

Seniors' Lifestyles

Volunteers needed to help run programs at the Acton Seniors Centre

Have you renewed your membership yet? It really is a bargain at \$20 per year. Drop in to the centre in the next few days and see what we have to offer you.

If you can't see a single thing you would like to do, maybe you can suggest something that would interest you, then the program committee will try and include it in future events. If you find the winter long, join one of the committees and offer either help or ideas. There is lots of room for both.

The Friday lunch committee has retired after working hard for 10 years and we are looking for volunteers to help once every four weeks. During the month of January, Margaret Dodgson's social committee have offered to provide the Mystery Lunch at a cost of \$8, instead of the usual January

evening dinner. So that just leaves two other lunches this month to cover. If you would like to volunteer, or would like more information call Margaret, 519-853-8855.

Have I given you a headache with all this talk of volunteering? Come and listen to Brendan Cleary, Ph.D. Dace on Monday, Jan. 23 at 2 p.m. He is the founder of the Ontario Migraine Clinic in Georgetown. He will be here talking about acupuncture, and its benefits. Studies show there has been a lot of success relieving migraine headache using acupuncture.

On Tuesday, January 31, a Halton Region Police detective will be talking about identity theft, and how to keep your identity safe. It is a subject we are hearing a lot about at the moment. I know it is a meeting

everyone should try to attend. We all need to be aware of the ways to keep our information private, and have heard and seen horror stories on the television and in newspapers.

The Acton Seniors Recreation Centre will be holding its annual general meeting on Tuesday, Feb. 21. As well as an interesting speaker it will be time to vote for new board members as some have held their positions for three years,

and their term of office has ended, plus there are other vacancies due to resignations. Please make the effort and come out to this important meeting, and help elect people who will ably represent you on the board when making important decisions about your centre.

Sherry is very busy at the moment with the February and March newsletter. They will be ready for pickup towards the end of January. This is one way

you can be current with the happenings at the centre. It takes a lot of work by Sherry and others to print this informative newsletter.

The 50/50 was not won on Friday so it should be over \$100 today (Friday).

The Thursday afternoon bid euchre was well attended and Muriel Dzierla had one mooner and Ruth Burke, two.

—By Julie Conroy
Acton Seniors Centre

Georgetown Seniors Centre swings into action

It's over! The decorations are down and safely put away until next year. Whew!

About 70 members danced and ate the night away on New Year's Eve. What a great noisy time. Don Hurrion supplied some terrific music. You could actually understand the words so, if you didn't dance, you could join in the singing. Some members played cards and board games until 9 p.m. and then the serious partying began. No need to worry about the Ride Patrol stopping you on the way home. No hangover the next day although, by the actions of some, that punch might have been spiked.

I'm sorry if you missed it but it all happens again in about 12 months.

We have said our good-byes

to our friends who have headed south for the winter and it is time to bring the centre back to life. Programs that were discontinued over the Christmas season are got back into swing this week, (the week of January 9th). That means you will need to make sure you have registered and paid for the programs that interest you.

You can't tell me that, with all of that rich and good food we ate over the holiday, we don't need one of the exercise classes.

That reminds me of a joke I took off my computer and would like to share a laugh with you. I had my doctor read it so he wouldn't say anything rude about my weight. It seems I'm not really fat, just very smart. My brain couldn't hold any more so it pushed it down. What an excuse!

A heads up to you regarding the Annual General Meeting. It will be held immediately following lunch on Tuesday, February 14th at 1:30 p.m. If you are interested in becoming a board member, please contact the Nominating Committee Chairman, John Daley. This is your opportunity to vote and have a say in the running of Your Centre.

It's time to renew your membership for 2006. The cost is still \$25 for the year. What a cheap price to be a part of such a friendly place.

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

—By Florence Riehl,
Georgetown Seniors Centre

Could you deliver Meals on Wheels?

Have you ever thought that it might be fun and personally fulfilling to deliver Meals on Wheels?

With the increasing popularity of Halton Hills Community Support and Information's Meals on Wheels service, more volunteers are needed to deliver hot lunchtime meals. It takes about an hour to deliver a route and it could be done once a week or once every two weeks depending on preference. Mileage is reimbursed and your vacation time will be respected.

HHCSI would enjoy hearing from you if you would like to be part of the Meals on Wheels team! Please call Marlene, 905-873-6502.

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