

SENIORS LIFESTYLES

Buzzzzzzz, it's a beehive at the Georgetown Seniors Centre

By **FLORENCE RIEHL**
Georgetown Seniors Centre

Another successful Open House Week has come to a close. Hope you had an opportunity to try out some of the programs. Great way to keep busy and in shape.

Wednesday hot lunches are now being served by La Vita Bakery. Wednesdays was delicious. Next lunch is on September 19. The cost has increased slightly due to the increased cost in ingredients. I know that we all know about this every time we go shopping. Lunches will now be \$6.50. Still sounds like a bargain to me.

Bingo resumes Monday, September 17. You must be a member to play. NEW! Each card for each game will be 50 cents. If you are interested in Evening Bingo on Mondays once a month, let the convenor know.

Movie Time is twice a month on Fridays at 1 p.m. Cost for members is a toonie and non-members \$3. Pizza will be

served at lunch time on Movie Fridays for \$2.50 a slice. Look to the white board beside Reception for the movie title.

Active Living programs begin, for the fall season on Monday, September 17. Check with the HillsView for date and time of your class.

We do a lot at our Centre to keep your body fit and active. Sometimes we forget the brain and with this in mind we are starting a Writing Class to begin Monday, October 1. Your form of writing can be poetry, prose, memoirs, or short stories. Of course, we would not refuse you if you would like to write a novel. We will just be a group of amateur authors. Class will run from 10:30 to 11:30 a.m. Fee is a \$2 drop in charge and is open to members only. There is a signup sheet on Reception desk. Come, write lies or truths, share and have fun.

The Fall Fashion Show by Alia/Tan Jay of Georgetown happens Monday, October 29. We are adding something new

this year so stay tuned for further information. Tickets of \$5 will soon be on sale at Reception.

No tickets will be available at the door. This is one you don't want to miss!

Buzz! Buzz! Busy! Busy! The place is starting to sound like a bee hive.

Acton Seniors Centre welcomes all to Open House

By **JULIE CONROY**
Acton Seniors Centre

This week, Monday to Friday, the Acton Seniors Recreation Centre has been busy with something of interest to appeal to everyone during our Open House Week.

Just to make it more inviting there are daily draws, and if you bring a friend or neighbour, you will qualify to be entered into a weekly draw for a free 2013 membership. There is no charge during Open House week, except for our Friday lunch tomorrow.

For more information refer to the back page of our latest newsletter, HillsView, which is available at the Centre or at the Acton Public Library or check out www.haltonhills.ca/seniors.

You can even do it the old-fashioned way by picking up the phone and calling 519-853-5951 and one of our friendly receptionists will be happy to help you.

On Wednesday, August 29, a bus full of Acton and Georgetown seniors enjoyed visiting Rama. Alison Colter won the 50/50. The birthday prize was won by Marie Richardson and sitting in the lucky seats were Edna George, Rose Morrison, and Mike George.

On Thursday afternoon at Bid Euchre, Roberta Thompson was a roll with three mooners. Ruth Burke, Elma Braida and Betty Brewer each had one.


Our next movie day will be on Tuesday, Oct. 2 and the movie will be *Marigold Hotel*, a comedy drama. Would you ever retire

to India? Steve Townsley's name was drawn for the 50/50 on Friday,

Get Fit reminder

Starting Sept. 18, Get Fit Active Living - Diabetes will be offered Tuesdays and Thursdays, 1-2:30 p.m. at the Georgetown Seniors Centre for eight weeks. Then Maximize Your Health program will be offered Tuesdays 1-3:30 p.m. starting Nov. 13. This program is offered by Town of Halton Hills Seniors Centres, the Halton Diabetes Program, the Maximize Your Health Self Management Program And HealthWell Management Inc.

Info/register call Margaret Taylor, 905-873-2601 ext 2360, or MargaretT@haltonhills.ca



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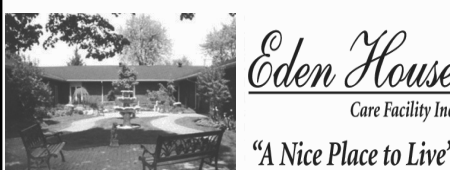
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