

SENIORS LIVING



ANTICIPATION: Marilyn Mason licks her lips in anticipation of a great pancake breakfast held on Saturday at the Georgetown Active Living Centre.

Photo by Rein Pater.

Spring programs, Pickle Ball, yoga, to begin at the Active Living Centre in Georgetown

By Florence Riehl
Hillsview Active Living Centre
Georgetown

A huge thank you to all the volunteers who helped to make our Annual Pancake Breakfast such a success. Of course, its true success lies in the fact that you came out to join us.

Tuesday, April 5, was the first get-together of the new Horticultural Drop-in Program. If you missed this first one you can drop in any Tuesday at 10 a.m. We are looking for some interested gardeners to get your hands in the soil and plant some seeds. After you have nurtured these into plants they will eventually be transplanted into the Garden of Senses located in Norval. This is all a part of our partnership with the Lucy Maud Montgomery Garden.

HILLSVIEW Active Living Centre

It's coming at last! On Thursday, April 21 Pickle Ball begins and will run from 10-11:30 a.m. Because of the limited space we are calling it Mini Pickle Ball. You will receive some instruction on how to play and learn the rules of the game. Just drop in. There is no sign-up sheet. The cost will be \$2. At present it is open to anyone to join.

Thursday, April 14 begins with the Volunteer Recognition Breakfast beginning at 9:30 a.m. Following this, and beginning at 1 p.m. is the Dart Tournament in the Games Room. We wish all the players good luck.

Spring Session for the Active Living Programs have begun but I

would think you might still be able to sign up for one of the programs. This session runs until the week of June 21.

Now this is something I don't want to miss Laughing Yoga with Mary Haggarty. This is coming to your Centre on Wednesday, April 27 and will be the last in the Speaker Series presented by The Village of Riverside Glen, Guelph. Sounds like it might be worth a good laugh.

You can purchase your tickets at Reception for the Spring Fashion Show to be held on Monday, May 9 beginning at 1:30 p.m. And just to add a little spice to life Northern Reflections will be offering the fashions for this show. Tickets are \$6.

This is a fundraiser for the Centre and is open to all.

Remember to catch a little breather between all these activities.




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