

Don't let cash be a barrier to a fit life

Recreation & Parks accepts employer benefits, insurance claims and provides financial relief to those receiving guaranteed income supplement (GIS) to enable residents to participate in Town fitness programs.

Did you know that if you are currently receiving the Guaranteed Income Supplement, you are eligible for discounted fees for registered programs and memberships with Recreation & Parks?

Also, if you are currently working and have an employer health benefit plan, you may be eligible for all or a portion of your memberships fees to be paid by your insurance provider. Have you looked into your company benefits plan? For many, membership fees can be an overwhelming expense, but often times, employers offer benefits to help you on your way to a more productive mental and physical state.

If you have suffered an injury and been directed by your doctor to exercise your way back to health, your personal insurance may cover the costs of purchasing a membership. It's important to stay strong and healthy, especially after an injury. The Recreation and Parks department offers many great opportunities for low impact exercise options as well as a unique partnership with The Power Zone Fitness Centre to cover all your fitness needs.

To inquire about your eligibility for reduced membership fees, call 905-873-2601 ext. 2275 or visit www.haltonhills.ca.



Barbershoppers benefit Bennett Centre

Area 519 Barbershoppers Quartet recently donated \$5,000 to the Bennett Health Care Centre to extend the Memory Book program. The program aids Bennett residents who have had stroke damage and are visited by senior volunteers, to chronicle their life stories. The volunteers collect five stages of the residents' lives, and create a Memory Book, with help from the Halton Hills Speech Clinic and Storylines. The program has already received a New Horizons for Seniors

grant, and the Barbershoppers donation will extend the program into the fall. Accepting the cheque were (from left) Carol Pollock of Storylines, Barbara Filipcic, Recreation Co-ordinator Bennett Centre, Karen MacKenzie-Stepner of Halton Hills Speech Centre, and Ken Fisher, Don Lindsay, John Wilkie and Bill Powers, all of Area 519 Barbershoppers Quartet.

Photo by Ted Brown

Seniors are getting active and getting fit in a variety of ways

Older Ontarians are very active. They're staying healthy, having fun and feeling great! Many seniors enjoy the same activities as younger Ontarians. There are plenty of older skiers and hockey players. Others may prefer gardening, mall walks and gentler activities. And there are lots of things to do in between.

A greater number of older Ontarians are also using

weights at health clubs and gyms. Many are trying yoga, Tai chi and other stretching exercises. They know that staying strong and flexible means better health as they age.

Older Ontarians with mobility problems can also get active. Community organizations and adapted exercise programs are there to help. They can also use special

devices to stay active at home: Grab bars and skid-proof mats provide assistance and prevent falls.

Finally, getting active is a great way to meet other people. There are all kinds of group activities and organizations that provide opportunities for older Ontarians to socialize, exercise, have fun and stay fit.

—Article from www.active2010.ca

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