

SENIORS LIFESTYLES

Celebrate seniors in your life

Did you know that, today, one in seven Canadians is 65 years of age or older? Or that, in just 25 years, nearly one in four Canadians will be a senior?

Seniors have helped build this country and are a vital part of Canadian society. Canada's seniors are important to both our history—and our future. They have given so much—sharing their experience, expertise and knowledge with our families, our communities and our workplaces.

October 1 will mark National Seniors Day. This day provides a much-needed occasion to recognize the significant ways in which seniors have contributed and continue to contribute to our communities.

The Halton Hills Seniors Centres encourage you to celebrate seniors this October 1st. Plan an event, bake a cake, write a thank-you note—maybe even dedicate a song to a senior. Be creative! You can

National Seniors Day October 1



Celebrating the continuing contributions of Canada's seniors

also visit www.seniors.gc.ca to send a personalized e-postcard to the seniors in your life.

Whatever you choose to do, your message will be heard and appreciated.

Grandmother to Grandmother North Halton meets Oct. 4, 7:30 p.m. at Martindale Gardens, 45 Martin St., Milton. New members most welcome. This is an energetic group of grandmothers and grand"others" who undertake fundraising events with the proceeds going to the Stephen Lewis Foundation. Info: Judy, 905-854-3422.

To all the seniors who continue to help build this country, thank you, and on behalf of the Halton Hills Seniors Centres. Happy National Seniors Day!

Seniors Calendar

Alzheimer support group:

An opportunity for family caregivers (caring for someone with Alzheimer's Disease or a related dementia) to receive info and share with others on Oct. 4, 7-9 p.m. at the Georgetown police station. Info: 1-800-387-7127.

Singing group Justus to perform here on Oct. 16

By **FLORENCE RIEHL**
Georgetown Seniors Centre

The Georgetown Seniors Centre presents Justus, 3 p.m., at the Georgetown Alliance Church, Main St. S. on Sunday, October 16.

Justus is the performing membership of the Streetsville Musicorp Inc. Founded in 1975, it has flourished under the leadership of music director Gary Clipperton.

Justus is without a doubt, one of the most vibrant, enthusiastic performing community groups in the Mississauga area. Their purpose is to provide entertainment to the community and promote the enjoyment of music through performance.

Justus boast a diverse repertoire of music ranging from Gershwin to Diamond; '40s to the '70s; Hollywood to Broadway; Disney to Vegas; inspirational to gospel; and rock to pop with a huge emphasis on energy and enthusiasm. Passionately rehearsed and performed for hundreds of audiences from their humble beginnings almost 35 years ago, their music captures the hearts of all ages.



A ticket of \$15 includes show and light refreshments.

For more information or to purchase tickets, please call the Georgetown Seniors Centre, 905-877-6444.

All proceeds benefit the Georgetown Seniors Centre.

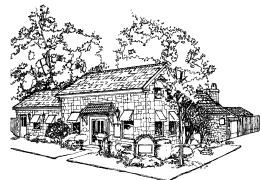
Georgetown

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Mountainview Terrace

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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