

HALC-Georgetown calling all Hort Heads

FLORENCE RIEHL

Shuffleboard resumed on Sept. 6 at 10 a.m. Please note the new time. Bingo begins again on Sept. 12 at 1 p.m.

Last call to register for the six-week Hort Heads program starting Sept. 12 at 10 a.m. We need a minimum

of 10 participants to run the program. Come out, play in the dirt, get your hands dirty, and at the end of the session take home a potted indoor plant in a cute container. The cost of \$60 per member covers the cost of all materials. If you are interested, please see Terri or Sherry before the program

is cancelled.

Active Living programs begin the week of Sept. 19. If there is a program you might be interested in but would like to try before you sign up, we are offering you a free tryout. This will require you to obtain a pass from the office. Why not try out that class you have al-

ways wanted to join?

Computer workshops are once more being offered at our centre. They run Thursdays beginning Sept. 14 to Oct. 26 from 9:30-11:30 a.m. The topics to be covered are Intro to Computers, Using the internet, Email, Ebooks and Free Audio books, E-readers, Tab-

lets and iPads, Facebook, and Skype. Cost is \$5 per class. Please sign up at reception.

Mental health is a hidden condition among the aging population. Come out on Sept. 19 at 10 a.m. to an informative talk to address these mental health concerns and learn some strategies and

resources to support oneself and others. This is the first in our Speaker Series.

There is still room to sign up to become one of the centre's budding artists. The Paint and Cocktails class is being offered on Wednesday, Sept. 20 from 1-3 p.m. Please sign and pay at reception.

HALC-Acton golf game coming up

JULIE CONROY

The pay-as-you-go fitness classes start up again the week of Sept. 18. They are as follows: Monday at 9 a.m. - Bone Builder. This is a group resistance training class focusing of exercises to strengthen the spine and hips for those with osteoporosis or at risk of developing the disease. Zumba Gold is on Tuesdays at 10 a.m. New to Zumba? This is a great Zumba workout designed for the beginner. New this year is Walk Fit on Wednesdays at 9 a.m. Lace up your sneakers and join the fitness instructor as you walk inside the arena complex.

There are also Lifemark Wellness and Falls Prevention classes on Monday and Friday afternoons. Lots of ways to keep fit, improve your balance, endurance and quality of life.

During the month of September, you can use a try-it pass to try any of the instructed classes or programs offered at the centre. See staff in the office for

your pass. You can try as many activities as you wish, but each activity only once. If you are considering joining the centre, this is a great opportunity to try out some of the activities that might interest you. A membership at Hillview-Acton entitles you to also enjoy the activities at the Georgetown Centre.

Our semi-annual fun golf game is coming up fast. There is still room for you to join us. You don't have to be a member of the centre. We will play nine holes on the academy course at Blue Springs then enjoy a delicious lunch. Those who have the energy can then play another nine holes if they wish. It's always a great day.

Sept. 12 is the final day you can purchase tickets for the social dinner on Sept. 14.

Series No. 2 of the Music Appreciation Concert with Dale Wood will be on Sept. 13. It will feature contemporary jazz and blues. If you enjoy music, sign up and pay to secure your spot for the concert.

I see there is a lot of interest in the 55-plus Driving Refresher Course on Oct. 10. There are a limited amount of spaces. Add your name to the list quickly if you are interested.

The next Men's Breakfast will be on Sept. 26. Following breakfast, they will visit the Great War Flying Museum. The cut-off date is Sept. 22 at 3 p.m.

Please note the Saturday evening bingo originally scheduled on Sept. 16 has been changed to Sept. 30 at 7 p.m. Come and enjoy the fun, meet new people and you might even be one of the lucky winners.

Pat Urwin left me a note to inform me that starting on Sept. 8, the Friday morning hiking group will meet in the car park every Friday morning at 10 a.m.

Frances Hogenbirk had the only mooner on Aug. 31 while playing bid euchre.

Maureen Harvey was very pleased to hear she had won the monthly birthday pedicure draw complements of Dorri Bland with the Downtown Spa.

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