

By Cory Soal R.H.A.D.

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.

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OPINION

A SHOT IN THE ARM FOR BETTER DAYS AHEAD

VACCINATION PROCESS WAS SO WELL ORGANIZED. **WRITES FLORENCE** RIFHL



FLORENCE RIEHL Column

Like many of you, I have received my two COVID-19 vaccine shots.

How fortunate we were to be able to get this done at the Gellert Community Centre. What a great group of organized and caring people manning that centre. The whole process, from making your appointment to actually getting the vaccine, was so well managed.

Thank you to all those health-care workers who are spending hours making sure we are safe.

Thank you also to the ladies at our active living centre — Heather, Sherry and Kim - who have also worked tirelessly to keep our centre going. They have come up with all kinds of ways to keep us informed and make us feel we still are a part of the centre.

Won't it be a great day when we can all gather together again in our special place, the Hillsview Active Living Centre.

As we look to the immediate future regarding programing, it appears we will continue with the virtual exercise programing until May 14.

If you haven't taken part. please consider doing so. It is the same quality of class and instructor you would

receive in person.

The list of these programs, dates, times and cost are in your Hillsview News. If you call the centre at 905-877-6444, Sherry or Kim will help you register and give you the information to get onto Zoom.

If you are unable to access Wi-Fi, contact the centre or drop in and have one of the ladies help you. If there is a will there is a way.

The Mindfulness telephone program that has been running on Monday mornings will continue into May. It's another great program done in the privacy of your home and all you need is a telephone. It helps if it has a speaker button.

Again, the office can give you the number.

It is hoped that, if all goes well, some programing will be brought back into the centre in May. Stay tuned.

I bet some of you are really anxious in these nice days to get out and clean up the yard and start your planting. On behalf of all the little creatures under that debris, please don't be in too big a hurry. Give them a chance to hatch and get out on their own.

Florence Riehl is an active member of the Hillsview Active Living Centre in Georgetown. She can be reached at freeflo@sympatico.ca.

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