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## Eramosa seniors have a resource

Since opening in October 1992, the Eramosa Seniors' Resource Centre has provided Home Sup-

port Services to local seniors, these services include: friendly visiting, telephone reassurance, information and referral services to find answers to questions and link seniors with helping agencies, light housekeeping and home maintenance, transportation for medical and other important appointments, friendly support and assistance with form-filling and advocacy to help seniors who are experiencing problems with accommodations.

A wide range of other activities for seniors have been provided through the Centre. Some of the highlights include Tai Chi, hearing clinics, 55 Alive refresher driving course, eye clinic, inter-generational programming with

Rockwood Centennial School, line dancing and so on.

We are very grateful to groups and individuals in the community who have made donations of books, furniture and dollars to the centre, to the Long Term Care Division (Ministry of Health) and to The Guelph United Way. We appreciate the opportunity to share accommodation costs with our good friends in the Rural Women's Shelter Program. Some funding has also been raised through the used book sales section of the Centre, but the Centre continues to be subsidized by EWAG (East Wellington Advisory Group).

The Centre has attracted some wonderful volunteers and one of our goals is to expand the volunteer aspect of the Centre. Referrals are welcome. Please call if you need help, know of someone who needs help, or wish to volunteer.

For further information please drop in at the Centre, 126 Main St. S., Rockwood, Thursdays, 10 am to 3 pm or phone Eramosa Seniors' Resource Centre: 856-2191.

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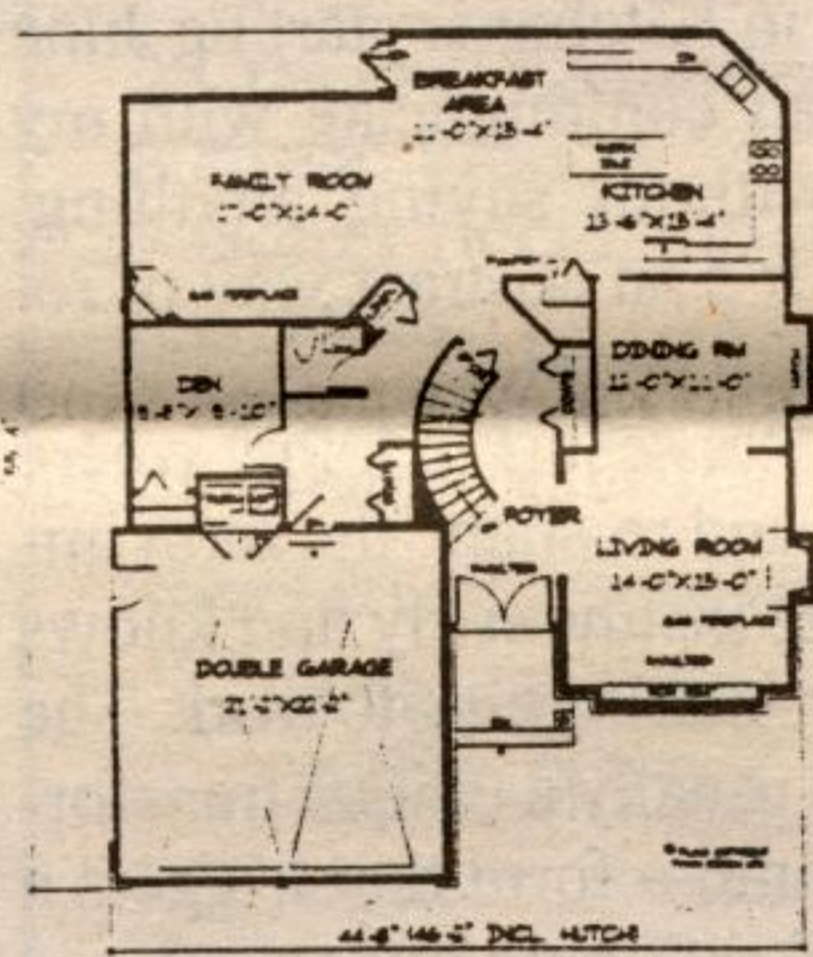
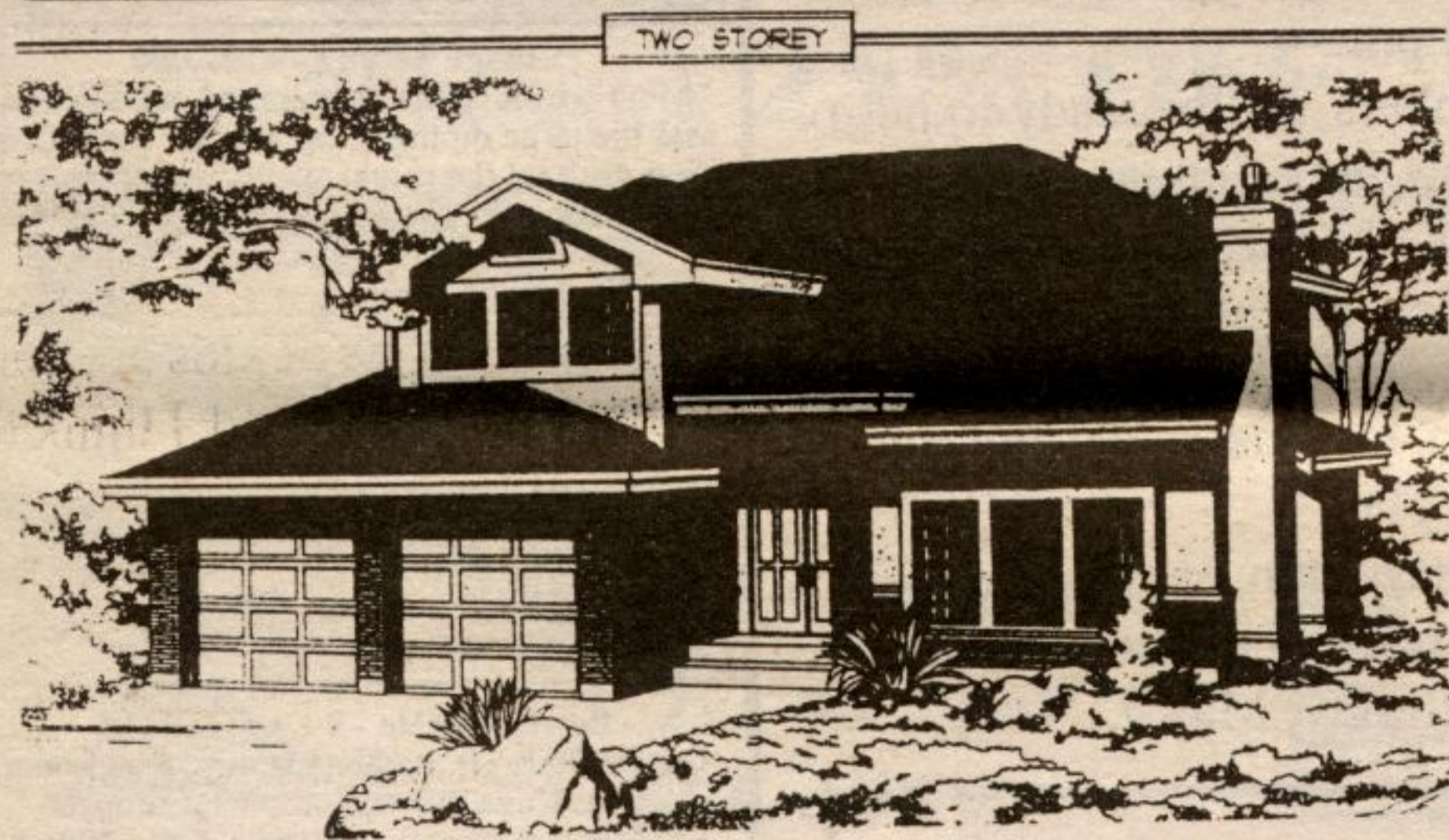
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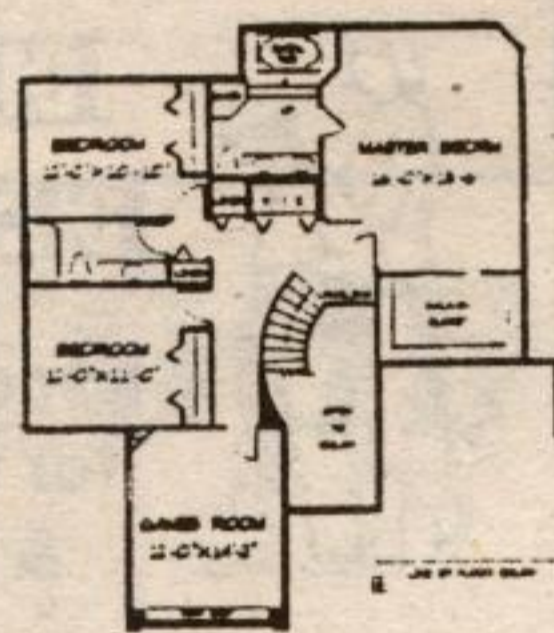
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