

# SENIORS LIFESTYLES

## Activities continue at the Georgetown Seniors Centre

**FLORENCE RIEHL**  
Georgetown Seniors Centre

The month of June was certainly a very busy one for seniors, especially the week of June 19-24. Regular activities held at the Centre were moved to the Gellert Centre so that visitors could see all the ways in which we can be active and perhaps provide a motivation to those who need to get up off the couch and take part.

A delicious barbecue chicken supper ended the week for about 130 Georgetown Seniors. Dinner included chicken (supplied by Maple Lodge Farms), baked potato, potato salad, coleslaw, and caesar salad. For dessert we got to make our own ice cream sundaes.

Following dinner the 50/50 winner was announced and those who had the highest bid on the silent auction items were announced and asked to pay up. The band played for a sing-song and dancing while many scurried off to play bid euchre.

I know two very hard-working ladies, Adriana and Sherry, who are happy things have settled down some for the summer months. Thanks to both of you for all your great efforts on behalf of the Georgetown Seniors Centre. We really do appreciate it.

Another group that deserve our thanks are all the volunteers, no matter in what capacity you help to keep our Centre a lively place and some days it is a jumpin'!

S.A.L.T. presentation of "Power of Attorney" was well attended. Through

video and discussion two very important points were brought out. When designating your Power of Attorney it is important to talk with multiple members of your immediate family and trusted friends. Always seek a lawyer's advice. Make informed and well thought out decisions.

It is your wish as to what you want done with your savings and property if you should become unable to care for yourself. Not necessarily a topic we want to discuss but nevertheless we all need to be aware.

S.A.L.T. (Seniors and Law Enforcement Together) is a newly formed Halton Hills committee. To become a member call Wilf Gray at 905-873-6751. He will be happy to discuss their programs and even better, take your name as a volunteer on the committee.

Summer is here at last and with it comes a quiet time for the Centre. Cards, shuffle board, crafts, Mingle and Chat, carpet bowling are the programs that continue during July and August at their regular times. Tai chi will continue as well but will be practice sessions so that we don't forget. At present they are meeting at 10:30 a.m. on Wednesday but that time may change in a few weeks.

The Centre will be open at its usual time from 8:30 a.m. to 4:30 p.m. It is cool. There is always someone around to share a cup of tea or coffee and conversation. Please continue to drop in over the summer and keep caught up on the news.

Get involved! Make new friends! Share in the good times!

## Acton Seniors are looking for a promotional mascot

**JULIE CONROY**  
Acton Seniors Centre

We will still have cards on Thursday mornings and Euchre in the afternoons through the summer, but the hiking group is taking a break and will start up again in September.

The Carpet Bowling/Bocci players are also taking a break for the summer, and the results of their last game are Ivan Bozic's Black team beat Gerry Marjerrison's Brown team, 21 to 9. I guess with a score like that, it's a good job some people are taking a break for the summer.

The Thursday afternoon Euchre had one mooner, Elma Braida.

The trip to Rama was the usual success, although two people didn't have the courtesy to let Ruth know they couldn't make it, and consequently there were two empty seats that someone would have enjoyed using.

The 50/50 winner was Eric Heptner. The Birthday prizes went to Debby Train, Joan Pitcher and Len Kunzig. Sitting in the lucky seats were Rita Court, Joyce Tilson, Marg Gage, Kate Nilsson, Russ Kowalchuk and Betty Brewer. The next trip will be Wednesday, July 26. Call Ruth if you can't make it, or if you would like information, 519-853-5124.

If you are a member of either the Acton or Georgetown Seniors Centre and see they have a program you would like to attend, you can do so if you pay the fee with no additional charges—as long as there is space. Please note there are a few exceptions. Several Acton members have been going to Georgetown on

Monday to the wood carving classes and there were some beautiful carvings on show at the open house recently.

We hope to start a class to teach people how to get the most out of their digital cameras in the fall. If you are interested, come in and sign up on the appropriate sheet.

I hear some rumblings about a Bridge group again. If there is enough interest, one can be started.

The Paper Tole and Scrapbook classes will continue through the summer. I hope you managed to see some of the work accomplished by these talented people. It was truly amazing. If you are interested, call Marg Dodgson, 519-853-8855. There will be a display of some of our members' handicrafts at the Leathertown Festival in August.

The Birthday Tea last week was well attended and more than 30 members and guests enjoyed the strawberries, cake and ice cream.

Does anyone have a good idea for a mascot? Please put any ideas and sketches in the box at the centre. Several people are interested in creating a mascot that would be an added attraction and possibly add humour while promoting our different events. They are looking for ideas. I understand there might even be a token prize for the winner.

Although it seems a long way off, plans are being made for the second annual Rock-athon. It will be held in September at Sobeys again this year. It was lots of fun last year, and certainly got people's attention and promoted many questions about what exactly happens at the Centre.

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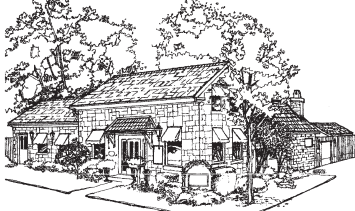
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