

GROUP OF SEVEN: Appropriately, seven dignitaries participated in the unveiling of a plaque commemorating A.J. Casson and his 1926 painting entitled, "Main Street, Rockwood, Ontario" placed by Heritage Guelph/Eramosa at the Heaven on Seven restaurant last Thursday. In the group are: (top left) Dot Daynard, Joyce Blyth, (bottom left) Frank Hurnik, Mayor Chris White, and (right, from left to right) Hubert Brelmann, Councillor Doug Breen and Councillor John Scott. – Ken Baker photo



Our Annual Fashion Show will be taking place Thursday, October 28. So many amazing new and gently used fashions and accessories come into our New to You stores this event showcases our selection. We welcome and are now accepting your extra special items – the sweater you bought and never wore, the purse you were given that's not your style, and even those once worn bridesmaid dresses. Drop off these items to any New to You Store.

The Rockwood Food Bank is running low on a few items: canned fruit, canned salmon/tuna, kraft dinner, rice/Sidekicks, coffee, toilet paper, toothpaste, and diapers size four/five. All donations are greatly appreciated.

The Food Bank would like to thank the Hillsburgh Baptist Church for their donation. Non perishable items are always greatly appreciated. Right now there is a high need for canned tomatoes, canned fruit, peanut butter, jam, and non sugar cereal.

Seniors Day Trip to Famous People Players Theatre will take place on Wednesday, September 22 to see "She Did What?" Cost is \$100, which covers your coach, lunch and admission price. We require a minimum of 35 people to make this trip

Get out! Stay out!

a burning building.

possible. Please contact Sherri Plourde at 519-833-0087 to reserve your seat or for more information. **Seniors News:**

Please contact Sherri Plourde for more information on any of the following seniors' programs or events 519-833-0087.

• The second annual Seniors Wellness Expo is coming to Rockwood September 13th at Rockmosa. Please come out and see what our region can offer seniors with daily living and well being. Demonstrations and guest speakers will be on stage. Admission is free with a canned good donation. More information and a schedule of events are available online.

• EWCS's Seniors Advisory Committee has been busy distributing senior surveys. Please check the local libraries and county buildings if you haven't had a chance to fill one out yet. You can also get a survey from EWCS main office or EWCS Seniors Centre. Everyone who is 55 years old or more and lives in either the Town of Erin or the Township or Guelph and Eramosa should complete a survey. This is your chance to have a say about the programs and services

offered in the area! "55 Alive" Driving Course. Wednesday, Au-

gust 25 is cancelled

13

• Would you be interested in a Wednesday morning or afternoon book club? EWCS Active Seniors is hoping to start a regular book club. We are also looking for a volunteer to take charge of this new program. The club would meet at the Seniors' Centre in Centre 2000, Erin. Please contact Sherri at 519-833-0087 to sign up.

• How Can I Do This? A two-day seminar focused on caregivers brought to you by the Alzheimer Society of Guelph-Wellington and EWCS. Caregivers need to know they are not alone when looking after someone that has lost the ability to look after themselves. These seminars will offer the caregivers strategies and coping techniques while learning to look after themselves in the process. Mondays, September 20 and 27 at Rockmosa, Rockwood. Please call Sherri to register @ 519-833-0087.

• Eat Well, Age Well Senior Friendly Idea's for Healthy Eating presented by East Wellington Family Health Team and EWCS Seniors. Tuesday, September 28 at Rockmosa, and Wednesday, September 29 in EWCS Seniors Centre, Centre 2000. Please register in advance.

