

# SENIORS LIFESTYLES

## Senior Centres invite the 55+ crowd to Open House Week

### Georgetown Seniors have fun-filled activities

**FLOENCE RIEHL**

Georgetown Seniors Centre

Are you 55 years of age or over? Are you interested in being active and involved? Do you enjoy participating in social and recreational programs?

Then check out some of the fun-filled activities, programs and special events at the Georgetown District Seniors Centre!

Instructed programs include Sizzlin' Seniors (Tues. and Thur. a.m.), Line Dancing (Tues. a.m.), Easy Does It Workout (Tues. and Thur. a.m.), Tai Chi (Wed. a.m.), Square Dancing (Tues. P.m.), Scottish Dancing (every other Mon. p.m.), Origami (Mon. p.m.), wood carving (Mon. a.m.), Stretch and Tone (Mon. a.m.). \*\* There is an additional fee associated with these programs.

Events open to the public in evenings are Euchre, first and third Tuesday of every month at 7 p.m. On alternate Tuesdays, second and fourth bid-euchre goes at 7 p.m. It too is open to the public

Drop-in programs, for which there are no extra fees, include Band (Thur. a.m.), Billiards (every day all day), Carpet Bowling ((Mon. and Fri. a.m.), Crafts (Tue. and Fri. a.m.), Drama Club (Mon. a.m.), Mingle and Chat (Thur. a.m.), Darts, Cribbage and Shuffleboard (Thur. p.m.), Bid-euchre (Mon. p.m.), Euchre and Social Bridge (Wed. p.m.), Art Club (Wed. p.m.), Bridge (Tue. p.m.), Social Bridge (Wed. p.m.)

Prepared Hands (Thur. p.m.), Beginner Bridge (Thur. evening ) Duplicate Bridge (Fri. p.m.)

There will also be a French class on Tuesday p.m. and Computers on Fri. p.m.

Beginning Monday, Sept. 11th to Fri, Sept 15th is OPEN HOUSE week at the Georgetown Senior Centre. This is your chance to come out and try out or watch any of these programs that will be demonstrated next week.

The Open House Week will include a Welcome Back BBQ on Tuesday, Sept. 12 at 12 p.m. You can purchase a hot dog for \$1.50, corn on the cob, 50 cents and a coffee/tea or lemonade for 50 cents. Can't beat that for lunch!

You can pick up a free copy of *The Hilltops*, our local Seniors magazine, at the front desk of the Georgetown District Seniors Centre located at 318 Guelph Street, Unit 9, Indoor Mall, Georgetown during operating hours of 8:30 a.m to 4:30 p.m.

A telephone call to the Centre at 905-877-6444 will also get you any information you may need.

I can't imagine that there isn't something in our programs to interest you. Come out to the Open House and Registration time next week. Hope to see you there. Shhhhhhh! It is still the cheapest coffee in town at 50 cents a cup with two cookies.

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

### Acton Seniors have fun-filled activities

**JULIE CONROY**

Acton Seniors Centre

We will be holding an Open House at the Acton Seniors Centre from Monday, Sept. 11 until Friday, Sept. 15. This is a great opportunity for you to drop in, have a coffee, and see what we have to offer. If you should decide to join, the membership fee is pro-rated until the end of December and will include 2007. All regular members should renew by December 31st each year. Anyone who is 55 or older is encouraged to join.

Don't forget any Acton member born in either August or September is invited to the Bi-Monthly Birthday Tea. You should receive a phone call inviting you and a guest, but if you are missed out for some reason, please take this as your invite. It will be held on September 12, 2 p.m.

There is a lot of interest in the Digital Camera class starting on Tuesday, Sept. 19, 7-8:30 p.m. It will run for six weeks and should help you gain confidence and learn how to get the most from your camera and computer. If you are interested sign up at the centre and show up on the night with your camera and questions. Who says 'you can't teach an old dog new tricks'. We seniors are always ready to learn and keep up with modern technology.

You do have to be a member of either the Acton or Georgetown seniors centre to participate in any of the programs offered unless it is a Town-run program like tai chi.

Don't forget to pick up your latest newsletter. There are lots of interesting things in it this month. I find the list of phone numbers

of committee and board members invaluable. It saves me trying to read the small print in the telephone books. I don't know if it is just me, but the printing seems to get smaller every time I receive a new directory.

On the August 30th trip to Rama, Ruth Burke had a slight mishap and dislocated her hip. Ruth is the person who gets the Rama trip organized with the help of the travel committee. She spent the night in the hospital in Orillia, but is now home. We wish her well. Hopefully we will see her back playing cards shortly. Thinking of cards, Edna Ellis is the only mooner at the last bid euchre game.

There will be another Evening Euchre on Wednesday, September 20, 7:15 p.m.

Help is still needed organizing the Second Rock-a-thon. If you can help in any way please leave a message at the front desk, and someone will get back to you. It will be at Sobeys again. There will be two rocking chairs in use throughout the two days starting on Friday, Sept. 29 at 9 a.m. and finishing at 9 p.m. on Saturday, Sept. 30. If you would like to join us or sponsor someone please get in touch with the centre. There will be prizes and entertainment during the Rock-a-thon.

There are still a few ticket available for the fall dinner on Friday, Sept. 15 at 6 p.m.


There is a list up for anyone who might be interested in seeing the Royal Winter Fair in November. This is a great way of taking in the event, without the worry of driving and parking. I know it's been a long time since I was last at the Royal Winter Fair, but it is always interesting.

There was no 50/50 winner this past Friday.

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

**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  
9 a.m. - 5 p.m.  
"Serving Seniors Since 1968"  
Accredited by:  
ORCA, DLTCA, Ontario Long Term Care Association  
Eden House Care Facility Inc.  
R.R. 2, Guelph Phone 519-856-4622 Fax 519-856-1274  
www.edenhousecarehome.ca

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 World 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

**MOUNTAIN RESIDENCE**  
"Family Caring. Caring for Life."  
222 Mountainview Road North  
Georgetown, ON L7G 3R3  
(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

**AVAILABLE CARE**

- Respite/Convalescent/Vacation/Trial Stays
- Visiting Foot Care Nurse
- Hairdressing

**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

**FOX RUN**  
A Home Away From Home

Specializing in Alzheimer's Clientele

"TOTALLY SECURED ENVIRONMENT"

Fox Run is a country estate located on four scenic acres overlooking the Caledon Hills, and close to the quaint village of Erin, Ontario. Fox Run caters exclusively to individuals in early to mid states of Alzheimer's disease and related dementia. We offer a non-institutional alternative for those who can no longer live alone and need around the clock attention.

Contact Patricia Kelly (Owner/Administrator) at 1-519-833-1033  
RR2, Erin, Ontario

