

HALTON HILLS SENIORS RECREATION CENTRES

ACTON



By Julie Conroy
On one of the hottest Fridays of the year, I walked into the Centre to discover everyone melting from the heat. Hopefully, by the time I have completed this column the situation will be solved. Mind it did not stop the regular players playing Bingo after enjoying a wonderful Pot Luck lunch.

It is hard to believe it is September and the children are back in school.

There are still some Newsletters waiting to be picked up. If you haven't dropped into the Centre over the past week you might not realize they are available. They have lots of information regarding the Open House next week and all the exciting and new programs and events

that are planned over the next three months. One exciting program you might like to try is "Zumba Gold" which is exercising to very up beat music, with lots of movement. You can also try Gentle Yoga for those not quite as energetic, or a very popular program that was offered for the first time last year "Bone Builder." All these events are available for you to try free of charge, during the Open House week.

For a complete list of events during Open House check out the advertisement in The New Tanner. If you wish to participate in one of the Active Living Programs that are offered in the Acton Community Hall you will pay a reduced fee.

Thinking of fees, our membership runs from

December 31, 2011 to December 31, 2012, if you wish to join in the next few months the membership is pro rated to include the last few months of 2011 and 2012. The member-

ship fee for 2012 is \$25. Becoming a member when you have reached the magic number of 55 plus offers many opportunities, from meeting new people, attending educational seminars, hiking, traveling for the day or several days with a group, discovering a new hobby or getting involved in meaningful volunteer work. Our special events are always well attended and lots of fun. The evening socials offer great food, and entertainment plus prizes and the chance to meet new people. Please consider joining the Acton

Seniors Centre.

By the time you read this we will have already had our September social dinner and played Golf with members from Georgetown at the Blue Springs Golf Course.

The fundraising committee is very busy planning a major fund raiser at the moment. The GST Auction (Good Services and Talents) on Saturday will be a very exciting afternoon with lots of wonderful items to bid on. We hope to see a large and enthusiastic crowd enjoying lunch and bidding. This auction replaces the Rock-a-Thon

we held (thanks to the generosity of Sobey's) every 18 months for the past five years. Due to circumstances beyond our control we had to find an alternative fund raiser. We all enjoyed participating in the Rock-a-Thon.

I see several people have not paid for the trip to Mohawk on September 26. If your name is down please pay this week, as I have to send a cheque and confirm numbers.

At the weekly Friday 50/50 June Chard won \$66 at the weekly 50/50 draw. Congratulations June.

OPEN HOUSE WEEK

SEPTEMBER 12 - 16, 2011
9 AM TO 4 PM

HALTON HILLS SENIORS RECREATION CENTRES



BONE BUILDER

Visit the Halton Hills Senior's Recreation Centres during **Open House Week!** Try a **NEW** program, enjoy helpful presentations and have fun with games and fitness activities.

415 QUEEN STREET E. ACTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12	13	14	15	16

MORNING ACTIVITIES

<p>9:15 am</p> <ul style="list-style-type: none"> Darts Crafts <p>11:00 am</p> <ul style="list-style-type: none"> TRY IT! Bone Builder 	<p>10:00 am</p> <ul style="list-style-type: none"> Presentation: Defibrillator Training with Heather Morris Stokes <p>BONE BUILDER</p>	<p>9:15 am</p> <ul style="list-style-type: none"> Gentle Exercises <p>10:15 am</p> <ul style="list-style-type: none"> Fit & Fun <p>11:15 am</p> <ul style="list-style-type: none"> TRY IT! Zumba Gold 	<p>10:00 am</p> <ul style="list-style-type: none"> Cribbage & Canasta 	<p>10:00 am</p> <ul style="list-style-type: none"> Hiking <p>10:15 am</p> <ul style="list-style-type: none"> Shuffleboard
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Programs
Classes, Activities &
Presentations are
FREE!

AFTERNOON ACTIVITIES

<p>1:00 pm</p> <ul style="list-style-type: none"> Carpet Bowling 	<p>2:00 pm</p> <ul style="list-style-type: none"> Birthday Tea (INVITE ONLY) 	<p>1:00 pm</p> <ul style="list-style-type: none"> Painting Class Board Meeting 	<p>1:00 pm</p> <ul style="list-style-type: none"> TRY IT! Gentle Yoga Bid Euchre <p>GENTLE YOGA</p>	<p>12:00 pm</p> <ul style="list-style-type: none"> Lunch (TICKETS AVAILABLE) <p>1:15 pm</p> <ul style="list-style-type: none"> Bingo
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For more information about Seniors' Services and Programs, please visit the centre or call 519-853-5951

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