

# ACTON SENIORS' RECREATION CENTRE

By EILEEN DIX

I do hope all our members enjoyed the Thanksgiving Holiday, especially as the weather was so nice.

Julie is away visiting family, so here I am once more!

Many of our seniors are using the Foot Clinic, which is now held at our Centre. If you want an appointment for the next clinic on Monday, October 18 call Jean Ellis at 853-3704.

We also will be hosting a Flu Vaccination Clinic in the Community Room next to our Centre on Wednesday, October 27 from 1 - 7 pm. No appointment is necessary, and anyone in the community can attend, not just seniors.

On Tuesday, October 19 we are welcoming anyone who has become a member of the Centre in the past year by inviting them to a New Members Tea. This

gives our new members the chance to meet and socialize with other new members and hear more about what the Centre has to offer them. We have been calling all these new members, but if you were missed or need more information on this, please call Eileen at 853-0493. Please note that the Tea is at 1:30 not 2pm as we had advertised.

Are you interested in playing Bridge? If so drop into the Centre to add your name to the sheet of interested players or call the Centre at 853-5951.

Here is your chance to enjoy a day out with your grandchildren! There are just six spots left on the trip to London to see the World-famous Lipizzaner Stallions. The trip is on Sunday, October 24 and

costs \$55.00 per person. Drop in or call Barb or Betty at the Centre on Monday or Friday mornings.

The next Casino Rama trip is on Wednesday, October 27. If you are interested please call Ruth at 853-5124 to book your spot.

The tickets for the upcoming Halloween Party are on sale. Don't be disappointed, get your ticket early! It promises to be a lot of fun, with good food!

Margaret Anderson has some great-looking T-shirts, golf shirts, and sweatshirts in a variety of colours and sizes, with the Acton Seniors Centre Logo on the front. Prices range from \$15 - \$45 depending on the type and size you choose. Wearing this is a great way to advertise that you proudly belong to the Centre. Call or drop into the Centre on a Wednesday morning when Margaret does the Reception Desk, and would be happy to show you a sample and take your order.

This is ideal for Thanksgiving, but of course can be used at any time of the year:

*For food in a world where many may walk in hunger,*

*For faith in a world where many walk in fear,*

*For fellowship in a world where many walk alone,*

*We give thanks.*

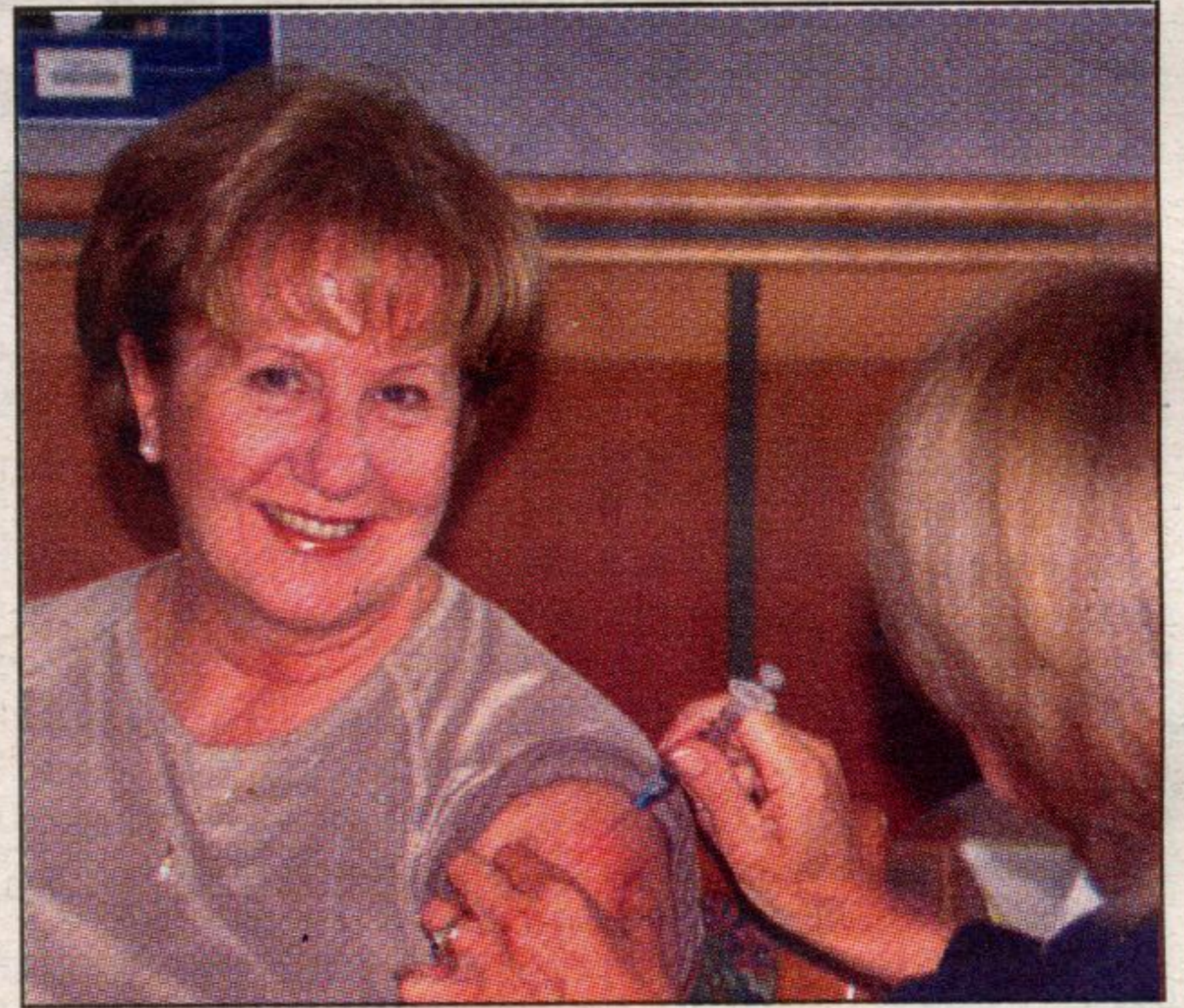
Email us with your news tips  
[thenewtanner@on.aibn.com](mailto:thenewtanner@on.aibn.com)

## Free flu shot clinics in Halton

Regional Chairman Joyce Savoline received her influenza immunization on Tuesday in support of the 2004 Universal Influenza Immunization Campaign. The Ontario Ministry of Health and Long-Term Care provides funding for Health Departments across the province to administer free influenza immunization to all eligible Ontario residents over the age of six months.

The goal for this year's campaign is 90% immunization rates for those at a high risk for complications from the flu, which includes, anyone over the age of 65, those with chronic medical conditions such as heart or lung problems, those with weak immune systems, and healthy children aged six to 23 months. The Health Department is also striving for improvement in immunization rates for those at increased risk of transmitting the virus to high risk groups, which includes health care workers, emergency services personnel (Police, Fire, Ambulance) and volunteers in community, acute care, long-term care and retirement home settings, and a 60% immunization rate for the general public.

Clinics are being held in October, November and December and will be open to all people over the age of six months. The Health Department continues to emphasize the importance of flu immunization for children and youth. Infection rates in children are much higher than in adults. Immunization in children has been shown to prevent community transmission of

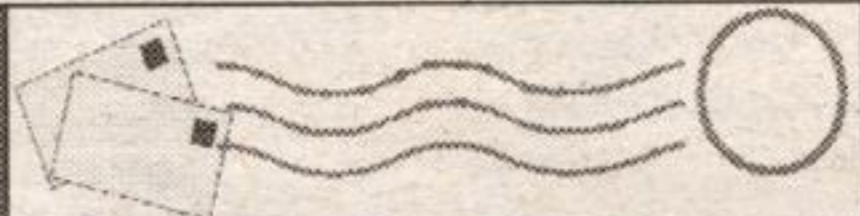


**JAB FOR JOYCE:** Regional Chairman Joyce Savoline got her yearly flu shot from Public Health Nurse Ann Kubacki recently in support of the 2004 Universal Influenza Immunization Campaign. Free Flu Shot Clinics are being held from October to December for anyone over the age of six months. -Submitted photo.

influenza and to reduce school absenteeism. For more information about clinic locations or influenza, please call the Halton Region Health De-

partment at 905-625-6000, toll free at 1-866-4HALTON (1-866-442-5866), TTY 905-827-9833, visit our Website [www.region.halton.on.ca](http://www.region.halton.on.ca)

## Letters



### 85lb pumpkin in our patch

To the Editor:

My grandson had been watching me plant carrot and bean seeds and decided he was going to "help".

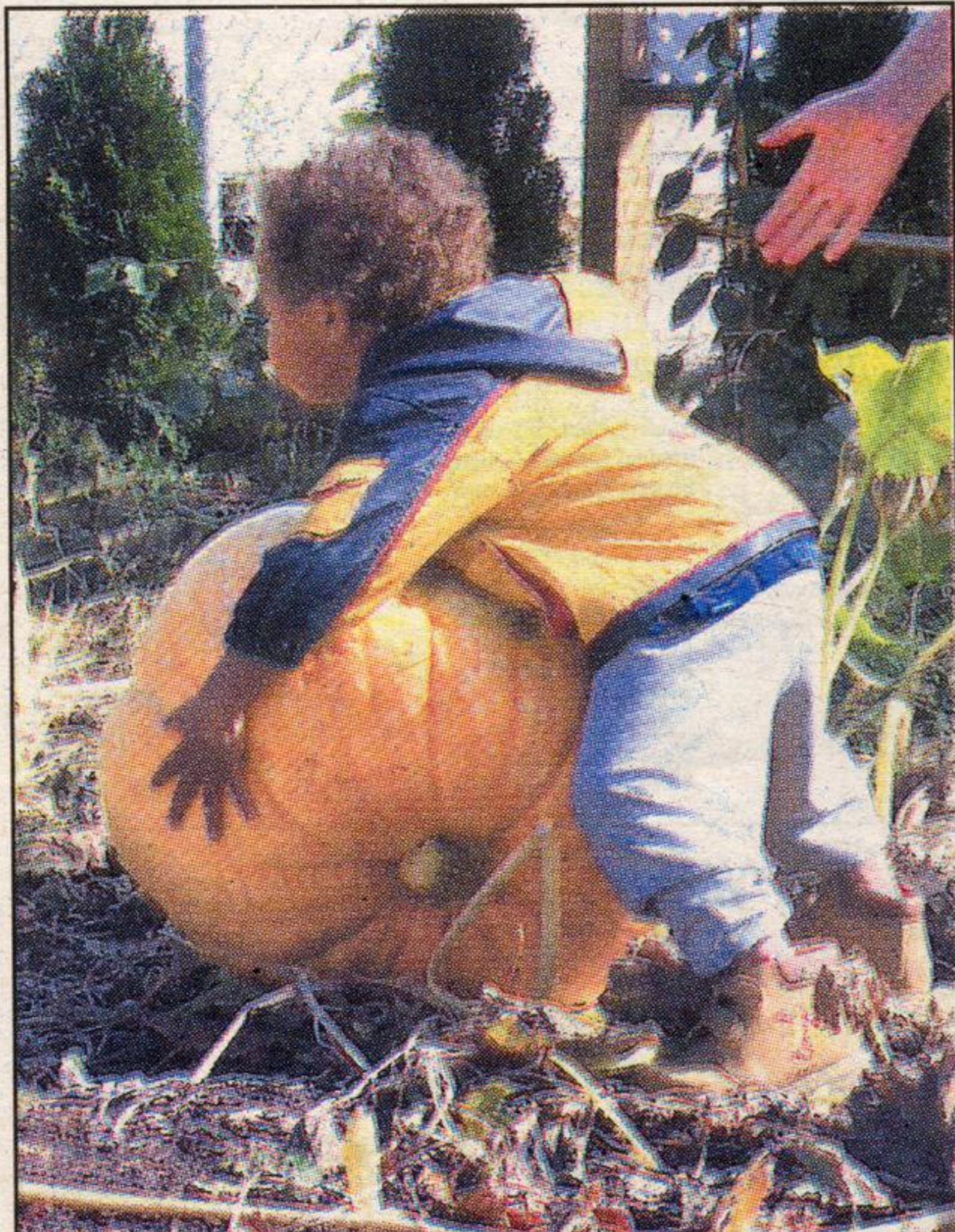
His helping meant ripping open all the seed packets and dumping them into his bowl.

We walked around the garden and he stuck seeds everywhere haphazardly. Within a few weeks, plants were sprouting and he and his Papa watered them every day.

When these bright yellow 'squash-like' things started to appear, we had no idea what they were. I even called the Fair committee looking for information from the judges from the horticulture division but we still were not really sure what they were until we found this one buried beneath 3 foot high leaves.

This Thanksgiving weekend, when Thomas crawled on top of it to have his picture taken, the vine snapped. We had intended to let it finish growing until Halloween, but he's now trying to drag it around in his wagon. However, since it weighs over 80 lbs, it doesn't go too far.

Joanne Adler (grandma),  
 Acton.



**BIG PUMPKIN:** Little Thomas, tried with all his might, but was unable to lift this massive pumpkin off the ground. - Submitted photo

Congratulations  
 Steve and Janice (nee Cox) Wilson  
 on your first anniversary



September 20, 2003

Janice and Steve are both graduates of McMaster University and Durham College. Janice is a graduate of Acton District High School. They currently reside in Mississauga. Steve is employed as Programs Manager at Canlan Ice Sports facility in Oakville and Janice has recently accepted a position as Kinesiologist at the Village of Winston Park, a retirement community in Kitchener.

Love from the Cox and Wilson families

# Tremblay Decorating

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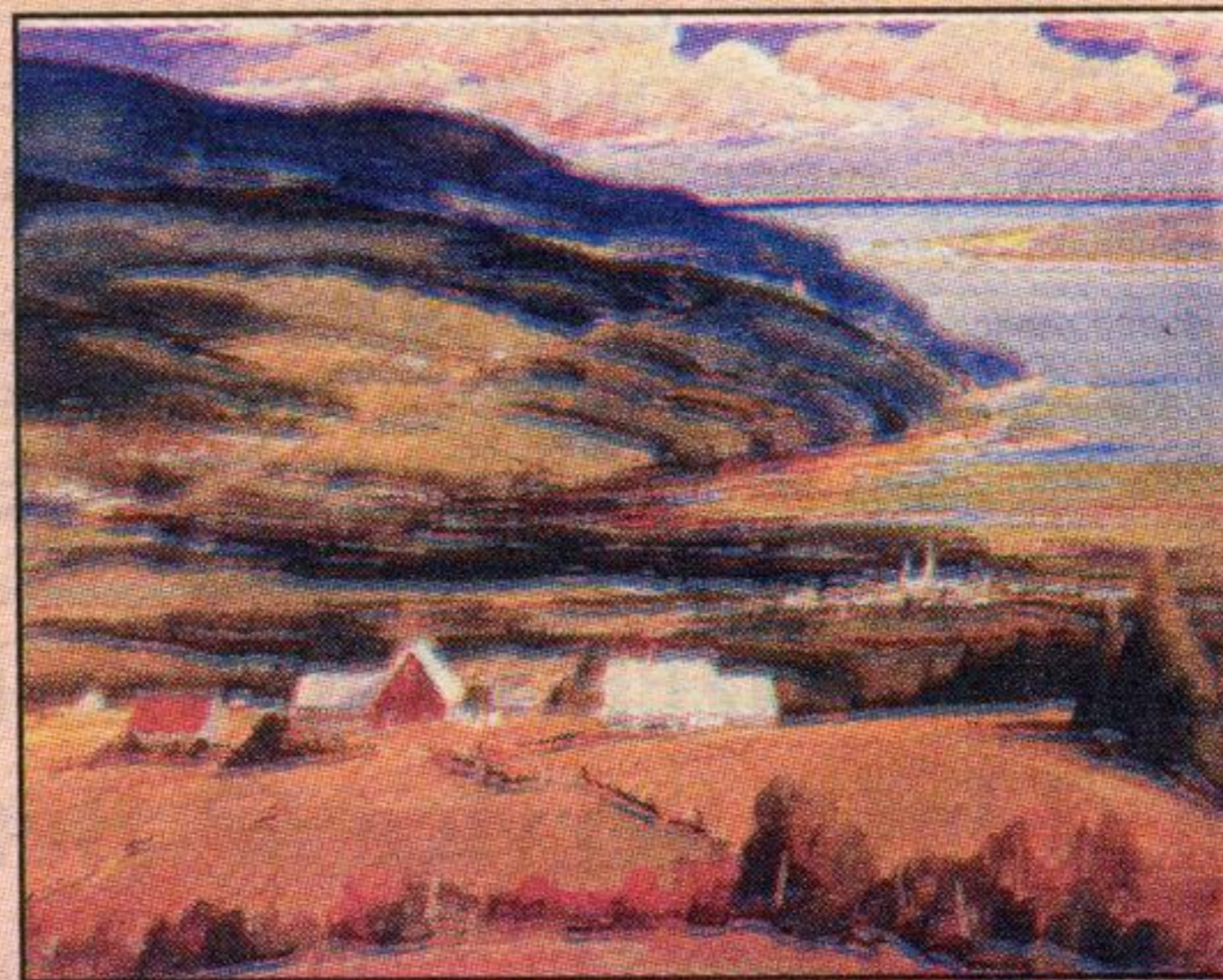


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Louise Kirouac, Vue magnifique, Baie St. Paul, 1999, oil on canvas, 30 in. X 36 in.

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