

SWITCHED TO BINGO: Enjoying a game of Bingo after announcing their retirement as lunch conveners of the Friday lunches at the Acton Seniors Centre are right to left, Flo Rocher, Maxine Burton, and Lois Walker. They have worked hard at providing the delicious lunches for the past 12 years assisted by Lois's husband Tom, and Lydia Bennett. – Julie Conroy photo



ACTON SENIORS' RECREATION CENTRE

By Julie Conroy

As I walked into the Centre early on Monday morning I was greeted with lots of activity. The Centre has decided to start the New Year acknowledging the electronic age by purchasing a cash register, which will make tracking the different cash taken in at the Centre much easier. It will eliminate the need for numerous envelopes and notes. Hopefully Fay Pink, our treasurer will also find life much easier.

The people playing darts were eager to start again after their Christmas break, and Betty was busy manning the travel desk. The Craft group was busy discussing their latest projects and crafts for the coming year, and everyone was catching up with what had happened over the holidays.

Most of the Centre's programs restarted this week, and the Art Class will restart on Wednesday, January 18 depending on the weather. A

new session of T'ai Chi will start on Monday, January 9. This is a Town program so it is one you can join and don't have to be a member of the Centre to enjoy. It is a six week session. I know all the T'ai Chi members really enjoy it, and feel the benefit of the class.

On Tuesday, January 10 from 2p.m.-4p.m. we will be celebrating birthdays that occurred in December and January. If you haven't received a phone call please take this as your invitation, and bring a friend.

Do you suffer from migraine headaches? Brendan Cleary Ph.D., D.ace., is the founder of the Ontario Migraine Clinic, in Georgetown and he will be here on Monday January 23rd at 2.00p.m. talking about acupuncture, and its benefits. Studies show there has been a lot of success relieving migraine headaches using acupuncture.

Betty asked me to men-

tion a great trip planned for Tuesday, February 14 with a buffet lunch at the Best Western in Brantford then on to the lovely Sanderson Centre to see and hear "Unforgettable" featuring the music of many great stars like Nat King Cole, Louis Armstrong, etc. It sounds like a great show. What better way to celebrate Valentine's Day, if you haven't got a romantic partner, (or even if you have).

The people who have worked so hard at the Friday lunches, Flo Rocher, Maxine Burton, Lois and Tom Walker and Lydia Bennett have retired. Some of them have provided the lunches for 12 years at both the old Seniors' Centre and our present Centre. They always did a great job providing delicious lunches every Friday, plus working at the Bingo. We are looking for volunteers to help with the lunches, hopefully not every week, but maybe once a month.

This Friday will be pot luck,

Letters

Shared Community Dinner had plenty of volunteers

To the editor,

"Our 3rd annual "Shared Community Dinner" held on Christmas Day was a success. It was a beautiful afternoon consisting of a delicious turkey dinner, fun and fellowship enjoyed by about 60 people. Hopefully a good time was had by all.

I would like to take this opportunity to thank a "few good people" who make this dinner happen. They are Paulette and Bill Switzer, Jack and Joyce Carpenter, Pauline and Pat Barlow, Marci Patterson, Terri Forbes and Cathy Gerrow. They are the "wind beneath the wings" of the dinner. Each used their energy and talents to make it all come together and they do it with Heart!

Thanks also to the Acton

which is always enjoyable. Hopefully some of the people who have always enjoyed the lunch will take turns, do the shopping, and make the soup and sandwiches so this great tradition won't stop. If anyone would like to volunteer or would like more information call Margaret Dodgson at 519-853-8855.

Evening euchre is on Wednesday, January 18 staring at 7:15.p.m. As always a light lunch is provided, and prizes. Everyone has a great

I am sure everyone had a wonderful Christmas with friends and family, and looks forward to a healthy and happy New Year. If you are looking for something different this year, and haven't joined the Centre now is the time to do it. There is always something of interest going on. You can either get fit by walking or exercise, or just sit and play cards, enjoy darts, be crafty, play in the band, sing, or play carpet bowling or shuffleboard.

Rotary Club for recognizing the dinner and being the motivation I needed to stop procrastinating and get moving to prepare for this years dinner!

In addition, many people from the community make donations to the dinner. There are too many names to name but the food that comes in is amazing. Some people contribute the same food item each year making it seem like a "tradition" eg. stuffing rolls and mincemeat tarts!

Financial donations made it possible to purchase the turkey, beef and hams. Thank you for those! Also thanks to Beth-El CRC for the use of their facility at no charge and allowing us to use the kitchen and "sound". HHCSI provided us with gifts (donated to them by others) to share with our guests. Another provided fruit to send home.

The New Tanner and the Acton Ministerial allowed us to advertise in the paper and their bulletins at no cost. There were the volunteers that came in to set up, serve, clean up and/or provide fellowship! Thank you for taking the time from your Christmas Day celebrations to help.

As I close this letter I risk forgetting to mention a contribution made by someone and for that I apologize. The beauty of the dinner is that it works because so many open their hearts and make a contribution in one way or another. Thank you all for your caring and support.

79 families benefited from Hamper Program

To the editor,

The Acton Christmas Hamper Committee sends sincere and heartfelt thanks to the individuals and groups in Acton and surrounding areas for your generous support of this year's Christmas Hamper Program. Your kindness helped us to provide hampers for 79 families, including 105 children. Christmas was much happier for these people because of your thoughtfulness.

Thanks also to the many

volunteers who gave their time to help make this year's program such a success. The spirit of caring and sharing is indeed alive and well here in our town.

Thanks again; we wish you God's blessings now and in the year ahead.

> Sincerely, Acton Rotary Club, Lakeside Chapter IODE. Salvation Army Acton

Family Services, St. Vincent Charities of St. Joseph's Church.

Squirrel-Crow fight intriguing

To the editor,

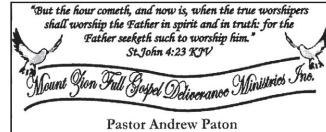
This winter I watched a medium sized squirrel and a crow over two and a half times the squirrel's size, arguing over which would get first picks of a compost pile, on the back fence.

Suddenly the squirrel jumped the crow and they both went down. Then the crow flies off.

I started thinking of a song. "Bad, bad Lee Roy Squirrel,

the baddest squirrel in this darn town." I'm glad I don't hunt, with Lee Roy Squirrel out there.

Norman Foote, Acton. P.S. Happy New Year.



Mount Zion Full Gospel Deliverance Ministries Sunday at 11:00am • Counseling available Preaching the Kingdom of God, the Doctrine of Jesus Christ, and God's plan for your life.

Our Church is located at the Ballinafad Community Center, Downstairs For more information call 519-853-5657

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Losing your grip?

Tracy Mitchell D.D.

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