



ACTON SENIORS' RECREATION CENTRE

BY JULIE CONROY

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. Hopefully, they felt all the hard work was a worth while way of getting the message out that we might be 55 or over but 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 Sobey's will be giving a presentation on the subject. Please come out and get some information and help on Tuesday, Oct 2 at 2p.m."

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

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



TRAVEL INFO: One of the companies represented at the Seniors Information Showcase, Great Canadian Tours, has been a great partner of the Acton and Georgetown Senior Centres. They have taken members to many exciting and beautiful places. Jim Healey, representing the company, with our own travel committee chairperson Betty Green were kept busy giving out information. - Julie Conroy photo

Gals on the Go are planning a trip on a Wednesday in late October, or 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, 1st Lady was May Lang and 2nd Lady - Marg McEnery. 1st Man was Henry Wedge, and 2nd Man-Kate Nilsson. The booby was won by Steve Palichuk. Our program committee provided lunch, and 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 km trail to Tobermory. They will be leaving the Centre at 9a.m. (weather permitting).

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

Bear cats....

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laden team lose by seven points against Bateman, with Nicole Drumm leading the offence and praise from the coach for the strong defensive play of Kalsey Smith and Desiray Jones. Their second defeat was by a much wider margin to White Oaks who exhibited far more experience and size.

The Bearcats Senior team's season got off to an unfortunate start as they have lost their head coach from last year due to illness, after only two practices. Courageously they took to the floor with coaching direction being shared by Cory Tennier, a senior on the boys team and the co-captain of the girls team, Erica Mills. At Bateman on Tuesday they were defeated 38-26 with Mills netting 13 points for Acton, including 5 of 7 from the free throw line.

On Thursday's loss to White Oaks 30-22, Erica Mills had 14 points and four other players shared the balance of the scoring.



HIKERS RELAX: First hike of the season for the Siniors Hiking Club on Friday September 8 was the 100th. Twelve hikers from the Acton Seniors Centre celebrated with a picnic after a six kilometre hike through the Limehouse area. Included were, left to right, Bryan Alder, Irma Marin, Gavin Winchester, Eileen Dix, Pam Hentschi, Carmen Bissonnette, Victor Bissonnette, Mike De Santos, Mahrukhj Bapooji, Heinz Rusche, Marj Lane, Helen Elder, and Nives Bozic. - submitted photo



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