

Georgetown seniors urged to attend Feb. AGM

By FLORENCE RIEHL
Georgetown Seniors Centre

As part of our continuous improvement efforts, the Board of Directors in both Acton and Georgetown have drawn up a constitution which can be used by both Centres in Halton Hills. We would like to implement the new constitution in both Acton and Georgetown in 2012. To change our existing bylaws it is necessary to hold a general meeting and we have scheduled a meeting on Thursday, February 23, at 1 p.m. specifically to vote on our new constitution.

YOU ARE NEEDED AT THIS MEETING TO ALLOW US TO MOVE FORWARD WITH OUR NEW CONSTITUTION.

The major changes are:

- Board members will be elected for a term of two years versus the current three years.
- A Joint Executive Committee is defined to be responsible for the Strategic Plan.

- The Board President will be elected at the Annual General Meeting (AGM). This will involve all members in the selection of their president.

A copy of the proposed new constitution is available at Reception or as an insert in the new copy of the *HillsView* (to be released Jan. 26). One will also be e-mailed to those members who have provided an e-mail address.

Lisa Forbes, from Medi Chain, will be at the Mingle and Chat meeting on January 25 to provide information re assistive devices such as canes, walkers, etc. At this session you will learn how to access these devices.

Our café is back into full swing following the Christmas Break: sandwiches on Tuesday, hot lunch on Wednesdays, soup, crackers, tea/coffee on Thursdays, and popular Friday pizza. Come and join us. We are great at eating and talking!

The new *HillsView* for February, March and April will be out the last week of January. It is the biggest one we have ever had, full of all kinds of information and special events. You will need to pick up your copy and read it carefully. You don't want to miss out on all the happenings.

New trips are appearing on the Travel Desk. Please visit and sign up. Don't leave it too late. Most trips are finalized five weeks before trip date. Don't snooze or you lose!

Looks like 2012 is going to be a busy year with lots of changes.

Parents invited to free lecture on Teen Stress and Anxiety

Halton Hills parents are invited to a free presentation on Teen Stress and Anxiety, on Wednesday, Jan. 25, hosted by Georgetown District High School and Christ the King Secondary School.

Dr. Susan Williams Ph.D., C. Psych, a leading clinical expert in Cognitive Behavioural Therapy (CBT) for depression and anxiety, will provide tips on how to reduce

your teen's stress. Dr. Williams will help parents identify these issues in their teens and will provide a number of tips.

As well, Dr. Williams will provide a brief overview of other problems teens may experience that parents should be concerned about and will help parents identify when they should seek additional professional support for their teens.

The presentation begins at 7 p.m. in the Irene McCauley Theatre at Christ the King School on Guelph St. Free entry.

Dr. Williams is currently Director of the Halton Centre for Cognitive Therapy. She has also worked with CAMH, the Anxiety Treatment and Research Centre at St. Joseph's Healthcare and the Mood Disorders program at the former Hamilton Psychiatric Hospital.

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