

# Seniors' Lifestyles

Tomorrow, 9 a.m. to noon

## Acton Seniors to flip flapjacks

The Open House and Registration Week was very successful this past week; we had many new members join. Some were those who had recently moved to Acton and others who have lived here a while and were interested in the diverse programs we have to offer. We have many activities planned for the centre and include everything from cards, crafts, darts and bingo to tai chi, line dancing and two different exercise programs. We have many interesting speakers and every Friday lunch at the centre. Of course, our Travel Desk is always planning interesting trips, either for a day or for several days, sometimes in Ontario or sometimes farther afield.

Joining the centre is a great way to get acquainted with new people if you have recently moved into the area or like others, have been busy working, looking after grandchildren or just retired and have more leisure time on your hands.

We are always looking for volunteers to help with different committees and really need the input of new thoughts and different ideas. Our various committees include: fund-raising, social, membership, public relations, program and many other spots just waiting for your input. It might be as little as four hours every other week at the reception desk (when you get to meet all kinds of interesting people) or offering a ride to members who would like to visit the centre but have no way of getting here or spending many hours on some of the committees, brainstorming ideas to benefit the centre.

Margaret tells me plans for the Pancake Breakfast on Saturday, Oct. 2 are well in hand and tickets (seniors \$5, adults, \$6 and chil-

dren, age 10 and under, \$3) are available at the reception desk. It will be held at the centre, 9 a.m. to noon. Pancakes, bacon, fruit salad, juice and coffee are on the menu.

I have received a plaintive plea from the darts group asking, "Do you want to have lots of fun?" They started playing Sept. 13 and Francis tells me the men won two games, but the ladies will be back to challenge them. She says they have two more ladies interested in joining the "rowdy" group and she is hoping for more men. So don't forget Mondays at 9 a.m.

Tai chi has changed the day they meet and in the future it will be on Mondays at 10 a.m. under the instruction of Wilfred Krauser of Guelph. There is still room for a few more people interested in improving their balance and fitness.

We had 36 people celebrating their August and September birthdays with friends on Sept. 14 and they enjoyed birthday cake and ice cream and fellowship.

Betty tells me they hope to plan a trip to see *Hairspray* if there are enough people interested. Another new trip 'hot off the presses' is a trip to see the world-famous Lipizzaner Stallions on Sunday, Oct. 24. The cost for this is \$55 and there are only 26 tickets available at the moment. Usual procedure; either sign up on the travel sheets or phone 519-853-5951. Don't forget the travel desk is open every Monday and Friday morning.

Don't forget anyone 55 years of age or older is encouraged to join the Acton Seniors Centre and a warm welcome will be extended to you.

By Julie Conroy  
Acton Seniors Centre



## New board at the Bennett

The Bennett Health Care Centre is a long-term care facility that is home to 66 residents. Licensed by the Ministry of Health and Long Term Care, the Bennett Centre is a non-profit, charitable organization governed by a volunteer board of directors, all of whom live in the community. The 2004-2005 board is back row (from left), Walter Sguazzin (administrator), Drew Leverette, Monique Porlier, Don Curry, Paul Skinner, Marilyn Mitton and Marg Appleyard. Front, Ruth Yates, Ken McCormack, Janet Duval (board chair) and Ernie Bodnar. Absent: Linda Dawson, Betsy Cornwell and Bill Kort. On Sunday, Oct. 24 the Bennett invites you to attend its Fifth Anniversary community open house, 1:30-3:30 p.m.; official welcome at 2 p.m. Free parking, live entertainment, cake, facility tours and future development update. Info: Barbara Filipcic, 905-873-0115 ext. 47511 or barbara\_filipcic@oslerhc.org. Photo submitted

## Lots of eating and entertaining at the Legion

We are really getting busy at the Georgetown legion. Coming in October is:

- Gobbles and Oinks, Oct. 2
- Hungry Man Breakfast, Oct. 9, 8-11 a.m. at the branch upstairs (elevator available). Cost is \$5 per person (children under 12, \$2.50) Takeout available.
- Branch meeting and Initiation, Oct. 14
- Roy Orbison tribute, Oct. 16. The dinner and dance tickets, \$25, are on sale until Oct. 14.

- Fish and Chip dinner, Oct. 18, 5:45-7:45 p.m. Tickets are \$5 and menu includes fish and chips, salad, dessert and coffee. For advance tickets call 905-877-4413.
- Entertainment, Oct. 23. Watch for details on the branch door. Don't forget Jazz Night every month. Everyone is welcome. Lorraine Capreol and Colleen Bond have been doing a great job with the meals and entertainment.

By Judy Oerlemans, Georgetown Legion

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