

SENIOR LIFESTYLES

...At the Georgetown Seniors Centre

By **FLORENCE RIEHL**
Georgetown Seniors Centre

Winter has managed to throw a damper into some of the activities at the Centre.

Due to a lack of interest the Valentine's Tea has been cancelled. A refund will be given to those who purchased a ticket by bringing it to Reception to get your refund.

Have you signed up yet to take part in the Seniors' Olympics to be held on Friday, February 28 right here at your very own Centre? The cost is \$10 per person and includes registration, lunch and prizes. It is a chance to set Olympic records playing Wagon Puzzle, Barrel of Monkeys, Toilet Toss, Golf Putting, Billiards, Bowling, etc. It is all in fun. Teams will be made up by blind draw. You need to register by Friday, February 21.

Lunch at 12:30 p.m. will include soup, meat tart, dessert and tea/coffee. A fantastic way to beat

the February blahs.

Unfortunately the piles of snow around the Centre have meant the loss of some parking spaces. Please be patient and leave room for the car driver beside you to get into their car. Summer is coming!

Just a reminder that the cost of coffee has gone to a loonie as of February 1. Like everything else, the cost of coffee has gone up and we have not kept pace with the increase in costs.

You should have picked up your *HillsView* by now and as you look through you will see that March is another busy month at your Centre.

The first one is the Mid-Winter Blues Luncheon on Monday, March 10 at 12:30 p.m. Lunch includes beef stew, rolls, dessert, teas/coffee for \$10.

This is your last chance to sign up for the St. Patrick's trip on Monday March 17. Buffet lunch and lots of Irish music.

Search on for sr. volunteer

Home Instead Senior Care® is kicking off its annual Salute to Senior Service program. The program recognizes outstanding older adults (aged 65 and older) across Canada who give at least 15 hours a month of volunteer service to their favourite causes.

From now until March 1, 2014, residents of Halton are encouraged to nominate and vote for these everyday heroes at Salutetoseniorservice.ca. Home Instead, Inc. will donate \$500 to each of the provincial winners' non-profit organizations. In addition, \$5,000 will be donated to the national winner's designated and approved non-profit charity.

To submit a nomination online, visit SalutetoSeniorService.ca. Completed nomination forms can alternatively be mailed to Salute to Senior Service, P.O. Box 25 Toronto F, Toronto ON, M4Y 2L8. Info: 905-847-8433.

...At the Acton Seniors Centre

By **JULIE CONROY**
Acton Seniors Centre

Have you picked up your latest copy of *Hillsview*? There is lots of information in it, plus many photos from events held over the past three months. There is lots of information in the newsletter on our upcoming relocation while renovations are happening at the Centre. We will keep you up to date on any changes to the timeline.


The Centre will be closed on February 17 for Family Day. I hope this is a special day in your family and you spend it with friends and family.

Do you have a treasured heirloom or an article you bought at a garage sale that you are sure is valuable? Now is your chance to have it appraised by well-known Treasured Antiques appraiser Alex Moshtagh. There is a small fee for each item appraised and is limited

to three items. This event is taking place on Tuesday, Feb. 18 at 1:30 p.m. and is open to everyone.

It's great to see so many new faces around the Centre. If you joined in the last few months you will receive an invitation to a New Members Tea on Tuesday, Feb. 25 at 1:30 p.m. Please try to attend and bring a guest. This is a great opportunity to find out exactly what the Centre has to offer you and meet the board members, Wendy Krever our Coordinator, and Michelle Durham our Administrative assistant. The Board members and staff are always happy to help you in any way and to answer any questions you might have.

Friday lunch on February 14 will be tomato and basil soup plus an assortment of sandwiches and dessert— a heartwarming soup to enjoy on Valentine's Day. Don't forget to sign up if you are going to join us.



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