

HILLSVIEW — NEWS FROM THE SENIOR CENTRES

Georgetown Seniors Centre

FLORENCE RIEHL
Georgetown Seniors Centre

Rain! Rain! Go away. It has really been some summer so far, and, to think, we are already half way through the summer months. It rains here, but not there. It rains there, but not here. Outdoor plans have been hard to make this summer.

Your invitation is out to "Come and rock round the clock" at the Georgetown Seniors' Centre at the Open House/ Registration Week, September 8 to 12. This is your opportunity to come out and tour the Centre and try our instructed and drop-in programs free of charge.

On Monday, Sept. 8 we have Line Dancing at 10 a.m., Belly Dancing at 10:30 a.m., and Tai Chi Fan at 11 a.m.

Tuesday, September 9, at 9 a.m. is Easy Does It Exercise, 10 a.m. is Qi Gong, and 2 p.m. is Square Dancing. Throughout the day Links2Care, Drive Able, and Lifeline will be displaying their programs and answer your questions.

Wednesday, September 10, is a repeat of Monday's program. You can do it twice or come out once to try out.

On Thursday, September 11, Still Sizzlin' exercise goes at 9 a.m. and Shuffleboard and Darts go at 1 p.m.

Friday, September 12 begins with Defibrillator and First Aid. At 12 noon on the Friday we hold a Parking Lot Party with entertainment by Liz Tilden.

For the mere cost of \$10 you can have hot dogs, corn, baked potato or sweet potato, baked apple, lemonade and tea/coffee. Tickets are on sale at the Reception Desk.

Now to add to all this fun there will be a prize for someone who comes to lunch dressed in 50/60's outfit. Dust off those poodle

skirts and strides, put your hair in a page boy, and guys (if you still have any hair) get out the Brill Cream and slick it down. Search in that trunk for your old blue suede shoes or white bucks, that high school sweater if it's not moth-eaten, and your loud shirts and ties.

Don't be shy! Get in the fun. I hope my poodle skirt still fits!

I would like to express, on behalf of the members, our sincere sympathy in the loss of a longtime member Alice Gray. For many years Alice was in charge of the Membership and her presence behind the desk is sadly missed.

We welcome Steve to our Centre. He is taking Greg's position and what I have seen of him he is constantly busy. Please make Steve welcome to our Centre.

Those of you who went into see *Dirty Dancing* perhaps did not realize we were riding on a bus bearing a large picture of Nellie McClung and our bus was numbered 1929. Both of these facts are significant to Canadian history. Nellie was a famous Canadian suffragist, social reformer, legislator, and author and the first woman to be elected to parliament in the Alberta Provincial Legislature.

The number 1929 was the year in which Nellie and four other suffragists had the word "person" in the British North America Act to include females therefore giving women the right to vote.

Great Canadian bus lines are including a representation of a famous Canadian on their buses and the number of the bus gives an important year dealing with this person. Look for them the next time you see a Great Canadian bus. Congratulations to them for their effort to promote the history of our great country.

Keep posted for more great things to be happening at your Centre.

Acton Seniors Centre

JULIE CONROY
Acton Seniors Centre

By the time you read this, the Leathertown Festival will be over for another year. We were watching the big black clouds rolling across the sky prior to us dancing, but luckily the rain held off until we finished. It was standing room only watching the entertainment and hopefully everyone enjoyed the show, including our line dancing. We had lots of fun and were hoping to inspire some 55+ people to join us in September ready for the next dance session. It's a great way of getting exercise, meeting people and getting more out of life.

There are two clipboards for anyone interested in crafts or snooker starting in September. Now is a good time to pop into the Centre and pick up a complimentary pass for the remainder of the month, talk to the person at the front desk. She would love to see you as it gets a little lonely some days due to many people either away, enjoying their gardens or just relaxing.

In September there will be an Open House starting on Monday, Sept. 8 until Friday Sept. 12. This is a great opportunity to see our Centre and join in some of the activities that interest you. We have some very interesting programs for you to enjoy. On Tuesday, at 10 a.m. there will be a defibrillator demonstration and basic first aid instructions in our Centre. At 10:30 a.m. in the community hall there will be a line dancing demonstration. You will be able to watch or join in. On Wednesday, Sept. 10, at 1 p.m. in our Centre you can enjoy watching an expert demonstrate the art of belly dancing. There will be displays promoting other programs and services for the 55+ people in our area. Watch this column for more information on additional activities on the remaining days.

We will have our Welcome Back evening social dinner on Wednesday, Sept. 10, and

Victor has promised an all-time favourite, Swiss Chalet chicken, baked potatoes plus dessert. The tickets aren't on sale yet, but mark your calendars.

Thirty-five members from the Acton Seniors Centre jointed 20 members from the Georgetown Seniors Centre on a trip to Rama last Wednesday (July 30). Ruth tells me that Grant Greenway won the 50/50. The lucky birthdays were Al McFadden and Rose Morrison, and sitting in the lucky seats were Helen Hore, Eric Heptner, Lois Gorman and Betty Brewer. The monthly trips to Rama were very popular. There is always a waiting list for seats.

I understand the scrapbooking is still taking place on the last Monday of the month. The next one will be on Monday, August 25, 7 p.m.

During the bid euchre last Thursday, Mae Milton had the only mooner as did Frances Hogenbirk the week before.

On a sad note, Betty Blain, who was an avid carpet bowler, enjoyed the hiking and trips, helped with the lunches at the bazaars and was always smiling, passed away suddenly last week. She will be missed. We would like to express our condolences to Fred and the family.

A final note: those who knew Bella Mae Roszell, when she lived in Acton and then Milton might like to know she has now moved to Walkerton. The Centre had a nice little note from her and her niece Carol. There are some address cards on the front desk, so if you are traveling that way or would like to write her a little note please pick one up. I know she would love to hear from you.

The amount of money in the 50/50 was \$266.50 and the lucky winner was Lorraine Fox. Over the years Lorraine has put in many volunteer hours at the Centre, so it's nice to see she won this week.

Acton Denture Clinic
Tracy Mitchell D.D.
130 Mill Street East,
Acton
Full & Partial Dentures
Implant Retained Dentures
Precision Dentures (BPS® Certified)
Same Day Service for Repairs & Relines
Dental Lab On Site
No Referrals Needed
519-853-0079

Do you remember
SYKES BAKERY
on Main Street
or Sykes Super Donuts?
*We would love you to share
your memories with us.*
Please call Amy Sykes at 905-873-0301, ext. 237
email features@independentfreepress.com or
send to:
THE INDEPENDENT & FREE PRESS 280 Guelph St., Unit 29,
Georgetown L7G 4B1

Georgetown
DENTURE CLINIC
Alexander Trenton, DD, F.C.A.D. (A)
*Creating Confident
Smiles Since 1982!*
18 Church Street, Georgetown
905
877-2359

**LONG TERM CARE AND
RETIREMENT LIVING**
Eden House
Care Facility Inc.
"A Nice Place to Live"
Please call for a tour
8:30 am - 5:00 pm
Accredited by:
ORCA
Standard for Living - Quality of Life.
R.R. 2, Guelph
519-856-4622
www.edenhousecarehome.ca
"Serving Seniors since 1968"

MOUNTAINVIEW RESIDENCE
"Family Caring. Caring for Life."
222 Mountainview Road North
Georgetown, ON L7G 3R8
(905) 877-1800 tel.
(905) 873-9083 fax
www.mountainviewresidence.com
info@mountainviewresidence.com
82 suites

SERVICES INCLUDED

- Around the Clock Professional Staff
- In-house Physiotherapy & Blood tests
- Medication Supervision & Treatments
- Daily Light & Weekly Full Housekeeping
- Personal & Room Laundry
- Home-style Meals & Snacks
- Full Time Activities Coordinator

AVAILABLE CARE

- Respite/Convalescent/Vacation/Trial Stays
- Visiting Foot Care Nurse
- Hairdressing

AMENITIES & SPECIAL FEATURES

- 5.66-Acre Park-like Landscaped Property
- French Provincial Café
- Theatre/Chapel Lounge
- Sun Room Lounges
- Fire Place Lounge
- Tuck Shop
- Games & Crafts Room
- Internet & Library Lounge
- Intimate Family Dining Room
- Planned Outings With Transportation
- Individually Controlled Heating & Cooling
- Spacious Private Suites from 300 to 630 sq ft

ORCA
Approved Member

FOX RUN
A Home Away From Home

Specializing in Alzheimer's Clientele

"TOTALLY SECURED ENVIRONMENT"

Fox Run is a country estate located on four scenic acres overlooking the Caledon Hills, and close to the quaint village of Erin, Ontario. Fox Run caters exclusively to individuals in early to mid states of Alzheimer's disease and related dementia. We offer a non-institutional alternative for those who can no longer live alone and need around the clock attention.

Contact Patricia Kelly (Owner/Administrator) at 519-833-1033
RR2, Erin, Ontario