



ACTON SENIORS' RECREATION CENTRE

BY JULIE CONROY

Don't forget the Acton Seniors Recreation Centre will be closed on Monday, May 21 when we celebrate Victoria Day.

Nineteen members of the hiking club and their friends (one even from Kitchener) enjoyed a beautiful day hiking around Centre Island. The weather was perfect.

The Spring Bazaar was its usual great success, and the wheelbarrow full of spring items was won by Natalie Hayward, and the 50/50 at the bazaar was won by Holly Steane. It's great to see so many people working together to make a success of everything from the crafts, and baking to the lunch. A lot of hard work and planning goes into everything. Congratulations everyone

The carpet bowlers had their usual rousing game last week, even though there were only six players. It seems some people are on holiday. Margaret said it was "nail biting." Stella Brunelle's Brown team beat Margaret Neilson's Black team 14-13. They would welcome anyone who would like to learn to play. Drop in on a Monday afternoon at 1:30p.m. and enjoy the comradeship.

On June 12, 13, 14 we will be celebrating Seniors Month in Canada, and the two Seniors Centres in Halton Hills will join together for three days of entertainment and information at the Gellert Centre, showcasing the various activities available at both Centres. You will be able to participate in any of the activities demonstrated, so this is your chance to try something you have always wondered about. Don't forget it doesn't matter which Centre you belong to, you are welcome to join in the activities at either Centres.

When I was visiting the Centre last Wednesday morning I saw the people that take the gentle exercise class having a gentle stroll around the car park. If you are in need of a little exercise, and aren't sure what exactly "gentle exercise" is drop in at 9a.m. and find out. You might be pleasantly surprised, and find that the even the regular exercise class that starts at 10:15a.m. is not too energetic for you either.

Maria Sallay was busy showing her watercolour



SUCCESSFUL SALE: Surrounded by plants at the Acton Seniors Centre's Spring Bazaar is Joanne Bissonnette, the Fundraising Chairperson for the Centre. She was kept very busy selling a large variety of both indoor and outdoor plants. - Julie Conroy photo

art class the technique of painting spring flowers. She had a vase of beautiful daffodils sitting in front of her that she was painting. She really is a very talented lady, and we are lucky she is willing to share her talents with us. It made everyone feel that spring was really here just looking at the picture.

On Monday, May 14 Bill Rowley was here to inform us on the best way to take full advantage of our crowning glory, our hair. Bill is a stylist at a Toronto hair salon named Philosophy. He has appeared many times on City Line T.V. and has been a hair stylist for 25 years. I am sure you are going to see many ladies with beautiful stylish, shiny hair walking around Acton in the near future. He answered many of our questions. He explained that the health of your hair depends on many things including diet and exercise, and we should study television, not to watch the shows but to keep current on the latest in hair styles, and clothing, and avoid that matronly look that isn't flattering to anyone. Just because we are seniors, doesn't mean we can't look

trendy and attractive. There were 40 ladies eagerly waiting for him with many questions about shampoos, perms, and colouring, eager to find out the latest trends in product.

If you are a care giver for someone who is a little unsteady on their feet, or you are looking towards the day when you might need a little help to enable you to remain in your home, the presentation by Kimmel of Canada on safety products (walk in baths, safety rails, etc.) is something you should try to attend on May 22 at 2p.m.

Any "Gal's on the Go" who have their names down to visit Sleeman's in Guelph on May 23, should pay the admittance fee as soon as possible. Make sure you receive the receipt from the cash register as that is your proof you have paid. Also make sure the receptionist marks paid on the sign up sheet by your name. We should meet in the car park at the Centre at 6:15p.m. as we have to be at Sleeman's for 7p.m.

It was two full buses of happy Seniors off to Niagara on Tuesday, May 15. It only took a couple of days to fill the sheet, so now we have two buses. It is a very popular spot to visit.

I understand that the Quilting project is coming along very well, and the quilters have put in 96 woman hours so far. They have 20 squares left to finish. It is a queen size quilt and has matching shams and pillows. A major undertaking! There will be draw tickets sold on this masterpiece, with the winner being drawn on Thanksgiving weekend.

Down sizing, or moving? We are having a garage sale on June 9. We would be happy to take any saleable donations as long as they are in good condition. For

BRANCH
No. 197



LEGION NEWS
By James Hayes
P.R.O.

Comrades,

The Silent Walk last Thursday evening was very well supported, and on behalf of her committee, Comrade Joyce Buchanan wishes to thank all who contributed to the occasion. It was a delight to see so many young people out for this special event.

The Legion Idol production last Friday evening was certainly enjoyed by all who attended. The contestants worked hard and were very well received. The power of the late Elvis Presley was indicated by the placing of the two entertainers who modeled their presentations on the King in the top two positions. The overall winner was Carl 'ELVIS' Delaney. All the participants deserved the applause they received,

more information phone the Centre (519-853-5951). If you have a problem getting the articles to the Centre, Joanne Bissonnette will try to arrange transportation.

On Sunday, May 27 we will be working with the Acton Kinnettes at their community brunch. It is always an excellent brunch, and it's a great way to meet old friends, or neighbours. You might even meet some of the new people that have recently moved into the Acton Area, and you can give them a warm Acton welcome.

The regular weekly 50/50 was not won this week, so that means it will be well over \$100.

and it really was a great evening.

I would be remiss if I failed to mention the humour of Tom Grant, and the singing of three girls and a guitar, the Actones. MC Troy Winters, who is a one man show in his own right, kept the pace of the evening moving. The comic performances of the three judges, Randy, Paula and Simon were merely icing on the cake.

We applaud the organizers of this show for having the vision and nerve to say "we can." Bev Mattocks and Wayne Young deserve our sincere thanks.

Decoration Day.

Sunday, June 3 is a busy day for Branch 197 members and the community starting at 9a.m. at Fairview Cemetery for grave decorating. Please bring your own trowel, kneeling pad, etc. We will supply the geraniums. If you are new to the Legion this is the annual event that is the true sign of spring.

As many of you know your Branch is being represented at the Ontario provincial convention this week in London. It is not all work, and this evening your delegates attended a "BBQ your own steak" supper at the Byron-Springbank Br.533. This is one of five Legion Branches in the city of London, and certainly not one to be missed if you are ever in the area.

Yours in comradeship,
Jim Hayes,
Branch PRO.



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