

Acton Seniors Centre continues activities during the summer months

By **JULIE CONROY**
Acton Seniors Centre

The movie starting at 1 p.m. on Tuesday, July 16 is *The Guilt Trip*. What a great way to spend the afternoon if the weather is hot.

Another way to beat the heat is to have lunch at the Centre on Friday afternoons. On Friday, July 12 we will be enjoying fish and chips.

At the Halton Hills Council

meeting on July 8 at 6:30 p.m. Graeme Goebelle, CEO of the Mississauga Halton LHIN is presenting the three-year CARF accreditation certificate to the senior services staff. Please try to attend and show your appreciation to the staff for all their hard work, making it possible to receive this important accreditation.

When I was in last Thursday afternoon I could hear the music from the line dancing group as

they happily danced one last time before taking the summer off. They will re-start in September.

Ruth tells me that the monthly trip to Rama was enjoyed by everyone and the 50/50 was won by Grant Greenaway. In the lucky seats were Phyllis Bunn and Marilyn Worrell. The next trip is Wednesday, July 31 at 8:45 a.m.

Wednesday was a busy day at the Acton Library as they offered free try-it sessions of Yoga and

Nordic Pole Walking in the morning and in the afternoon information on Travel Insurance.

I now have dates, information and prices on our annual winter trip. This year we will go to St. Maartin. If you would like information please sign the sheet at the Centre and I will phone you with more information and set up a group meeting.

The Acton Seniors Centre would like to extend condolences

to Maria Sallay's family. Maria passed away on June 23. She was a talented artist, and donated many of her beautiful pictures to the Centre to help raise funds. She also passed on her skills and encouragement to a dedicated group of students every Wednesday afternoon at the Centre.

There will be a Memorial on Saturday, July 13 at 11 a.m. in the community hall celebrating Maria's life.

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Q. How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

A. Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child's teeth. The dentist can also show how to best clean the infant's teeth and advise the parents on the best dietary habits for their child's optimum development. This visit also helps the child to realize the dental office isn't something fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children's teeth healthy begins with timely visits to your dentist.

SUSAN S. POWELL

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SUSAN S. POWELL

Q. How do I have my child support increased if my husband is now earning a higher income then he was when we signed our Separation Agreement?

A. You should ask your husband for a copy of his previous years Income Tax Returns and then determine how much child support he should be paying. Once you have determined how much your husband should now be paying you can vary your child support by amending your Separation Agreement. An Amending Separation Agreement sets out the paragraph (i.e. child support) that is to be amended and states the new amount of child support. It should state your husband's current income and the date when the new amount of child support is to start.

If you have a Court Order then you must have the Order varied by the court. If you and your husband agree to the amount of the variation for child support then documentation must be filed with the Court and it is unlikely you will have to attend Court. If you are not able to agree then you will have to attend Court. In either case have a lawyer assist you with obtaining the change in your Court Order and/or preparing and Amending Separation Agreement.

DO YOU READ THESE QUOTES?

Let me know & you could win when you mail
Amy with your answer & a question to:

Ask the Professionals

280 GUELPH ST., #29 GEORGETOWN, ON L7G 4B1
ASYKES@THE IFP.CA

"Live as if you were living for the second time and had acted as wrongly the first time as you are about to act now." - Viktor Frankl