

HALC-Georgetown offering free fitness classes

By Florence Riehl
Hillsview Active Living Centre-Georgetown

HILLSVIEW Active Living Centre

Bayshore Seniors Wellness Falls Prevention and Osteoporosis Program offers free exercise for seniors and older adults with disabilities and those that suffer from chronic illness. Classes are offered every Thursday and Friday from 9 a.m. to noon at the Centre. There is still room for you to join. From what I hear it is a great program.

Drop in Pickle Ball goes every Thursday at 10 a.m. at the Centre. The cost is a \$2 drop-in fee. Remember we are air conditioned.

Dorothy serves up pancakes and maple syrup for lunch on Wednesdays at a mere cost of \$2. Any day during the summer you can order a bagel with cream cheese, peanut butter or Cheese Whiz for the paltry sum of \$1.75. Coffee and two cookies are still only a dollar. Now tell me where could you get lunch for those prices.

You are invited to come to the Centre on Friday, July 29 to see the movie, the continuing story of Anne of Green Gables. Please note the movie will start at 12:30 p.m.

Our next tour of the Garden of Senses at the Lucy Maud Montgomery Gardens in Norval is Thursday, Aug. 25. If you would like to join us,

we ask you to drop into the Centre to sign up or phone Sherry at 905-877-6444 and she will add your name to the list. You will be able to get your hands dirty when you pick out the plant you wish to bring home.

We tried but, due to lack of interest, the Casino Rama trips have been cancelled.

Again I remind you to pick up your Travel Lottery Ticket at Reception or from a Board Member. For \$10 you have a chance to win a \$2,200 voucher to be used with Great Canadian Holidays. Come to the Travel Desk and pick up their catalogue and start to plan your trip.

Travel: this will probably be the last week to sign up for the trip to Shaw Festival Theatre in September to see A Lady of No Importance. The sign-up sheet is now out for the Oktoberfest Trip to the Concordia Club in Kitchener in October.

This is the Civic Holiday Weekend. Your Centre will be closed on Monday, Aug. 1 to celebrate. If your plans take you out and about be safe.

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