

Seniors' Lifestyles

Five member No Name Band gives older adults chance to dance away Saturday afternoons

The No Name Band swings into action at the (almost every) Saturday Afternoon Music Show, held in St. George's Anglican Church hall.

The fun starts at 1 p.m. and continues until 4 p.m. The group decided to play in the afternoon, mainly because many people prefer not to drive at night. An agreement was made with the church to use the hall providing that all church functions come first—hence 'almost every' Saturday afternoon.

"The church hall is well suited for us," said No Name Band member Carol Hawke. "No stairs, and a very easy set up, the floor is very good for dancing, the hall is cheery and clean. Just perfect. The church provides some light refreshments, and everyone has a good time."

Hawke is one of the originators of the group. She sings and does emcee work, as well as looking after the draws. She is a member of the Georgetown and the Acton Seniors Bands.

The band plays a variety of entertaining music, for dancing, singing or just listening—country, old standards, latin, sing-a-long, and some old rock & roll, mixed in with show tunes, R & B, jazz, and sometimes there is a caller for square dances.

"When we do it, that's it, no reruns or retakes," said Hawke. "It's good or

bad, and yes, we have some bad ones, but that's live music. And that's the best kind."

"This is a dance where if you wish you can get up and either play along or sing with the band," said Hawke. "We usually have about 6-8 people that get up, do a couple of tunes and have a great time. They can use some of our equipment to play along with."

Madge Sanderson is one of the guests that comes to every show. "She gets up and will play banjo, guitar, drums, or spoons as well as singing lots of good old fast country songs," said Hawke.

The band never gets smaller than two, that is Carol Hawke and Jim Dunham. Other band members include Marie Chalmers who has just recently taken up the drums and David Schleich, a seasoned musician whose work schedule does cause him to miss some events. On guitar is Steve Melville, who is an accomplished musician on guitar or bass with his jazz and blues styling add a great deal to any number the band will play.

Jim Dunham, transplanted about eight years ago from Brantford, sings a bit and looks after the key board part of the band. He is also a member of the Acton Seniors Band and sometimes helps the Milton Seniors band on drums, plus plays drums once a month at the Country Jamboree held in Caledon East.



Fans of tai chi

Members at Georgetown Seniors Centre have been taking part in tai chi classes under the instruction of Tessie Smith, as they learn the art of the Flying Rainbow Fan technique. Among those taking part are (from left) Norma Pumphrey, Livia Almeida, Marilyn Stevens, Jeannette Cockton and Lea Mogg.

Photo by Ted Brown

Acton Denture Clinic
Tracy Mitchell D.D.
130 Mill Street East, #103,
Acton

Full & Partial Dentures
Implant Retained Dentures
Precision Dentures (BPS® Certified)
Same Day Service for Repairs & Relines
Dental Lab On Site
No Referrals Needed
(519) 853-0079

Redeem Ad For \$100^o DISCOUNT ON NEW HEARING AID PURCHASE

• Sales • Repair
• Hearing Testing on all makes & models
• Home Visits Available including Rockwood, Acton, Georgetown, Norval, Moffat, Erin, Speyside and Milton.

WE OFFER FREE NO OBLIGATION CONSULTATION!

No Referral Needed; Call for Appointment
905-877-8974

91 MAIN STREET, GEORGETOWN
(between Foodstuffs & the Health Dept.)
Todd L. Hare, H.I.S., H.I.D. **Open Monday - Friday**

Georgetown
DENTURE CLINIC
Alexander Trenton, D.D., F.C.A.D. (A)
18 Church Street,
Georgetown
(905) 877-2359

LORD DUFFERIN CENTRE
Seniors' Residence

IMAGINE A BETTER WAY of LIVING

Come tour our well appointed seniors facility in the heart of Orangeville and join us for a complimentary meal in our elegant Dining Room. With several different styles to choose from, our suites are complimented with everything one needs either on premises or just a few minutes away.

Jarlette Health Services
32 First Street,
Orangeville, Ontario L9W 2E1
Phone: (519)941-8433 Fax: (519)941-2615
www.jarlette.com

Come experience the Lord Dufferin feeling for yourself

MOUNTAINVIEW RESIDENCE
"Family Caring. Caring for Life."
222 Mountainview Road North
Georgetown, ON L7G 3R8
(905) 877-1800 tel.
(905) 873-9083 fax
www.mountainviewresidence.com
info@mountainviewresidence.com
82 suites

SERVICES INCLUDED

- Around the Clock Professional Staff
- In-house Physiotherapy & Blood tests
- Medication Supervision & Treatments
- Daily Light & Weekly Full Housekeeping
- Personal & Room Laundry
- Home-style Meals & Snacks
- Full Time Activities Coordinator

AMENITIES & SPECIAL FEATURES

- 5.66-Acre Park-like Landscaped Property
- French Provincial Café
- Theatre/Chapel Lounge
- Sun Room Lounges
- Fire Place Lounge
- Tuck Shop
- Games & Crafts Room
- Internet & Library Lounge
- Intimate Family Dining Room
- Planned Outings With Transportation
- Individually Controlled Heating & Cooling
- Spacious Private Suites from 300 to 630 sq ft

ORCA Approved Member

EDEN HOUSE CARE FACILITY Inc.
NURSING HOME RETIREMENT HOME
"A Nice Place To Live"

Eden House has been licensed by the Ontario Ministry of Health and Long Term Care since 1968. Eden House is family owned and operated and is situated on spacious grounds. The convenient one storey building is strategically located in a rural setting between Eden Mills, Rockwood and Guelph.

Please call us for a tour
8 a.m. - 6 p.m.

"Serving Seniors Since 1968"
Accredited by:

ORCA Ontario Long Term Care Association
Eden House Care Facility Inc.
R.R. 2, Guelph Phone 519-856-4622 Fax 519-856-1274
edenhousecarefacility@albn.com

To advertise in this monthly feature and hit your target audience, please call your sales rep. at **905-873-0301**

The Independent & Free Press