

Seniors' Lifestyles

It's back to ... the Centre for the 55+ 'youngsters'

Acton Seniors activities begin today

The first thing I must mention is the new newsletters are available at the front desk. Please pick yours up as soon as possible. They have lots of information about various programs and events offered at the centre. If you don't pick one up you might be missing out on something quite special.

We will not be having the open house this year, but you can register for any program at any time. The following is a list of all the classes re-starting in September including one new one.

- Friday, Sept. 2: 10 a.m., hiking club. You do not have to be a member to enjoy this very popular activity.
- Wednesday, Sept. 7: 10 a.m., Fit and Fun exercise class
- Monday, Sept. 12: darts resume at 9 a.m.; crafts and tai chi at 10 a.m. and carpet bowling at 1:30 p.m.
- Tuesday, Sept. 13: band practice is at 7 p.m. They are always looking for new members.
- Wednesday, Sept. 14: 9 a.m., a new program called Gentle Exercise, followed by the usual Fun and Fit Class at 10 a.m.

The program committee has updated me on some events happening during September. The Birthday Tea will be on Sept. 13 and will be combining August and September birthdays. Usually someone calls you, but if they miss you, please take this as an invitation and you are welcome to bring a friend.

Evening euchre starts again on Sept. 21 at 7:15 p.m. and refreshments are included as well as prizes.

There will be an optician visiting on Monday, Sept. 26 at 2:30 p.m. after the carpet bowling. I am sure he will be happy to answer any questions you may have and it will be very informative. So come and cheer on the carpet bowlers and stay for the talk.

During the past three weeks, Francis Hogenbirk had two mooners. Catherine Hunt, Mae Milton and Ruth Burke also had mooners at the Thursday afternoon bid euchre games.

The next Rama trip is Wednesday, Sept. 28. As all Rama fans know the signup sheet fills up quickly. If you would like to go, either call Ruth, 519-853-5124 or pop in to the centre and add your name on the list.

Update on the Rocking Chair Marathon. I see we have lost all hopes of getting our name in the Guinness Book of World Records as Suresh Joachim of Mississauga managed to rock for three days, three hours, three minutes and three seconds, but for the amount of people continuously rocking, we still have hopes. Norm Elliott, who is a past member of council, and a founding member of the centre, Janice Fread, a past Citizen of the Year, and Terry Alyman, Halton Hills Director of Recreation and Parks have all agreed to rock for at least half an hour during the weekend event. Other rockers will be our MP Michael Chong and Rev. Deborah McKellar from Trinity United Church.

Tickets for the chicken barbecue are available at the centre and also at Halton Hills Furniture at its new location on the corner of Mill and Main Sts.

—By Julie Conroy,
Acton Seniors Centre

Georgetown Seniors to hold Open House

It is really hard to believe that summer is almost past for another year! I was just thinking recently that we spend the winter inside with the doors and windows shut to keep warm. This summer we spent mostly indoors with the windows and doors closed and air conditioners going to keep cool.

We all complained a lot about the heat, smog and humidity that seemed to be our summer. Let's remember come next February and march when we have had enough of the cold. Maybe it will warm us up then.

Plans are under way at the Georgetown Seniors Centre for fall and winter activities. Looks like a busy time ahead.

The centre comes alive again the week of Sept. 12. It is Open House and Registration week. This is an opportunity for first-time members to come out and try out the programs for free.

On Monday, Sept. 12 there is carpet bowling, woodcarving demo, Stretch and tone demo, bid euchre, and Scottish dancing (no partner needed).

Tuesday, Sept. 13, there is Easy Does It demo, qi gong demo, Travel Desk open, Open House barbecue, card games and square dancing demo.

Wednesday, Sept. 14, look for tai

chi demo, line dancing demo, Mingle and Chat, paper tole demo, tai chi fan demo, euchre and social bridge.

Thursday, Sept. 15, look for Sizzlin' Seniors demo, coffee time with the band, darts, cribbage and shuffleboard.

The last day of the week, Friday, Sept. 16, there will be crafts, carpet bowling, draws, duplicate bridge, card games.

Like it or not, you are considered a senior if you are 55 and over. Come out this week and look us over, join and sign up for a couple of activities.

Heads up for folks wishing to join the Memoir Writing Group: It is necessary to sign up now. The first class is Friday, Sept. 9 at 9:30 a.m.

If you are busy canning you might want to do a couple of extra jars to donate for sale at the Christmas bazaar on Saturday, Nov. 5.

The Hilltop newsletter will be out soon. Pick yours up at the centre. It will give you more information on all the programs at your centre.

Now for a bit of gossip! What young lady from the Seniors Band has just gotten engaged? Congratulations to you both.


Come out to the Georgetown Seniors Centre. Get involved! Make new friends! Share in good times!

—By Florence Riehl
Georgetown Seniors Centre

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