

SENSATIONAL SENIORS

Get your Christmas shopping finished with HALC-Acton

JULIE CONROY

Following breakfast on Nov. 28, the men had a very interesting tour of Superior Glove. They were very impressed by the size of the plant and thrilled by their "loot" bags.

There will not be a Men's Breakfast during December.

Are you looking for a special gift for a friend? We have a selection of "ready-to-go" gifts for sale at the Centre. Take a look as there might be the perfect little something for a friend or family member. We still have the Shriner twin pack

Christmas cakes, cherry cakes, shortbread cookies and mixed nut trays for sale. Not only are you supporting the Centre but the Shriners Club charitable activities.

There is a sign-up sheet for another Hillview Spa Day on Jan. 23. That sounds a long way off but the sheet fills up quickly.

We are all looking forward to the Christmas dinner and dance on Dec. 14. It's a busy time of the year with all the dinners and holiday events happening during December. Thinking of dinners, Hillview members would like to give

a big thank you to the Acton Legion Branch 197, the Acton Rotary Club, the volunteers and the air cadets for delicious turkey dinner and entertainment provided for local seniors on Nov. 28.

After all the dinners and family gatherings you might be wishing to take part in some of the exercise programs offered at the Centre. One great way to keep fit is the Zumba, Bone Builder and Walk Fit pay-as-you-go programs. Or you can do the programs offered by Lifemark including Advanced Fitness, Simply Stretch, Falls Preven-

tion, Osteoporosis and seated Yoga. There are shallow Aquafit daytime water resistance programs offered at the Acton indoor pool with a new session starting in early January. If you love to skate you can skate

Monday to Friday from 11:30 a.m. to 1 p.m. If you are looking for a stocking stuffer you can purchase five recreation passes for \$5 in the office. They are valid for a swim or skate at any town facility, or you can

join our hiking group that hike every Friday morning leaving the Centre at 10 a.m. to car pool to the various hiking trails in the area. Pick up a copy of our Hillview newsletter and see all the great things going on.

HALC-Georgetown wishes everyone the best in the new year

FLORENCE RIEHL

The Hort Heads, the indoor gardening group, will be offering their December workshop on Tuesday, Dec. 12. Your project will be the making of an indoor Christmas centre piece. Space for this class is limited to six participants. Hurry in to get your name on the list at reception. Cost is \$5 member or \$10 non-member.

There is still an opportunity to purchase your ticket for Christmas Around the World to be held on Monday, Dec. 11 at 11:30 a.m. Join us as we are whisked around the world with stops in Portugal, Greece, and Italy for a taste of Christmas. We will share in a light lunch featuring cheeses, fruits, sweets, and more. Tickets are available at reception.

Have you picked out your gift for the Secret Santa fun afternoon? Sign up at reception to

participate and come out Tuesday, Dec. 19 at 1 p.m. with your wrapped gift with a value of no more than \$10. Who knows what your take home gift will be! Light refreshments will be provided and a good time is guaranteed. There will be a toonie drop-in fee.

Two more movies will be shown for December Friday's - Dec. 8 will be Serendipity starring John Cusack and Dec. 15 Christmas Eve starring Patrick Stewart. Remember your toonie admission includes popcorn and a drink.

Check out the "Yum Yum" door prize on the table in front of the reception desk. Somebody is going to go home with this prize on Dec. 20. You only have a chance for it to be you if you buy a ticket from reception. Tickets are going for \$2 each or three for \$5.

Merry Christmas and all the best in the new year.



Made
for
Seniors

Quality and convenience.

Over 200 quality frozen meals, soups, and desserts delivered directly to your home.

Average \$7 per Meal. Free Delivery.* No obligation.

Request your **FREE** Menu
1-844-409-0050 HeartToHomeMeals.ca

*some conditions may apply.

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

Acton Denture Clinic
Tracy Mitchell DD

**130 Mill Street East,
Acton**

Full & Partial Dentures
Implant Retained Dentures
Precision Dentures (BPS® Certified)
Relines, Additions & Repairs
Dental Lab On Site
No Referrals Needed

519-853-0079



SENIOR SPOTLIGHT

To advertise on this page
call Kelli: 905-234-1018
or email kkosonic@theifp.ca

LONG TERM CARE AND RETIREMENT LIVING



Eden House
Care Facility Inc.

"A Nice Place to Live"

Please call for a tour 8:30 am - 5:00 pm

Accredited by:



"Serving Seniors since 1968"



R.R. 2, Guelph 519-856-4622
www.edenhousecarehome.ca