



By Cory Soal  
R.H.A.D.

## ... Lend Me Your Ears

### BUSINESS (NOT QUITE) AS USUAL..

Dear people of Halton Hills;

During these uncertain times, rest assured we remain open to serve you. We have adjusted services according to the guidance by Health Canada.

Please call for an appointment. We are not accepting walk ins at this time.

We handle every call on an individual basis to best handle each person's needs.

Social distancing in clinic with one appointment per time slot in waiting room.

If necessary, I offer mailbox drops as well!

Take care, be safe and know this will pass.

The Georgetown



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## OPINION

# CENTRE A VIRTUAL BUZZ OF ACTIVITY

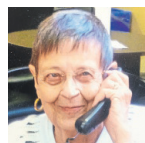
## IT'S NOT BUSINESS AS USUAL, BUT STILL PLENTY GOING ON AT HILLSVIEW, WRITES FLORENCE RIEHL

Welcome to June. This is a special time for our centre, as well as for seniors.

The centre was officially opened on June 3, 1995, which makes this our 25th anniversary. June is also Seniors' Month. We have a lot to celebrate, even though it will look a lot different than we had planned originally.

Sherry has set up a 'Tip Hero' exercise. It's really easy. Just give Sherry your name, age (if you want) and one piece of advice you have for the younger generation.

And if you wish, please include a picture of yourself. This will be posted on the 50



FLORENCE RIEHL  
Column

Plus page of the Town of Halton Hills website.

Our first virtual board meeting was held in May. Congratulations to the new board members Debbie Smith, Bruce Daley, Clarence Gough, and Bobbi Szlachta. Thank you to retiring members Ellie Tyndall, Florence Riehl, Iris Harrison, Mary Lock, and Natalie Smurthwaite.

Thank you to Sherry, Ter-

ri and Kim, who are keeping the home fires burning. They are busy planning for the future.

Watch for emails from the centre with lots of suggestions for things to do.

If you are not receiving these updates, make sure that Sherry has your email address. Call her at the centre at 905-877-6444.

I had some queries regarding news from the Travel Desk. First off, let me tell you that Great Canadian Holidays service is completely closed down.

The last word we had was that trips for April, May and

June were cancelled.

I am aware that refunds are owing to some of you. If you have any questions, please call me at 905-873-1210.

Thank you is such a small word, but filled with love and gratitude.

On behalf of all the members and staff at Hillsview Active Living Centre may I say thanks to all out there who are risking their health to keep us safe.

*Florence Riehl is an active member of the Hillsview Active Living Centre in Georgetown.*

WE WANT TO HEAR FROM YOU

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## CRI HEALTH CENTRE

### Q: Can I trust the internet for health information?

A: Our clinic's website [www.rossphysio.com](http://www.rossphysio.com) has a clinical library with hundreds of great articles written by registered physiotherapists (including yours truly) often with the scientific references noted for the article. There is a body map and a folder system so you can find what you are interested in quickly. You can also choose areas that you are interested in and be notified when a new article is added to that section of the site. A word of caution though – partner with a Physiotherapist during your rehab to avoid disappointing results or injury. Please take advantage of this information and stay well.



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