a regular basis, Bid Euchre on Monday afternoons, Wednesday

morning Mingle and Chat and euchre in the afternoon, Bridge on Friday afternoons. Check your HillsView calendar for times and other activities. Of course, the pool table is always open.

Interesting day trips are available at the Travel Desk for your perusal. Make your plans early to come along.

This is your last opportunity to sign up for our Trip to the Walter's Dinner Theatre to see a hilarious comedy "Bingo". Please call 905-873-1210 for more information.

A signup sheet is available at Reception for the next driving seminar. The date has yet to be announced. I understand that those who took the first session garnered some interesting tips to improve their already well-honed driving skills. Just proves we are never too old to learn.

You don't want to miss my next column. Got some really interesting and important information coming your way. Stay tuned!

If you are really overheated drop into the Centre. It is air-conditioned.

Acton Seniors Centre honours Senior of the Year Donna Rowley

By **JULIE CONROY**
Acton Seniors Centre

The Tuesday movies will run every week during the summer. It's a great way to spend a couple of hours watching a movie with great company and now summer is here, don't forget we have air conditioning. The movie on Tuesday, July 12 will be *Return to Me*.

It was a full house for the last social dinner; 150 members and guests enjoyed the dinner and entertainment. Mayor Rick Bonnette brought greetings from the Town and presented Donna Rowley with the 2011 Ontario Senior of the Year award. Donna has been a volunteer in many ways— as a driver for the Red Cross, a member for over 50 years of the True Blue and Orange Lodge and Rebekkah Lodge in Georgetown. She drove meals to shut-ins for Meals on Wheels, was on the Planning and Education Committee for Link-s2Care and of course, has been a longtime dedicated member of the Acton Seniors Centre. Donna has



Halton Hills Mayor Rick Bonnette (right) and Ward 1 Councillor Jon Hurst presented Acton Seniors Centre's longtime volunteer Donna Rowley with the 2011 Senior of the Year Award. Rowley was speechless with the presentation of the award. Photo by Ted Brown

been a member of the travel desk committee for many years, and served in various positions on the board including president. Donna has been the driving force with the Looking to the Future committee, and last but not least, an active member of Trinity Church.

The Mayor also presented five Ontario Volunteer Service certificates to our hardworking volunteer members. Mary Walsma

and Faye Pink received five-year certificates, Marjory Allan, Pauline Barlow, 10-year certificates and Gerald Rennie his 15-year certificate. Absent was Stephanie Westaway, who would have received her 10-year certificate.

The BBQ chicken was delicious, and South Pacific Dancers were incredible. They even managed to get some of our members donning grass skirts and dancing.

Georgetown

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