



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

# AN EARLY SPRING IN STORE?

## RETURN TO WARMER WEATHER AND OUTDOOR ACTIVITY GREATLY ANTICIPATED, WRITES FLORENCE RIEHL

An early spring was predicted by Warton Willie on Feb. 2. With that comes thoughts of getting out to garden, and for me golfing.

Hang in there, everyone. Our solitary confinement will come to an end.

In the meantime, exercise classes that would be offered in the centre are being offered as virtual classes. Classes, dates and times are found in the February/March Hillsview Newsletter. These classes sure can help to drive away the bore-



FLORENCE RIEHL  
Column

dom of being cooped up. If you would like to participate, call Sherry at 905-877-6444 to get signed up.

The drive-thru lunches have proven to be very popular, and sell out very quickly. These will continue until the end of March.

In order to serve more members, a couple of new rules have been put in place. You are now allowed to book only two meals for the week and you can no longer book for friends. All bookings take place on Friday by

phone, beginning at 9 a.m.

I understand the participating restaurants are quite pleased with our support.

If you have not paid your 2021 membership, you will find that your swipe card has been discontinued and will need to be reactivated when your membership is caught up. There are membership forms and a drop box for your fees on a table between the entrance doors.

I had a query from a gentleman interested in joining our centre, wanting to know the age for joining. According to our constitution, we consider you a senior if you are 55+.

Actually, we would be glad to receive you if you are younger. I always say that if we at the centre have something going on and you are interested, we would be happy you have you join —

that is, if you are 18+.

I came across some interesting facts about the senior population in Canada. Did you know that 2015 marked the first time Canadians aged 65 and older started to outnumber children under the age of 15? Older Canadians now represent Canada's fastest growing demographic.

*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).*

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