

Enjoying life in good company!

HILLSVIEW

Active Living Centre

**50+ Senior Centres
in Acton & Georgetown**

www.haltonhills.ca/50plus

February & March 2024

Hillsview Active Living 50+ Seniors Centres Locations

Hillsview Acton:

415 Queen Street East (Highway 7)
Acton, ON, L7J 2N2
Tel: 519-853-5951
Hours: Mon-Fri: 9:00am to 4:00pm

Hillsview Georgetown:

318 Guelph Street, Unit 9 (Indoor mall)
Georgetown, ON, L7G 4B5
Tel: 905-877-6444
Hours: Mon-Fri: 9:00am to 4:00pm



HALTON HILLS



The Centres will be closed:

**Monday, February 19th (Family Day)
Friday, March 29th (Good Friday)**

Issue 32



DATE NIGHT NEVER GETS OLD

At Amica Georgetown, the day is yours. So you get to share it with whomever you want. Host your family for an elegant Sunday dinner, play poker with the girls, or get to know someone new. Together we'll create a senior living experience that's all yours, including personalized, professional care that evolves to meet your needs, even as those needs change. And, like quality time with the ones you love, that never gets old.

Join us for a private tour.

CALL CARI-LEE OR GLENNA AT 905-702-1555

AMICA

GEORGETOWN

224 MAPLE AVE • AMICA.CA/GEORGETOWN





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**Halton Hills Only Independently Owned
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Georgetown, ON**

ROBERT BLACKBURN

TOBY CHISHOLM

Rental Information

For Hillview 50+ Seniors Active Living Centres

Georgetown: Lounge & Kitchen

525 sq. ft., up to 20 people

Features ample room featuring our café tables and chairs large counter space with access to full kitchen including two ovens, a stovetop, microwave, dishwasher and fridge access. Renter must bring food supplies. Ideal for business meetings or social event.

Amenities: Full Kitchen

Georgetown: Visual Arts Room

800 sq. ft., up to 71 people

Carpeted cozy room ideal for meetings, small showers, celebration of life or even a church service.

Amenities: Accessible, A/V equipment

Georgetown: Recreation Room - 800 sq. ft., up to 71 people

Ideal meeting space or overflow space for the larger party celebration.

Amenities: Accessible, A/V equipment, Partition

Georgetown: Auditorium - 1,340 sq. ft., up to 126 people

Ideal for showers, weddings, birthday parties or even a community event or AGM.

Hall is equipped with sound system and microphone and projector screen.

Amenities: Accessible, A/V equipment, Partition

Acton: Community Hall - 2,960 sq. ft., up to 250 people

Perfect for large gatherings with up to 250 guests. Room partition allows for dividing the space for smaller events. Access to full kitchen for food preparation or catering. Room is located on main level for barrier-free access. Generous amount of free parking located close to entrance.

Amenities: Accessible, Full Kitchen, Bar, A/V equipment, Partition

Hall	Hourly Fee Range
Lounge & Kitchen	\$26-37
Visual Arts/ Recreation	\$39-55
Auditorium/ Community Hall	\$73-102

2 hour minimum rental.
Additional fees apply for non-local commercial rates. For more information, please call Amy at: 905-873-2600 x2257.

Special feature: Table linens, dishes, cutlery & coffee machines available for rent. Please note that confetti, sparklers, open flame and balloons are not permitted at this venue.



Visual Arts Room



Auditorium



Community Hall

2023/24 Acton Board of Directors



Top Row: Joyce Farmer, Program Chair; Cynthia Howe, Board Member; Dave McLean, Past President; Linda Gordon, Treasurer; Bev Jones, Membership Chair; Mary McGregor, Vice President.

Bottom Row: Sue Vallance, Reception Chair; Dora Jeffries, President; Susan Seads, Secretary

Council Liaison: Clark Somerville



Acton Staff Team



Come and say hi, it's worth the drive to Acton! Join us at the centre!

Left to Right:
Michelle Durham,
Recreation Supervisor,
Matas Eimantas, Recreation
Programmer

Special thank you to:



2023/24 Georgetown Board of Directors



Left to Right:

Alice Newson-Director, Roberta Kent-Director, Bobbi Szlachta-Vice President, Carol Dobson-Director, Debbie Murchison-Treasurer, Mary Jane Hardy Director, Patricia Warman-Secretary, Deb Smith-President,

Council Liaison-Bob Inglis

Missing: Rick Chambers-Past President
Brenda Marsh – Director

Meet your Active Living Program team!



Left to Right:

Stephanie Barrington,
Recreation Coordinator,

Sandy Rahn, Recreation
Programmer

Stay Connected Online!

Find the centres on Facebook at:

- Hillsview Acton Member
- Hillsview Georgetown Member

Georgetown Staff Team



Come in and say Hello. We're waiting for you at Hillsview Georgetown

Back Left to Right:

Kathleen Dennis, Volunteer Coordinator-Acton & Georgetown
Heather Beaumont, Recreation Supervisor, Kim Hammond, Facility Maintenance Technician

Front: Cindy Bodrug, Recreation Programmer

Acton President's Message

I know very little about how a car works, but I do know that to function it needs regular maintenance and fuel.

Because I have been on the Board at Hillsvie for a few years, I do know how our Centre works. It also needs fuel and the fuel that keeps us running is volunteers.

Many of us are retired, we may travel, have health concerns or family responsibilities and wonder if there's time in our day to become a volunteer. At Hillsvie we are actively seeking ways to make volunteering suit you, your talents, time and preferences. Two ideas we have considered are, breaking down larger volunteer roles into several smaller parts and encouraging job sharing with a friend.

If you have suggestions that would help make volunteering more convenient please speak to a Board member or Staff.

During these last two winter months let's keep on "Enjoying Life in Good Company"

Dora Jeffries

Georgetown President's Message

Welcome, and hoping everyone has and continues to have good health in 2024.

Your Board of Directors are currently planning for future succession. For this upcoming AGM we will be looking to fill the following positions: President, Vice President, Treasurer and two Director positions. Here is a brief overview on what's involved:

President-Provide oversight to all aspects of the operation of the Centre to ensure that the purpose and mission of the Centre are fulfilled. Establish and provide leadership to all committees, chairs, membership and support Town staff.

Vice-President - Assist the President in facilitating the activities of the Board of Directors, act as designate for the President in their absence. Expected to be Incumbent to the President.

Treasurer - Accounting or finance background, manage Centre finances, attend monthly board meetings

Board of Director - Attend monthly board meetings. There are 2 board member positions available.

If you are interested in helping your Centre by providing input and having a say in what's happening at the Centre please consider joining the 2024 Board of Directors.

If you are interested in any of these positions, reach out to Heather Beaumont, myself or a Board member for more information.

Thank you and cheers to the New Year!

Deborah (Debbie) Smith

Volunteer Coordinator's Message

With a new year upon us I want to set a goal for our volunteers. This year our goal is to stay on top of entering our volunteer hours. I get asked a lot about why it matters, so I want to share with you.

When we submit grants and tell our story about Hillsvie to the Town of Halton Hills and other organizations, volunteering is a huge part. Your time and efforts are what keeps this place running. If we don't have your hours logged and current then it isn't a true representation of all the work that is being done here.

So, for those unsure of how or when they should enter them in. You can always enter your hours when you check in, or on your way out. However, if you forget you have a couple options. You can always email me at kdennis@haltonhills.ca or you can plunk them in on your next visit. If you are unsure how to enter them in please ask a staff member for assistance.

Together, let's knock this goal out of the park!

If you want to connect with me on volunteering I am in Acton on Mondays and Georgetown Wednesdays and Thursdays or give me a call at 905-873-2600 ext. 2282.

Thank you
Kathleen Dennis
Volunteer Coordinator

Hillsview 2024 AGM's

Come out and hear about the highlights of 2023, review the financials and budget for 2024, and vote in your new board members.

Hillsview Acton Annual General Meeting

**Tuesday March 26th, 2024
at 1:30pm**

The following board position will become available:

Board of Director - 3 Positions

If you are interested in volunteering on the Board and would like to look at a job description, please contact Michelle Durham, Hillsview Supervisor.

Hillsview Georgetown Annual General Meeting

**Wednesday March 27th, 2024
at 1:00pm**

The following board position will become available:

- **President**
- **Vice-President**
- **Treasurer**
- **Board of Director - 2 positions**

If you are interested in volunteering on the Board and would like to look at a job description, please contact Heather Beaumont, Hillsview Supervisor.

Board Positions

Join our Hillsview leaders who bring vision, dedication and energy to making a difference in their Centre.

We are looking for interested individuals who support our mission: **“To engage and enhance our members physical, mental, social and emotional wellbeing through inclusive programs, events and services geared to the senior population”**. Come and share your skills and be a part of this amazing team!

You will be asked to attend and participate in monthly Board meetings. You may have the opportunity to participate in various special events or work on special projects. The Board terms are 2 years in length. Are you ready to have FUN and make a difference? Any questions? Feel free to reach out to a current board member (listed on page 5) or staff.

What is a proxy vote?

If you cannot be at the AGM in person, a proxy vote gives your voting privilege to someone you know who is attending to vote on your behalf. A Proxy form must be completed and signed by the person conceding the vote. Only 2 Proxy voting ballots will be issued to identify the extra vote(s) the member is representing. Members can only carry a maximum of 2 Proxy votes for another member.

Attention!

Please note that you must be a current member for 2024 to participate in the Annual General Meeting.

Weekly Drop in Programs - Acton

All programs subject to change

DAY	ACTIVITY	ROOM	TIME	FEE
Monday	Cribbage	H/W	10:00am -12:30pm	\$1.00
	Darts	Hall C	10:30am -12:00pm	\$1.00
	Carpet Bowling	Hall C	1:00pm - 2:30pm	\$1.00
	LifeMark Exercise (call 1-800-315-4417 to register)	Hall AB	1:00pm - 4:00pm	Free
Tuesday	Movie Matinee (Select Tuesdays)	Hall AB	1:00pm -3:00pm	\$1.00
	Fresh Steps Footcare (1st Tuesday, call Alma at 519-830-5529)	H/W	9:00am - 4:00pm	
	Hearing Clinic (2nd Tuesday, call Susan at 289-891-8833)	H/W	10:00am - 12:00pm	
	Ladies' Breakfast (2nd Last Tuesday)	Hall AB	9:30am -10:30am	\$10.00
	Men's Breakfast (Last Tuesday)	Hall AB	9:30am - 10:30am	\$10.00
	Book Club (Last Tuesday)	Hall C	1:00pm - 2:00pm	\$1.00
Wednesday	Coffee Connections	H/W	10:00am - 11:00am	\$2.00
	Bid Euchre	Hall B	12:30pm - 3:30pm	\$1.00
	Scrabble	H/W	1:00pm - 3:00pm	\$1.00
	Art Group (bring in your art to work on)	Hall A	1:00pm - 3:00pm	\$1.00
		Hall C	1:00pm - 3:00pm	\$1.00
Thursday	Euchre	Lounge	10:00am - 12:30pm	\$1.00
	Cribbage	H/W	10:00am - 12:30pm	\$1.00
	Diamond Dots	Hall C	10:30am - 12:00pm	\$1.00
	Gab and Stitch	Hall C	10:30am - 12:00pm	\$1.00
	Paper Tole - last day Dec 14th	Hall C	10:30am - 12:00pm	\$1.00
	Canasta	H/W	1:00pm - 3:00pm	\$1.00
	Social Line Dancing	Full Hall	2:00pm - 3:30pm	\$1.00
Friday	Lunch	Full Hall	12:00pm - 1:00pm	\$8.00
	Therapy Dog Visit (2nd Friday)	Lounge	11:00am—12:00p	Free
	Bingo	Full Hall	1:00pm - 3:00pm	\$5.00
	LifeMark Exercise (call 1-800-315-4417 to register)	H/W	1:00pm - 4:00pm	Free
Saturday	Bingo (Monthly-Large prizes)	Full Hall	2:00pm - 4:00pm	\$20/30

Weekly Drop in Activity Schedule - Georgetown

Note: Programs are subject to change

DAY	ACTIVITY	ROOM	TIME	FEE
Monday	Woodcarving	HALL	9:00am	\$2.00
	Carpet Bowling	AUD	9:00am	\$2.00
	Bridge	VAR	9:00am	\$2.00
	Reiki (2nd Monday monthly)	GR	Sign up	\$2.00 +exchange
	Intro to Meditation (3rd Monday)	GR	10:00am	\$2.00
	Making a Life for Myself (1st Monday/Month)	BR	11:00am	\$2.00
	Bid Euchre	VAR	1:00pm	\$2.00
	Drop-in Table Games	GR	1:00pm	\$2.00
	BINGO -1st & 3rd Mon of month	AUD	1:00pm	\$6.00 (unlimited)
	Cribbage/Mah Jong	VAR	6:00pm	\$2.00/M \$4.00 NM
Tuesday	Everything Crafts	HALL	9:00am	Donation
	Book Club Meet & Greet (1st Tues of month)	VAR	10:00am	\$2.00
	Scrapbooking/Diamond Dots	VAR	12:30pm	\$2.00
	Rummikub/Canasta	GR	1:00pm	\$2.00
	Bid Euchre	VAR	6:00pm	\$2.00/M \$4.00 NM
	Hearing Clinic-1st Tues of month	BR	Book at Rec	Free
Wednesday	Therapy Dog Visits (Last Tues)	CENTRE		Free
	Pause Café	BR	10:00am	\$2.00
	Mingle & Chat	VAR	10:00am	\$2.00
	Darts	GR	10:00am	\$2.00
	Camera Club (Last Wednesday)	LIB	10:00am	\$2.00
	Rug Hooking	RR	10:00am	\$2.00
	Ping Pong	LS	11:00am	\$2.00
	Euchre	AUD	1:00pm	\$2.00
	Art Club	VAR	1:00pm	\$2.00
	Computer Club	BR	1:00pm	\$2.00
	Mah Jong	GR	12:30pm	\$2.00
	Foot Clinic call for appointment (3rd Wednesday of month)	HW	416-518-1459	Fee applies
Thursday	Band Practice	VAR	9:00am	\$2.00
	Mah Jong	GR	9:30am	\$2.00
	Lifemark (call 1-800-315-4417)	RR	12:30pm	N/C (pre-register)
	Darts	GR	1:00pm	\$2.00
	Cribbage	VAR	1:00pm	\$2.00
	Bid Euchre	VAR	6:00pm	\$2.00/M \$4.00 NM
Friday	Carpet Bowling	AUD	9:00am	\$2.00
	Everything Crafts	Hall	9:00am	Donation
	LifeMark (call 1-800-315-4417)	GR	9:00 am	N/C (pre-register)
	Drop-In Tai Chi	RR	9:30 am	\$2.00
	Genealogy	BR	10:00 am	\$2.00
	Duplicate Bridge	AUD	12:30 pm	\$2.00
	Toonie movie (see Page. 18)	VA	12:30 pm	\$2.00
Monday to Friday	Travel Desk	HALL	9:00am -1:00pm	TBD
	Billiards	GR	DROP IN	\$2.00
Saturday	Bingo (Monthly - Large Jackpot)	AUD	1:00pm-3:00pm	\$22-\$32.00 _____

February 2024

Program	Dates	Location	Time	More Information:
Saturday BINGO	Saturday, February 3rd	Georgetown	1:00pm - 3:00pm	Page 16
Clef Notes to Canvas	Monday, February 5th	Acton Youth Cn	4:30pm - 7:00pm	Page 14
Intro to Meditation	Monday, February 5h	Georgetown	10:00am - 11:00am	Page 12
Ashley Oaks Lunch & Learn	Tuesday, February 6th	Georgetown	1:00pm - 2:30pm	Page 14
Birthday Tea	Tuesday, February 6th	Acton	1:30pm - 3:00pm	By Invitation
Craving Change	Wednesday, Feb 7 - 28	Acton	9:30am - 11:30am	Page 12
Jones - Estate Plan Lunch	Thursday, February 8th	Georgetown	1:00pm - 2:30pm	Page 14
Saturday Bingo	Saturday, February 10th	Acton	2:00pm - 4:00pm	Page 16
Pancake Breakfast	Tuesday, February 13th	Acton	9:30am - 11:00 am	Page 13
World Food Tour	Tuesday, February 13th	Acton	1:00pm - 2:00pm	Page 17
Valentines Lunch/Event	Tuesday, February 13th	Georgetown	1:00pm - 3:00pm	Page 19
Nursing Student Pres/ Lunch	Thursday, February 15th	Acton	11:00am - 1:00pm	Page 15
Toonie MOVIE: NYAD	Friday, February 16th	Georgetown	12:30pm - 2:30pm	Page 18
Closed	Monday February 19th	Both		
Ladies Breakfast	Tuesday, February 20th	Acton	9:30am - 11:00am	Page 13
CARP Information	Tuesday, February 20th	Georgetown	1:00 - 2:30pm	Page 18
Tuesday Movie	Tuesday, February 20th	Acton	1:00pm - 3:00pm	Page 18
Social Dinner & Dance	Tuesday, February 20th	Acton	6:00pm - 9:00pm	Page 19
Rug Hooking Workshop (2wks)	Thursday, February 22nd Tuesday, February 27th	Georgetown	12:30pm - 3:30pm	Page 12
Building Resilience FHT	Monday, Feb 26-March 25	Georgetown	1:30pm - 3:00pm	Page 16
Parkinson's Support Group	Monday, February 26th	Acton	10:30am - 12:00pm	Page 22
Men's Breakfast	Tuesday, February 27th	Acton	9:30am - 11:00am	Page 13
STEM Workshop	Tuesday, February 27th	Acton	1:00pm - 2:00pm	Page 15
Men & Women Breakfast	Tuesday, February 27th	Georgetown	9:00am - 10:00am	Page 13
Let's Talk Real Estate	Thursday, February 29th	Georgetown	1:00pm - 2:30pm	Page 15
Nursing Student Pres/ Lunch	Thursday, February 29th	Acton	11:00am - 11:00pm	Page 15

March 2024

Program	Dates	Location	Time	More Information:
Financial Planning	Friday, March 1st	Georgetown	1:00pm - 2:30pm	Page 16
Saturday BINGO	Saturday, March 2nd	Georgetown	1:00pm - 3:00pm	Page 16
Building Resilience FHT	Monday, Mar 4-Mar 25	Georgetown	1:30pm - 3:00pm	Page 16
Bees Wax Wraps	Tuesday, March 5th	Acton	1:30pm—3:00pm	Page 14
Spaghetti Dinner	Tuesday, March 5th	Acton	6:00pm—8:00pm	Page 13
MAID Confirmed Date	Thursday, March 7th	Georgetown	1:00pm - 3:00pm	Page 18
World Food Tour	Tuesday, March 12th	Acton	1:00pm—2:00pm	Page 17
Mini Putt with Camp	Tuesday, March 12th	Acton	1:00pm—2:00pm	Page 19
Foam Art with Camp	Wednesday, March 13th	Acton	1:00pm—2:00pm	Page 19
Jewelry Beading Craft - 1	Thursday, March 14th	Georgetown	10:00am - 12:00pm	Page 15
Jewelry Beading Craft - 2	Thursday, March 14th	Georgetown	1:00pm - 3:00pm	Page 15
Toonie Movie: The Burial	Friday, March 15th	Georgetown	12:30pm - 2:30pm	Page 18
Saturday Bingo	Saturday, March 16th	Acton	2:00pm - 4:00pm	Page 16
Parkinson Support Group	Monday, March 18th	Acton	10:30am - 12:00pm	Page 22
Introduction to Meditation	Monday, March 18th	Georgetown	10:00am - 11:00am	Page 12
Ladies Breakfast	Tuesday, March 19th	Acton	9:30am - 11:00am	Page 13
Tuesday Movie	Tuesday, March 19th	Acton	1:00pm - 3:00pm	Page 18
STEM Workshop	Tuesday, March 19th	Acton	1:00pm - 2:00pm	Page 15
Social Dinner & Dance	Tuesday, March 19th	Acton	6:00pm - 9:00pm	Page 19
Nursing Student Pres	Thursday, March 21st	Acton	11:00am - 12:00pm	Page 15
Monarch Butterfly Pres	Thursday, March 21st	Georgetown	1:00pm - 2:30pm	Page 19
Chocolate Easter Event	Friday, March 22nd	Georgetown	1:30pm - 3:00pm	Page 17
Peek & Treat New members	Monday, March 25th	Georgetown	1:30pm - 3:00pm	Page 19
Men's Breakfast	Tuesday, March 26th	Acton	9:30am - 11:00am	Page 13
Hillsview Acton AGM	Tuesday, March 26th	Acton	1:30pm - 3:00pm	Page 7
Men & Women Breakfast	Tuesday, March 26th	Georgetown	9:00am - 10:00am	Page 13
Hillsview Georgetown AGM	Wednesday, March 27th	Georgetown	1:00pm - 3:00pm	Page 7
CLOSED	Friday, March 29th	BOTH		

Enjoying Life in Good Company

Hillview Centres

Rug Hooking Guild (GRHG) Georgetown

**Thursday, February 22nd &
Tuesday, February 27th
12:30pm - 3:30pm
\$12.00 members
\$15.00 non members**

The GRHG joined the Hillview Active Living Centre in January –you may have noticed us on Wednesdays. Join us in one of these introductory classes, and learn how to “pull a loop”. Then join us on Wednesdays to finish your project. Each Introductory Class will include the following:

- Intro to pattern making
- Introduction to rug hooking (“pulling a loop”)
- Design your pattern and start hooking your project

All materials will be provide (equipment required on loan for workshop). Finish your project at Wednesday drop-in. Hillview is purchasing hooks to use at the centre.

Sign up at Reception

Craving Change™ – Acton

**Wednesday, Feb 7, 14, 21, 28
9:30am –11:30am
Free
Sign up starts Jan 5th
Space is limited.**

In partnership with the Halton Hills Family Health Team, this 4 week free program will help you understand why you eat the way you do, how to comfort yourself without food, and change your thinking and eating habits.



Reiki - Georgetown

Reiki Sessions

**\$2.00 +energy exchange,
NEW - 2 times per month
2nd & 4th Monday**

Due to popularity Reiki professionals will be offering twice a month a 30 minute individual session. Tej Kiran and Laura Yearwood Reiki Masters will be here at Hillview.

Ask about what an energy exchange is for the Reiki Masters. (\$15.00 minimum requested).

Sign up sheet at Reception



Introduction to Meditation Georgetown

**Monday, February 5th,
Monday, March 18th
9:30am - 10:30am
\$2.00 drop in fee**

This workshop will provide an introduction to meditation and provide basic techniques to meditate. In addition you will learn about the benefits of regular meditation.

Come together in a group and learn from Chantal Garneau.



Inclement Weather and Facility Closures

The Hillview Active Living Centre follows the Town of Halton Hills Inclement Weather Procedures.

The following will inform you as to when a closure of the centre has been implemented.

- For information regarding **Hillview Georgetown** closure, call: 905-873-2601 ext. 2271. There will be a message on the phone reflecting the closure updates.
- For information regarding **Hillview Acton** closure, call 519-853-5951. There will be a message on the phone reflecting the closure updates.
- To find out if your **Active Living program** is cancelled due to inclement weather, please call 905-873-2601 ext. 2708.

When possible a mass membership e-mail or phone call will be sent out to all our members. Please ensure that we have your e-mail address if applicable.

Please remember to always call the Centre first and ask about specific activities and programs.

Friday Lunches - Acton

Join us Fridays for lunch!
Our lunch team alternates
soup and sandwiches with hot
lunches and lets not forget
dessert! **\$8.00 you must
sign up by Wednesday.**

Ladies Breakfast - Acton

**Tuesday, February 20th
9:30am**

Tickets on sale: Jan 23rd
Cut off: Friday Feb 16th

Tuesday, March 19th, 9:30am

Tickets on sale Feb 20th
Cut off: Friday Mar 15th

**\$10 members
\$13 non-members**

Men's Breakfast - Acton

**Tuesday, February 27th
9:30am**

Tickets on sale Jan 30th
Cut-off: Friday Feb 23rd

**Tuesday, March 26th
9:30am**

Tickets on sale Feb 27th
Cut-off: Friday Mar 22nd

**\$10 members
\$13 non-members**

Food for Life

This service is free, brought to
you through our Food for Life
partners and our Hillview
volunteers. Bring your own
shopping bag and supplement
your regular groceries with
produce and when available
bread and/or meat.

**Fridays - Acton at 2:00PM
Tuesdays & Fridays -
Georgetown morning delivery**



Men's & Women Breakfast - Georgetown

**Tuesday, February 27th 9:00am-10:00am (cut off Feb 23rd)
Tuesday, March 26th 9:00am - 10:00am (cut off March 22nd)**

\$5.00 members \$8.00 non-members

Breakfast includes:
Scrambled eggs, bacon, sausage, hashbrowns, toast & coffee/tea!

Many thanks to our sponsor Constantine Karolidis,
Halton Audiometric Centre

Sign up at reception.

Daily Lunches - Georgetown

Lunches are served from 11:30am - 1:00pm
(while quantities last)

Monday - Hot Lunch
Tuesday - Sandwich
Wednesday - Hot Lunch
Thursday - Soup
Friday - Pizza

When possible the menu will be emailed, however it is subject to
change. **Take one home, bring your own takeout container**
(or purchase one for \$1.00)

Pancake Breakfast - Acton

**Tuesday, February 13th, 9:30 - 11:00am
Sittings at 9:30/10:00/10:30am
\$10.00 per person
Tickets on sale January 12th**

Start your day out right with a warm, fluffy stack of pancakes
cooked at the centre! Served with sausage, yogurt and coffee/
tea/juice.

Spaghetti Dinner - Acton

Tuesday, March 5th @ 6:00pm

\$15.00 per person, \$8 for children under 12

Tickets on sale February 6th

Delicious spaghetti with our own Cathy Forbes special sauce!
Served with garlic bread, and Caesar salad.

Why cook!? Join us for this delicious, hearty meal! Bring the
family.

Ashley Oaks Residence Lunch & Learn Georgetown

Tuesday, February 6th 1:00pm - 2:30pm
\$2.00 drop in fee (includes lunch)
1:00pm - 1:30pm - Lunch
1:30pm - 2:30pm Information session

Join representatives from Ashley Oaks Jennifer and Stephanie for this informative lunch and learn session about Ashley Oaks Retirement Residence. Take a look inside this beautifully designed building and learn about the amenities it has to offer as well as the services available through the Residence and Home Care. There will be an opportunity for questions at the end of the session.

Come listen to some options available to you, and enjoy a light lunch.

Sign up at Reception



Jones Funeral Home on Estate Planning Are Your Affairs in Order? Georgetown

Thursday, February 8th 1:00pm - 2:30pm
\$2.00 drop in fee
Light lunch provided

Join us as Gordon MacGregor, Certified Executor Advisor leads you in this complimentary educational workshop.

You will discover the peace of mind that comes with BEING PREPARED. Come find out simple strategies that will help you to get organized by learning what to do and not to do in order that you have a properly prepared estate.

Valuable take home information package will be give to all attendees and a free planning guide booklet.

Space is limited,
Sign up at reception.



Bees Wax Wraps Acton

Tuesday, March 5th 1:30pm - 3:00pm
\$10.00 pp
Sign up starts February 6th

Beeswax wraps are great for storing food and keeping it fresh. SO much better than that waste-ful cling wrap! Beeswax wraps will keep your food fresher for longer! Beeswax is more breathable than plastic, keeping your food fresher for longer and saving you money.

Come learn how and make your own. You will take one home.

They are sustainable and compostable.100% Natural.

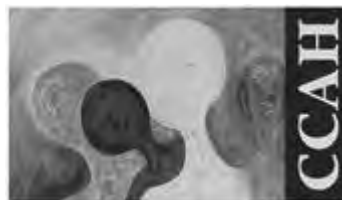
Clef Notes to Canvas with the Canadian Caribbean Association of Halton - Acton

Monday, February 5th 4:30pm—7:00pm
@ the Acton Youth Centre
Sign up starts January 12th

Join us at the Acton Youth Centre for an ntergenerational programming opportunity! This instructor lead program combines traditional Caribbean music and painting to inspire your creative side!

Learn more about Caribbean culture, enjoy some traditional refreshments and unleash your inner artist.

Sign up starts January 12th. Space is limited.



Volunteers Needed! - Acton

We are looking for new funding committee members. If you are interested in helping plan, organize, or run fundraising initiatives at the centre, please consider signing up to volunteer.

If you are interested in volunteering, please reach out to Kathleen Dennis, Volunteer Coordinator, at kdennis@haltonhills.ca.

**Let's Talk Real Estate
Should I Stay or Should I Go?
Georgetown**

Thursday, February 29th
1:00pm - 2:30pm
\$2.00 drop in fee

Looking to stay in your home longer? Wondering if it might be time to move to something more manageable?

Discover resources to help you stay. Learn about downsizing options in our community and how to make a move with minimal stress.

Maria and Suzanne will provide you with the information and resources you need to make the choice that is right for you.

Light refreshments will be served.

Maria Cook & Susanne Clarke are local REALTORS® with Coldwell Banker Fieldstone Reality located in Downtown Georgetown.

Sign up at Reception

**Science Tech Engineering and Math (STEM)
Workshop—Acton**

Tuesday, February 27th 1:00pm—2:00pm
Race Cars
Cost \$2.00 each
Tickets on sale Jan 30th

Tuesday March 19th 1:00pm—2:00pm
Ferris Wheel
Cost \$2.00 each
Tickets on sale February 27th

Unleash your inner engineer and join us for an exhilarating STEM workshop designed exclusively for seniors. Participants will dive into the world of science, technology engineering and math (STEM) while crafting their own marvel. This workshop will combine engineering with a touch of imagination.

Space is limited.



Jewelry Making - Georgetown

Thursday, March 14th 2 Session (pick one)
1) 10:00am - 12:00pm
2) 1:00pm - 3:00pm
\$10.00 members, \$13.00 non-members

Susan Hardy will bring her jewelry making skills to Hillsview! You will be making beaded jewelry (dangle or drop earrings (pierced and/or clip available), and a coordinating pendant if time permits.

All tools and supplies will be provided. There will be lots of beads to choice from to create your very own design.

Sign up at Reception

Sample Ideas of what you will be making:



Nursing Student Lunch and Learns - Acton

Thursday February 15th
11:00am—1:00pm
Tickets on sale January 26th
Free

Thursday February 29th
11:00am—1:00pm
Tickets on sale February 9th
Free

Thursday March 21st
11:00am—1:00pm
Tickets on sale March 1st
Free

Topics will focus on Older Adult Health but specific topics are to be determined.
See posters in centre for additional details

We are thrilled to once again be hosting a Trent Nursing Student. Samantha Petrovic will be providing a series of medical related presentations. Please come out and support in the learning and development.

Lunch will be provided after the presentation.
See posters for lunch details.

Building Resilience - Georgetown

Monday, February 26th - March 25th
1:30pm - 3:00pm
FREE (5 weeks session)

In partnership with the **Family Health Team** (FHT) we are offering this 5 week workshop on building resilience here at Hillsvue Georgetown.

Building Resilience is a 5-week workshop tailored to mood and anxiety management. Participants will learn specific skills focused on building mental and emotional resilience. This group is appropriate for any adult struggling with anxiety, depression, stress or anyone seeking further insight into the relationship between our thoughts, behaviours and mood.

Sign up at Reception



Financial Planning for Seniors Georgetown

Friday, March 1st
1:00pm - 3:00pm
\$2.00 drop in fee

Manzar Sharif, Investment Advisor, Certified Financial Planner, MBA, CFP, CIM, RRC has been recommended by one of our members. Manzar has agreed to come to Hillsvue to present on the topic of Financial Planning for Seniors.

This workshop will discuss financial planning considerations for seniors and offers an overview of commonly used strategies.

Bring your questions for Manzar, she will have time at the end of the presentation.

Sign up at Reception.



Member's 50/50 Draw - Both Centres!

Make sure you put in your Loonie in Acton and Toonie in Georgetown before the Friday 3:00pm draw. You can't win if you don't play!



Saturday Afternoon BINGO - Acton

Looking for something to do on a Saturday afternoon? Large prize money including a full card for **\$125.00**. Open to the community.

1st package-\$20

2nd package \$10

5 early bird games

8 regular games

2 full card jackpot specials

Sat Feb 10th

Sat Mar 16th

All games begin at 2:00pm

Saturday Afternoon BINGO - Georgetown

Saturday, February 3rd, 2024

1:00pm - 3:00pm

Saturday, March 2nd, 2024

1:00pm - 3:00pm

1st Package \$22.00

(Includes 5 early bird games, 8 regular games, 1 special game, 1 Jackpot game).

2nd additional package \$10.00

15 games in total to play.

PRIZES available include a Jackpot payout of \$150.00.

Next Dates: Saturday, April 2nd & May 4th

Travel Acton & Georgetown New Year! New Destinations!

St. Patrick's Day Kitchen Party

Bingeman's Conference Centre

Friday, March 15, 2024

Featuring The Mighty Kin and Celtic Effect
Irish bands singing yarns and playing every
Instrument but the kitchen sink.

Jersey Boys

Hamilton Family Theatre – Cambridge

Wednesday, April 10

The story of four young men from the wrong
side of the tracks in New Jersey, a rock and Roll
group called the Four Seasons featuring Rudy
Valli and Bob Gaudios singing songs like Sherry,
Big Girls Don't Cry, Can't Take My Eyes Off
You.

Lunch at the "Fifty's Grill".

Sentimental Journey

WMB Church, Waterloo

Friday, May 10

A musical journey through the decades from
the 1920's onward. Conceived and directed
by Nicol Guis (Christmas Show)

Lunch at Kitchener Mandarin

Casino Fallsview

Niagara Falls

Tuesday, April 9th

**Acton Tickets on sale March 13th at
reception.**

**Your signature on the sign-up sheet is your
commitment to pay for the trip.**

Please pay at Travel Desk in Hillview
Georgetown

Travel Desk Enquiries:

Florence Riehl – Convener

Mon.-Fri. 9:00-1:00

Telephone Inquiries:

905-873-0057

World Food Tour - Acton

Sign up and pay at reception.

Columbia—Arepas

Tuesday Feb 13th

1:00pm—2:00pm

\$3.00 per person.

Sign up Jan 16th



Brazil—Feijoada

Tuesday March 12th

1:00pm—2:00pm

\$5.00 per person

Sign up Feb 20th



Easter Chocolate - Georgetown

Friday, March 22nd 1:30pm - 3:00pm

\$10.00 members \$13.00 for non members

Our first chocolate experience was such a
successful hit, we are planning another session.
Maryse is our chocolatier, and will be offering a
fun easter chocolate
surprise and some fun
Easter themed
chocolates.



Space will be limited.
Sign up at reception.

Lending Libraries

Both the Acton and the Georgetown Hillview
locations have Lending Libraries at their
Centres. These libraries offer books, puzzles
and DVD's for our members to enjoy. (We ask
all returns be put in the return bin as well as any
donations of books, puzzles, etc.)

Lending Library Hours Acton
Monday - Friday 9:00-4:00pm
(located in the lounge)

Georgetown
Monday - Friday 9:00-4:00pm
Outdoor Library 24/7 - 7 days a week.
(located outside by rear entrance)

Enjoying Life in Good Company

Medical Assistance in Dying MAID - Georgetown

March 7th, 1:00pm - 3:00pm
Drop in Fee \$2.00

This is a controversial topic but we have had some members ask for more information. We wanted to educate those interested in learning about end of life process and options.

It is your personal choice and constitutional right for medical assistance in dying (MAID) and this session will highlight the importance of Advance Care Planning.

Come and learn:

- What types of MAID are permitted in Canada
- Who is eligible
- Who can provide service
- How do you qualify
- What safeguards are required etc.

There will be time for question and answer period at the end of the session.

Sign up at reception



CARP (Canadian Association of Retired Persons) Information Session Georgetown

Tuesday, February 20th
1:00pm - 2:30pm
\$2.00 drop in fee

A representative from CARP will be here at Hillview to share what CARP is about. CARP is a national, non-partisan, non-profit organization.

CARP membership supports major changes in government policies and protects the dignity of Canadians as we age.

Members are also rewarded with discounts on over 100 everyday products and services they know and love from trusted partners of CARP.

This is an information session, and there is no commitment to become a member of CARP. Hillview is happy to provide you with general information.

Sign up at reception



Hillview Centres

Tuesday at the Movies Acton

The Holdovers
February 20th at
1:00pm



The Miracle Club
March 19th at
1:00pm



Monthly Friday Movies Georgetown



NYAD
About Singular
Intensity of
Endurance
Athletes
Friday, Feb 16
12:30pm
\$2.00 drop in



The Burial
2023 American
legal drama
loosely based on
a true story.
Friday, Mar 15
12:30pm
\$2.00 drop in

Social Dinner & Dances - Acton

Tuesday, February 20th, 6:00pm

Tickets on sale Jan 23rd

Cut off: Feb 13th

Price: \$25.00 per person

Menu:

Ham, scalloped potatoes, green beans, dessert

Entertainment: TBD

Tuesday, March 19th, 6:00pm

Tickets on sale Feb 20th

Cut off: March 12th

Price: \$25.00 per person

Menu:

Roast beef, Yorkshire pudding, mashed potatoes, carrots, and dessert.

Entertainment: TBD

Peek & Treat New Member Social Georgetown

**Monday, March 25th 1:30pm - 3:00pm
FREE**

Calling all new members!

We would like to invite you to our Peek & Treat social! Come and meet other new members and find out about the variety of programs, active living programs, fun activities and of course enjoy some treats!

Come and meet your membership committee, our board of directors, the active living team and meet some new friends.

Let's socialize and learn more about what Hillview Active Living Centre has to offer!

... aren't you curious? Come check it out!

Sign up at reception.

Valentine Lunch & Entertainment Georgetown

**Tuesday, February 13th 1:00 - 3:30
\$7.00 Members / \$10.00 Non-members**

Come enjoy some Valentines FUN, a light lunch and refreshments. There will be live entertainment by Neil Cotton & Hawks Nest Band.



Sign up at reception

Monarch Butterfly Caterpillar Presentation Georgetown

**Thursday, March 21st 1:00pm - 2:30pm
\$2.00 drop in fee**

Join us for a PowerPoint presentation on the "Magnificent Monarchs".



Margaret Larson has been a monarch conservationist for almost twenty years and will share with you the knowledge she has attained over that time.

She will also help you to understand how you too, can become a monarch enthusiast in many different ways.

Sign up at reception

March Break Programs with Camp - Acton

Come out and participate in fun activities with the camp kids help them learn about Science, Technology, Engineering, Art and Math STEAM).

Tuesday, March 12th 1:00pm —Help the camp kids test their popsicle stick bridges on our mini putt course. Can you help them overcome the obstacles and get the ball in the hole!

Wednesday, March 13th 1:00pm— Help mix foam paint and create unique 3D works of art. What will you design?!

Wellness Lunch & Learn - REIKI

DATE: To be confirmed

1:00 - 3:00 PM

Cost: \$2.00 drop in fee

Hillview Georgetown is offering wellness workshops on different types of wellness including alternative medicine.

This wellness workshop lunch and learn will be an introduction to Reiki, by the reiki masters that are coming into Hillview each month.

Learn about Reiki and how it can help you. Reiki is a hands-on healing modality. It is a Japanese word where "Rei" stands for "higher power" and "ki" stands for "life force energy".

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. Reiki provides support by facilitating an environment for healing.

Our Reiki Masters are ready to provide a workshop to answer any of your questions.

Sign up at reception.

Wellness Lunch & Learn - HEARING

DATE: To be confirmed

1:00 - 3:00 PM

Cost: \$2.00 drop in fee

Constantine Karolidis, BA., H.I.S., Reg. A.H.I.P. has been helping Hillview members with free hearing clinics, and now will be offering a lunch and learn on the importance of your hearing health.

Constantine is able to perform complete hearing assessments and educate you on all makes and models of hearing aids and assistive listening devices.

Our relationships and social interactions are more rewarding when we can confidently and effectively communicate. Come learn about the importance of hearing assessments and hearing health.

Enjoy lunch while you learn.

Sign up at reception.

MARK YOUR CALENDARS!

**Hillview Acton Seniors Centre
Presents...**

Art & Craft Show

Jewelry

Quilting

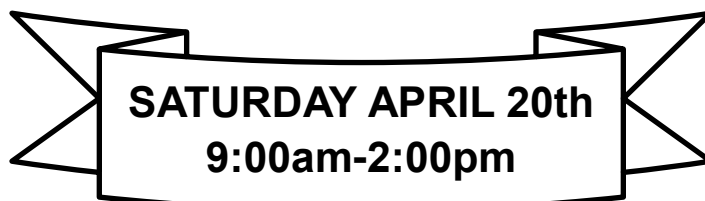
Bath Items

Breads

Fine Arts

Stained Glass

Pottery



Silent Auction

**Items from Local Businesses
& Community**

Gift Baskets

Craft Beer Basket

Gift Cards

Original Painting

And much, much more

Art Your Service...

Art Your Service is an online community for thriving older adults offered to Hillview members.

Visit www.artyourservice.org

The next column shows the standard weekly offering of amazing virtual "get-togethers" through Zoom.

Each week's programming offers help to anyone, where you are feeling isolated, or just want to stay home today. Not only will you benefit from this program, but we are using this service to keep more of you connected to each other & the Centre.

Weekly classes include Resistance Training, Cardio, Dance, Pilates, Yoga, Natural Movement, Painting, Author Talks, Lectures, Virtual Hikes and much more.

These classes change up periodically to keep the content fresh and engaging.

If you would like to participate, call the Centres: Acton 519-853-5951 or Georgetown 905-877-6444 or email staff to have your name & email added to the Art Your Service list.

It is FREE, and once registered you can drop in whenever you like. You will be provided the schedule each Monday!

Many programs available through telephone. Call your Centre to be set up and provided the phone number access.

SNOW BIRDS

Here is a great way to use your 2023 membership benefits while away. This fully virtual programming will keep you connected while away for the winter.

Ask Staff how to sign up before you go south!!

ART YOUR SERVICE
OUTSIDE THE BOX CREATIVE AGING

Art Your Service Sample of Weekly Online (Zoom) Offerings

Day	Time	Program
Monday	10:30am	Balls & Bands Resistance Training
	2:00pm	Chair Yoga
	4:00 pm	Conversational Spanish
Tuesday	10:30am	Joy of Movement
Wednesday	9:15am	Taijifit
	10:30am	Funky Moves (Dance Class)
	1:00pm	Ukulele Jam
	2:00pm	Journaling with Conversation
Thursday	10:30am	Pilates
	2:00pm	Lecture Series
Friday	10:30am	Fitness with Jill
	4:00pm	Trivia Social

Walk Fit Orientation Dates

February

ACC: Tue. Feb 6, 11:45 to 12:45pm
MSP: Tue. Feb 13, 11:30 to 12:30pm
MSP: Wed. Feb 21, 11:30 to 12:30pm
MSP: Tue. Feb 27, 11:30 to 12:30pm

March

ACC: Tue. Mar 5, 11:45 to 12:45pm
MSP: Thurs. Mar 14, 9:45 to 10:45am
MSP: Tue. Mar 19, 11:30 to 12:30pm

ACC-Acton Community Centre

MSP-Mold-Masters SportsPlex

Additional information for Walk Fit on page 28

Enjoying Life in Good Company

Hillview Centres

Foot & Hearing Clinic Information

Please call Foot Care & Hearing Clinics, directly for an appointment.

Georgetown Foot Clinics Sole Heeling Foot Care

Deborah will be at Hillview Georgetown the 3rd Wednesday of every Month. You still need to book your appointments directly with Deborah Corrado. Call 416-518-1459.

Fresh Steps Footcare—Acton

Please call Alma at 519-830-5529 to book an appointment. 1st Tuesday of every month.

Halton Audiometric Centre

905-877-8828

FREE testing at Hillview Georgetown the first Tuesday of the month.

Sign up at reception

North Halton Hearing Clinic

FREE testing at Hillview Acton
Second Tuesday each month
Susan Baker 289-891-8833

Alzheimer Society

Our Alzheimer Society team has created a new micro website to support clients and community members.

Alzheimer Society at Home is a “micro-site” where we have collected all the virtual, self-serve offerings that our Staff have created during Covid-19.

On the site, you will find downloadable links and printable activity kits (can be mailed out as well), Zoom workshops on topics like ‘Dementia 101’, accessible exercise videos and more.

We understand that this time of social distancing has been deeply challenging for many people living with dementia and their families, and we wanted to create resources that will both empower and entertain our community during Covid-19.

Please visit:

<https://athome.alzhn.ca/> or share this link with anyone that you think may find this useful.

Halton Hills

Parkinson’s Support Group

**3rd Monday of the Month
@ Hillview Acton
10:30am - 12:00pm**

In partnership with Parkinson’s Canada for patients and their caregivers. Connect with others who have Parkinson’s or other care givers of persons with Parkinson’s. You are not alone.

*** February meeting is on Feb 26th***



Acclaim Health Dementia Support

Staff from Acclaim Health will be at each centre once per month for half hour one on one consultation sessions to answer questions or provide support to those living with dementia or their caregivers.

Some of the services they provide include:

- Caregiver education
- Caregiver Support

If you have questions about these or simply want to connect with a professional, please book a session.

Sessions can be booked with **Ana Nunes at 905-632-8168 ext. 2417** or through email at anunes@acclaimhealth.ca

Hillview Georgetown has a Halton Hills Caregiver Support Group each month. Call Ana Nunes for more information.

Website Resources —Did you Know?

The McMaster Optimal Aging Portal is a free website for older adults, caregivers of older adults, clinicians, public health professionals and policy makers to access evidence based information on aging? Some great resources to review <https://www.mcmasteroptimalaging.org/>

Steps to Justice your guide to Ontario law

<https://stepstojustice.ca/legal-topic/housing-law/getting-legal-help-housing-law/>

Grant Recognition

We would like to thank the following ministries for funds:



Your Personal Safety Georgetown Centre

Defibrillator

The Centre is equipped with a portable Defibrillator unit which is mounted on the wall in the hall just outside of the lounge area. Staff receives ongoing training to ensure that their skills are kept current. If you are a volunteer at the Centre and would like to take a Defibrillator course, please let Staff know.

In Case of Emergency

Please see Staff immediately. Emergency cot, pillow and blanket are located in bench between main doors. First Aid kit is located in red bag on wall in main corridor. For medical emergencies call 911.

Fire Drills

As you enter any of the rooms at the Centre, please be aware of the nearest fire exit, pull station and fire extinguisher. If you hear the fire alarm, leave the building immediately, meet in the designated meeting area (**left corner of parking lot between Centre & Swiss Chalet**) and call 911.

Injury Report Forms

It is imperative that an injury form be filled out **every time** there is a personal injury, accident or incident at the Centre. If Staff are not in the Centre, please get a form from reception (forms kept at Reception desk), fill it out with all pertinent information and give completed form to Staff.

Evacuation Plan

The plan is posted on the coatroom wall in the auditorium. Please familiarize yourself with all the emergency exits.

Important Numbers

Canadian Mental Health

Please call: 1-877-693-4270

Crisis Line: 1-877-825-9011

Links2Care - 905-873-6502

Phone Assurance Program

Isolated? Anxious? Need Support?

Meals On Wheels (fee based) 905-873-6502

Distress Centre-Halton

24/7 Distress Line, TeleCheck
North Halton - 905-877-1211

Seniors Help Line

Monday to Friday-11:00 am -
2:00 pm
1-866-457-8252

Alzheimer's Society Of Halton/Hamilton

For more information, please
call: **289-837-2310**

Acclaim Health Hospice, bereavement support

For more information, contact:
Program Coordinator @ 1-800-
387-7127 ext. 2320

Dementia Caregiver Support:

To book an appointment, please
call Ana Nunes
905-632-8168 ext. 2417 or
email:
anunes@acclaimhealth.ca

Care Help Line 1-833-416-2273

Making a 911 Call

When making a 911 call they will respond to life threatening calls first. This triage may cause a delay in some arrivals from paramedics.

Your Personal Safety Acton Centre

Defibrillator

Directly outside the doors to the arena from the Centre on the wall is the defibrillator. You **DO NOT** have to have been trained in order to use it as the machine walks you through the process step by step.

Emergency Procedures

The Emergency Procedures and Fire Plan manuals are located with all the manuals on the shelf by the Reception telephone.

Fire Alarm

The pull-down fire alarm and fire extinguisher are located by the main doors, beside the coatroom. A second fire extinguisher is located in the lounge by the door to the arena.

First Aid

There is a red First Aid bag located on top of the safe in the lounge.

Injury Report Forms

It is imperative that an injury form be filled out **every time** there is a personal injury, accident or incident at the Centre. If Staff are not in the Centre, please get a form from reception (forms kept in Reception binder), fill it out with all pertinent information and put form the Staff folder at Reception and notify Arena staff.

Evacuation Plan

The plan is posted on the wall directly above the fire extinguisher by the coatroom. Please familiarize yourself with all the emergency exits.

Falls Prevention & Osteoporosis Program

Lifemark Wellness in partnership with Acclaim Health and Mississauga Halton Local Health Integration Network is offering FREE Exercise classes.

If you are looking to improve strength, balance, endurance and improve your ability to perform activities around your home and reduce your risk of falling please register for a 12 week Falls Prevention 1 hour program per week.

Hillview Acton Schedule Mondays and Fridays

1:00 - 2:00 pm
Falls Prevention

2:00 - 3:00 pm
Osteoporosis

3:00 - 4:00 pm
Seated Yoga

Hillview Georgetown Schedule

Thursdays

12:30-1:30 pm
Falls
Prevention

1:30 -2:30 pm
Osteoporosis

2:30-3:30 pm
General
Exercise

Fridays

9:00-10:00 am
Falls
Prevention

10:00-11:00 am
Osteoporosis

11:00- 12:00 pm
General
Exercise

You must register by calling:
1-800-315-4417

Please note these classes have limited spaces available. Should you call and are unable to get registered in your class, please notify Centre staff.

Transportation in Halton Hills

For ActiVan/TaxiScrip Program, you must register at either Centre or visit www.haltonhills.ca/50plus

ActiVan Program

ActiVan is a public transportation service operated by the Town of Halton Hills for seniors age 65 and older or those who have a disability.

You may travel anywhere within the municipal boundaries for any purpose including trips between Acton and Georgetown.

For information about cross boundary trips, please call 905-702-6435

Registered users can purchase tickets at the Centre. \$40.00 for 10 tickets.

Operates 7 days per week from 7:00am-6:00pm

You must book ActiVan 48 hours in advance.

ActiVan phone number:
905-702-6435

Taxiscrip Program

TaxiScrip allows ActiVan users to make a spontaneous travel decision. Rather than book in advance, you are able to use the Halton Hills Taxi Services.

Wi-Fi at the Centres

While you are visiting at the Centres, we have accessible Wi-Fi available.

Follow directions to connect. (Signs are posted)

Georgetown

Network: Hillview1

Password: hillview

Acton

Network: ActonSeniorsCentre

Password: asrc5951



Safety in the Parking Lot!

If you see the ActiVan vehicle at the front door of the centre please **DO NOT PASS!**

Please note, just like a school bus when the ActiVan ramp is out and people are entering or exiting the ActiVan you **MUST** stop and wait.

Passing the ActiVan is an illegal offence, and not permitted. We kindly ask that all members wait until the ActiVan departs, and you never pass it.

Sadly, we have had it reported that drivers are passing the ActiVan, and even driving over the ramp. This is quite dangerous, and could cause a great deal of damage to the ramp, let alone the safety of the ActiVan drivers and passengers.

Opportunities for Giving Why not pick the Centres when donating or choosing a charity of choice.....

GEORGETOWN

Butterfly Wall

A wonderful gift to celebrate accomplishments, birthdays, and anniversaries for members, families and friends, as well as to sustain the memory of a loved one who has passed is through the purchase of a plaque for our Butterfly Wall.

For a donation of \$300.00 or more, your loved one(s) who you wish to celebrate, will be prominently and permanently recognized on the donor "Wall of Honor", located in the main hallway area of the Centre. Their plaque will have their name and a personal message placed on it.



ACTON

Tree of Hope

A wonderful way to celebrate the accomplishments, birthdays and/or anniversary of a special someone as well as to sustain the memory of a loved one who has passed, is through the purchase of a Tree of Hope leaf.

Our new Tree of Hope has been completed and installed. The tree and the leaves were designed by local artist Doris Treleaven.

Leaves can be purchased for \$100.00 each.



HERE IS HOW WE REACH OUR FUNDRAISING GOAL

50/50

Memberships

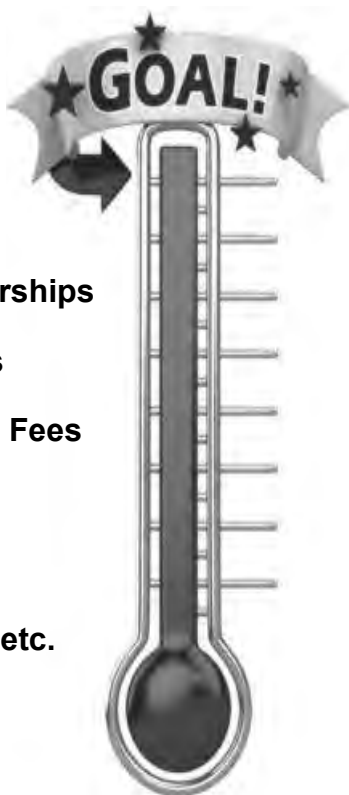
Rentals

Drop in Fees

Events

Raffles

Bazaar etc.



WHY DO WE FUNDRAISE?

The Hillview Active Living Centre's must support 25% of the Operating costs for each Centre.

"IT ALL COMES BACK TO YOU"

With this in mind, please consider supporting the Centres as your "Charity of Choice" throughout the year. Choices of memoriam available are through designating contributions in your or your loved ones obituary or possibly leaving your legacy gifts to the Centre. The Centre is a registered charitable organization, and all donations of \$20.00 or more, are eligible for a tax receipt.

Online Donating

Donate Once or Monthly on Our Centre Website

In just a few minutes, you can make a difference supporting the Hillview Active Living Centres. Visit our website www.haltonhills.ca/50Plus then visit Get Involved, click Supporting the Centres, click the Orange Donate Now button at bottom of page.

Pay for your donation using your credit card.

Your tax receipt will be e-mailed to you right away and your donation will be delivered to the charity you chose right away. The first step is getting started today and make Hillview Active Living Centre **Georgetown or Acton** your charity of choice.

www.canadahelps.org

Recreation Financial Assistance for Hillview and Town Programs

Seniors receiving the Guaranteed Income Supplement (GIS) are automatically eligible to receive a discount on programs. For details and to determine eligibility please contact Centre staff.

Register Online

Did you know you can register yourself online and still get the 25% discount? (applicable programs only). If interested, please talk to staff.

Drop-in Fee Option Active Living Acton

The drop-in fee option has returned to the Active Living programs that are offered at Hillview Acton.

Members: \$8.54

Non-Members: \$10.72

Cancellation Policy & Administration Fee

When a participant cancels from a program at least 2 business days prior to the first day of the program, a refund less a **\$9.93 administrative fee** (subject to change) will be issued. Sorry, there is no reimbursement once the program has started, unless it is for a medical reason. If the program is cancelled by Recreation and Parks, you will receive a full refund.

WalkFit Pass

Looking for an alternative when the weather outside is not ideal! The indoor, self-guided WalkFit Pass provides access to walking at arenas in Acton and Georgetown. Conditions are always right for a walk in our climate-controlled facilities! Enjoy the safety and convenience of the WalkFit pass. "Whatever the weather, we walk together!" For more information see Page 28.

Active Living Programmer

For more information on the Walk Fit Pass or any of the other Active Living programs, please contact:
Sandy Rahn
Recreation Programmer
Active Living
Sandyr@haltonhills.ca or call (365)-355-7341.

Active Pass for Aqua Fitness

Why not try our new Active pass and try an Aquafit class? Passes are for adults 18+ and includes access to:

- Deep water
- Gentle aqua fitness
- Running H2O
- Shallow/deep water
- Water walking

Drop in to try a class, swipe your pass or book online to hold your spot in class.

- No expiry
- Flexible to attend at your convenience
- 10 class pass is \$63.00
- 30 class pass is \$175.00
- Or pay \$7.00 per class

Bone Builder

Bone Builder is a group resistance training class focusing on exercises to strengthen the spine and hips for those with osteoporosis or at risk of developing the disease. Postural and balance training is also included for falls prevention.

Easy Does It

This one hour class offers a gentle combination of chair exercises, walking, stretching and circulatory exercise – all set to great music. Put pep in your step and be prepared to have lots of fun. Great for the body and mind!

Dance Fitness

Love to dance? Then you will love DANCE FITNESS! This program combines different dance styles that are easy to follow and fun to do. You will strengthen your body, breathe easier, increase your stamina, and improve alertness...and have fun while doing it!

TIME

(Together In Movement and Exercise)

TIME is an exercise program for people who have balance and mobility challenges resulting from conditions such as stroke, multiple sclerosis, acquired brain injury, or are recuperating from a hospital stay. Days: Monday & Thursday (9 week sessions)
Offered: Fall, Winter, Spring
Time: 9:15am - 10:15am
Completed Referral form required for participation.

Please call 905-873-2601 ext. 2360 for more information.

Program	Day	Location	Time	Dates	Member	Non-Mem
Bone Builder	Mon	HVActon	9:00am - 10:00am	Apr 8 - June 24	\$91.00	\$121.32
TIME	Mon/Thu	HVG'town	9:15am - 10:15am	Apr 8 - June 10	\$65.54	\$65.54
Qi Gong	Mon	HVG'town	11:00am - 12:00pm	Apr 8 - June 24	\$85.09	\$113.45
Yoga –Chair	Mon	HVG'town	9:00am - 10:00am	Apr 8 - June 24	\$93.60	\$124.80
Easy Does It	Tue	HVG'town	9:00am - 10:00am	Apr 9 - June 25	\$99.26	\$132.35
Yoga Chair	Tue	HVActon	9:00am - 10:00am	Apr 9 - June 25	\$102.11	\$136.14
Line Dance	Tue	HVG'town	10:00am - 11:00am	Apr 9 - June 25	\$99.26	\$132.35
Intro to Line Dancing	Tue	HVG'town	11:00am - 12:00pm	Apr 9 - June 25	\$99.26	\$132.35
NEW Balance & Stretch	Tue	HVG'town	12:00pm - 1:00pm	Apr 9 - June 25	\$99.26	\$132.35
Walk this Way (In/Outdoor)	Wed	MMSP	9:00am - 10:00am	Apr 10 - June 26	\$40.68	\$40.68
Dance Fitness	Wed	HVG'town	9:00am - 10:00am	Apr 10 - June 26	\$99.26	\$132.35
Tai Chi Indoor (Ind/Adv)	Wed	HVG'town	10:00am - 11:00am	Apr 10 - May 15	\$51.05	\$68.07
Tai Chi Outdoor (Ind/Adv)	Wed	GWP	9:30am - 10:30am	May 22 - June 26	\$51.05	\$68.07
Tai Chi	Wed	HVG'town	11:00am - 12:00pm	Apr 10 - June 26	\$102.11	\$136.14
NEW Balance & Stretch	Wed	HVActon	9:30am - 10:30am	Apr 10 - June 26	\$99.26	\$132.35
Dance Fitness	Wed	HVActon	10:30am - 11:30am	Apr 10 - June 26	\$99.26	\$132.35
Zumba– Gold	Thu	HVG'town	10:00am - 11:00am	Apr 11 - June 27	\$99.26	\$132.35
Bone Builder	Thu	HVActon	9:00am - 10:00am	Apr 11 - June 27	\$99.26	\$132.35
Bone Builder	Thu	HVG'town	11:00am - 12:00pm	Apr 11 - June 27	\$99.26	\$132.35
Walk and Talk (Outdoor)	Fri	Gellert Park	9:00am - 10:00am	May 10 - June 28	\$27.12	\$27.12

Spring Registration starts March 5th

***NEW* Balance & Stretch**

Balance is a key component of everyday movement and falls prevention. Join us for a class dedicated to stationary and functional balance along with seated core work and stretching.

Yoga Chair

Chair yoga is a gentle form of yoga that is practiced sitting in a chair and standing using a chair for support. Many traditional yoga poses are modified to make yoga more accessible. The focus is on building strength and flexibility and improving balance.

Qi Gong

This is a form of Chinese exercise involving the practice of aligning breath, movement and awareness for exercise, healing and meditation. Coordinated gentle rhythmic breathing is performed with slow repetition of fluid movement, to create a calm mindful state.

Walk & Talk

Join others in walking once a week on a variety of local trails and paths in Acton and Georgetown. Walk & Talk is designed for a light/moderate activity with walks lasting approximately 1 hour.

Zumba Gold

Zumba Gold is designed for beginners and active older adults who are looking for a modified Zumba® class that recreates the original Zumba moves at a lower-intensity.

Line Dance/Intro to Line Dance

In this class you will learn dances to a variety of music. 2 line dances classes are available. Line Dance for more seasoned participants and Intro to Line Dance for anyone wanting to try it. No partner required. Wear soft-soled shoes.

See Page 26 for Easy Does It, TIME, Dance Fit and Bone Builder info.

Walk This Way (Instructor Led)

Can you really walk your way to fitness? You bet! Physical Activity doesn't have to be complicated to be beneficial. Lace up your sneakers and join this instructor-led program for a moderate paced cardio pumping walk that's good for your muscles, your mind, and your mood!

Tai Chi/Tai Chi (Int/Adv)

Tai Chi involves learning a sequence of slow graceful movements which may improve circulation, coordination balance and concentration. 2 T'ai Chi classes available; Int/Adv for the more seasoned participant and T'ai Chi for anyone wanting to try it.

Walkfit

Interested in a self guided walking program for the winter or a program that specializes in mobility challenges (see page 28)

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February

ACC: Tue. Feb. 6, 11:45 a.m. to 12:45 p.m.
MSP: Tue. Feb. 13, 11:30 a.m. to 12:30 p.m.
MSP: Wed. Feb. 21, 11:30 a.m. to 12:30 p.m.
MSP: Tue. Feb. 27, 11:30 a.m. to 12:30 p.m.

March

ACC: Tue. Mar. 5, 11:45 a.m. to 12:45 p.m.
MSP: Thu. Mar. 14, 9:45 to 10:45 a.m.
MSP: Tue. Mar. 19, 11:30 a.m. to 12:30 p.m.
MSP: Thu. Mar. 28, 9:45 to 10:45 a.m.

ACC = Acton Arena & Community Centre
MSP = Mold-Masters SportsPlex Arena



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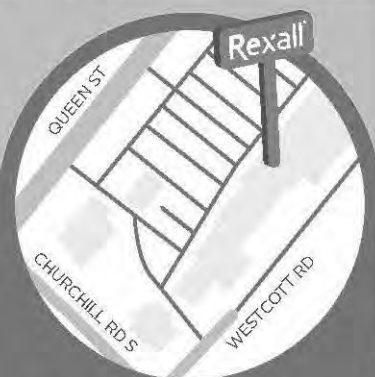
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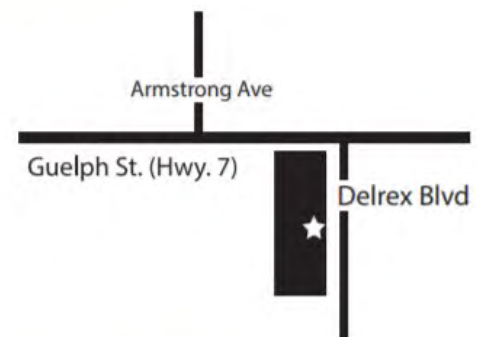
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