



# ACTON SENIORS' RECREATION CENTRE

BY JULIE CONROY

I hope everyone had a wonderful Easter. I know I did with my daughter Theresa, future son-in-law Kevin, and granddaughters Kate and Meg in Halifax (How fast they grow). I was lucky I got to celebrate Easter twice, first with my two sons, Chris who lives in Guelph with his wife Trudy and two sons Nicholas and Dylan and Steve and Lois who live in Toronto.

I have been meaning to mention the Good Food boxes that get picked up at the Centre once a month. They are a great bargain, filled with fresh fruits and vegetables. We all know how important it is to "Eat your Veggies." They are always saying how many portions of fruit and veg you should consume each day on television. This is one way to one-stop-shop for an excellent product, at an excellent price.

Pat Frizzell and Donna Rowley look after the orders, which come freshly packed from Burlington. They try to buy local produce if possible, or purchase only from reputable distributors. Everyone seems happy with what they receive. Each month there are between 60 and 75 boxes ordered. This is a great community project the Centre has agreed to take on, and serves families of all ages.

The next themed social lunch will be Tuesday, May 23 – a picnic lunch. More details later.

Don't forget Saturday, May 27 is the walk-a-thon to raise funds for the Acton Seniors Recreation Centre. There will be two different routes. One in the park, which is fairly flat and smooth, and one more vigorous, and either should take about one hour. Participants have pledge sheets, and there are more at the front desk.

The Hearing Clinic is coming up shortly on Tuesday, April 25 at 1:30p.m. If either you or a friend has a hearing problem, now is the time to find out all about your options. There will be refreshments after, and time to ask questions of the two representatives from Harold K. Arnold Hearing who will be making the presentation.

Don't forget to pick up your Newsletters if you haven't been in the Centre for a couple of weeks.

M.I.M. (Men in Motion) is planning a trip to the Toyota car plant in Cambridge in July. If you are interested get in touch with Gerald Rennie 853-0646.

The Foot Clinic is operating out of two facilities (our Centre the third Monday in the month), phone 519-823-1836, and also at Shoppers

Drug Mart, 853-3346 once a month.

The next Birthday Tea is May 9 at 2p.m., when we will be celebrating birthdays in April and May. That date seems like a long way off, but, as I have discovered, the weeks seem to just fly by.

The next trip to Rama is Wednesday, April 26. It's waiting list only, but often someone has to cancel, so if you would like to try Lady Luck put your name down.

If you are starting to get a little stir crazy drop in the Centre on either a Monday or Friday morning and check out what the travel desk has planned for the next few months. They offer some great day trips, or overnight trips. You don't have to worry about anything except packing your bag and perhaps bringing a little money.

Next week the Friday lunch will be soup and sandwich. If you are interested you must write your name on the appropriate list by Wednesday, April 26. The three ladies who took up the challenge of arranging the Friday lunches are doing a great job. Thanks Marjorie Bartels, Lenora McKinnon, and Betty Dunn.



**LUCKY LADIES:** This North Halton Twisters girls hockey team had the thrill of their young lives on Saturday, when they left on a bus from Acton and played hockey at the Air Canada Centre in between periods at the Leafs game. The North Halton Twisters is currently looking for players, girls aged 5 to 17 for next season. - Danielle McIsaac photo.

## Still need a burn permit

Residents wishing to conduct open burning in Halton Hills are reminded of the need to first obtain a burn permit from Fire Services, whether the fire is for recreational purposes or the disposal of brush and limbs.

Chief of Fire Prevention & Public Education, Harry Olivieri says, "Call the Department and arrange for a site inspection of the property and if the site meets the criteria of the application, a permit will be issued on site." Olivieri also adds that, "There is currently no fee structure in place for the permit, so this in itself should be an incentive to obtain a permit before conducting any burns".

"Springtime usually sees a sharp increase in calls for grass and brush fires which can

cause extensive damage as well as threaten buildings and neighbouring properties," says Director of Fire Services Bob Meads. Meads adds, "It is not uncommon for a grass fire fuelled by wind conditions to destroy a number of acres/bush before being brought under control by fire crews."

Very few fires occur on the properties of those who have a permit. Twenty or 30 minutes out of your day is all it takes to obtain a permit and a few friendly reminders.

The burn permit process also includes a number of safeguards against fires by monitoring wind conditions, smog and heat advisories and moisture conditions, which all play a significant role in the prevention of fires.

## First female astronaut to speak at breakfast

Keynote speaker at the third "Bell/Chairman's Breakfast on the Environment" is Canada's first female astronaut, Roberta Bondar. She will talk about her interests in environmental issues, about lessons in life and personal motivation.

Bondar will also explore issues of goal setting, teamwork and personal discovery drawing on her pioneering role as the first female astronaut on the space shuttle Discovery.

Regional Chairman Joyce Savoline will host the breakfast which is being held at the Rattlesnake Point Golf Club, 5407 Hwy 25 in Milton this Friday, April 21 between 7 and 9a.m. Tickets are \$40.

The breakfast is supported by Bell Canada in partnership with the TD

Friends of the Environment.

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