

SAVIS provides crisis line, 905-875-1555

Sexual Assault and Violence Intervention Services of Halton (SAVIS) provides free confidential support to survivors of

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Acton Seniors Centre hosts successful Info Showcase

JULIE CONROY
Acton Seniors Centre

Well we have all caught our breath after the Fall Fair and the Seniors Information Showcase. I understand from Joanne Bissonnette, participating at the Acton Fall Fair was a lot of work, and the weather wasn't too co-operative, but hopefully they felt all the hard work was a worthwhile way of getting our message out that we might be 55 or older, but can still lead interesting and active lives. Even those members, who aren't quite as physically active still manage to enjoy the activities at the Centre. Thanks Joanne and all your helpers for a great job well done.

The Seniors Information Showcase was well attended with 100 people visiting the 34 booths, which represented many different services. They covered healthy eating, with delicious frozen meals for those unable to still cook for themselves, to residential homes for those who need a little more help looking after themselves, plus various help needs including hearing, mobility, health, exercise, even to the final needs of people.

The Acton Seniors Centre jointly hosted the event with the Georgetown Seniors Centre and Links2Care. It was a lot of work, but worthwhile, thanks to the planning of Terri Forbes, Sherry Mitchell, and Wendy Krever. Mayor Rick Bonnette managed to find time in his busy schedule to pop in and check things out.

The Acton Seniors Centre also provided a delicious lunch in our adjoining Centre thanks to Lennora and her crew, and board members were there also, giving information to interested seniors and their friends.

Jane McAllister, our program chairperson,

asked me to pass on this message: "That time of year has arrived and we all get them! I mean coughs and colds. Help is here. Noreen, the pharmacist from Sobeys, will be giving a presentation on the subject. Please come out and get some information and help on Tuesday, Oct. 2 at 2 p.m."

Thinking of the flu season, don't forget the Flu Clinic on Wednesday, Oct. 24, 1-7 p.m. in the Community Centre.

Line dancing will resume on Monday, Oct. 15, 11:30 a.m. to 12:30 p.m. Liz Cooper will be the instructor again this year. If you are interested please sign the appropriate sheet.

The Gals on the Go are planning a trip on a Wednesday in late October, early November to Waldie's Heritage Blacksmith shop in Milton followed by lunch and shopping at Springridge. If there is enough interest we will car pool and leave the Centre around 10:45 a.m.

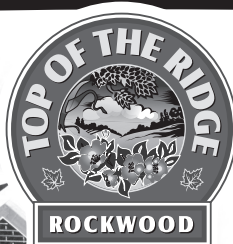
The Wednesday Evening Euchre was well attended and the lone hand was held by Robert Foster. First Lady was May Lang, and Second Lady was Marg McEnery. First Man was Henry Wedge and Second Man Kate Nilsson. Steve Palichuk won the Booby. The program committee provided lunch. The next Evening Euchre will be on Wednesday, Oct. 17 at 7:15 p.m.

The energetic hiking group is planning to travel to Niagara and hike along the Niagara River gorge trail to the whirlpool on Friday, Sept. 28. They also plan to make a stop at the cairn near the Brock monument, which is the beginning of the Bruce Trail's 450 kilometres to Tobermory. They will be leaving the Centre at 9 a.m. (weather permitting).

The 50/50 was won this week by Barb Weldon, just over \$130.

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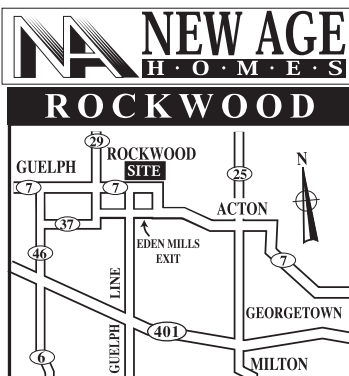
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