

Sign up for Active Living beginning in early January at the Acton Seniors Centre

By **JULIE CONROY**
Acton Seniors Centre

I hope everyone had a wonderful Christmas, and are going to enjoy a Happy and Healthy New Year.

The Tuesday before Christmas, 79 students from McKenzie-Smith Bennett School's intermediate choir entertained us with their version of *The Twelve Days of Christmas* and *Where Are You Christmas*. They were accompanied by Miss Bale, Mrs. McCann and Mrs. Roszcka. Two lively songs, which got everyone in the mood for the Secret Santa gift exchange later in the afternoon.

If you are interested in any of the Active Living programs, a new session starts in early January: Mondays, 2-3 p.m. Bone Building; Wednesdays, 1-2 p.m. Zumba Gold; Thursdays, 1-2 p.m. Gentle Yoga. These are all held in the Community Hall. If there isn't enough interest, they will be cancelled. There are also excellent programs offered at the Acton and Gellert swimming pools. To register or for more information please check at the front desk or your *Fall and Winter Community Activity and Service Guide*. Exercise is important as we reach the golden years. We have to work at keep our minds and bodies active.

Still thinking about exercise, seniors

can take advantage of skating or playing seniors shinny at the Acton Arena several mornings a week for a very nominal amount.

Playing bid euchre is one of the ways members keep the little grey cells active. At last Thursday's bid euchre Mae Milton had the only mooner.

Time is running out for you to purchase your 2012 membership. If you haven't renewed by January 1 your name will be pulled from the drum. Even if you put your loonie in the box and sign in, you won't be able to win.

The movie on January 3 at 1 p.m. is *Steel Magnolias*. What better way of kicking off the New Year than with a feel-good movie full of laughter and tears.

The Art Class resumes on Wednesday, Jan. 11. If you attended the Christmas bazaar, I hope you took time to admire the display of paintings by our very talented members. Maria Sallay has once again donated a wonderful painting and the tickets for the draw are now on sale. It is a winter scene that would look lovely in your home, or given as a gift to someone special. The winning ticket for the painting will be drawn at the January 9 Social Dinner.

The 50/50 was not won this week, so the total on Dec. 30 should be over \$200.

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