

HALTON HILLS SENIORS RECREATION CENTRES

415 QUEEN ST. E. ACTON



By Julie Conroy

It was very busy last week for Open House at the Acton Seniors Centre. The Yoga and Zumba classes had lots of participants. It's great to have these *try it* classes, as you can see if it is something that you would enjoy and your

body and mind would benefit from.

James Wegenast from Reds Garden Centre brought a variety of plants that create interest in your gardens. There were a lot of questions so next year everyone should have beautiful gardens and planters. On Wednesday mor-

ning, Keith Black and Shahnam Mirzaei from "Wheels" driving school were here. Keith gave us many tips and reminders about being aware of your driving habits, and passed on information on the dreaded "Roundabouts" that will be popping up everywhere it seems. Shahnam took groups of three out for a drive and advised them on any poor habits they had developed over the many years of driving. Karen Robbins gave us some great information on keeping our brains healthy as well.

There was lots of interest in the water colouring class and there was a large crowd at the social dinner when everyone enjoyed the meal and the music of Betty and Ron (*Juke Box*). The 50/50 was won by Judi Wanders, and the door prizes by Raymond Doiron, Betty Holmes, Eva Challice, Jill Tetreault, Carmen Bissonnette, Marj Allan, Jane McAllister, Kathy Sanford, Gregory Lewis, Kris Bruce, Grace Graham, and Lori Ryan-Lewis.

The Monday morning darts group welcomed a new player, Gord Inglis, this week.

Bridge and Bid Euchre is played on Thursday afternoon. Ron tells me they are looking for more Bridge players.

The lunch on Friday, September 27 will be Chicken Noodle soup plus an assortment of sandwiches, dessert and coffee/tea. If you are interested please add your name to the list. Following lunch you can either play bingo or shuffle board.

On Tuesday, October 1 at 1:30 p.m., you are

invited to "Drop in for Style". There will be a collection of jewellery and accessories for you to browse through. Perfect for a gift or to indulge yourself. *Stella & Dot* carry jewellery for girls too.

Vicki from the Halton Hills Public Library will be here on Tuesday, September 24 with her monthly Coffee, Books and Computers at 2 p.m.

The 50/50 was won this Friday by Tony Marrows. What a pleasant surprise for him when he returned from his vacation. He won \$70.50.



The Regional Municipality of Halton
Access Halton Dial 311 www.halton.ca

Please contact us, as soon as possible, if you have any accessibility needs at Halton Region events or meetings.

Blue Box

What rigid plastic packaging is accepted?

Halton Region accepts the following rigid plastic packing in the Blue Box:



Black & clear plastic take-out containers



Clear plastic "clam shell" containers



Plastic plates, cups & coffee cup lids
No cutlery



Plastic plant pots & trays



Plastic bottles, tubs & lids
Beverage, soap, cleaning bottles, caps go in garbage; cottage cheese, cream cheese, dips, margarine, yogurt tubs & lids; maximum size 4 litre (1 gallon)



Single-serve plastic food containers
No film or foil

The following items do NOT go in the Blue Box: plastic laundry baskets, plastic dish racks, plastic toys, plastic chairs, plastic bags, plastic film, Styrofoam, and garden hoses. If you can't reuse them, these items go in the garbage.

Keep your neighbourhood clean

Use Blue Boxes only. Recyclables in plastic bags, cardboard boxes, grocery bins, laundry baskets, milk crates, or garbage/recycling cans will not be collected. Do not put newspapers in plastic bags.

Place acceptable materials loose in your Blue Box. Rinse all containers and ensure they are clean. Papers can be bundled and tied or placed loose, but no plastic bags.

Tie corrugated cardboard in bundles no larger than 90 cm x 90 cm x 30 cm (3 ft x 3 ft x 1 ft) and place beside your Blue Box.

Help reduce Blue Box litter by following these tips to keep your neighbourhood clean:

- Squeeze cans, bottles and cartons, but please don't flatten them.
- Flatten cardboard.
- Stack your Blue Boxes and place heavier items such as phone books and magazines on top of loose materials.

Avoid windy weather during the night and put your Blue Box at the curb by 7 a.m. the morning of your collection day.

GreenCart

What compostable papers are accepted?

Halton Region accepts the following compostable papers in the GreenCart:



Paper towels, facial tissues, toilet paper rolls



Waxed paper, parchment paper, meat paper



Paper cups (plastic lids go in Blue Box)



Paper plates, paper bowls



Paper egg cartons, paper coffee take-out trays



To determine whether paper products are compostable and can go into the GreenCart – give them a rip. If the paper product is difficult to rip, or if there is visible plastic or metallic lining, it cannot go in the GreenCart.

Help reduce contamination

With less contamination in the GreenCart, the final compost will be a better product that can be used in agricultural and landscaping projects. Following these tips will help reduce contamination:

No produce bags. When cleaning out your fridge, please remember to empty food from plastic produce bags. The plastic bag goes in the garbage, and the old or leftover food goes in the GreenCart.



No elastics. Please remove elastic bands from vegetables including broccoli, celery, green onions and asparagus. The elastic bands go in the garbage, and the old food goes in the GreenCart.



No stickers. Please remove the sticker from fruit such as bananas, apples, pears and peaches. The stickers go in the garbage, and the fruit peels, cores and pits go in the GreenCart.



No diapers. Please place diapers and sanitary products in the garbage. These materials do not compost, and result in compost that does not meet Ontario provincial quality guidelines and would have to be disposed of as waste.

