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## TORONTO DEPARTURES

**NOV 5, 12, 19, 26**  
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## 1 WEEK

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## PAINTING PALS:

Alicia (left) and sister Beverly Daamen of Acton painted a flower on Debbie Hillier's cheek during the recent festivities at an Acton Salvation Army Corps fun day.

— Frances Niblock photo



The Acton Seniors Center will be closed on Monday, October 11 for Thanksgiving.

Another record broken! *Letters for Juliet* was a big hit and thirteen members enjoyed Movie time at the Centre on a rainy day. On October 12 the movie will be *Hachi* and it will show at 10 a.m. due to the Fashion Show in the afternoon, so it will be a full day for those interested.

Everyone who is attending the Tuesday afternoon chair yoga and bone building classes are enjoying feeling the benefits. The classes on Tuesday October 12 will be cancelled due to the Fashion Show. Woops, I goofed and reversed the times for the bone building and chair yoga classes last week. It should read chair yoga 1 - 2 p.m., bone building 2 - 3 p.m. Sad to say, the Tai Chi classes will not run this session due to lack of interest, which is a shame



## ACTON SENIORS' RECREATION CENTRE

BY JULIE CONROY

as Tai Chi classes have run at the Centre for many years, starting 15 years ago with classes instructed by George Lee.

If you are feeling the need for a little gentle exercise, or a slightly more energetic class, on Wednesday mornings we have gentle exercise class at 9:15, followed by Fit and Fun at 10:15. These classes are well attended and are run as a drop in program. You pay each time you participate. Heinz Rusche is the instructor and has had many years of experience.

If you have recently joined the Centre you will receive a call inviting you to a New Members Lunch on Tuesday, October 26 at 12:30 a.m. If you are a new member please try to

attend as it is a great way of meeting the Centre's Board members, and find out more about the Centre.

Thursday, October 14 is our next social dinner, and the country featured this month will be Germany. On the menu is pork schnitzel, roast potatoes, and vegetables followed by everyone's favourite, apple strudel and ice cream. I know it will be excellent, and the entertainment will have a Bavarian theme.

On the last Wednesday of every month, Acton and Georgetown Seniors Centres share a bus to Rama. It is a very popular trip, and there always is a waiting list. Ruth asks that any Acton passengers who sign up, and for some reason must cancel, please call her at 519-853-5124. There is always someone ready to fill your vacant seat.

Ruth tells me that the 50/50 draw was won by Yvonne Van der Heydon, and the Birthday prize by Pauline Barlow. In the lucky seats were Grant Greenaway, Mary Van der Sanders, William Bergan, Merle Carr, Rita Court, Denise Landry and Janet Handy.

You can tell fall is in

the air, as there were more people playing cards this week. It was nice to see Mel Seeger playing cribbage on Thursday morning. She is visiting from Vancouver. There were more Bid Euchre players than I have seen for quite a while. Be assured that they will still make room for more players. There were two mooners this Thursday, Ruth Burke and Shirley Hunter.

If you signed up for the Dinner Theatre at Mohawk, I would like to have the money in as soon as possible. I have to send a deposit and confirm numbers shortly. If you are wondering what it's all about, there is a menu and an outline of the play under the sign up sheet.

Those of you that were interested in going to Cuba in late January, I am still working on it and hope to have more information this week. Then we can have a get together and find out more details.

Marg McDonough tells me she has all the prizes she needs for the Penny table at our up coming Christmas Bazaar. I am sure they will be on display shortly so you can start putting those little tickets in the appropriate bowls.

There was no winner at this Friday's weekly 50/50 draw. Next week it should be around \$130.

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