

# Eat to look and feel your best with next nutrition class

By Julie Conroy

Hillsview Active Living Centre- Acton

Wednesday, April 13 and we will be celebrating with a touch of Spring. On the menu is chicken pot pie and dessert. Jamie Todd will provide the music.

The Annual General Meeting will be on Tuesday, April 5 at 1 p.m. It is very important that as many members as possible attend.

Roberta Thompson tells me that Shirley Hunter had one mooner last Thursday while playing Bid Euchre and she had two.

If you had an invitation to the Volunteer Appreciation Breakfast on April 14 and need a ride or are willing to drive, please put your name in the appropriate column on the signup sheet. You will meet at Hillsview Acton to drive together to Hillsview Georgetown.

The final Nutrition class will be on Tuesday, April 12 at 1:30 p.m. The topic this time will be food as medicine Eating to look and feel your best. These classes have been very popular.

Lunch on Friday, April 1 will be Tourtiere, mashed potatoes, vegetables and gravy.

There will be a celebration of John Ashworth's life on Saturday, April 2 at 1 p.m. at the Acton Legion from 1-3 p.m.

The 50/50 was not won this week, so the amount to be won will be around \$240.

The Centre will be closed on Friday, March 25 and Monday, March 28 for the Easter holiday.

The cooking class on Monday, March 14 was excellent. We learned that purchasing a whole chicken when on sale and cutting it up ourselves was a much more economical way of purchasing the various cuts of chicken. The secret to butchering the chicken was using the correct very sharp boning knife.

Once the chicken was prepared and the bones and skin were placed in the stock pot Chef Dale McCarthy proceeded to make stuffed chicken breasts and chicken pot pie topped with flaky pastry. We all enjoyed eating the delicious dishes as they came out of the oven.

Everyone enjoyed the music and dinner on Monday evening. Michael Kelly Cavan started off the evening with some Irish and Scottish songs. And then once our dinners had digested we were up dancing the evening away. Door prizes were won by Liz Smith, Bev Jones, Louise Marjerrison, Irma Palacios, Don Gordon and Chris Mitchell. The 50/50 was won by Rosealee Dawkins.

The next evening social dinner will be on



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