



FUN AT THE QUARRY: Local families were treated to an open house hosted by Dufferin Aggregates Acton quarry on Saturday morning. The fun included complimentary rides on digging equipment, face-painting, and playing in the makeshift sand-pit. – Denise Paulsen photo



ACTON SENIORS' RECREATION CENTRE

BY JULIE CONROY

This week has been very busy with lots of new faces and Seniors Centre members taking advantage of the free programs offered during Open House. Hopefully, many found something to interest them over the upcoming long fall and winter months. There were certainly lots of options including several new exercise programs.

I understand that the Halton Region Public Health in the near future is going to require people serving food to have taken the Food Handling course. We are hoping to have Halton Region Public Health officials come to the Centre to hold the Food Handling course. If any community or church groups are interested in joining us and there is enough interest, they will hold the course in Acton. They do charge a fee for the course.

If you are 55 + and have a couple of hours to spare and are looking for something worthwhile and challenging, please consider either joining a committee, or offering to work at the front desk for four hours every two weeks, or security when you open and close the Centre for a week every six weeks. The Centre is always looking for volunteers and offers great volunteer opportunities.

On Friday, October 22 we will be

having a joint Acton and Georgetown Seniors Dance at the Acton Legion. Tickets are on sale at both the Acton and Georgetown Centres. Everyone enjoyed the last two dances, and the same disc jockey will provide the music. There was a good crowd at the Friday soup and sandwich lunch last week, and many stayed for Bingo. If you are interested in lunch on a Friday, you do need to sign up by Wednesday, so Joyce Marrows and her lunch group will know how much food to prepare.

Notes for your calendar


The Centre will be closed on Monday, October 11 for Thanksgiving, and the Flu Clinic for seniors will be held on Wednesday, October 27 in the Communittee Hall from 10 a.m. to 1 p.m.

This year, the OACAO Annual General Meeting will be held in Guelph at the Delta Inn on Sunday, October 17, Monday, October 18, and Tuesday, October 19. Hopefully, the Centre will be well represented. Because it is being held in such a convenient location it makes it easier to attend just a few of the workshops. Anyone who has previously attended will tell you they are very informative and worth while. If you are interested please talk to Wendy Krever the Acton Seniors Centers Co-ordinator

Lindsay Simmons and Greg Murray from Halton Industry Education Council made a presentation at the last board meeting asking for our cooperation and interest in promoting and participating in a programme with Grade six students from a local school. The Grade six youth would have the chance to hear stories and learn about the various life pathways the seniors have experienced. The students would be trained to make a video of your life and research places that you had lived or interesting times you have lived through. It gives the students a chance to get to know seniors, and the opportunity to train in new technology, and possibly spark an interest in a career in that field. If you are interested please sign the appropriate sheet. I understand you will get a video of your "story" at the end.

Shirley Thompson passed away this week. We will miss her at the social dinners. She was an avid golfer and played in the last two Blue Springs fun golf games. The Centre offers their condolences to her family at this sad time.

The 50/50 was not won again this week, so the amount next week should be around \$370. Visiting the Centre, putting your loonie in the box, and winning would make it worth the visit.



OPEN HOUSE

Please join us to celebrate the birthdays of **Lloyd (85) and Shirley (80) Broostad.**

Saturday, September 25, 2010
from 1pm to 4pm
at St. Alban's Anglican Church
19 St. Alban's Drive
Acton ON

Best Wishes Only



Mr & Mrs Bert Venema
&
Mr & Mrs. Luigi Cannataro
are pleased to announce
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their children

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&
Peter Joseph
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From your families
xoxo*



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