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Acton Seniors rock to \$5,000

Everyone who visited Sobey's during our 36-Hour Rockathon, starting on Friday, Sept. 30 must have wondered what was going on. At times, we had everyone 'rocking in the aisles' to the music provided by Peter Dunham and Carole Hawke and the Acton Seniors Centre's own band, the Melody Makers. Sobey's was very supportive and provided free coffee to everyone in the store, plus a visible 'Spot' and many of the prizes. Other corporate sponsors were Acton Veterinary Clinic, MacKinnon Family Funeral Home, Giant Tiger, Home Hardware, Dr. Peter Lemiski, PharmaPlus, Purity Life Health Products Ltd., Shoppers Drug Mart and the olde Hide House, plus 42 other local businesses and individuals (including one fond grandmother) who supported the Rockathon through the purchase of half hour advertisements. Without the enthusiasm of Bill Graham, who took our small idea and expanded it with us into something huge, Ann Ferguson, the promotional manager, and the new store manager Mark Latimer, it would not have been the success it was. I must also thank all the people who donated either their time, money or spent time rocking, the young and not so young people who worked long hours, especially the one young person who worked right through the night.

Now the dust has settled and we have had time to relax after the Rockathon, we are already planning the next one. We raised over \$5,000 thanks to everyone who sponsored someone, donated cash or contributed time. I think most people agreed it was a lot of work, but a lot of fun at the same time. It enabled us to meet a lot of new people and promote our centre at the same time. The money raised will help towards the expenses and the various programs we offer at the centre.

The Chicken Barbecue last Friday was also a great success thanks to the fund-raising committee and the hard work of Marg Dodgson and her social committee. About 120 people enjoyed the menu and Doreen Gibb was the 50/50 winner.

Our next social event will be the Oktoberfest dinner on Thursday, Oct. 27 at 6 p.m. Tickets are available at the front desk and the good old German menu will consist of cabbage rolls,

sausages, sauerkraut, and rye breads, followed by Chudleigh's Apple Blossoms. Everyone who attended last year's Oktoberfest will remember Peter Baumann entertaining us with his excellent singing, while playing his accordion.

The following Saturday, Oct. 29, will be a Games Night at the centre, starting at 6 p.m. Tickets for light refreshments are available at the front desk. A limited amount of tickets are available for both events, so get yours early.

The annual Christmas Bazaar and Tea will be on November 26, 11 a.m. to 2 p.m. It is always a great event with lots of baking and great crafts—everything from scarves, doll and baby cloths, mitts, hats and aprons (great Christmas stocking stuffing items). Granny's Attic is looking for small items in good shape to sell and they can be brought to the centre the week of Nov. 21 (attention Doreen Gibb). If you are moving, or changing your Christmas theme this year, we can find a good home for any items (gently used) you won't be using.

Three people had mooners at last Thursday's bid euchre: Doreen Malcolm, May Hoare, and Mae Milton. The next trip to Rama is Oct. 26.

Nine people enjoyed the gentle exercise class this week. It is a great way for seniors to enjoy exercise by gentle walking and stretching exercises. This class starts at 9:15 a.m. and the regular Fit and Fun class starts at 10:15 a.m. They are held every Wednesday morning, year round as long as there is enough interest. Come out and see if it is suitable for you.

Anyone who joined the Acton Seniors Centre in the past 12 months should expect a call to attend the New Members Tea on Tuesday, Oct. 25 at 2 p.m. Come out and meet your board members and committee members plus some of the 50 new members who joined this past year. Perhaps you would like to serve on one of the many committees. This would be a great opportunity to find out where your talents could be used.

The 50/50 draw held on Fridays after the bingo was won again this week, so the pot grows. Stop in at the centre and put your loonie in the box and your name on the list.

—By Julie Conroy, Acton Seniors Centre

Halton The Regional Municipality of Halton

Let's Beat the Flu Influenza Immunization Clinics for Seniors and High Priority Individuals

The Halton Region Health Department is offering free flu immunization to Ontarians 65 years or older, those 6 months of age and over with medical problems or a chronic illness, health care workers, and emergency service workers. No appointments are necessary. Please wear a short-sleeved shirt. If you have a fever, or do not feel well, postpone your visit to a later date.

Tuesday, October 18, 10 a.m. - 2 p.m.
Georgetown Seniors' Centre
Indoor Mall, Unit 9,
318 Guelph Street, Georgetown

Wednesday, October 26, 1 - 7 p.m.
Acton Arena, Community Hall
415 Queen Street East, Acton
(Open to all)

**Influenza Immunization Clinics
Open to Ontarians 6 months and over**

Wednesday, October 26, 1 - 7 p.m.
Acton Arena, Community Hall
415 Queen Street East, Acton

Wednesday, November 9, 4 - 8 p.m.
St. Brigid Elementary School
73 Miller Drive, Georgetown.

Tuesday, November 1, 3:30 - 8 p.m.
Christ the King Secondary School
161 Guelph Street, Georgetown

Wednesday, December 7, 4 - 8 p.m.
Christ the King Secondary School
161 Guelph Street, Georgetown

For more information on influenza and clinic schedules call the Halton Region Health Department 905-825-6000
Toll free: 1-866-4HALTON (1-866-442-5866)
TTY: 905-827-9833
www.region.halton.on.ca/health



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