

Georgetown Seniors Centre

Chicken barbecue caps Seniors Week

FLORENCE RIEHL

Georgetown Seniors Centre

The month of June has been designated "Seniors' Month". The Georgetown Seniors Centre certainly got it off with a bang with the Annual Variety Night, hosted by the Drama Club, on June 1st.

Senior talent seems to be an untapped resource and we heard only a little. The Drama Club would like to express their thanks to all those who participated in the show— Menz Choir, Fred, Lois, Sarah, Ethel, Steve, ladies of the Kitchen Band, Carl, and Nellie. These performers, along with the two skits from the Drama Club, provided a night of great enjoyment.

I arrived at the Centre at 6:15 p.m. for the show only to find the place almost completely full of eager audience members. Thank you to all who came out to see and hear the wonderful talent. Look for an even bigger show next year. We may even have to rent the Cultural Centre.

Keeping with Senior Month, next week June 19 to 23, is Seniors' Week in North Halton. Many of the activities carried on at our Centre in Georgetown will take place at the Gellert Centre on the Eighth Line. Come out and see the various programs. Hopefully you will consider

joining in September if you are not already involved.

Everything is free and you also have an opportunity to try out some of the swim sessions. Look for the ad in this paper with times and events or you may get more information by calling the front desk at the Centre. The number is 905-877-6444.

Seniors Week culminates with a Chicken Barbecue on Saturday, June 24. Dinner is at 5:30 p.m. The evening will consist of dinner, silent auction, games, and dancing. There will be no tickets available at the door. Get your advance ticket at the Centre. Cost is \$10.

I hope most of you were able to get out last Thursday, June 8th to celebrate the many volunteers in Georgetown, Acton and surrounding areas. It is a wonderful event sponsored by the Town. Wasn't that food, "Taste of the North" super? Each volunteer was able to take home a plant as a token of appreciation for all the hours you spend volunteering in whatever position.

Marilyn it is nice to see you back bubbling about the Centre again. Try not to take on the whole load.

Come out to the Georgetown Seniors Centre where it is cool and a cup of coffee is still only 50 cents. Get involved! Make new friends! Share in the good times!

Acton Seniors Centre

Plenty of 'Try-it' classes during Town's Seniors Week

JULIE CONROY

Acton Seniors Centre

Don't forget during Seniors Week, which is June 19-23, that on Tuesday, June 20, we will have the opportunity to walk with Mayor Rick Bonnette at 10 a.m. at the Gellert Community Centre. I hope to see lots of familiar faces there.

There will be many free information sessions at our Acton Community Centre and the Gellert Centre during the week. On Monday, June 19 in Acton we will have a demonstration of Tai Chi at 9 a.m. followed by the Fitness Class. You are welcome to either observe or join in. During the afternoon from 2 p.m. to 4 p.m. we will be welcoming members old and new to our Welcome Tea. Please try to come out and meet old friends and make some new ones.

The Gellert Centre has many FREE things happening all week. On Monday, you can try out the Arthritis Aqua class or in the evening Water Walking.

The Tuesday will feature many interesting things from Line Dancing to Flying Rainbow Fan demonstrations (a type of tai chi).

At the Gellert on Wednesday, you can swim in the morning, just mingle and chat over coffee or play euchre in the afternoon. Wednesday evening in Acton Community Centre, starting at 7 p.m. is the Step Try-it, following by Cardio Try-it. This gives you great opportunities to see if any of these programs are suitable for you.

Thursday, from 9:30 a.m. to noon at the Gellert Centre, you can enjoy coffee and music by both the Georgetown Seniors Band and the

Acton Doo-Wop Band. Acton's Band will play 11 a.m. and feature favourites from the 1950s. Also on Thursday there are several water programs for you to try and enjoy. Thursday all day, from 6 a.m. to 11 p.m. you can check out the Power Zone Fitness Centre in Georgetown.

If you would like to attend any of the events in Georgetown and don't have a ride, call the Centre, 519-853-5951 and we will try and arrange one for you. There are more events scheduled, so check out the ad on page 2 of this section.

Thank you to everyone who helped in any way with the Garage and Plant sale whether by donating "stuff", working or buying some of the treasures. It was a great success. I know when I arrived at 9:30 a.m. most of the plants were sold. Any items left over were donated to McKenzie-Smith Bennett School's fundraising group who are having a garage sale, June 17, to raise money to buy new equipment for the school playground.

There will be an Evening of Euchre at the Acton Seniors Centre on Wednesday, June 21 at 7:15 p.m. We plan to run right through the summer if there is enough interest.

Gerald Rennie asked me to mention there are still a limited amount of seats available for the Men in Motion's trip to the Toyota plant in Cambridge on July 6. I understand some of the Georgetown seniors will be joining the men. The tickets are at the front desk.

Is the heat getting you down on the really hot days? Don't forget the Centre is open Monday to Friday, from 9 a.m. until 4 p.m. You can just come and enjoy the air conditioning, read a book and relax, or talking to someone.

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