

COMMUNITY

Construction will not stop the activities at Georgetown's Active Living Centre

By Florence Riehl

Georgetown Active Living Centre

It will be "business as usual" at the Centre in July and August during the construction of our newly acquired space. We are NOT closing for those two months.

Thank you to all those from the community who stopped by our booth at the Halton Hills Chamber of Commerce's Home Show on Saturday for a chat. We were pleased to share information about our active Centre. Drop in for a visit some day. We are open to all Halton Hills adults.

Ticket sales for the Fashion Show on May 11 are going well. Do you have your ticket yet? Once more Alia/Tan Jay will be dressing our models in their latest fashions. Tickets are \$6 for a great afternoon of fashion, draw prizes, and refreshments. This event is open to anyone from the public. Tickets are on sale from Reception or at the Alia/Tan Jay store in the Georgetown Market Place. There will be no ticket sales the day of the show so get your ticket early.

Congratulations to Carpet Bowling Tournament winners. The winners were: first

June Gilson and Joan Mason, second Nives Bozic and Mary Walsma, third Liz Neillisen and Ralph Challice.

Congratulations also go out to winners of the Dart Tournament. They were: Gold, John Harvey and Marie Chalmers (Georgetown); Silver, Pat Rae and Yvonne Coles (Georgetown) and Bronze, Tony and Joyce Marrows (Acton). Both Gold and Silver winners go on to Ontario Seniors Regional Games in Welland in August.

On Thursday, May 7 Vinitha Nair from Alzheimer Society Halton will be making a presentation on the 10 warning signs of Alzheimer's Disease. It will begin at 10 a.m.

Join us in celebrating 20 years of enjoying life and good company on Thursday, May 26. It is our 20th Anniversary and we invite you to drop in to the Hillview Active Living Centre, Georgetown between 2 and 4 p.m. for refreshments, good company and a chance to reminisce.

Seats are going fast for our trip to see *The Sound of Music* in Stratford. If you are interested, do not delay in getting your name down. Seats are now reserved on a "first-come" basis.

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Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

Georgetown Location open Saturdays 8am - 2 pm

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