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## COMMUNITY

### HALC-Acton starts drop-in activities

By Julie Conroy  
Hillsview Active Living Centre-Acton

The centre will be closed on Sept. 5 for the Labour Day holiday.

That means summer is officially over and the children will be going back to school, which also means many grandparents will stop babysitting and be able to visit the centre again.

The latest copy of Hillsview (Acton edition) is available at the reception desk. Pick one up and see all the new and exciting activities planned over the next two months.

Since the expansion to the centre we have additional programs for your enjoyment. Staff do listen and try to accommodate your requests. New this year The Active Living exercise classes will be offering you the chance to exercise as a drop-in activity. You can now enjoy Bone Builder, Zumba Gold or Tai Chi without committing to an extended period of time. This choice is per-

fect as many people have vacations in the winter, have to be available to babysit at the drop of a hat the grandchildren, elderly parents, or unsure on committing due to health issues. Another new program will be chair volley ball. People had the opportunity to try it recently and it was an instant success.

If you are planning on going to St. Jacobs shopping and having lunch later at Crossroads can you please drop in to the centre and pay so I know how many people plan on eating at Crossroads.

You can choose from the menu or the delicious buffet where you enjoy everything from soups and salads and a variety of hot dishes plus of course a delicious selection of desserts.

Dave Maloney told me there were lots of familiar faces at Bingo last Saturday evening. 27 people enjoyed the evening. The next one will be on Saturday, Sept. 24 at 7 p.m.

Lunch on Friday, Sept. 1 will be Salisbury steak and potatoes plus dessert, tea and coffee.

### HALC-Georgetown invites you to Showcase Day

By Florence Riehl  
Hillsview Active Living Centre-Georgetown

**Note: The column from the Aug. 11 issue was run twice. The Independent & Free Press apologizes for the error.**

Some of our members took part in the Ontario Senior Games, 55+ Summer Games in Midland the week of Aug. 8. Congratulations to all who represented the Georgetown Hillsview Active Living Centre. George Baines and Liz Nelissen were sporting their red shirts and earned the Bronze Medal in Carpet Bowling. Janet Anfinson and Patricia Rae placed second in their pool in Darts. Gloria Barker and Sheila Shanks competed in Bid Euchre.

Looking ahead into September, only a couple of weeks ahead, we hope you are planning to join us for our first ever Showcase Day on Sept. 8. It is an opportunity to try out a couple of new programs for free. At 10 a.m. it is Pickle Ball or Zumba Gold. At 11 a.m. try out Seated Yoga.

Lunch will be served for a cost of \$5. You will need a ticket for lunch and they are now available to purchase at reception. Following lunch it

is Toonie Movie time starring Hugh Jackman in Eddie and the Eagle.

Wade and a new canine member, Lucky, were in to visit. Imagine! They have their own sign-in book. I wonder if they sign with a paw print. These two popular members will be dropping by again. A little pet and a hug really makes your day.

The Hawks Next Trio will be playing for our End of Summer Dance to be held on Sept. 16. The live music is being sponsored by McKab Taxi. You can pick up your ticket, \$5 member or \$7 non-member, at reception.

Come on out and rock the joint to rock and roll and country music.

On the table in the foyer are member input forms. This is your opportunity to tell us how well we are doing, make suggestions, or offer to get involved. Just drop your completed form in the plastic box on the same table. If you would like a reply please sign and include your phone number.

By the time you read this, your new Hillsview magazine should be ready for pick up. Call the Centre, 905-877-6444, before you pick it up.



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