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 - "Philipsville 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

Philipsville 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 Philipsville 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





RECEIVE SENIORS DRIVING ADVICE

PORTLAND: Rideau No 693 Welcome Club 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 College. Lawrence subject was, "do's and don'ts" of driving.

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

He encouraged all drivers to take advantage of the Drivers Hand Book and to get the new edition each year in order to with new keep up 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 winter driving during - read the road and slow down.

nomination The presented committee the following slate of officers for 1988, which were approved: President: Mary Sultcliffe, Vice President: Douglas Crawford, Secretary: 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 provid-

ing 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

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

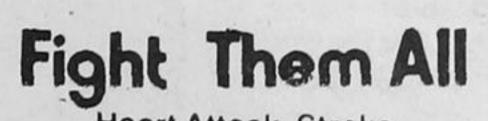
COMING EVENTS

February 6 Rideau Ridge Riders Rally, Chaffey's Lock Hall, Registration 12 noon. 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 Pancake Tuesday and

Sausage Supper. Euchre Party, Lions Community Hall, Elgin. MARCH

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 ..





Heart Attack, Stroke High Blood Pressure Rheumatic Fever



RI	DEAU LAN	ES UNION LIB	RARY				
Hours of ope	ration						在 在
Branch	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.	M. 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		1:30-4:30		1:30-4:30p.m.	2:30-5p.m 6:30-9	.10-1p.m.	H.Simpson