

SENIORS LIFESTYLES

Halton Region releases directory just for seniors

Seniors can find the information and services they need in the newly revised 2007 Halton Seniors Directory.

The directory, created by Halton Region's Elder Services Advisory Committee (ESAC), provides seniors, and those who work with them, with access to vital programs and services in the community.

The directory contains more than 300 listings and contact numbers of organizations serving seniors in the areas of health, housing, transportation, protection, legal matters, emergency services, government, advocacy and much more. It is designed to be a quick reference for individuals and organizations working with seniors.

"Access to information is critical to a senior's quality of life and sense of independence," said Regional Chair,

Gary Carr. "This directory is a valuable tool to ensure seniors continue to access the programs and services they need in our community."

Copies are now available at Halton Region and at the following locations throughout Halton: senior citizen's centres, libraries, community information agencies, and police headquarters.

ESAC is an advisory body to Halton Regional Council and provides information to council, regional staff and the public at large on seniors' issues. ESAC's mission is to promote the well-being and quality of life for seniors in Halton.

For more information, or to receive a copy of the Directory, please call Halton Region 1-886-4HALTON (1-866-442-5866), TTY 905-827-9833, or visit the website at www.halton.ca.

Get into the Spring swim on April 3

Spring is in the air and to help Recreation and Parks kick off the warmer weather, Young's Pharmacy and Homecare has generously donated a free older adult swim.

On Tuesday April 3, adults 55 years of age or older, can attend a free swim at Gellert Community Centre, 11 a.m. to 12 p.m.

So come on out on for some fun and fitness and find out more about what the Town has to offer you. From AquaFit and Running H2O to convenient recre-

ational swims, the Town of Halton Hills is pleased to offer programs and services catered to introducing and improving active living opportunities to residents.

Also, if you are currently receiving a guaranteed income supplement, you are eligible for discounted membership and program registration rates.

For more information on Recreation and Parks free swims or to find out more about the Town's flexible membership and program opportunities, call 905-873-2601 ext. 2275.



The 'Dutchies' met for a group photo on Dutch night on board the M.S. Westerdam.

Card players cruise to tournament

INEKE DE GROOT
Special to The IFP

The annual Klaverjas tournament was held on the high seas this year as 26 members of the Klaverjas Club '70 Roem' played on board the Holland-America Line, M.S. Westerdam, cruising through the Caribbean earlier this winter.

(Klaverjas is one of the most popular card games in the Netherlands, traditionally played in cafes and social clubs, as well as at home. The game is for four-players who play in pairs, sitting opposite each other. The game has a number of variants, named after the cities where they originated: Amsterdam, Rotterdam and Utrecht.)

Kees de Groot, president of '70 Roem' expressed hope at the start that no one would play with the proverbial 'knife on the table' as it was not known what the calibre of all the players was and the emphasis was on having a good time.

Anyone who is familiar with the game, knows the Rotterdam version, which is played at the Georgetown club on Friday nights, but some in attendance only played Amsterdams, a more advanced version. In order to be fair to all participants, it was decided that we would start with Rotterdams on the first day, but that both versions would be played on different days by everybody. This was a challenge for some of the participants, but lucky for us, there were some unselfish and generous players who did not mind bringing us up to speed ahead of time by showing us how the two versions differ from each other.

The scores were as follows: first, Jan Kok, 15,737 points; second, Bernadette Smits, 14,865 and third, Kees de Groot, 14,842 points. The pit scores were: first, Mary van den Akker, 8 pits; second, Bernadette Smits, six pits; third, Corrie Lipman, six pits; fourth, Kees de Groot, six pits.

Sponsors were Vision 2000, Duca Credit Union and Jannie Haarmeyer.

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Contact Patricia Kelly (Owner/Administrator) at 1-519-833-1033
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