

Seniors centres salutes its volunteers

JULIE CONROY AND FLORENCE RIEHL
Acton and Georgetown Seniors Centre

The Town of Halton Hills' two seniors centres recently hosted events to honour and appreciate its volunteers.

At the Acton Seniors Centre...

On Tuesday, April 29, more than 80 volunteers from the Acton Seniors Centre celebrated Volunteer Week in style. We had an entertaining afternoon. Mayor Rick Bonnette brought greetings and thanks on behalf of the Town of Halton Hills. He said without all the volunteer hours the seniors put in over the years, many of the services provided in the town would not be available. Director of Recreation and Parks Terry Alyman also stressed how important volunteers are.

Councillors Clark Somerville and Jon Hurst dispensed the punch while Mayor Rick and our former seniors centre administrative assistant Sherry Mitchell cut and served the cake and our

newest administrative assistant Stephanie served the fresh fruit.

Staff from both the Acton and Georgetown Seniors Centres helped decorate the hall with fresh flowers, balloons, candles and serve. It was nice to see Sherry back helping, plus Terry Forbes, the new seniors co-ordinator at the Georgetown Seniors and Leanne Sedentopf, the co-ordinator for volunteers and special events in Halton hills. Thanks to our own co-ordinator, Wendy Krever, everything ran smoothly.

The Georgetown Seniors Centre held their Volunteer Appreciation lunch the following Thursday, May 1 and once again staff members from both centres helped out.

While we enjoyed our dessert and coffee, the George Grosman Duo entertained us with music that reminded me of the Louis Armstrong/Nat King Cole era. Really lovely.

At the Georgetown Seniors Centre...

And then came Thursday, May 1st, the day 140 volunteers showed up for tea. Not just any Tea but the Volunteer

Appreciation Tea. This provided an opportunity to recognize the many volunteers who keep our Centre a wonderful, action packed place. Wear your volunteer pin with pride! Show people you are proud to be a part of the millions of volunteers across Canada.

Dignitaries showed up as well. Not only did they attend but they worked serving cake, fruit, and tea/coffee. Mayor Rick Bonnette brought greetings from the Town and Joy Thompson spoke on behalf of Halton Recreation and Parks. Both spoke of the numbers of volunteers in our Town, our Region, and our Province and in our country. Although there are many, there are never enough.

Dave Kentner and his wife were there as well manning the punch bowl. For those of you unaware, Dave represents the Town on our Board of Directors and is our advocate to the Town Council.

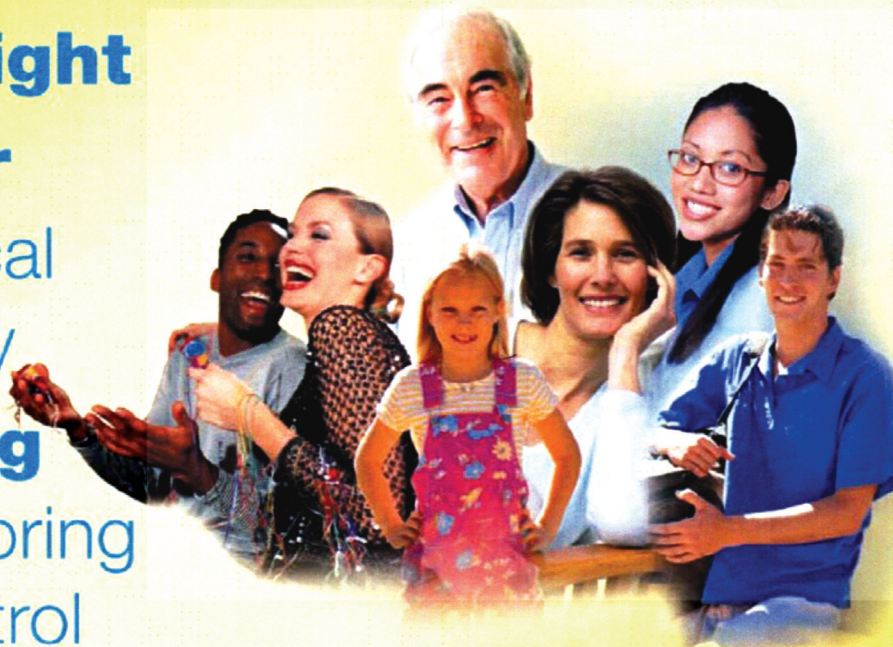
A huge thank you to Terri (Forbes) our co-ordinator and Sherry (Mitchell) our administrative assistant, who did a marvelous job of setting up the big room, for making it look beautiful, for making sure the cups and saucers matched and making sure everything ran smoothly. Thank you also to Wendy Krever, co-ordinator of the Acton Centre and their new administrative assistant, Stephanie Frances, for all of their help to make it such a successful afternoon.

That wonderful music we could hear in the background was presented by the George Grosman Duo. What memories those tunes bring back. It was really difficult not to get up and dance!

Staying healthy with diabetes

It's a matter of:

- eating **right**
- **regular** physical activity
- **ongoing** monitoring & control



“Catering to Diabetes” An Evening with Young’s Pharmacy & Homecare and Your Local Diabetes Healthcare Team

May 28, 2008 7 – 9:00 pm

North Halton Golf & Country Club,
363 Maple Ave, Georgetown

Guest Speaker: Pamela Piotrowski, Registered Dietitian

Learn about the latest in diabetes nutrition and gain free monitor upgrades and diabetes products.

Space is limited, please call 905-873-4021 to register.



Coaching art

The artwork of a couple of Holy Cross Catholic Elementary School students was judged to be winning material in a province-wide poster contest to help mark Ontario Coaches' Week. Hope Giangrande and Carolina Anderson were the artists of a thank-you message for Grade 4 teacher John Leyland, a volleyball and basketball coach at the school. The winners of the Grade 4 category received a pizza party courtesy of the Coaches' Association of Ontario.

Photo by Eamonn Maher

Spin for Heart & Stroke

Power Zone hosts its first Spin-a-thon on Saturday, May 31, 12-4 p.m. in the front parking lot (rain date June 1). Four hours of spinning to great music.

All proceeds to Heart and Stroke (minimum donation—\$100/bike). Sign up solo or with a partner at the Power Zone Reception Desk.

Golf for youth centres

Off the Wall and Open Door youth centres host a golf tournament on Saturday, August 16 at Acton Meadows, 7 a.m. shotgun start. Teams of four, \$90/person. Fee includes 18 holes of golf, golf cart and steak or chicken barbecue. Prizes and silent auction. To register call Amanda Kostjuk or Judy Robinson, Links2Care, 519-853-9825.