

SENIORS LIFESTYLES

Georgetown Seniors programs pick up full steam

FLORENCE RIEHL

Georgetown Seniors Centre

Where did September go? Here it is the first week of October and already my calendar looks full. Thanksgiving is this coming weekend and probably our first feast of turkey before Christmas season. That brings to mind that there are only 11 weeks or 77 days left for shopping.

The Centre too, is also picking up steam. Programs are well underway. Great to see a full class for Beginners' Tai Chi. Origami is a new venture for the Centre and is catching on. The folded paper objects look lovely.

Tuesday, Oct. 3, was the Fall Luncheon. June Gilson, and her committee served up meat pies, gravy, peas, and salad. After all this we had a large piece of Black Forest cake, tea and coffee. It was noted, at the table where I was sitting, that it seemed like only the women were working. What

about it men?

Following lunch the Drama Club presented their first skit for the new season. It was hilarious. A least I thought so but then I am a bit prejudiced.

We are looking forward to seeing Adriana again. A tea to celebrate her retirement after 12 years with the Town of Halton Hills as our co-coordinator will be held Thursday, October 12, from 1 to 4 p.m. Hope you are planning to attend to offer her our best wishes in her retirement.

The following day, October 13, is the first part of the Senior Drive Refresher Course. The second half will be given the following Friday, October 20. There is still time to pay and register at the Centre for this course designed specifically to help older drivers to improve their driving skills.

Gerri Fashions of London will be at the Centre on Monday, October 30. They will feature dresses, separates,

leisurewear, sweaters, nightwear, stockings, and accessories. Men's clothing is also available. There will be Tan Jay and Alia fashions as well.

You can come to view and purchase the clothing from 10 a.m. to 3 p.m. At 1 p.m. the fashion show will begin. There will be a charge of \$5.

Looking ahead into November I see a notice for the Georgetown District Seniors Centre Christmas Bazaar. The date is November 18 from 10 a.m. to 2 p.m. Circle you calendar for this event. Then give some thought to something special you can offer to the bazaar to sell. Remember that all proceeds go to helping to keep our Centre running.

A reminder that the Centre will be closed Monday, October 9 for Thanksgiving. And on that note have a Happy Thanksgiving!

Coffee price hasn't changed. Come out to the Centre. Get involved! Make new friends! Share in the good times!



Senior solutions

About 70 people turned out to hear a panel of three health care experts speak on the needs and options for the elderly at a special presentation of Elder Care Services: Integration or Fragmentation during a Canadian Federation of University Women's (CFUW) meeting on Tuesday, Oct. 3. Eunice McGowan presented Sue Grant (left) with the door prize donated by Young's Pharmacy. *Photo submitted*

Acton Seniors Centre seeks more card players

JULIE CONROY

Acton Seniors Centre

We have had 25 new members join the Centre during the past two weeks, which is great and we know they will all find something of interest to enjoy while visiting.

There was a very informative talk at the Centre recently about recognizing the first signs of breast cancer. A very important topic. Margaret-Anne Cranfield, a volunteer with the Burlington Breast Cancer Support Services was here. She recommends that if you are going to see your doctor with a concern, you write down

any questions you may have, plus mark in some way anything you are concerned about. She said once you are in a doctor's office, it's easy to get a little confused and forget the most important thing you meant to mention. On a more positive note she told us that the average survival rate for breast cancer over a five-year period is now 80 per cent. A great improvement over the past years.

Francis Hogenbirk had the only mooner at the Bid Euchre last Thursday. The ladies that play every Thursday afternoon would love to see more people playing.

The Evening Euchre was well attended and

Eileen Wedge had the lone hands, Don Milton was High Man, Mae Milton High Lady (keeping it in the family), Henry Wedge had 2nd Man and Lydia Dyball, 2nd Lady with Frances Hogenbirk winning the booby prize. Donna said it was nice to see some new faces playing and we hope to see more next time. The next game will be on October 18, at 7:15 p.m.

There were lots of prize winners at the Welcome Back dinner. Margaret MacLellan won the 50/50 and Donna Rowley, Elma Braida, Sylvia Birks, Marion Pascoe, Cleo Lemieux, Ruth Burke and Betty Green were all happy to take home prizes, which includes passes to the

Acton Fall Fair.

Marj Allan and her committee are always open to ideas for interesting speakers or demonstrations at the Centre. If you have an idea for something a little different just put a note in her folder in the office.

The latest interest group to be starting up (this week) is a Book Club. The signup sheet is at the front desk.

There will be a fashion show on Tuesday, Oct. 10. The show, featuring some of our members will begin at 2 p.m.

The Centre will be closed on Monday, Oct. 9 for Thanksgiving.

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