

LIFESTYLE

THE CANADIAN CHAMPION

WEDNESDAY, JUNE 24, 1992

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COMMUNITY NOTEBOOK

Harley Haven: The Harley Davidson travelling museum makes an historical stop in Milton tomorrow (Thursday) at The Racer's Edge, 32 Bronte St. In a rare Southern Ontario tour, the only American manufacturer of motorcycles will have its mobile display in town from 12:30-8 p.m. June 25. The museum takes visitors on a winding tour along a simulated highway with stops at a number of displays containing photographs and examples of some of Harley-Davidson's collection of antique motorcycles. Tours are free however donations to the Muscular Dystrophy Association are welcomed.

Ride the Rails: Historic street-cars not usually available to the riding public will be put on the tracks for the annual Summer Extravaganza at Halton Radial Railway Museum on Sunday. Passengers will also be allowed to ride "work-cars" during the special event. The oldest vehicle, Number 327, an open car of 1893 vintage will be among the cars taking passengers through the scenic woods at the Guelph Line museum. It's on Guelph Line, 16 km north of Hwy 401.

Wastewise Awards: Volunteers and corporate sponsors of the Halton Hills environmental group Wastewise will be recognized on Saturday. The Hon. Ruth Grier, Minister of the Environment, will give an opening address at the event at 36 Armstrong Ave., Georgetown, beginning at 10 a.m. Wastewise is a non-profit community resource centre which opened in April 1991.

Museum Celebration: Canada 125 celebrations will put the Ontario Agricultural Museum in a festive spirit July 1 with special activities and entertainment for the entire family. There will be craft workshops, wagon rides and live music. Kite flyers are encouraged to bring their aircraft and fly it over the large grass area at the Tremaine Road facility. At 2 p.m., visitors will take part in a Canada 125 unity circle and patriotic parade led by a RCMP corporal in ceremonial uniform.

Summer Sessions: Milton Children and Youth Centre is accepting registrations for summer programs running in July and August. Programs geared to family and caregivers and children under five years of age include: family time; drop in; and preschool fun. School-aged children can join week-long social skills programs. For information call 876-1244.

Golf with Gord: Mayor Gord Krantz and building developer Ignat (Iggy) Kanef are co-hosting the Double 'K' Charity Golf Tournament to benefit Milton's new leisure centre. Lionshead is the course and Tuesday, June 30 is the date. Cost for a day of golf, barbecue lunch, buffet dinner and prizes is \$250. Registration for the scramble format tournament begins at 10:30 a.m. Contact Marilyn Andrews at 878-7777 for details.



Madeline Kershaw (right), a water instructor with the Arthritis Society, teaches 78-year-old Violet Haines of Glen Williams to swim in the Aquacize program at the Milton Leisure Centre. Aquacize is a therapeutic program for arthritic patients, sponsored by the Arthritis Society.

Photo by GRAHAM PAINE

Aquasize

Water program eases pain for many arthritis sufferers

By KAREN SMITH
The Champion

Violet Haines in her 78 years couldn't swim the length of a pool until about a month ago.

Now the Glen Williams resident is learning how to do the breast-stroke while, at the same time, therapeutically relieving her aching back caused by arthritis.

Mrs. Haines says she is feeling much better these days since signing up for an aquatic program sponsored by the Arthritis Society.

She is joined by about 40 other arthritics in Aquacize, held two days week at the Milton Leisure Centre.

"I feel more alive," said Mrs. Haines who would never put her face under water before aquacize. "I think it's helping my back."

Happy stories like the one Mrs. Haines has to tell are not uncommon in the program. Instructor Madeline Kershaw sees positive changes in class participants as the program progresses, she says.

The warmth of the water — it's never lower than 83 degrees Fahrenheit — and the retention involved provide for soothing therapeutic exercises which are easy to do and also fun.

"We're getting tremendous results," adds Mrs. Kershaw. "Plus it's a social thing for all of the arthritics."

Mrs. Haines lights up when she talks about the fun she has with fellow participants in the program. The friendly atmosphere is something she looks forward to and enjoys.

While the class is never without a dull moment, there's lots of time to chat with your neighbour and get to know each other, says Mrs. Haines who has already made many new friends.

The first 45 minutes of the class involves exercises while the remaining 15 minutes provides free time for participants to do whatever they choose. Many take advantage of the whirlpool.

While the program is enjoying its innovative home in the shallow pool at the Milton Leisure Centre, the classes themselves are nothing new. The program was introduced to Milton about four years ago by the Arthritis Society.

Mrs. Haines heard about Aquacize through a friend in her church congregation, and she has since spread the word to other people suffering from arthritis.

To take part in Aquacize or for more information, contact the Town of Milton's leisure services department at 878-7211, or call the Milton Leisure Centre at 878-SWIM.

New participants can register at any time for the on-going six-week program.

Housing registry in good standing

The North Halton Housing Registry will remain in good standing at least until March.

The tenant-landlord matching service was been granted government funding until March with the possibility of continued funding for another three years, said a relieved Anna Matheson, the program's housing co-ordinator.

"The funding for this program was uncertain after June 1992," she said.

The program's second year of operation is being called a "great success" with increases of 20 per cent in the number of tenants registering and a 13 per cent rise in the number of landlords.

Since May 1990, said Mrs. Matheson, the registry has served 748 tenants and 325 landlords. A large number of community agencies have referred clients to the registry as well.

Growth is expected for the future, she added. "In response to the many calls from seniors who are seeking housing, the registry is presently looking to add a seniors' component to the program."

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