

Hosted by ASSIC

Wellness fair for seniors

A Senior Wellness Fair is being hosted by Acton Social Services and Information Centre (ASSIC) on October 25.

The half day event begins at 3 p.m. and runs through to 8 p.m. at the Royal Canadian Legion on Wright Street in Acton.

Sue Haggith, ASSIC coordinator for volunteers and seniors coordinator said they had a wellness fair three years ago, and since it was such a big success, and so many seniors inquired about another one, they decided to present a second one.

Haggith said they are, "expecting over 40 agencies to come with demonstrations and exhibits. They all do different types of things."

Get foot impressions done, try a reading machine, bring your medications and have them checked by a local pharmacist, learn to protect your finances, pick a new leisure activity, sample healthy foods and more.

Some of the agencies included at the fair will be the Arthritis Society, Glenlea Drugmart and Acton Pharmacy, Halton Regional Police Service, Lung Association, Canadian Medic Alert and Willow Lane Natural Foods.

Haggith said at 3:45 p.m. Mayor Russ Miller and Acton Ambassador Shana Peddle will do the honors at the grand opening, and the first of 10 speakers or demonstrations will

begin at 4 p.m. Country Cabin Cloggers kick it off, followed by Rev. Wayne Allen on laughter and wellness at 4:20 p.m. The Golden Age Choir sings at 4:40 p.m. and fashion show by Diamond Styles easy wear/care and adaptive clothing at 6:30 p.m. and Star Thru Square Dancers at 7 p.m. Other demonstrations could include Kim Morgan on pets are good for you, line dancing and tai chi demonstrations.

At 7:40 p.m., a door prize draw will be held and everyone who goes to the fair will receive a free ticket for the draw and a timetable of the demonstrations and presenters. Prizes will include fresh apples and a Good Neighbors t-shirt.

Haggith said while the fair is mainly geared towards seniors, some of the displays and presenters will be geared towards anyone.

"Sometimes I need a little reminder of good wellness myself," Haggith said.

A \$5 dinner, provided by the Legion Auxiliary will be served from 4:30 to 6:30 p.m. and transportation for Acton residents unable to find a ride to the fair, will be provided by ASSIC.

Admission is free and Haggith estimates about 200 people will pass through the fair's doors.

For more information about the Wellness Fair, call Sue Haggith at 853-3310.

CORRECTION

In the October 16th edition of Halton Hills Weekend, an ad appeared on behalf of Capital Ford.

In this ad, "The Salesperson of the Month" was incorrectly identified.

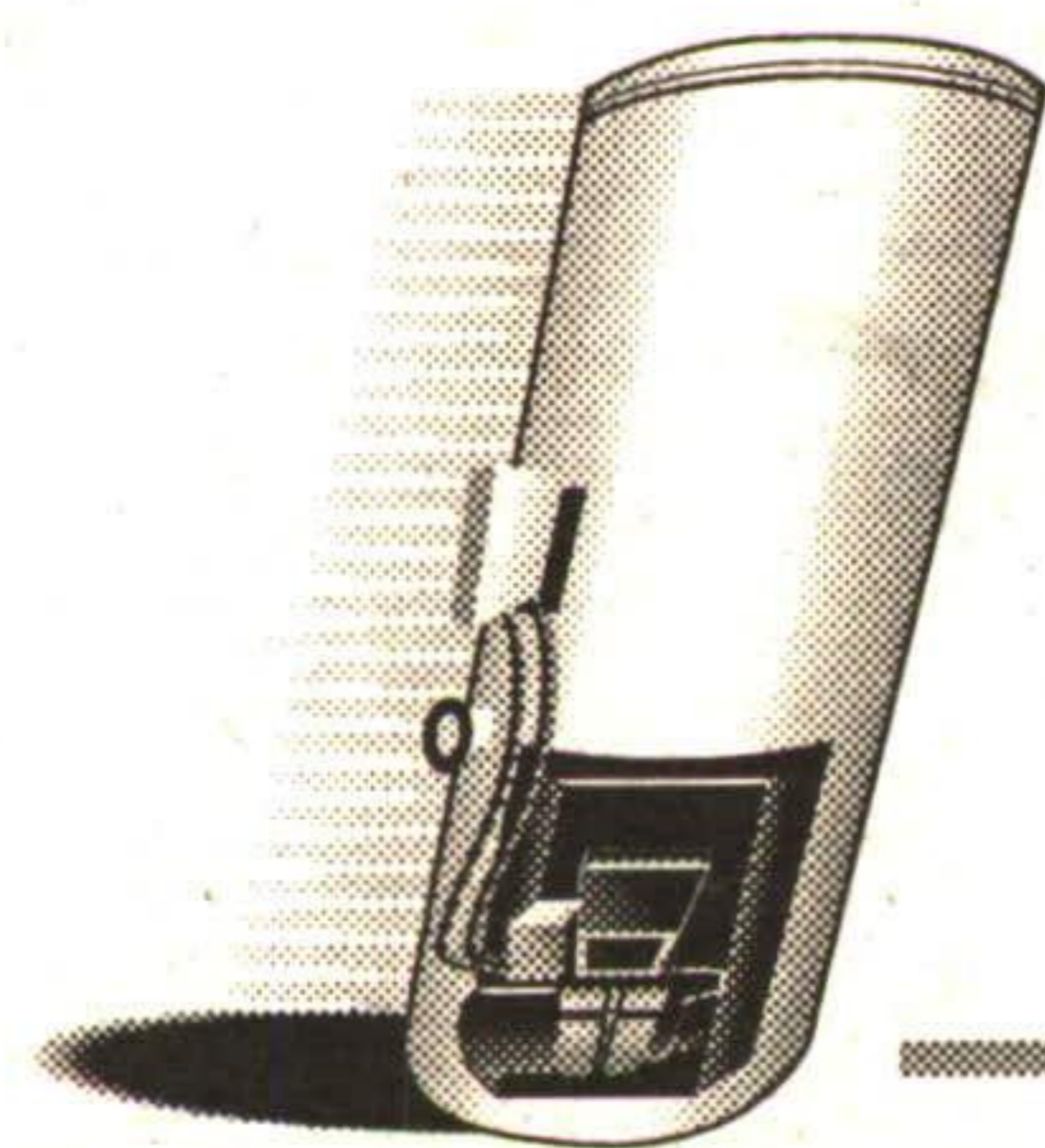
The Salesperson of the Month is Tom Kelly.

We apologize for any inconvenience this may have caused.

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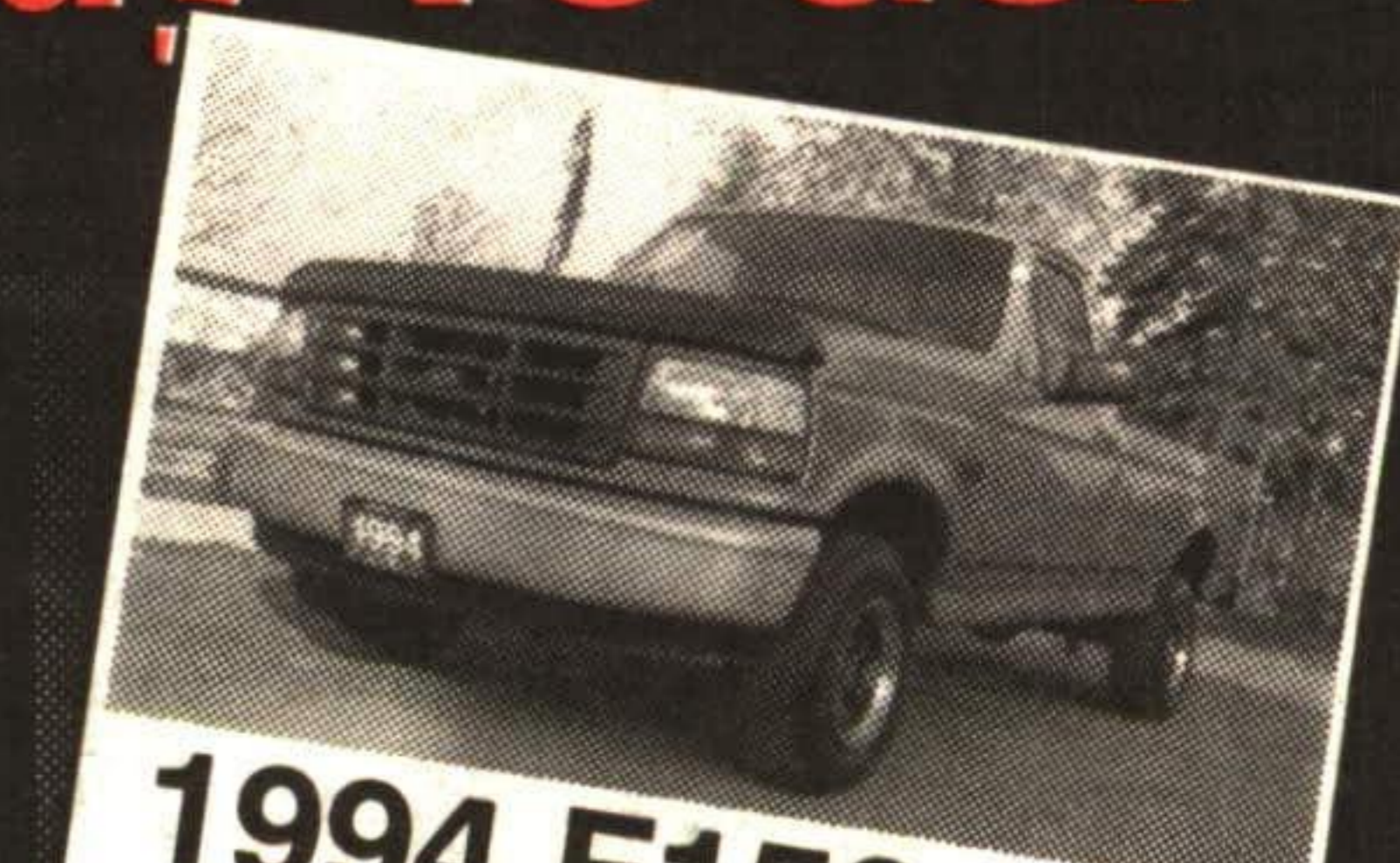
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