

# AT LONG LAST, HILLSVIEW CENTRE REOPENING

THERE WILL BE SOME STRICT RULES TO FOLLOW FOR ALL VISITORS, WRITES FLORENCE RIEHL

I feel like I have been on a long vacation and now I am on my road home. Yes! Your Hillsview Active Living Centres are opening Monday, July 13.

There will be some strict rules to follow. We must follow the physical distancing rule. The wearing of a mask is your choice: it will not be man-



**FLORENCE RIEHL**  
Column

dated at this time.

The girls in the office have been busy setting up the special programs for this opening. Only groups of 10 will be allowed. If you are interest-

ed in any of the programs, you must register with the office at 905-877-6444. There will be no kitchen available, but you may bring your own coffee. You are expected to leave immediately when your class is finished.

Programs are:- Monday 9 to 11 a.m. — Woodcarving, Tuesday 9 to 11 a.m. — Everything Crafts along with Scrapbooking, Wednesday 12 to 2 p.m. — Pause Café. Thursday 9:30 to 11:30 a.m., Mingle and Chat, 10 to 11 a.m., Art 1 to 3 p.m., and Computers 1 to 3 p.m. Friday Genealogy 10 a.m.

to 12 p.m. and Morning Movie 10 a.m. to 12 p.m.

Between the doors of the centre, you will find a copy of the Zoom/phone programs for July and August.

Some really interesting topics — you are never too old to learn. If you are not connected to Zoom, contact the office and one of our "techies" will help you out.

New — Food for Life. In partnership with the Active living centres and Activan, the centres will be offering curbside pick up of Food For Life fresh fruits and vegetables at

both locations.

If you are isolating due to COVID-19, have medical reasons, struggle with mobility or have other special circumstances and require a fresh food delivery by Activan, please call the office 905-877-6444 for more information.

I know you have been missing your exercise classes. Well, we have a way of helping you get back into shape and take off a couple of those pounds you have gained.

On Tuesday and Thursday at 10 a.m., Dori and Sandy will be offer-

ing Zoom exercise classes. Again, you will need to register with the office to get your Zoom information. The first class begins on Tuesday, July 7.

The office staff — Terri, Sherry and Kim from Georgetown and Wendy and Michelle from Acton — have not been sitting idly by during this off time.

I hope you will show your appreciation for all they have done and are doing on your behalf. Things just don't happen. Thank you, ladies.

*Florence Riehl is an active member of the Hillsview Active Living Centre in Georgetown. She can be reached at [freeflo@sympatico.ca](mailto:freeflo@sympatico.ca).*

# SCAMS AND FRAUD ARE A REAL THREAT

CANADIANS NEED TO RETHINK HOW WE COMBAT SCAMS AND OTHER ATTEMPTS OF THEFT, WRITES PETER WATSON

Scams and frauds are part of everyday life. Policing is difficult because most cases are not reported. The Canadian Anti-Fraud website is a useful source of information. Protect yourself by anticipating fraud attempts will occur against you.



**PETER WATSON**  
Column

As an example: two cellphone messages saying the owner's credit card had been compromised

earlier that morning and a large amount of money was taken. The instruction was to call back immediately, and a number was provided.

The cellphone owner elected to call the phone number on the credit card. Both the credit card and bank name are among the largest in our country.

The bank employee was familiar with this type of attempted fraud and assured the caller not to worry. That assurance was comforting, but from a crime prevention perspective, the rest of the

telephone conversation was puzzling.

The bank employee was offered the phone number that the criminals had requested the cellphone owner call. The surprise response was no. The bank did not want the phone number.

I contacted the Halton Regional Police and spoke with Kevin Harvey in the fraud unit. He said a good way to combat fraud attempts is public awareness.

When specific types of fraud are continuously attempted, there is an effort

by police to educate the public which has had success in the past. Criminal activity in that area might decline, but sometimes resurface years later.

Detective Harvey said one of the biggest obstacles at policing fraudulent activity is the lack of reporting. Most fraud attempts are not reported.

The suggestion was for citizens interested in learning more about fraud to visit the Canadian Anti-Fraud Centre website.

Scams and fraud attempts unfortunately are part of everyday life. Understand that you will likely be a target in the future.

Be on guard and try to protect yourself.

*Peter Watson, of Watson Investments MBA, CFP®, R.F.P., CIM®, FCSI offers a weekly financial planning column, 'Dollars & Sense'. He can be contacted through [www.watsoninvestments.com](http://www.watsoninvestments.com).*

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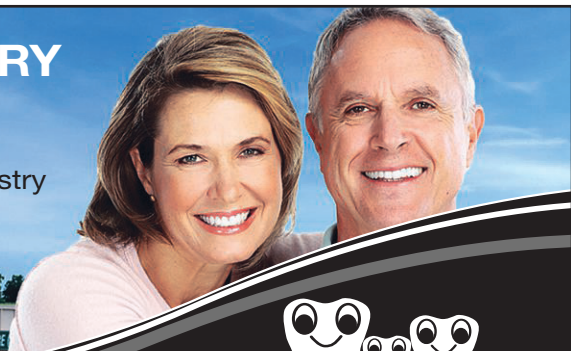


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