

Santa Claus doesn't have to deal with the aging process

Santa Claus, it seems to me, has been bucking the trend for years. He shows little sign of the infirmities most of us suffer as we age. We all can expect to deal with a plethora of minor and major ailments as part of the aging process. Santa, thankfully, is in remarkable shape for a man of his advanced years.

I do note, however, that he does sometimes wear glasses indicating that his eyesight isn't what it used to be. This probably stems from writing and reading his naughty and nice lists each year. That must be a tremendous strain indeed.

I remain concerned about Old St. Nick. I know from experience that one tends to lose their ability to hear in their golden years. This may not affect his performance on Christmas Eve, other than possibly having the odd little boy or girl, unable to sleep, slip soundlessly from their beds to catch the old man in the act. Having tried this myself—unsuccessfully I might add—I think Santa must have the assistance of a hearing aide.

Andrew Tutty



As I have aged, my body just doesn't seem to have the same flexibility that it once had. There are some aches and pains in my joints. I suppose they are hurtling towards arthritis. Again, this remarkable man in red has not been impeded in the slightest. Alas, he manages to negotiate rooftops and chimneys effortlessly. I would think the latter would be especially hard on weary bones.

Finally, I know that I am constantly misplacing things. If I don't write things down I am courting danger by forgetting things. Santa's memory is like a steel trap. He never forgets where we live, even when we've moved! He is one remarkable specimen. He should watch the intake of cookies, mind you.

Andrew Tutty is a member of the Halton Hills Accessibility Advisory Committee

Monday, Dec. 26
Boxing Day Hike: Level 1, 5 km carpool. Depart 1:30 p.m. from the Georgetown Market Place parking lot between Zellers and the grey medical building. Bring water and snacks. Leader: Maureen, 905-873-9757 mosmith@cogeco.ca
TOPS-Acton: meets Mondays at St. Joseph Church, lower level, 64 Church St. E. Weigh-in: 5:30 p.m. with meeting, 6:30-7:30 p.m. Info: Jacquie, 519-853-1019.

Tuesday, Dec. 27
Ball Hockey registration: Halton Hills Minor Ball Hockey League holds registration days, 10 a.m. to 6 p.m., at Mold-Masters SportsPlex on Dec. 27, 28, 29. Programs for kids ages 4-17, will play on Sundays from mid-April to early July. For details contact Donnie Casselman, 905-877-0869, donnie@hhmbhl.com or info@hhmbhl.com or register online at www.hhmbhl.com

Free Christmas Break skating: will be held Dec. 27-30 at the Acton Arena, 2-3:20 p.m., and at the Georgetown Memorial Arena, 2-3:20 p.m. First-come, first-admitted subject to rink capacity. Sponsored



Community Calendar

by the Acton Rotary Club and Georgetown Optimist Club.

Christmas Break Swimming: will be held at the Acton and Gellert pools, 2-3 p.m. on Dec. 27-30 and Jan. 2-6. Regular admission applies.

TOPS-Georgetown: meets Tuesdays at St. Andrew's United Church, 89 Mountainview Rd. S. Weigh-in: 6:30 p.m. Meetings follow at 7:30 p.m. Info: 905-877-7056.

Wednesday, Dec. 28
Equilibrium Open House: a peer support group for individuals and their families who are affected by a mood disorder such as depression or bipolar disorder. Equilibrium-Georgetown meets 7 p.m. at Norval United Church, 486 Guelph St., Norval. It will be an informal meeting focused on group discussions. Info: Canadian Mental Health Association, 905-693-4270 or georgetown@equilibrium-oakville.com

Al-Anon Family Group meetings: for families and friends of alcoholics on Wednesdays—One Day at a Time Group, 10 a.m. at Knox Pres-

byterian Church and Acton Al-Anon Family Group, 8 p.m. at Trinity United Church, 70 Mill St., Acton- use back door). Info: 1-888-425-2666.

Nordic Pole Walking: Wednesdays, 6:30 p.m. outside Gellert Centre; bring toonie for the Heart and Stroke Foundation. Led by certified Nordixx Pole Walking instructor Ginger Quinn, 905-691-9122.

Thursday, Dec. 29
Bingo: hosted by Georgetown Optimist Club, 13439 Hwy. 7, 7-9 p.m. Cash prizes.

Parkinson Support Group: 1:30-3:30 p.m. at Mountainview Residence, 222 Mountainview Rd. N., Georgetown. If you are a patient, care partner or looking for information and support, you are welcome. Info: 519-929-9692 or 1-800-565-3000 ext. 3376.

Thursday afternoon eu-chre: 1:15-3:35 p.m. at the Acton Legion, 15 Wright Ave. Hosted by the Ladies Auxiliary. Everyone is welcome. Come out and meet others for a good time. Admission: \$2.

Look for Christmas Eve and Christmas Day church services info at www.theifp.ca/whats-on/events



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For info contact: Amy Sykes in
 Special Features asykes@theifp.ca