



BOUNTIFUL CAMPAIGN: The Robert Little North Star Shiners (The Citizenship Club), under the leadership of teachers Katie Cruikshank and Julie Irving, ran a Halloween Food Drive that gathered over 500 non-perishable food items for Acton's FoodShare food bank. - Submitted photo

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By: Julie Conroy

The final lecture by Marie Ramsay titled More Pep in your Step: The Role of Exercise and Nutrition in Active Ageing, is on Wednesday, November 23. The sessions have been very informative and well attended. 29 people were at The Iron Heart: Understanding Heart Disease and Optimizing Heart Health. I think the most important lessons we learned from this session was not only how the heart works, but the importance of exercise, and to make sure you enjoy a balanced diet.

We had our first little flutter of snow on November 11, which will make our snow birds start thinking about packing their suitcases, ready for their trips to warmer places. If you are a member and plan to be away after Christmas, could you please remember to renew your membership, which should be renewed by December 31. The \$25 yearly fee is excellent value for money. Where else could you go and enjoy monthly social dinners, Friday lunches, exercise, crafts and art classes? You might choose to use the laptops, access the internet, or pick up a book or video from our library. You can even watch a movie, or enjoy hiking with a great group of people.

Seven new members

enjoyed the New Members Luncheon last Tuesday afternoon. They not only met new people, but learned a little about how the Centre runs, and the plans for the future.

The various board members gave a brief description of their duties. We hope to see them at future functions.

We will be trimming the tree and decorating the hall on November 22. If you are ready to get in the Christmas spirit, drop in at 1:00 p.m., and bring a little treat (cookies, cheese, crackers, etc) and enjoy the afternoon. Douglas Davey will be reading a selection of seasonal stories again this year.

The next social dinner will be the Christmas Dinner at Blue Springs Golf Course on Thursday, December 1 at 6:00 p.m. Not only will we enjoy a delicious turkey dinner, (with a glass of wine) but *Juke Box* will be playing music suitable for dancing and listening. The tickets are on sale now.

Finally, don't forget our wonderful Bazaar on Saturday, November 26. We will have a penny table, country store, crafts, a great bake table, wonderful baskets to win, and of course a delicious tea. New this year will be an art show and sale by our talented Wednesday afternoon art class. The Bazaar starts 11:00 a.m.

Connie Burk was happy to learn she had won \$234 when her name was drawn at the weekly 50/50 draw on Friday afternoon.

Protect skin from the worst weather has to offer

Regardless of what season it is, skin seems to bear the brunt of weather's wrath. Whether it's the sun beating down in the dog days of summer or the wind whipping around and causing skin to crack when the weather starts to turn cold, skin is never fully safe from the elements.

Each season poses its own unique challenges to skin, and this year figures to be no different. With fall and winter on the horizon, it's important for men and women to practice proper skin care in an effort to protect themselves from dry skin, which can be irritating and unsightly. Though an extra layer of clothing might hide dry, flakey skin from view, it won't do much to relieve the irritation and damage that result from severely dry skin. This fall and winter, consider the following tips to help the skin survive the woes of winter.

- Take quick, temperate showers. It might feel good to get in from the cold and take a hot bath or shower, but this actually breaks down lipid barriers in the skin, potentially robbing the skin of moisture. In lieu of a long, steamy bath or shower, take a quick shower in warm water.
- Moisturize every day. Moisturizers are designed

to relieve dry skin irritation, particularly on those areas of the body that are troublesome during the winter months. Look for creams that contain water and glycerin that will help to draw moisture into the skin and stimulate the body's natural repair

process. Moisturizers that are non-greasy, non-oil based and fragrance free tend to work the best to repair dry skin. Oil-based creams will actually repel water that would otherwise hydrate the skin causing further damage.

can do significant damage to unprotected skin, especially when winter sun combines with snow glare. Use a moisturizer with SPF throughout the winter, and apply it to both hands and face roughly 30 minutes before going outside.

• Men and women should also make moisturizing a part of their nightly routine before going to bed. Skin temperatures rise during sleep, resulting in increased circulation and healing, so be sure to moisturize each night before going to bed.

• Continue to protect skin from the sun. The sun is just as strong in winter as it is during the summer, and winter sun

hydrated is another skin care pointer people primarily, and incorrectly, associate with summer. But staying hydrated is just as important in the winter as it is during the summer. Staying hydrated is important for overall health. Men and women who enjoy caffeinated beverages like coffee and soda should know that caffeine is a diuretic that draws water out of the skin. So be sure to counter caffeine consumption by drinking plenty of water.

• Wear a winter wardrobe. Protective clothing like gloves, scarves and thick socks not only keep us warm through the winter, they also keep skin safe as well. Strong winter winds and below freezing temperatures can damage the skin significantly, so bundle up when going outdoors. And be sure to avoid wet socks and gloves, which can irritate the skin and cause itching and cracking, and might even result in the formation of sores.

• Stay hydrated. Staying

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