

SENIORS ACTIVITIES COLUMN

Many people who are not aware of the extent of the involvement of our senior citizens in the community may assume they are inactive. In order to dispel this myth and for general information I have compiled the following partial listing of current activities in the VON Seniors Support area. If you are aware of other activities or have items of interest for seniors please contact Marian McLeod at 359-1068.

**Lunch Programs**

**1st Thursday of the month** - "Philippsville Outreach Neighbours" lunch 11:30 am - \$4.  
 December 3rd - table mats decorated by the students of Rideau Centennial, Portland  
 No January Lunch

**2nd, 4th Wednesday** - "Beverley Seniors Lunch" at Royal Canadian Legion in Delta 11:30 am - \$3. (Delivery in Delta area)

**3rd Thursday** - "Hands Across the Years" Lunch Senior Citizen room - Town Hall, Westport 11:30 am - \$4.

**Meetings, Special Activities**

**Delta - Beverley Seniors Club**  
 Meetings - 3rd Friday at 2 pm in Legion Hall  
 November 20th - Christmas Bazaar  
 December 1st - Bus trip to Kingston for Christmas shopping  
 December 12th - Christmas banquet

**Elgin - South Crosby Friendship Club**

Euchre - each Monday evening  
 Regular meetings - 2nd Wednesday 12 pm potluck lunch  
 December 9th - Christmas lunch catered by the Stage Coach Inn

**Newboro - Rideau Friendship Circle**

Regular Meetings - 1st Wednesday 2 pm Municipal Hall  
 November 30 - bus trip to Ottawa sponsored by the Newboro Recreation Committee  
 December 16th - Christmas dinner at the Stage Coach Inn

**Philippsville**

Bingo - Monday evenings at 8 pm

**Portland - Rideau Welcome Club**

Regular Meetings - 1st Wednesday evenings at Portland Community Hall

**VON Footcare Clinic**

Last Thursday of the month sponsored by Philippsville Outreach Neighbours - 1:30 - 3 - For appointments call Lydia Tackaberry at 359-5845

**Adult Health Clinics**

**Delta - 4th Wednesday** Royal Canadian Legion 1:30 - 3  
**Elgin - 1st Wednesday** at Rideau Lakes Senior Citizens Apartment - 1:30 - 3  
**Newboro - 3rd Wednesday** at Rideau Medical Centre - :30 - 3

SENIORS RECEIVE  
 DRIVING ADVICE

**PORTLAND:** Rideau Welcome Club No 693 held a regular meeting on Jan 6th. 55 members and guests enjoyed a delicious pot luck lunch at noon. A good delegation from the Newboro Club paid a visit and shared in the festivities.

The guest speaker was Mr. Frank Dee of the Ontario Motor League. Mr. Dee is Chief Instructor of Driver Training at St. Lawrence College. His subject was, "do's and don'ts" of driving.

He indicated that seniors are safer and more accident free than the average drivers. Drivers in the 25-45 age group receive the most convictions. A new "Strict but Fair" program was being introduced by the O.P.P.. Seniors, for unknown reasons, are subject to some unfair regulations.

He encouraged all drivers to take advantage of the Drivers Hard Book and to get the new edition each year in order to keep up with new regulations.

Some recommendations for safe driving are: Regular eye test as vision is an important factor in the 55 and over age group. Limit driving when taking medication - drugs. Don't drink and drive. Be especially careful during winter driving - read the road and slow down.

The nomination committee presented the following slate of officers for 1988, which were approved: President: Mary Sultcliffe, Vice President: Douglas Crawford, Secretary: Joe Raison, Treasurer: Claire Mills, Auditors: Lucile Strong and Juanita Hull.

The next regular meeting will be held on Feb 3rd and will feature a pot luck lunch at noon.

Dog Licences are due and licence can be obtained from: Municipal Office, Chantry  
 Morris's Store, Delta  
 Sled's Store, Portland  
 before June 30, 1988:  
 Male - \$5.25  
 Female - \$10.25  
 Spayed female - \$5.25

after June 30, 1988, a penalty of \$5.00 will be added

GRANT PROGRAM FOR WELLS IN HAMLET OF DELTA ENDS IN 1988

The Ministry of the Environment has been providing grants of up to 85% of the cost of new wells and treatment units to solve water quality and supply problems within the Hamlet of Delta. The recommendations for individual properties are based on a survey and report done in 1983.

This program expires in 1988. If you want to know what was recommended for your Delta property or are having any problems with your water supply, please do not hesitate to call the Township Office at 928-2251 for further information.

NOTICE TO THE RESIDENTS OF THE TOWNSHIP OF BASTARD AND SOUTH BURGESS

By-Law Number 610 passed by the Township of Bastard and South Burgess states:

That no person shall park any vehicle on the streets, highways or roads.

Vehicles so parked may be towed away at the owner's expense, together with a penalty for contravention of this By-Law.

The Township of Bastard and South Burgess will not be liable for damage to vehicles parked on the streets or roadways as they hamper snowplowing operations.

Your co-operation with regards to the above is requested.

Shirley Bryden, A.M.C.T., C.M.O.  
 Clerk-Treasurer.

COMING EVENTS

- February  
 6 Rideau Ridge Riders Rally, Chaffey's Lock Hall, Registration 12 noon.  
 13 Elgin Lionsess Valentine's Dance, 8 p.m.-1 a.m. Music by D.J. Terry Thompson. Lunch at 12.00, Proceeds to Community projects  
 16 Elgin Lionsess Shrove Tuesday Pancake and Sausage Supper. Euchre Party, Lions Community Hall, Elgin.  
 MARCH  
 5 Annual Fish Fry, Portland Community Hall 4.30-7.00. Take out available. Sponsored by Emmanuel A.C.W. Portland.  
 25 and 26 Marathon Bingo, Elgin Lions Community Hall..



**Fight Them All**

Heart Attack, Stroke  
 High Blood Pressure  
 Rheumatic Fever



RIDEAU LAKES UNION LIBRARY

Hours of operation	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Librarian
DELTA 928-2991		1:30-4:30		7-9p.m.		9-11 a.m.	J.Gunnewiek
ELGIN 359-5315		11-4p.m. 7-9p.m.	1-4p.m.	1-4p.m. 7-9p.m.	1-4p.m.	10-1p.m.	H.Keates D.Haskins
LYNDHURST 928-2277			2-5 6-8 p.m.			10-1p.m.	W.Royal
PORTLAND		6-9p.m.		11-3p.m.	2-4p.m.	11:30-2:30	J.Gunnewiek
SEELEYS BAY 387-3909		1:30-4:30		1:30-4:30p.m.	2:30-5p.m.	10-1p.m. 6:30-9	H.Simpson