

## Older adults get active for free

BY SANDRA BOLAN  
sbolan@yrmg.com

We can't stop the fact we're getting older with every minute that ticks by on the clock. But what we can control is how we age physically.

In an effort to get older adults more mobile, the town's leisure services department is holding an Active Aging Week, during which time a variety of programs will be available for free.

"We're trying to remove that barrier because a fixed income is sometimes a barrier" to trying an activity, said Barb Armstrong, fitness supervisor for the Town of Whitchurch-Stouffville.

### TOWN PROGRAMS OPEN

Classes being offered for free between Sept. 20 and 26 include gentle fit, aquafit, cardio dance, walking with poles, seniors swim and Tai Chi.

"The winter is a tough time, so (it's) giving them ideas of what they can do," Ms. Armstrong said. "If you don't use it, you lose it."

A free wellness seminar entitled Active Aging and Falls Prevention is scheduled for Sept. 21 at the Silver Jubilee Club (1 p.m.) and again at the Lebovic Leisure Centre (7 p.m.)

"The more you reduce your activity, the greater chance of you falling," Ms. Armstrong said.

For more information, go to <http://www.townofws.com/news.asp?cid=447> or call the Lebovic Leisure Centre at 905-642-7529.

## See preview of studio tour

The 10th annual Stouffville Studio Tour is a month away, but you can get a preview.

Works from the tour are on display at the Love of Jo Coffee Shop in downtown Stouffville.

Tour artists will be demonstrating in the lobby of The Latcham Gallery/ Care and Share Tuesdays and Saturdays from 1 to 3 p.m.

Look for the schedule at [www.stouffvillestudiotour.blogspot.com/](http://www.stouffvillestudiotour.blogspot.com/)

### GALLERY DEMOS

The self-guided tour is set for Oct. 16 and 17, from 10 a.m. to 5 p.m. both days. Admission is free.

There are 36 juried artists and 25 studios taking part.

You can enter a free draw at each stop for the chance to win a \$200 gift certificate towards a purchase from one of the artists on the tour.

A diverse selection of media will be represented, including acrylic, encaustic, oil, sumi-e, watercolour paintings, graphite drawings, glass works, jewelry, pastels, pottery, wood block printing and wood turning.

For more information, go to [www.stouffvillestudiotour.com](http://www.stouffvillestudiotour.com), e-mail [info@stouffvillestudiotour.com](mailto:info@stouffvillestudiotour.com) or call 905-642-1721.

## Town of WHITCHURCH-STOUFFVILLE 2010 ANNUAL MAYOR'S CHARITY GOLF TOURNAMENT

The Mayor's 13th Annual Charity Golf Tournament held on July 21st raised more than \$35,000, all of which will be donated to Community and Youth projects in Whitchurch-Stouffville! There are just too many people to thank individually but I assure all who participated in this event, I value their support.

**Special thanks to our major sponsors:** Ballantrae Golf and Country Club (Schickedanz Developments), Geranium Homes (Cardinal Point) Inc., The Rice Commercial Group, Williamson Motor Sales (Uxbridge), Boston Pizza and Stouffville Sun/Tribune. Also, my thanks to the members of the Golf Tournament committee without whom there would be no tournament.

### Many thanks also to the following hole sponsors:

- BMO Nesbitt Burns (Bruce Gribbon & Steve Koitsopoulos)
- Brundale Fine Homes Ltd.
- Cassels Brock & Blackwell
- Cole Engineering Group Ltd.
- Crown Modular Manufacturing Inc.
- Direct IT Corp.
- Don Anderson Haulage Ltd.
- Fairgate Homes
- Farmer Jack's (1993) Inc. Stouffville
- FDM Contracting Co. Ltd.
- Fieldgate Developments
- Greenpark Homes
- IBI Group
- Imperial Centre
- Jen-Dan Ltd.
- K.J. Beamish Construction Co. Ltd.
- L & M Greenhouses
- Loc-Pave Construction Ltd.
- London Life Insurance Company
- Mattamy Development Corp.
- McAsphalt Industries Ltd.
- Miller Paving Limited
- Morrison Hershfield Ltd.
- Norlon Builders London Ltd.
- OMEX-Ont. Municipal Ins. Exchange
- O'Neill Funeral Home
- O.S.P.C.A.
- Pace Savings & Credit Union
- Rice Commercial Group
- Schell Lumber Limited
- Sernas Group Inc.
- S.I.G. Mechanical Services Ltd.
- SMA / METTKO
- Stakeout Dining Room
- Starlane Homes Corporation
- Stouffville Toyota
- Todd Brothers Contracting Ltd.
- Todd Pools Ltd.
- Trinity Development Group Inc.
- Udora Estates-Sandbrook Homes
- Willow Springs Winery
- W.S. Professional Firefighters Association Local 4152

Sincerely, Wayne Emmerson, Mayor

7, Stouffville Sun-Tribune ■ www.yorkregion.com ■ Saturday, Sept. 18, 2010

# When you visit Markham Stouffville Hospital, you can Expect Respect.

Markham Stouffville Hospital is committed to providing you and your loved ones with the best possible care, in a respectful and safe environment.

Your health-care team will involve you in your care and treat you with dignity. We will be honest and open with you while we provide you with compassionate care.

### BEFORE we give you care we will:

- Clean our hands
- Introduce ourselves
- Identify you in at least two ways
- Explain what we are going to do
- Get your permission
- Answer your questions

### WHILE we give you care we will:

- Treat you with dignity and respect
- Explain what we are doing
- Answer your questions
- Check that you understand
- Protect your privacy
- Talk to you about safety

### REMINDERS

The hospital will not tolerate any form of verbal or physical abuse or aggression from anyone.

People can have severe allergic reactions to latex and fragrance. Please do not bring latex products (e.g. balloons) into the hospital or use personal products with fragrance.

You can find more information on the *Bill of Rights and Responsibilities* posters at the hospital or online at [www.msh.on.ca](http://www.msh.on.ca).

If you have any questions, please send them to [myhospital@msh.on.ca](mailto:myhospital@msh.on.ca)

While you are a patient or visitor at Markham Stouffville Hospital, you are expected to:

- Treat others with courtesy, respect and dignity
- Practice non-discrimination
- Use a calm tone of voice and non-threatening body language at all times
- Contribute to a quiet, healing environment
- Provide relevant information to your health-care team
- Protect your own valuables and respect the hospital's property
- Leave objects at home that could cause harm

Thank You!

