

Acton Seniors Centre programs keep members active all week long

The Acton Seniors Centre is celebrating its Open House and Registration this week and we hope that many people dropped in to see what we have to offer.

This a rundown of a normal week at the centre for the active or not so active. On Mondays at 9 a.m. for the more energetic we have Easy Does It, an exercise program to music; 10 a.m., crafts or darts and Tai Chi. The travel desk is always open in the mornings and has many exciting trips planned. In the afternoon there is carpet bowling.

Tuesdays our computer courses run and it is a time to acquaint yourself with the intricacies of the computer (our young grandchildren seem to understand them so easily). Really once you get to prac-

tise it really isn't as complicated as you think. We have state-of-the-art computers and they are often sitting unused. You can even surf the web. You do have to be a member to take advantage of this.

Wednesdays at 10 a.m. is Fit and Fun, another exercise class and at 11 a.m. line dancing. Both are lots of fun to great music. Thursdays is for all the card players at 10 a.m. canasta and cribbage and at 1 p.m. bid euchre. Friday, the Travel Desk is open again in the mornings and at 10 a.m. it's shuffle board followed by lunch and bingo to end the week. As you can see there is lots to do and we encourage your input into any activities you would like to see.

The mooners at the Bid Euchre on Sept. 9 were Edna Nellis, Muriel Dzierla, Mary Irwin and Elma

Braida. I know people read this report, as I have been asked several times "what exactly is a mooner?" I know it sounds slightly indecent but I have been told on good authority by Ruth it means a perfect hand played alone (24 points).

We are still hoping for more bridge players to sign up; we only have four so far. If anyone is interested we might be able to obtain someone to teach bridge also.

For the bingo lovers (and I know there are a lot out there), we have Bingo every Friday at 1:15 p.m. If you are interested, we also have lunch at the centre every Friday at noon. The first Friday of each month is always potluck; soup and sandwiches or a mystery lunch complete the rest of the month.

The next trip to Casino Rama is on Wednesday, Sept. 29. Please call

Ruth, 519-853-5124 if you are interested in going. You don't have to be a member of the centre to go on the Rama trips.

Margaret Anderson tells me the lovely fleece shirts will be arriving shortly and if you are interested you can order one. They make a great gift and are of excellent quality. She also has some t-shirts and golf shirts available.

Don't forget the Pancake Breakfast on Saturday, Oct. 2, 9 a.m. to noon. A great way to get the family together and enjoy the fellowship of friends old and new. You can obtain tickets at the centre Monday to Friday, 9 a.m. to 4 p.m.

The current newsletter is at the centre; don't forget to pick one up so you know what is going on over the next two months.

The New Members Tea is on


Oct. 19, 2 p.m. and we hope for lots of new members at this event. The board members introduce themselves and give a little rundown about the centre and our goals.

Special programs start in October and the first one will be an Aromatherapy presentation on October 12 at 1:30 p.m. Marj and her committee have been very busy over the summer setting up some interesting presentations.

If you know someone who is sick and needs a little card to cheer them up, please let Elma Braida know. It is very difficult for her when no one tells her who is sick.

On a sad note, we would like to express our condolences to Jack South's family. He will be missed by all who knew him.


—By Julie Conroy,
Acton Seniors Centre



Kaitlyn,
You Are The
Sunshine Of
Our Lives!
Love Always
Mom & Dad

OPEN HOUSE
for
MURIEL (LAIDLAW) NURSE
for her 80th Birthday
Sunday, Sept. 26/04
1 - 3 pm
At Hillcrest United Church
8958 Trafalgar Rd.,
(corner of Trafalgar & 5 Sideroad)

Happy 30th Mike
Still
Living
Large!
Love always
from all the
family xoxox




ACT NOW! IT'S TIME TO TAKE ADVANTAGE OF MODEL YEAR-END OPPORTUNITIES ON ALL REMAINING 2004 HONDAS.

EXCEPTIONAL STRETCH DRIVE OFFER
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Pilot Granite Edition, model YF1814E shown

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Accord Sedan EX-L, model CM5564JN shown

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