



BOUNTIFUL BASKET: Cecile Tremblay and Stephanie Westaway put the final touches to the huge basket of goodies that will be going home with the lucky raffle winner at the Acton Seniors Centre's Spring Bazaar on May 12. – Julie Conroy photo

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By Julie Conroy

Eleven people enjoyed getting away from the snow and watching *The War Horse* movie and munching popcorn on Tuesday, April 24. The next movie planned is *The Iron Lady* which will be very popular I'm sure.

May 12 is fast approaching. This is the date of our annual Spring Bazaar. Members are busy baking and making crafts, and sorting through their books, games and plants, getting ready for the Bazaar. Even if you don't need any knick, knacks from Granny's Attic, the tea is worth the drive to the Centre. The Bazaar gives you a great opportunity to purchase something from the bake table to take to a special person for Mothers Day which is the next day.

Thinking of the Bazaar, if you have any clean plastic bags that would be suitable for us to use for books etc., please drop them off at the Centre, Monday to Friday between 9 a.m. and 3:30 p.m.

Just a reminder, if you offered to donate something non-perishable for the tea table you can bring it anytime. Just make sure you check your name off on the appropriate sheet

Well, it's party time again at the Acton Seniors Centre. On Tuesday, May 15 we will be having our May Social evening. On the menu is lasagna, caesar salad, garlic bread and a surprise dessert. Sounds like a taste of Italy. Martin Chan is a crooner, and he will be entertaining us, which will give us a chance to sit back and enjoy the music, or get up and dance.

If you were born in either April or May you should have received an invitation for you and a guest to enjoy the Birthday Tea which is on Tuesday, May 8 at 2 p.m.

There are still a few seats left for the trip to the Blue Heron Casino and Kawartha Downs on May 17.

If you would like a mini break, on June 10, 11, 12 the travel desk is planning a trip to

Gatineau, (staying at the Hilton Hotel). Included in the three day trip is a guided tour of Ottawa, the Canadian Mint, and time at Lac Leamy Casino. Of course you don't have to go to the Casino; you can spend the time visiting Ottawa. Speak to the travel desk Monday or Friday morning for more information.

If you are planning to see *Forever Plaid* at the Rose Theatre can you please pay as soon as possible?

The winners on the monthly bus trip to Rama were: Marion Hunter won the 50/50. (This was her

first time on the Rama bus). The birthday prize went to Shirley Beaumont, and in the lucky seats were Wilma Champion, Shirley Hunter, Mary Vander Sanden, and Jeanne Burk.

Shirley Hunter, Elma Braida and Ruth Burke all had mooners at Thursday afternoon's Bid Euchre.

The Acton Seniors Centre would like to offer sincere condolences to Mahrukh Bapooji on the passing of her husband Aspy in April.

Pat Jones won \$71.50 at this week's 50/50, so next week we start again. The prize money should be around the same.

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THANK YOU

A big Thank You to our parents, the Wedding Party and everyone who attended and also those who bought tickets to our Stag & Doe on Saturday night. Special thanks to those who donated prizes, brought food and gave their time to make our night awesome!

Ryan & Ashley

— Advertorial —

Do you want what she's having?



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RHN, ROHP/RNCP

A month free of PMS symptoms that is? Did you know that there are supplements that combine vitamins and herbs that can be very helpful. Vitex, also known as Chastetree Extract is one of the single most important herbs for relief of PMS symptoms by increasing luteinizing hormone which has an effect that favours progesterone thus reducing estrogen dominance. In combination with specific other ingredients as in the formula below you can have what she's having: a cycle with relief of PMS symptoms. Finally.

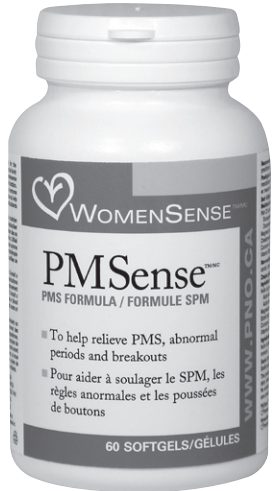
Enjoy EVERY day of the month

Pre-menstrual syndrome (PMS) is a complex of physical and psychological symptoms experienced by most women that occurs cyclically after ovulation, up to 2 weeks before their monthly menstrual period. The symptoms can vary from month to month in intensity but usually improve shortly after menstruation starts. Symptoms of PMS may be emotional, psychological or physical in nature. Some of the more common symptoms include abdominal pain, headaches, breast tenderness, bloating, irritability, depression, anxiety, tension, fatigue and anger. It is estimated that 80% of menstruating women experience premenstrual emotional or physical changes with peak occurrences among women in their late 20s and early 30s. About 30% of women consider their PMS symptoms to be problematic, while 5 – 10% consider them to be debilitating and require medical intervention to manage their mood and behaviour changes.

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