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## COMMUNITY

### HALC-Acton cancels monthly trips to Rama

By Julie Conroy

Hillsview Active Living Centre-Acton

The Centre will be closed on Monday, Aug. 1 for the Civic Holiday.

There is a new date set for the trip to Norval to enjoy the Garden of the Senses. The magic word, it is free, and will be on Tuesday, Aug. 30 at 10 a.m. We will car pool!

Do you enjoy playing cards? The first Wednesday of each month at 7 p.m. you can play euchre at the Centre. This is open to members and non-members. The next one will be on Wednesday, Aug. 3.

The trip to Niagara Falls last week was enjoyed by everyone. There are several tentative dates booked for the fall. We will have confirmation on whether the lunch will be included at a later date. It depends on how active the players cards were. Wilda has done a wonderful job of arranging the trips for many years, but will not be continuing in 2017, so we are looking for a volunteer who will coordinate the Niagara trips three or four times a year.

The planned monthly trips to Rama have been cancelled due to lack of participation.

Leather Town Festival is being held on Sunday, Aug. 14. We will be in our usual spot talking to people about the Centre. If you are downtown, stop and say hello.

We will be able to tell you about the various activities planned for the fall season, whether it is exercise programs, drop in activities, social activities, or just dropping in to chat and enjoy a cup of coffee.

Starting on Sept. 19, the active living programs in Acton will be drop-in fitness classes. You can take the Bone Builder class which is a group resistance training class focusing on exercises to strengthen the spine and hips for those with osteoporosis or at risk of developing the disease. Other classes include Zumba gold, a gentle Zumba workout, and Tai Chi, which is a form of Chinese exercise that involves learning a sequence of slow graceful movements which may improve circulation, coordination, balance and concentration. These drop-in programs are offered to Acton members only.

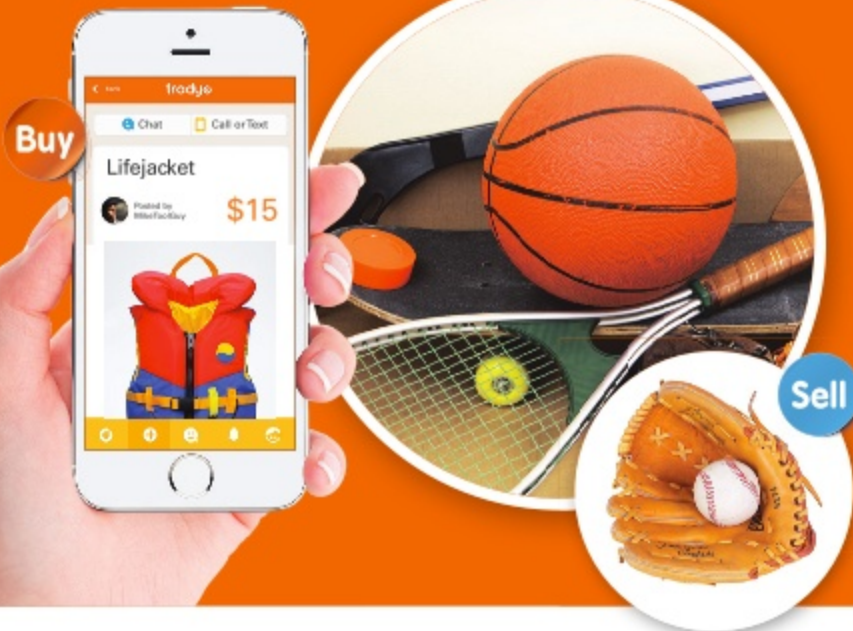
While playing Bid Euchre on July 22, Cheryl Savage and Shirley Hunter both had mooners.

Michelle is working very hard on our new Hillsview newsletter. There are lots of exciting events planned for September and October.

Lunch on Aug. 5 will be hot dogs and fries plus dessert, tea and coffee.

The person whose name was drawn had not put his loonie in the box or his name on the list, so next week the amount to be won should be around \$180 for the 50/50.

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