

SENIORS LIVING

Seniors Calendar

Annual Alia/Tan Jay Fall Fashion Show: Monday, Oct. 27, 1:30 p.m. at Georgetown Active Living Centre. Tickets are now on sale at Reception for \$6. It's a great afternoon of fashion, refreshments, door prizes and 50/50 draw. Advance ticket sales only.

Monthly Euchre evening: starting on Tuesday, Oct. 21, 7-9 p.m. at the Acton Active Living Centre. The regular drop in fee will be charged. This is open to members and non-members.

Flu Clinics: Halton Region Health Department's seasonal influenza (flu) immunizations clinics for high-risk individuals only— those over 65 or with certain underlying health conditions will be on Monday, Oct. 20, 10 a.m. to 2 p.m. at Georgetown Active Living Centre, 318 Guelph St. and Tuesday, Oct. 21, 10 a.m. to 2 p.m. at Acton Active Living Centre in the Acton Arena and Community Centre. For more information including all clinic dates and locations and those considered high-risk, visit www.halton.ca/flu, or dial 311.

Carolyn Martin receives Senior of Year Award

By **LISA TALLYN**
Staff Writer

A local resident was recognized for her commitment to the community when she received the Ontario Senior of the Year Award at the Civic Centre recently.

Mayor Rick Bonnette presented Carolyn Martin with the award, which is handed out by Ontario municipalities, honouring outstanding local seniors who have enriched the social, cultural or civic life of their community.

Bonnette said Martin is “steadfast, unselfish, knowledgeable, reliable and supportive of all things artistic, cultural and environmental.”

Martin has volunteered with Willow Park Ecology Centre, Credit Valley Artisans, Halton

Hills Cultural Roundtable and the Town's Sustainable Advisory Committee.

“Everyone who comes across her path is both amazed and inspired by her unwavering commitment to the community, family and future,” he said.

He said Martin is known for her “gentle, soft practical approach to every situation,” positive attitude and great sense of humour.

“Everyone that knows her is awed by her generous spirit and giving nature,” said Bonnette.

Martin thanked the Mayor for the award and said it's been a pleasure to work with the Town, councillors, the mayor and Town staff.

“It's easy when you've got good help and you're working in partnership with so many other good people,” said Martin.



Mayor Rick Bonnette presents Carolyn Martin with the Ontario Senior of the Year Award.

Photo by Lisa Tallyn

October is Denturist Awareness Month



Your Local Denturist

“What exactly do you do?” is a question Denturists hear a lot.

The Province of Ontario has recognized Denturism as a profession since 1973.

Registered Denturists are responsible for the recognition of dental deficiencies and oral complications. They sit down together with Patients and discuss what you expect from your new teeth and what can be provided in terms of appearance, fit and function.

Having a new set of dentures fabricated or replacing a few missing teeth is often a stressful and fearful experience. Denturists can help make that experience much more comfortable. Our Members stay abreast of new techniques and materials used to ensure a pleasant denture creation experience. And creation it truly is. Each step of the process will be clearly outlined to you as we proceed towards your new smile, and we do not complete your new denture or partial denture until you are happy with the appearance and are satisfied with the function.

A proper fitting denture not only provides a sense of confidence when out in public but also allows you to eat a proper balanced diet. The ability to chew food properly takes the strain off the digestive system and can often help reduce stomach problems. Don't be afraid to order your favourite foods when dining out because you are worried about your dentures.

EXPECT THE BEST DENTURISTS, YOUR DENTURE SPECIALISTS

Denturists receive training in the technical, scientific and health aspects of making dentures.

A Denturist's practice is devoted to the fabrication and repair of dentures, and

Denturists are uniquely qualified to provide quality, custom dentures.

