

Seniors' Lifestyles

Sept. 8-12 is Drop-In Week at the Acton Seniors' Centre

The Acton Seniors' newsletters for September and October are available for pickup. Do enjoy the contents and schedules.

Our centre will be busy in September with many activities starting:

- Monday to Friday (Sept. 8-12) is drop-in week! Come and check out the activities.

- Tues. Sept. 9, 9:30-11 a.m. The Halton Hills Community Support and Information Centre will have a presentation.

- Friday, Sept. 12 is our chicken barbecue (Maple Lodge Farms chicken), which is open to the public. Tickets are being sold at our centre and at Halton Hills Furniture. Buy your tickets before Sept. 8 and don't be left out. Tickets are adult \$12, seniors \$10 and children \$5 for a hot dog meal.

Don't forget our trips:

- Friday, Sept. 5: a FREE trip to Forever Young Show at the Toronto Convention Centre. Coach is supplied by Healey Motor Coach Tours.

- Friday, Sept. 19: a six-hour boat cruise of Sparrow and Couchiching Lakes and Trent Severn Waterways with a continental breakfast and buffet luncheon on board.

There are several "mini" overnight tours organized. Check the travel desk at the centre for more information.

On Sept. 22 at 1:30 p.m., Dr. Hess, veterinarian, will talk about small animals and their contribution to seniors' health and well-being.

My thanks to Barb Crawford for helping to write this column while Owen is "under the weather". We miss you, Owen.

— By Ena Gibson,
Acton Seniors' Centre

Open House/Registration Week kick off fall activities at the Georgetown Seniors Centre

Summer is over, schools have started up again and the Georgetown Seniors Centre is gearing up for another year of activity.

September 8-15 is Open House and Registration Week and all seniors, aged 55 and over, are invited to drop in and see what we have to offer. From our many activities we are sure that you will find something that appeals to you.

On Tuesday, September 9, we are hosting our annual open house barbecue and corn roast at 12 noon. Hot dogs, corn-on-the-cob, tea, coffee, lemonade and pop are available. A good day to drop in.

Some dates to mark on your calendar:

- Sept. 8: bingo at 1:30 p.m. (Members only)

- Sept. 15: watercolour workshop. Check the magazine for time and cost.

- Sept. 19: euchre, 7 p.m. All are welcome.

- Sept. 20: bid euchre, 7 p.m. All are welcome.

The September/October magazine is ready for pickup at the centre. Get yours soon.

Georgetown Seniors Art Club is looking for new members to join us Wednesdays at 1 p.m. All levels are welcome, especially beginners. Come and join our friendly group.

Our Seniors Cookbook will be ready for sale the second week of September. Watch for it. They will

be on sale in the Georgetown Market Place mall on Sept. 19 and 20.

An instructed class on genealogy, a course to teach you how to research your genealogy will commence on Monday, Sept. 16 at 1 p.m. Each class will last two hours and will cost \$2 per attendee. Registration required. For more information call Bernie Bradner, 905-702-0265 or Dave Naylor, 905-877-6013.

Grant Greenaway, our "travel man" has been working hard to line up some great trips for us. Here are are:

- Second annual Trent Severn-Sparrow Lake Cruise on Friday, Sept. 19. It's a great cruise, beautiful scenery and scrumptious food. Cost is \$81 per person. Bus leaves Mold-

Masters SportsPlex parking lot at 7:30 p.m. and returns at approximately 5 p.m. Book early.

- Collingwood fall colours with Memories of the Rat Pack show on Oct. 2. Bus leaves the SportsPlex parking lot at 9 a.m. returning at 6:30 p.m. Cost is \$66 per person.

Please contact Grant as soon as possible for more information about these two great trips.

Please note: after Sept. 1 all bus trips will depart from the Mold-Masters SportsPlex parking lot and not from the centre. Lack of parking has forced this change.

Until next time, cheerio!

—By Dave Hastings
Georgetown Seniors Centre

Caregiver support

The Halton Hills area family support group offered by VON Alzheimer Services meets at Mountainview Retirement Residence, 222 Mountainview Rd. N. Meetings are held the first Tuesday of each month, 7-9 p.m. If you wish to attend this group, call VON Alzheimer Services, 905-847-9559 or toll-free at 1-800-387-7127. New members are welcome.

Living with Stroke

Halton Hills Speech Centre, in partnership with the William Osler Health Centre and the Heart and Stroke Foundation, offers a Living with Stroke program at the Halton Hills Speech Centre, beginning Thursday, Sept. 25.

IN BRIEF

For program times and registration call 905-873-8400 or 1-877-645-0460.

Foot care clinic

VON holds its foot care clinic at St. John's United Church on Guelph St., every Tuesday, 1-4 p.m. By appointment only. Call 1-800-387-7127, ext. 2210.

Caregiver workshops

VON is offering a family caregiver education program in Burlington for four consecutive Wednesdays, starting Sept. 17, 7-9 p.m. Info: 1-800-387-7127 or www.vonhalton.ca

If you would like to advertise in this monthly feature please call **PAUL** at **905-873-0301** ext. 239
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