

Relax, enjoy a movie

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There is information in the Gals on the Go section.

I am starting to get information on a 10-day vacation in St. Maarten the beginning of February 2018.

The movie on June 20 at 1 p.m. is *Hidden Figures* starring Octavia Spencer and Jaraji P. Henson.

If the weather is too hot or too cold and rainy, the centre is the perfect place to cool off, relax and enjoy a movie or just visit.

The various activities at the centre continue over the summer. The exceptions are darts, social dancing and Paper Tole.

There was no winner this week in the weekly 50/50 draw. Next week the amount to be won should be around \$300.



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Travel made easy this summer

Travelling by air in the busy summer season can be challenging, especially for seniors with limited mobility or specific medical needs. Here, the Canadian Air Transport Security Authority shares their top tips and information that can make the passage through security a little easier.

Most liquids, aerosols and gels in carry-on baggage must be in containers of 100 millilitres or less, but this rule doesn't apply to prescription and over-the-counter medications. To assist screening officers, leave these items in the original manufacturer's packaging or with pharmaceutical labels intact so

they can be easily identified. While passengers are often limited to one or two carry-on bags, medical supplies, equipment and mobility aids don't count toward that limit.

For those with mobility issues, CATSA has ceramic canes available to traverse the walk through the metal detectors. Passengers in wheelchairs or with implanted medical devices such as pacemakers, ostomies or joint replacements have additional options and should communicate their needs clearly with screening officers. A private search is available on request.

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