

# Acton HALC Mother's Day luncheon a lovely day out

By Julie Conroy

Hillsview Active Living Centre-Acton

Anyone walking into the Centre last Monday morning was greeted by a wonderful smell. Chef Dale McCarthy and his assistant Teresa Hood were making pasta from scratch. We enjoyed learning how to make gnocchi, fresh noodles, and Caesar salad. The best part was we got to enjoy eating them. Chef Caesar Cardini unexpectedly ran out of ingredients for a salad, and by adding a variety of items together invented what we now know as Caesar salad. Eventually the recipe became popular in New York City at the Gilmour Steak House and as they say the rest is history, a delicious salad that everyone enjoys.

On Tuesday afternoon there was a presentation, Let's Get Right Sizing. It was very informative!

We would like to thank everyone who attended our Mother's Day Luncheon, especially those who helped in any way, whether

by baking, donating items, purchasing draw tickets or volunteering.

We served 120 lunches and Gisele Tremblay and Shirley Swackhamer were happy to hear they had won the two beautiful baskets and Judy Piper won the 50/50. Marion Storey and her daughter created the beautiful baskets again this year. Thanks ladies!

It is almost three years since we received accreditation from C.A.R.F. International. Once you receive accreditation it opens many doors for the Centre in regard to grants etc. Two representatives from CARF international will be visiting the Acton and Georgetown Centers from May 16 to 18. They will be visiting Acton on Tuesday, May 17 in the afternoon for lunch and a tour of the Centre. We are hoping they are happy with all they experience and we receive another three year accreditation.

Lunch on Friday May 20 will be

soup and sandwiches plus dessert, tea and coffee, followed by bingo at 1:15 p.m.

The regular weekly 50/50 was not won this week, so the prize next week should be around \$120.

# HILLSVIEW

## Join Georgetown HALC at Helson Art Gallery

By Florence Riehl

Georgetown Active Living Centre

The beautiful spring and summer fashions from Northern Reflections modelled by our Centre models on May 9 surely had to put you in the mood to go out and prep up your wardrobe. My thanks go out to the models, those who helped set up and prepare, you who came and supported the show, and, of course, Christine and her group from Northern Reflections.

English Conversation Circle, a new program for Georgetown, is being offered at Hillsview Active Living Centre every Thursday from April 25 to June 30, from 6:30-8 p.m. This class is open to anyone to practice English, meet

new friends, learn about programs and services for newcomers, and to find volunteer opportunities. For more information contact (905) 842-2486 ext. 241 or [www.hmconnections.com](http://www.hmconnections.com).

Join us Wednesday, May 25 at the Helson Art Gallery/Cultural Centre, 2-3:30 p.m. for an amusing and informative look at bequest giving. Avoid the mishaps of Wills Gone Wild when creating a lasting legacy. This event is free! R.S.V.P. to the Georgetown Hospital Foundation Office @ 905 873 4599

Register today for a Healthy Living Consultation session to be held at the Centre, Georgetown, on Thursday, June 2, 1-2:30 p.m. They are looking for your input and ideas from local residents who have an interest in

healthy aging. To register visit [halton.ca/healthyaging](http://halton.ca/healthyaging) or call 311.

We are offering you some health care opportunities with the introduction of a Registered Massage Therapist Ken Baker on the first Wednesday of the month and a Certified Foot Care Technician Deborah Corrado on the third Wednesday of the month. In both cases you will need to phone each of these people to make an appointment.

New Members Lunch is to be held on Monday, May 30 at noon. All new members will have received a call as their invitation. Please reply as numbers are need for food preparation.

Travel: The new flyers have arrived at the Travel Desk. This covers the trips until the end of December.

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