

Seniors need more space

By Frances Niblock

A major expansion to the already crowded Acton Seniors Recreation Centre and a new seniors centre at the Gellert Centre in Georgetown South are the cornerstones of a Seniors Space Needs report approved by Town councillors recently.

Spurred on by the aging baby boom echo and its increased demands for seniors centres and programming, Town staff and councillors used a variety of reports to develop long range expansion plans.

Consultant Sharon

Snitman said there is an untapped market of seniors in Acton where the Centre already can't handle the 300 members, let alone the 600 that the study says are out there. With a provincial push to have seniors stay in their homes longer with appropriate care and programs, seniors will need to get out and socialize at centres Snitman said.

In Acton, the estimated \$1.2 to \$1.4-million plans include renovation to the existing centre and expansion of the building to the seniors' exclusive use of 6,206-square-feet, tripling

its space.

The Needs Plan said the cost could be funded by the Centre's Board of Directors, various provincial programs and Town development charges.

Backed up by 22 of her fellow Acton Centre members in the audience, Donna Rowley, member of the Acton Centre co-chair of the "Looking to the Future" committee, promised to bring a fund-raising plan to council to help make their "dream a reality."

Regional/Acton Councillor Clark Somerville questioned why the Gellert



SENIOR SUPPORT: Over 20 members of the Acton Seniors Centre, including spokesperson Donna Rowley (second from left), attended the March 8 Town Council meeting when politicians approved long-range expansion plans for the Acton Centre and relocation of the Georgetown Centre, most likely to the Gellert Centre in Georgetown South. — Frances Niblock photo

Centre was ranked higher than the MoldMasters SportsPlex. Staff said they would continue to explore the feasibility of the Gellert location and report back to council.

With final approval of the Seniors Space Needs Plan at the February 22 council meeting, staff will work on financing options through the budget process.

The Seniors Space Needs Plan is available at the Town's Seniors Centre, the Civic Centre, Regional HQ, libraries and through the Town's website.

BRANCH No. 197 LEGION NEWS

By James Hayes P.R.O.

Comrades,

The Branch and community mourn the passing of Alfred Thatcher, a decorated WWII Veteran. Alfred served in North Africa, Sicily, Italy, and France.

Our deepest sympathy is extended to his family at this distressing time.

Winterfest

The final touches have been put to the plans for this Sunday's (February 21) family fun day.

It starts at 1 p.m. with the first 40 kids getting "loot bags". There are also door prizes, hot dogs and drinks for the wee ones, snow taffy, games, rides, and of course those spider wieners over an open bonfire.

New this year, there is also going to be a "craft

corner" for those who really don't enjoy the cold and snow. You have no excuse now for not bringing the kids down.

Thanks to all the donations of skids etc. It appears we have enough firewood now, but are still hoping we can get more snowmobile volunteers. This is a great winter family day. Hope to see all there.

Sunnybrook visit

I brought to your notice a couple of weeks ago, the comforters to be presented to the veterans at Sunnybrook hospital on Sunday, February 21, by your Executive. The blankets are embroidered with the Legion Logo have also had Branch 197 Acton added at no cost, through the generosity of comrade Ian Teas.

Sports

District Cribbage

We have two teams playing cribbage at branch #616 Beamsville on February 27.

Zone Euchre

Following last Saturday's play-offs, the six teams have been determined, that will be playing Euchre for our Branch, at our Branch, on March 27.

*Yours in comradeship,
Jim Hayes,
Br.197 PRO*

Ladies Auxiliary News

On March 6, our Ladies Auxiliary will be hosting the Zone Euchre. Any of our ladies interested in playing Euchre please contact our Sports Officer, Margaret Bromby.

Our next General Meeting will be held March 4 at 7:30 p.m.

*Yours in Comradeship
L.A. President
Annamarie Lowin*

Breast health tips

Heal Thyself Wellness Centre in Acton is holding a Breast Health Workshop on Saturday March 13 from 9 a.m. till 4 p.m. including a healthy lunch.

This one day workshop will explore breast self examination, breast thermography, the roles of hormonal and environmental links to breast cancer, implementing a healthy breast diet and nutritional supplementa-

tion for breast health. Dr. Cynthia Simmons will also explore emotional causes of breast cancer, body detoxification and immune enhancement & improving lymphatic circulation.

The workshop, based on "the Healthy Breast Program", is beneficial to both women who have, or have had, breast cancer as well as those that are healthy. It is designed to educate and support women in making

lifestyle changes to help in their recovery (or prevention), and inform them about naturopathic therapies that can complement conventional treatments. Breast cancer is the most common cancer among women worldwide. If one is currently disease-free, now is the time to make sure they stay healthy. This workshop provides women with valuable resources on how to stay healthy.

Police/Fire Report



Skidoo stolen

A 1997 Mach I skidoo that had been sitting with

a for sale sign on a Main Street North front yard for more than a month was reported stolen overnight February 14/15. The Ontario plate number is 799724. The estimated value of the machine is \$2,000.

False alarm

Acton firefighters did not find any problem when they responded to a neighbour's concern about a chimney fire at

a McDonald Boulevard residence last Tuesday morning at 8:53. The homeowners were not there when fire crews arrived and determined there was no fire.

Patient help

Acton firefighters helped ambulance crews remove a McDonald Boulevard resident from her home at 11:36 on Saturday night. No other details are available.

Treatment for:

- Fibromyalgia
- Chronic Pain
- Stress
- Headaches

...and much more.

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