

# HALC-Acton was in a festive mood

By Julie Conroy

Hillsview Active Living Centre- Acton

Fifty people enjoyed exchanging and stealing other people's gifts at the Secret Santa gift exchange on Tuesday, Dec. 15. Judging by the laughter, many people stole gifts already chosen rather than select one from the table. Once the table was bare everyone enjoyed the delicious refreshments and talked about their plans for the Holiday season.

Still in the festive mood 50 people enjoyed a Turkey lunch on Friday, Dec. 18. The room looked very festive with poinsettias decorations the tables. There are two crews under the guidance of Helen Croghan that create the delicious lunches every week. On Friday both groups were needed to cook and serve such a large group. The meal was delicious. Santa was really busy so he sent two of his elves, Dave one and Dave two to hand out Christmas goodies and his best wishes.

The Centre will be closed on Christmas Eve, Christmas Day and Boxing Day, (which will be Monday, Dec. 28 this year). We will be open on Tuesday, Dec. 29 and Wednesday, Dec. 30. We will also be closed New Year's Eve and New Year's Day. We will re-open Monday, Jan. 4.

Just a reminder if you haven't renewed your membership it is due now. There will be a two-

week grace period before your names are pulled from the 50/50 drum.

Lunch on Friday, Jan. 8 will be soup and sandwiches, plus dessert, tea and coffee.

The first Birthday Tea of the year will be on Tuesday, Jan. 5 at 1:30 p.m. We will be celebrating all birthdays in December and January. Expect a call just prior to the date inviting you and a guest to the celebration.

Our next social dinner will be on Monday, Jan. 11. We will have an Italian theme and serve lasagna, Caesar salad, and for dessert, tiramisu. Dr. "J" will be entertaining us. Tickets are available at the reception desk.

Hillsview Active Living Centre would like to wish everyone a wonderful Christmas and holiday season with friends and families.

We are a very welcoming Centre and invite you to join us in 2016. If you read this column you will know there is always something interesting happening at the Centre. You can exercise your body and mind, meet new people, volunteer in many ways from a few hours a week or occasionally, go on trips and enrich your lives.

The Friday weekly 50/50 draw took place on Dec. 18. There was no winner, so next time the prize should be over \$300, which would be nice to win once the bills start arriving in the new year. The next draw will take place on Jan. 8.

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**Jenni Veneruz**  
Owner/ Registered  
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**Q** : I have Multiple Sclerosis, can physiotherapy help?

**A** : Yes, indeed! Research has demonstrated that exercise programs can produce benefits in muscle strength, cardiovascular fitness, balance, and walking ability in individuals with MS.

*Happy Holidays from the infocus team!*

*Wishing you all a  
safe and healthy New Year!*



**Carolyn Dew**

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BPHE, RAC,  
RTCMP

**Q** : Why does my health always fall apart at this time of year?

**A** : The holiday season can be a very stressful time of year. Being in a chronic state of "fight or flight" that began in September, can leave us pretty run down and tired by the end of the year. Add the Christmas obligations of financial stress, late nights, lots of social and family obligations, and too much alcohol and sweets into the mix to create the perfect storm for feeling extremely stressed out and run down and perhaps physically and/or mentally sick over the Christmas holidays.

Science demonstrates that acupuncture works to alleviate stress by releasing natural pain-killing chemicals in the brain called endorphins. In addition, acupuncture improves circulation of blood throughout the body by oxygenating the tissues and reducing cortisol. The calming nature of acupuncture also decreases the heart rate, lowers blood pressure and relaxes the muscles.

TCM (Traditional Chinese Medicine) including Acupuncture can help relieve tension headaches and high blood pressure, settle nervous digestive systems, reduce anxiety and depression, and build your immune system back up. Acupuncture is extremely effective at down-regulating an over-stimulated nervous system.

Consider accessing self-care in the New Year. Acupuncture and TCM can help reset the nervous system allowing you to get over the holiday stress and exhaustion. Start the New Year off right by incorporating stress management techniques like acupuncture and making your health a priority in 2016. Wishing you and your family a healthy and safe holiday season.