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# Hillsview Active Living Centre-Acton New health services offered

By **JULIE CONROY**  
Hillsview Active Living Centre  
Acton

Vinitha Nair is with the Alzheimer Society of Halton and Hamilton and is at the front desk on the second and fourth Tuesday of the month from 9 a.m. to 12 p.m., providing information and support for people in the Halton area. Her next visit is on Nov. 11. She will be happy to answer any questions you have regarding services in Halton. Please stop by and pick up brochures on dementia and Alzheimer disease.

There is one more new service being offered at Hillsview, starting on Nov. 5, 9 a.m. to 12 p.m. Andrea Buck RPN will be holding a monthly foot care service in the Health and Wellness Room at the Centre. For more information check out the bulletin board or to book an appointment with Andrea, pick up her business card at the reception desk.

The Fashion Show was a great success and everyone admired the clothing. Eighty-one people attended, including a couple of men who were there to support their wives who were modeling. Some of the fabrics were quite soft and the show gave everyone the opportunity to touch

and feel the various fabrics and admire the styles and colours.

You don't have to be a member of the Centre to help in a variety of ways. We are looking for volunteers to assist at the reception desk. If anyone is interested in volunteering in any capacity please let Heather Beaumont know at 905-873-2601 ext. 2407.

On Tuesday Nov. 4 at 10 a.m. there will be a Men's Focus Group meeting. The Centre is looking to start a men's group and who better to let us know what is needed and wanted than YOU. Bring your thoughts and ideas for fun and meaningful programs for the men of the Centre. Coffee, tea and goodies provided.

Vicki Firth will be holding her monthly Coffee, Books and Computers visit to the Centre on Tuesday, Oct. 28 from 2-3:30 p.m. October's topic is "La Belle France!"

Have you got your costume ready for the Halloween party on Thursday, Oct. 30? Eileen and Myra were busy creating decorations for the dance last week. I know it will be fun! Great music, cash bar, prizes and a light lunch. Don't have a costume? Just come out and admire everyone else's outfits.

Lunch on Oct. 31 will be soup and sandwiches plus, of course, dessert.

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