

SENIORS LIFESTYLES

Lots to talk about at the Acton Seniors Centre

JULIE CONROY
Acton Seniors Centre

The Spring fashion show was a great success and 73 people (including some men) enjoyed watching our members show off the lovely fashions. Joan Stark, the manager of Alia in Milton described the outfits and Amanda Harvey and Nancy McKenzie kept things running smoothly behind the scenes. Stephanie Westaway was the lucky winner of the 50/50 and there were numerous door prizes. Everyone enjoyed delicious cake and tea or coffee and a social chat afterwards. Thanks to the lots of work in the kitchen by the programs committee.

The next Rama trip will be on Wednesday, April 25th. If you would like to go in the future, please sign the sheet requesting our own bus and then we will have lots of space for everyone and no one will be disappointed.

There will be a presentation on hair care on Monday, May 14 at 2 p.m. with Bill Rowley, a well known hair stylist in Toronto. You may have seen him with Marilyn Denis on *CityLine*.

Wendy Krever, the centre's co-ordinator and her husband Bill, attended a very informative conference in California during the winter. She was very excited about everything she heard and saw. She said it was huge with thousands of people there. On Tuesday, May 15, at 10 a.m. Wendy and Bill will give us some insight into what

they learned. The presentation is called The Impact of Baby Boomers on Senior Centres- A Future Perspective. Bill is very knowledgeable in this field as he is the CEO of the Don Mills Foundation for Seniors.

Fourteen members of the Hiking Club left at 10 a.m. last Friday on their morning hike. They will continue hiking in the mornings until the fall. Victor tells me they have plans to rent a bus to Centre Island on May 8. The bus will leave the Acton Seniors Centre at 9 a.m. and return around 5:30 p.m. They plan to take the 10:30 a.m. ferry to Hanlon's Point and enjoy walking around the islands. They will take a picnic lunch. They are inviting other members of the Acton Seniors Centre to join them.

The New Members luncheon will be held on May 2 at noon. This will give new members a chance to meet the board members and get some insight on the various programs, committees and events the centre offers. New members will get a phone

call inviting them.

The Activan tickets are available at the centre. They must be purchased from either Wendy or Sherry only. The cost is \$20 for strip of 10 tickets, which will make it easier to use the bus. You won't have to worry about change. They are also available at the library and 17 Elizabeth Dr. If you would like more information on the Activan service, call 905-873-2601, ext. 2617. Everyone complains about the lack of transportation, but this service is available, and although it may not suit all your needs it certainly is a great first step. Don't forget if we don't use it, we may lose it.

April sees the end of line dancing until next season. If you are looking for a fun way to keep fit, line dancing is a great way. See you in September?

There is still room to join us on the Sleeman's Brewery tour on Wednesday, May 23. It is an evening tour. If any ladies are interested in joining, add your name and phone number to the signup sheet.

Do you know an amazing senior?

June is the month designated by the government as Seniors Month. I usually like to write a little profile about different members of our centre who have over the years contributed in one way or another to make life brighter for others.

I always find it amazing when I start to talk to some of the people I have written about over the past two years. What a talented, compassionate and versatile group

of seniors attend our centre. Some have come many miles to make Acton and Canada their home and others were born and raised here, but all have had interesting lives.

If you know of someone who would make an interesting story please call me at home—Julie Conroy, 519-853-2063, or put a little note in my folder in the office.

Betty tells me the travel desk is planning a trip to a casino in Niagara sometime in May. I know that will get everyone excited. Hopefully she will have more details next week.

The executive and chairpersons representing the various committees of the Acton Seniors Centre all had the chance to give their input at a recent meeting titled Something to Crow About. The topic was having a booth in the new Fall Fair building and demonstrating to the public what a great and active group of seniors we are. Everyone was very enthusiastic and had great ideas for promoting our centre.

Our project will be to complete and enter a quilt at the fall fair. We will be working on the quilt over the next few months. The squares are already put together, and the actual quilting began on Wednesday, in the home of Joanne Bissonnette where the quilting frames will be set up on a permanent basis. For more information phone Sheila Foster, 519-853-0570. There is a signup sheet if you can make a commitment. Don't forget you will need scissors, needles, a thimble and good eyes.

It was nice to see so many ladies busy quilting at the Monday morning craft session. They were working on blocks in shades of browns and beige. They are making pillow shams and throw pillows. Several other ladies were busy knitting. Sheila Foster has knitted over 100 Izzy Dolls, which will be shipped to countries where they are land-mines. They will be used to educate the children and hopefully keep them safe.

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