

# Acton Seniors Centre news

There will be no tai chi this Monday, Jan. 23, due to the community hall being used as a polling place for the national election.

The Acton Seniors Recreation Centre will be holding its Annual General Meeting on Tuesday, Feb. 28 at 2 p.m. Please note the date, as I gave the wrong one last week. This is the time to elect new board members where required. Donna Rowley promises this will be a fast moving meeting. The Hee Haw Band

from Georgetown Seniors Centre will entertain us, and as usual there will be goodies, tea and coffee to close the meeting.

The Paper Tole will start on Monday at 1 p.m. The first one will only be for one hour. Normally classes will be two hours long, and I understand the people participating went to purchase their pictures and tools this week.

Margaret Anderson tells me the Christmas bazaar was a great success

and raised over \$3,000. Thanks to all the people who either baked, sewed, helped prepare food, sold tickets, manned booths or assisted in anyway, and especially thanks to the public who came out and supported the bazaar.

Eileen Dix reported that we now have 307 paid up members for 2006. Great news. Hopefully we will see many out participating in the activities at the centre.

—By Julie Conroy, Acton Seniors Centre

# It's a Lifestyle, Not a Diet

## \$89 VALUE



PRESENT THIS FOR  
A FREE WORKOUT WITH  
YOUR PERSONAL COACH  
AND A COPY OF OUR  
BEST-SELLING BOOK†

Total Health & Weight Loss  
The TRUESTAR Way



Get Healthy  
SAVE **40%**  
in January\*



**Truestar for Women™**  
Nutrition & Fitness Centers

### LOSE WEIGHT THE RIGHT WAY

	<b>Nutrition</b> Eat healthier and lose weight.
	<b>Exercise</b> Burn more calories – day and night.
	<b>Vitamins</b> Accelerate your weight loss.
	<b>Attitude</b> Reach your potential.
	<b>Sleep</b> Increase your energy level.

Total Health Programs based on the world's leading health website:  
[www.truestarhealth.com](http://www.truestarhealth.com)

- Free Personal Coaching.** Most clubs charge \$50-\$100 for personal training. Coaching in all 5 key areas of health, including exercise, is free at Truestar Centers. Coaches assist members to develop total health programs that guarantee successful weight loss on the road to optimum health.
- Customized Exercise Programs.** Truestar Centers have options for everyone. Customized exercise programs are designed for all ages and levels of fitness (beginner, intermediate, advanced). The programs include circuit options, cardio workouts and free-weight stations.
- Guaranteed Weight Loss.†** The Truestar Weight Loss Program has been so effective that weight loss is guaranteed or your money is refunded.
- Top-Rated, Doctor-Formulated Supplements.** Taking the right vitamins and supplements every day is essential for vitality, immunity and wellness. Truestar Centers offer a professional series of vitamins and supplements for over 500 medical conditions.
- Attitude Program.** With the proper motivation and goal plans, you can improve all areas of your life. Truestar will show you how to set goals and how to reach them successfully.
- Sleep and Relaxation.** Sleep is often the overlooked key area of health. The Truestar Sleep Program and natural sleep aids will assist with your total weight loss and overall sense of well-being.

call **310.TRUE**  
and be the **ULTIMATE YOU**

[www.truestar.com](http://www.truestar.com)  
Click on Testimonials

† based on following the Truestar for Women program. ‡ for initial consults only. \* on our Platinum Membership.