

SENIORS LIFESTYLES

Acton Seniors Centre puts the focus on health care

JULIE CONROY
Acton Seniors Centre

The annual general meeting for the Acton Seniors Recreation Centre will be held on Tuesday, Feb. 27 at 1 p.m. Following the meeting there will be refreshments. We hope to see a good crowd on that day as this is your Centre.

Fifteen ladies enjoyed a tour of Acton's own Superior Glove. I noticed in the paper after our visit that they had been voted top business for 2006 by the Halton Hills Chamber of Commerce. I know everyone enjoyed the tour and were very impressed by the magnitude of the recently constructed storage age. We saw everything from gloves being knitted (one every two minutes) to gloves getting dots put on them, and some being coated in a blue rubber-like substance. We learned most of the gloves are made for the automobile industry.

We are now planning our next trip. The date has been set for the trip to Toyota in Cambridge on Tuesday, May 1 with a tour in the afternoon. If there is enough interest we might make it a full day and stop at the Wings of Paradise and Greenway Garden Centre. They specialize in growing plants that attract butterflies.

If you have the winter blues, a great way to help lift your spirits would be to join in the fun at the Undertaker's Ball on February 10.

We have some tickets for sale at the Centre and \$5 from each ticket can be dedicated to a charity of your choice. A great way for the Centre and other groups to raise some much needed revenue.

The hikers are enjoying their hikes on Friday afternoon. Now that the weather is colder it makes the walking much safer.

The cookery class, Food for Fun, will be held on February 20 at 1 p.m. If you are interested sign up on the appropriate sheet.

There was great excitement at the Bid Euchre last Thursday. Mae Milton had a hat-trick plus one (four mooners) and Shirley Hunter and Francis Hogenbirk had one each. That will make up for the last couple of weeks when there weren't any.

Thinking of euchre, there is an Evening Euchre on Wednesday, Feb. 21, at 7:15 p.m.

The amount of people participating in line dancing is dwindling, and I am afraid if we don't get more people, the class might have to be dropped. We are meeting at St. Alban's Church hall at the moment on a Wednesday at 1:30 p.m. We have a great instructor and lots of fun to some very catchy music.

Joanne Bissonnette tells me the sale of Maple Lodge chicken was a great success and will be repeated

in March. She is also busy setting up a penny table and if you have any 'new' item you would like to donate she will be happy to accept them. They should have a value of at least \$10 please. A great way to re-gift some of the items you might have received and have either no room for or are unable to use.

Now the cold weather is here it is a good time to remind you of the great lunches we serve on a Friday. Sometimes it is soup and sandwich and other times it's a complete mystery, and the fourth week, it is potluck. If you are interested you must sign up prior to the lunches so the conveners know how much food to prepare. You can always play shuffleboard before lunch or stay for the bingo after.

The presentation on protecting yourself from the Avian flu, SARS, stomach flu etc. was well received by everyone who attended. The speaker was Kurl Theil from Stevens Co. He cleared up some misconceptions and stressed that to catch Avian flu a person needed to be in direct contact with living poultry before it can mutate in humans and be contagious. You can safely eat cooked chicken as long as it is prepared and cooked properly. The flu is highly contagious through droplets, coughing and sneezing. The virus can survive on surfaces for several days. He stressed the fact that you cannot get the flu by having a flu shot. The best

precaution is hygiene (for example, washing hands, using a hand sanitizer, avoid shaking hands, hugging and kissing, disinfect all surfaces where germs may hide). If using public transport during an outbreak of the flu you can wear a face mask and carry a sanitizer with you.

For more information you can check the website, www.pandemic101.com or www.go-kit.com They gave out free flu kits to all present and will come back to given another presentation if there is enough interest.

Yesterday, Heather Eagleson, RN, a diabetes nurse educator and Colette Sewell, a diabetes education dietitian gave a diabetes information program.

Connectcare will be here on February 13 at 1:30 p.m. They provide services in people's homes for anyone who needs help with care, shopping, cleaning, etc. This helps the person remain in their home. Everyone is welcome to listen to our speakers at any time.

Just a reminder: art classes start today (Feb. 7) Hopefully the overhead mirror and wireless mike will make it much easier for Maria to explain the different techniques need to create the watercolour masterpieces.

Arlene Bruce asked me to remind our membership that the Book Club meets from 2-3:30 p.m. on the first Tuesday of the month. Each mem-

ber reviews a book recently read. This often generates lively discussion ranging far beyond the book introduced. The book interests of the small group are wildly diverse which adds to the fun. She tells me this is a most satisfying and enlightening hour and a change of pace in their busy lives. If you love reading and/or discussion join them on February 6. All are welcome.

If you are ever here on Thursday afternoon you have probably seen Ruth busy knitting mitts when she is not playing cards. She tells me she has knitted almost 900 pairs of mitts, toques or slippers for orphans in Siberia, and she also knits pneumonia vests for children in Africa. If you would like to provide her with wool you have sitting at home waiting for you to finish that project, give her a call at 519-853-5124.

The next social dinner planned is a Mardi Gras. It will feature Cajun food and tickets are on sale now.

Some members have already picked up their new February and March newsletter. If you haven't got yours, the person at the front desk will be happy to help you find it. They are filed by street address, then by name alphabetically. A lot of work goes into them and they have some interesting information in them, especially the monthly calendar of events.

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