

Remember to renew your memberships for HALC

By Julie Conroy

Hillsview Active Living Centre- Acton

Frances asked me to mention that although there were only three players on Monday morning they enjoyed playing darts, and were happy to see Margaret back. Margaret was playing really well and got six outs while playing.

Frances Hogenbirk and Doug Brown each had a mooner while playing bid euchre on Thursday afternoon.

The next social dinner will be on Monday, Jan. 16. The dinner that evening will be chicken pot pie, a perfect meal for a winter evening. Jamie Todd will be entertaining us. Tickets are avail-

able until Friday Jan. 13 at 4 p.m.

On Thursday, Jan. 19 at 11 a.m. there will be a free presentation by the Halton Hills Public Library. Did you know the library has a digital collection of books, magazines and movies? You can access these from home and never have to worry about late fees! They will also talk about the new service the 3M Cloud Library. Anyone who is interested is invited to attend.

Have you renewed your membership for 2017? If it has slipped your mind, remember it is no good adding your loonie to the 50/50 draw as your name will not be in the drum.

The topic for the Nutrition series #3 on Thursday, Jan. 19 from 10 a.m.-12 p.m. is Food as Medicine - Nutrients for

Longevity. You will examine the common nutrients of concern for Seniors including Vitamin D, Calcium, Vitamin B12, Magnesium, water, Omega-3 and fiber.

Dave is a member of our art group. They meet on a Wednesday afternoon at 1 p.m. to support to each other. Many of our talented members won prizes at the 2016 Acton Fall Fair for their pictures.

Florence Riehl is the travel co ordina-

tor for the two Centers. She asked me to mention that seats are selling out fast for the Ottawa trip on June 29 July 2. They are going to Ottawa to help Canada celebrate its 150th Birthday. Please contact Florence at her home number 905-873-1210 or at the Georgetown Centre 905-873-0057 (travel desk) if you are interested.

The winner of the first weekly 50/50 draw in 2017 was Dolores Black. She was happy to hear she had won \$129.

Join photographer Rein Pater at HALC-Georgetown

By Florence Riehl

Hillsview Active Living Centre-Georgetown

It appears 2017 is off to a good start. The quiet of the Centre had been broken with resounding laughter.

There are occasions when this column may not appear in the paper due to an abundance of news. The editor of the *Independent & Free Press* has told me that on such occasions you will be able to find it online. Of course that is only helpful if you have a computer.

I am going to make the column available at the Centre each Thursday. You will be able to find a copy of it on the bulletin board beside the office.

Rein Pater, our very own award-winning photographer will be at the Centre on Tuesday, Jan. 17 from 10 a.m.-12 p.m. Enjoy the art of telling stories through his photography.

McKabb Taxi is sponsoring a Valentine's Dance on Friday, Feb. 10 begin-

ning at 7 p.m. Live music by Hawks Next Trio. Tickets are available at reception. \$5 member and \$10 non/member.

Those who are interested in researching their ancestry will have a chance to learn how to do this by attending a new Genealogy Group. This is a six-week Question and Answer Session starting Tuesday, Feb. 14 and led by Bernie Bradner who has great experience in this field.

Sessions will run from 10 a.m.-12 p.m. Please register at reception. A \$12 charge will cover hand-outs and photocopies.

Very few seats are left for the Ottawa Trip from June 29-July 2, to celebrate Canada's 150th birthday.

Open to the public. Please see Florence for information.

St. Rock lunches will resume Feb. 16 & 23.

Drop in to the travel Desk to pick up a new Travel Flyer. Sign up for the Mystery Trip on Feb. 15 closes on Jan. 18.



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