

Enjoying life in good company!

HILLSVIEW

Active Living Centre

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

www.haltonhills.ca/50plus

April & May, 2024

Hillsview Active Living 50+ Senior 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



The Centres will be closed:

**Monday, April 1st (Easter Monday)
Monday, May 20 (Victoria Day)**



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](https://amica.ca/georgetown)



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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



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

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

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

Our AGM, March 26, was a great opportunity to inform all our members about our Centre's many successes. We reached 400 members in 2023 with 92% of our members returning. We introduced new programs and activities and through the hard work of our many dedicated volunteers and staff met our financial obligations through our fundraising events.

At our AGM last year I was elected President. I have learned more about our centre, met many new members and been continuously impressed by the hard work, dedication and thoughtful leadership we are lucky to have at Hillsvue.

I think we are all looking forward to spring and all the special events happening at Hillsvue. April 20 is our Silent Auction. It's a great opportunity to support our Centre, local vendors and get an amazing deal. Our Spring Bazaar and Mothers' Day Tea Room will take place on May 11. In June we celebrate Seniors' month with many special events - some of them free!

I can't end this message without my usual request.

Please consider joining our Board. You will be welcomed, guided and supported by the current Board members and staff and appreciated by our membership.

Dora Jeffries

Georgetown President's Message

A warm greeting to all our members as we look forward to welcoming Spring and all of its splendid sights and sounds.

2024 has started as a busy year! Our upcoming AGM on Wednesday, April 24th is a time for reflection on the past years work that we together have achieved and contributed to.

Please take the time to look at some of the Bio's posted. There is still time to reach out to our Past President Rick Chambers for those of you who are interested in or considering running for your board.

If you cannot attend the AGM, please ask staff about your proxy vote.

Thank you to all the volunteers who run our activities and to the members who participate. This is what makes our Centre the place to be for all to enjoy and enhance their quality of life.

Best regards,

Volunteer Coordinator's Message

Greetings!

So happy to see the sunshining and warm weather arriving! We hope that it brings more of you into the centre looking to Volunteer!

Through the week of April 15th to 19th we are celebrating our 2023 Volunteers for **National Volunteer Week**. This year we are celebrating that *Every Moment Matters*. We want to thank our volunteers at Hillsvue for sharing their time, skills, empathy, and creativity as it is vital to the inclusivity, strength, and wellbeing of our centres. If you see someone volunteering this week, please make sure to thank them for their hard work that makes our centres operate. We are looking forward to celebrating our 2023 Volunteers at this year's Volunteer Breakfast on Monday April 15th at the Gellert Community Centre.

For our current volunteers please make sure you are logging your hours! This information helps when applying for funding and reporting on our activities. If you are unsure how to enter, we would be happy to assist you with the process. I can be reached at 905-873-2600 ext. 2282 or by email at kdennis@haltonhills.ca.

Kind Regards,
Kathleen Dennis
Volunteer Coordinator

Hillsview Georgetown Rescheduled - Annual General Meeting Wednesday April 24th at 1:00pm

Please be advised that the Hillsview Active Living Centre Georgetown AGM scheduled to be held on Wednesday, March 27th, 2024 has been **rescheduled to Wednesday April 24, 2024 at 1:00 pm.**

The Board of Directors held a discussion on Monday February 26 and it was agreed to postpone the AGM for reasons that support good corporate governance and responsibility to the membership.

Please add the new date to your calendars!

The following board position will become available:

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

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
	Kings Corner	H/W	1:00pm—3:00pm	\$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 (Select Tuesdays)	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 - 12:00pm	\$2.00
	Bid Euchre	Hall B	12:30pm - 3:30pm	\$1.00
	Scrabble	H/W	1:00pm - 3:00pm	\$1.00
	Art Group (bring your art to work on)	Hall A	1:00pm - 3:00pm	\$1.00
	Carpet Bowling	Hall C	1:00pm - 3:00pm	\$1.00
Thursday	Euchre	H/W	10:00am - 12:30pm	\$1.00
	Cribbage	Hall B	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	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	Backgammon, Chess, Checkers	H/W	9:00am—12:00pm	\$1.00
	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
	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	6:30pm	\$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	6:30pm	\$2.00/M \$4.00 NM
	Hearing Clinic-1st Tues of month	BR	Book at Rec	Free
	Therapy Dog Visits (Last Tues)	CENTRE		Free
Wednesday	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	6:30pm	\$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

April 2024

Program	Dates	Location	Time	More Information:
Easter Monday—Closed	Monday, April 1st	Both	Closed	
Krispy Kream Pick up	Tuesday, April 2nd	Georgetown	12:00 noon	n/a
Holistic Nutrition Pres	Tuesday, April 2nd	Acton	1:00pm - 2:00pm	Pg 12
Saturday BINGO	Saturday, April 6th	Georgetown	1:00pm - 3:00pm	Pg 16
Golf lessons 4 weeks	Tues, April 9th - May 7th	Georgetown	1:30pm - 2:30pm	Pg 17
World Food Tour	Tuesday, April 9th	Acton	1:00pm - 2:00pm	Pg 15
Book a Librarian	Friday, April 12th	Georgetown	9:30am - 11:30pm	Pg 19
Saturday Bingo	Saturday, April 13th	Acton	2:00pm - 4:00pm	Pg 16
Parkinson's Support Group	Monday, April 15th	Acton	10:30am - 12:00pm	Pg 21
Ladies Breakfast	Tuesday, April 16th	Acton	9:30am - 11:00am	Pg 14
Antique Appraisal	Tuesday, April 16th	Acton	12:00pm - 3:00pm	Pg 18
Beading with Brenda	Thursday, April 18th	Georgetown	1:30pm - 3:00pm	Pg 15
Intro to Ukulele	Thurs Apr 18th—May 23rd	Acton	10:00am - 11:00am	Pg 12
Friday Movie: The Hill	Friday, April 19th	Georgetown	12:30pm - 2:45pm	Pg 17
Arts and Crafts Show & Silent Auction	Saturday, April 20th	Acton	9:00am - 2:00pm	Pg 17
Computers: Devices	Monday, April 22nd	Georgetown	9:30am - 11:30am	Pg 12
Tuesday Movie	Tuesday, April 23rd	Acton	1:00pm - 3:00pm	Pg 17
Social Dinner and Dance	Tuesday, April 23rd	Acton	6:00pm - 9:00pm	Pg 18
Green Care Farm Talk	Tuesday, April 23rd	Georgetown	1:30pm - 3:00pm	Pg 13
Georgetown AGM	Wednesday, April 27th	Georgetown	1:00pm - 2:30pm	Pg 7
Wellness Talk: Cannabis	Thursday, April 25th	Georgetown	1:30pm - 3:00pm	Pg 13
Computers: Introduction	Monday, April 29th	Georgetown	9:30am - 11:30am	Pg 12
Wellness Talk: Sleep	Monday, April 29th	Georgetown	1:30am - 3:00pm	Pg 13
Men & Women Breakfast	Tuesday, April 30th	Georgetown	9:00am - 10:00am	Pg 14
Men's Breakfast	Tuesday, April 30th	Acton	9:30am - 11:00am	Pg 14

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 9:00am-4:00pm
(located in the lounge)

Georgetown:

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

May 2024

				More Information:
Building Resilience	Wednesday, May 1– 29	Acton	9:30am - 11:00am	Pg 13
Diamond Dots Wind Chimes	Thursday, May 2nd	Acton	10:30am - 12:00pm	Pg 15
World Food Tour: Thailand	Friday, May 3rd	Georgetown	1:00pm - 3:00pm	Pg 15
Saturday BINGO	Saturday, May 4th	Georgetown	1:00pm - 3:00pm	Pg 16
Computers: Internet	Monday, May 6th	Georgetown	9:30am - 11:30am	Pg 12
Red Dress Day	Fri May 3 - Mon May6th	BOTH		Pg 20
Craving Change ®	Tuesday, May 7th - 28th	Georgetown	10:30am - 12:30pm	Pg 13
Birthday Tea	Tuesday, May 7th	Acton	1:30pm - 3:00pm	By Invitation
Mother's Day Lunch	Thursday, May 9th	Georgetown	1:00pm - 3:00pm	Pg 14
Book a Librarian	Friday, May 10th	Georgetown	9:30am - 11:30 am	Pg 19
Spring Bazaar	Saturday, May 11th	Acton	9:00am - 2:00pm	Pg 16
Parkinson's Support Group	Monday, May 13th	Acton	10:30am - 12:00pm	Pg 21
Computers: Email	Monday, May 13th	Georgetown	9:30am - 11:30am	Pg 12
Glazed Expression	Monday, May 13th	Georgetown	1:00pm - 3:30pm	Pg 15
World Food Tour	Tuesday, May 14th	Acton	10:00am - 11:00am	Pg 15
Card Making Workshop	Tuesday, May 14th	Acton	12:00pm - 3:00pm	Pg 15
Friday Movie: RU	Friday, May 17th	Georgetown	12:30pm - 2:45pm	Pg 17
Saturday Bingo	Saturday, May 18th	Acton	2:00pm - 4:00pm	Pg 16
Victoria Day—Closed	Monday May 20th	Both	Closed	
Ladies Breakfast	Tuesday, May 21st	Acton	9:30am - 11:00am	Pg 14
Spring Clothing Donations	Tuesday, May 21st	Georgetown	9:00am - 3:00pm	Pg 16
Tuesday Movie	Tuesday, May 21st	Acton	1:00pm - 3:00pm	Pg 17
Social Dinner and Dance	Tuesday, May 21st	Acton	6:00pm - 9:00pm	Pg 18
Bean Bag Toss: <i>ERAS tour</i>	Thursday, May 23rd	Georgetown	1:00pm - 3:30pm	Pg 17
Spring Clothing SALE	Monday, May 27th	Georgetown	9:00am - 3:00pm	Pg 16
STEM: Car Race	Monday, May 27th	Georgetown	1:30pm - 3:00pm	Pg 12
Mens & Womens Breakfast	Tuesday, May 28th	Georgetown	9:00am - 10:00am	Pg 14
Men's Breakfast	Tuesday, May 28th	Acton	9:30am - 11:00am	Pg 14
Reiki Presentation	Tuesday, May 28th	Acton	1:00pm - 2:00pm	Pg 12
Fish Fry	Tuesday, May 28th	Acton	5:00pm - 7:00pm	Pg 14

Educational Workshops

Computer Workshops

Monday, April 22, 29, May 6, 13

9:30am to 11:30 am

\$5.00 per class/members

\$8.00 per class/non-members

Greg is coming back to Hillview to share his expertise and love of teaching. Come out and participate in these workshops. You can bring your own laptop or share one of the Centre's chrome books (please ask in advance to ensure adequate supply). Each class has a maximum of 7 participants. Register early to ensure your spot. You can sign up for all the classes (\$5.00 each) or just the ones that interest you!

#1 April 22nd - E-readers, Tablets, iPads & Smartphones

Bring your device and learn how to use apps (find, download & install apps)

Using QR Codes, Remote Meetings, and Tips & tricks

#2 April 29 - Introduction to Computers

Starting/shutting down computer

Finding out basic things about your system (How much RAM/storage space)

What version of Windows

What is my O/S? – Mac and Chromebook users

What is the differences between a Windows

PC, Mac computer and a Chromebook

Opening/closing programs

Shutting down your personal computer properly

#3 May 6 - Using the Internet

What is a browser?

Installing an alternate browser

Using a search engine

Protecting yourself against threats

#4 May 13 - Email

How to getting a free email account

Sending an email

Receiving/replying to emails

Attaching a file/inserting links

Creating a Contact List

Spam and Phishing emails

Establishing Safe Senders

Sign-up and pay at reception

Holistic Nutrition – Acton

Tuesday, April 2nd 1:00pm – 2:00pm

Sign up starts March 11th

Teresa Smerek, certified Holistic Nutritionist from Way to Life Wellness, will be talking about the importance of nutrition as we age and why staying healthy and active is important for longevity.

Reiki – Acton

Tuesday May 28th 1:00pm – 2:00pm

Sign up starts May 1st

Dana Totty, Reiki practitioner from Way to Life Wellness, will talk about Reiki and help you discover the ways that Reiki can enrich your life. Reiki is a Japanese technique for stress reduction, relaxation and is also used to promote physical, emotional, and mental health.

Beginner Ukulele Classes – Acton

April 18th – May 23rd 10:00am – 11:00am

Sign up starts March 8th

Learn music literacy and musicianship with Joan Gardhouse. Joan will teach you how to play the ukulele in a group. The ukulele is pure happiness in an adorable tiny package. Music helps people to reduce stress, increase joy, and stimulate the brain.

You will need to bring your own Ukulele, stand, and tuner. They can be borrowed from Long & McQuade for \$16.00 monthly or purchased on Amazon for \$40.

Science Technology Engineering & Math (STEM) Workshop RACE CARS - Georgetown

Monday, May 27th 1:30pm - 3:00pm

Cost \$2.00 drop in fee

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

Sign up at reception

Educational Workshops Con't

Unlocking Wellness: Cannabis for Seniors Workshop - Georgetown

Thursday, April 25th, 1:30pm – 3:00pm
\$2.00 drop in fee

Are you a senior looking to explore the benefits of cannabis for your health and wellness journey? Look no further! Join us for an enlightening and empowering workshop tailored specifically for seniors interested in incorporating cannabis into their wellness routines.

Led by a Registered Nurse and a Certified Cannabis Educator, this workshop will provide you with the knowledge and tools to make informed decisions about incorporating cannabis into your wellness regimen.

Wellness Workshop – Sleep Issues and Disorders - Georgetown

Monday, April 29th, 1:30pm – 3:00pm
\$2.00 drop in fee

Dr. Briana Howarth, MD, FRCPC will be providing a presentation on sleep in older adults. By the end of this presentation, participants will be able to address the following questions:

- What are normal age-related changes to sleep?
- What are signs of abnormal sleep, and when should I see my family doctor?
- What can I do to optimize the quality of my sleep?

Sign up for Workshops at Reception

Building Resilience - Acton In partnership with the Family Health Team

Wednesdays 9:30am—11:00am
May 1st—May 29th
Sign up starts April 2nd
FREE

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.

Green Care Farms-Respite Program Dementia Workshop - Georgetown

Tuesday, April 23rd, 1:30pm - 3:00pm
\$2.00 drop in fee

There are many pain points for people with dementia, and their families supporting them with direct care. Respite options are few for caregivers and almost no outdoor programs for people with dementia. What is a nature lover diagnosed with dementia to do? With origins in the Netherlands, Care Farms are popular all over Europe. This session will introduce Green Care Farms, Canada's first farm for dementia care. This model is a social enterprise that helps people with dementia be active outdoors and feel accomplished doing meaningful tasks while caregivers get a much needed break! This presentation will discuss the experiences of multiple people involved in Green Care Farms: people with dementia, caregivers, staff, volunteers and community partnerships. With emphasis on our half-acre Sensory Garden, we will highlight how our built and natural environments promote psychosocial and physical well-being. Being outside, immersed in nature, is good for all of us and people with dementia deserve that too!

Sign up at Reception

Craving Change ® Georgetown

Tuesday, May 7, 14, 21, and 28th
10:30am – 12:30pm
Free

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

This is the second time offering this valuable program here at Hillview. There was very positive feedback from round one. Skill Power, not Willpower!

Space is limited. Sign up at Reception

Fun Food Events

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, April 16th, 9:30am
Tickets on sale: March 19th
Cut off: Friday April 12th
Meal: Scrambled eggs, croissants and jam, sausage, yogurt
Outing: Purity Life

Tuesday, May 21st, 9:30am
Tickets on sale April 16th
Cut off: Friday May 17th
Meal: Frittata, yogurt, home fries, toast
Outing: TBD

\$10 members
\$13 non-members

Men's Breakfast - Acton

Tuesday, April 30th, 9:30am
Tickets on sale March 26th
Cut-off: Friday April 26th

Tuesday, May 28th, 9:30am
Tickets on sale April 30th
Cut-off: Friday May 24th

\$10 members
\$13 non-members

Fish Fry—Acton

Tuesday May 28th
5:00pm—7:00pm
Tickets on sale April 16
Cut-off: Friday May 24th
\$18.00 pp

Enjoy fish and chips or a hamburger and fries from MacMillans Food Truck.

Four seatings available 5:00p/5:30p/6:00p/6:30p

Men's & Women's Breakfast - Georgetown

Tuesday, April 30th, 9:00am -10:00am
(cut off April 26th)

Tuesday, May 28th, 9:00am - 10:00am
(cut off May 24th)

\$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 and pay at reception.

HALTON
AUDIOMETRIC CENTRE
HEARING AIDS & AUDIOMETRY



**Mother's Day
Luncheon
Georgetown**

Thursday, May 9th, 1:00pm - 3:00pm
\$8.00 members/\$12.00 non-members

Enjoy a spring mother's day celebration luncheon of dainty finger sandwiches, and plate of sweet treats.

A beautiful table shared with beautiful friends.

Sign up and Pay at Reception

Daily Lunches - Georgetown

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

Monday - Hot Lunch \$8.00
Tuesday - Sandwich \$4.00
Wednesday - Hot Lunch \$8.00
Thursday - Soup \$3.00
Friday - Pizza \$3.00

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)

Fun Food Events Con't

World Food Tour: Thailand Georgetown

Friday, May 3rd, 1:00pm - 3:30pm
\$8.00 members/\$11.00 non-members

Hillsview Georgetown will be taking a culinary tour to Thailand. You will work together under the direction of our World Food tour lead, Maryse and make some delicious Thai food.

All the food and supplies will be provided and recipe's distributed at the end of the session.

Space is limited,
sign up at reception.



World Food Tour - Acton Sign up and pay at reception.

Argentina - Dulce De Leche Crepes

Tuesday, April 9th
1:00pm - 2:00pm
\$3.00 per person.
Sign up March 19th



Nicaragua - Tres Leche Cake

Tuesday, May 14th
10:00am - 11:00am
\$3.00 per person
Sign up April 16th



Craft Events

Glazed Expression's Sponsored Event Glass Fusion Night Light - Georgetown

Monday, May 13th, 1:00pm - 3:30pm

Members price \$5.00, thanks to sponsorship from Constantine at Halton Audiometric. Non-member price \$35.00 (true cost of the activity, membership has it benefits)!

Join us as once again, Ron Quinlan from Glazed Expressions leads in another creative workshop. We will be completing glass fusion night lights, perfect for grandchildren's bedrooms or for that nightly trip down the hall!

Space will be limited, pay and sign up at reception.

Craft Events Con't

Wind Chimes Diamond Dots Workshop Acton

Thursday, May 2nd
10:30am - 12:00pm
\$2.00 pp - limited to 16 people.
Sign up starts April 11th

Add a touch of dazzle to your outdoor space! These wind chimes, decorated with diamond dots are sure to add a little sparkle and a touch of magic.

New to diamond dots? Don't worry, there is always someone willing to help!

Beading with Brenda - Georgetown

Thursday, April 18th 1:30pm - 3:00pm
\$5.00 members, \$8.00 non-members

Jewelry Making continued with our very own Brenda Marsh. Brenda will be demonstrating the art of making a beautiful, beaded bracelet. There will be a great variety of beads to choose from. All supplies will be provided. Spaces will be limited.

If time permits you can choose to purchase and pay for a second bracelet.

Sign up at Reception



Card Making – Acton

Tuesday, May 14th 12:00pm – 3:00pm
Tickets on sale April 15th
\$8.00 pp

Learn card making skills with Brenda Drysdale. She will teach you tricks and techniques to make beautiful cards of your own to send to loved ones in your life. Don't miss out on learning this fantastic skill and starting a new hobby.

Fundraising Events

Spring 2nd Chance Clothing Sale Georgetown

Drop off begins Tuesday, May 21st

No sooner please as the space & volunteers need to get ready!

Sale starts Monday, May 27th

This much anticipated clothing fundraiser is back! Hillview Georgetown will be accepting your clean and gently used men's and women's clothing, accessories (shoes, purses, scarves, jewelry etc.), starting May 21st. If you have items you no longer need or want, give them a second chance! There is SOMEONE else who may LOVE them! Drop them off and spring clean your closet!

Bonus, make room for MORE and purchase from this amazing fundraiser and 2nd chance clothing sale! These items will be organized by item and size and displayed in the atrium. Keep coming back to check, as each day new items will be displayed.

Sale end To be determined



Spring Bazaar & Mother's Day Tea Room Acton

Saturday, May 11th, 2024

Bazaar: 9:00am - 2:00pm

Penny Table, Bake Table, Jewellery, Raffle & 50/50, Books & Puzzle sale, And more!!!

Mother's Day Tea Room: 10:30am-1:30pm

Adults - \$15.00 Child - \$8.00

Tickets on sale April 2nd

Homemade sandwiches, scones, and desserts served with coffee or tea. Enjoy a wonderful meal with family or friends. Baking is needed for lunches and bake table. Make it in our kitchen, no mess at home! Sign up for a time slot 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

Saturday, April 13th

Saturday, May 18th

All games begin at 2:00pm

Saturday Afternoon BINGO - Georgetown

Saturday, April 6th, 2024

1:00pm - 3:00pm

Saturday, May 4th, 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, June 8th & July 6th

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 1:45pm—2:00 pm

Tuesdays & Fridays - Georgetown morning Delivery (approximately 10:00am)

Fundraising Events Con't

Art & Craft Show - Acton

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

SATURDAY APRIL 20th

9:00am-2:00pm

Fun Events

Bean Bag Toss Tournament - Eras Tour Georgetown

Thursday, May 23rd 1:00pm - 3:30pm
\$5.00 per person (teams of two)

The last bean bag toss tournament was so much fun, we are doing it again! Come sign up at reception and see who will be reigning champions! Sure to be loads of fun and loads of laughter.

For added fun and competition come dressed in the era you were born (or loved the most). Let's see how many hippies in the crowd.

Don't miss out, sign up at Reception.

Mini Golf Lessons - Georgetown

Tuesday, April 9, 16, 30 (no class on April 23) and May 7th (4 weeks) 1:30pm – 2:30pm
\$5.00 members, \$8.00 non-members

Geoff Hixson has once again offered to run mini golf lessons here at Hillview. Sign up for 4 weeks of introduction to golf. Swing by and have some fun! No equipment required for lessons, all will be provided.

Get ready for Golf season, brush up on your swing and putting skills.

Space is limited. Sign up at reception.

Tuesday at the Movies Acton

Nyad

April 23rd at 1:00pm

Nyad is a 2023 American biographical sports drama film about swimmer Diana Nyad's multiple attempts in the early 2010s to swim the Straits of Florida, with flashbacks to early life.

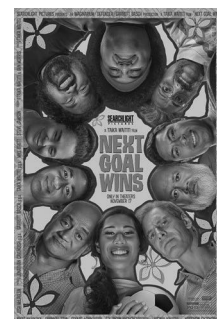


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Next Goal Wins

Tuesday, May 21 at 1:00pm

The screenplay is based on events that actually happened: In 2014, Dutch-American coach Thomas Rongen was sent to American Samoa to train their team so that they could qualify for the FIFA World Cup 13 years after suffering the worst loss in World Cup history (31-0) against Australia.



Monthly Friday Movies Georgetown

The Hill

True story of Rickey Hill's professional baseball journey.

Friday, April 19th

12:30pm

\$2.00 drop in



Ru

Governor General's Award – winning novel by Kim Thúy, *Ru* is the story of the arduous journey of a wealthy family fleeing from Vietnam in 1975.

Friday, May 17th

12:30pm

\$2.00 drop in



Fun Events Con't

Social Dinner & Dances - Acton

Date:

Tuesday, April 23rd, 6:00pm

Tickets on sale March 19th

Cut off: April 16th

Price: \$25.00 per person

Menu:

Choice of salmon or chicken, roasted potatoes, garden salad, dessert

Entertainment: TBD

Date:

Tuesday, May 21st, 6:00pm

Tickets on sale April 23rd

Cut off: May 14th

Price: \$25.00 per person

Menu:

Chicken parm, penne with broccoli and alfredo sauce, caesar salad, dessert.

Entertainment: TBD

Antique Appraisal – Acton

Tuesday, April 16th 12:00pm – 3:00pm

Sign up starts March 15th

Bring in your antique treasures and have them appraised by Norm Webster, a certified appraiser. Please know this is a fun event to get an idea of how much your antiques may be worth and some history around the items. Sessions will be 5 minutes in length, please bring a max of two items. Cash offers may be made by the appraiser.

Message from Florence

I would like to take this opportunity to thank everyone involved for putting my name forward to receive the *Senior 65 Achievement Award* at the Ontario Legislative Building on Thursday, February 29th.

It is an honour to be selected by your peers to receive this recognition. Many of you have come by the Travel Desk to express your congratulations and to you I also express my thanks. Let us all keep up our volunteerism to keep Hillview Active Living Centre a place for all seniors to come together.

Travel Acton & Georgetown

Doris and Ivy in the Home

Wednesday, June 26th

St. Jacob's Country Playhouse

Life, or at least a 2nd chance at it-begins at 70+, as Norm Foster tackles with his typical wit and wisdom in this comedy about love and friendship among those in their twilight years. Doris has just moved into a retirement home. She quickly befriends Ivy. Rounding out the trio is Arthur who has designs on Ivy. What follows is a riotous tale that will shatter your preconceived notions of what senior living ought to be.

Lunch at Anna Maes bakeshop & restaurant

Grand River Dinner Cruise

Thursday, July 18th

Back by popular demand Private Boat Cruise and Lunch with the Blazing Fiddle Show.

Complimentary Coffee and muffin. Enjoy the live music, boat cruise and three course dinner.

Dockside market place before & after the cruise.

Jersey Boys & Sentimental Journey-SOLD OUT

Notices and sign-up sheet are available three months before trip.

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

Travel Desk Enquiries:

Florence Riehl – Convener

Monday - Friday 9:00am - 1:00pm

Telephone Inquiries:

905-873-0057

Casino Fallview

See Kim Lang or Sheilagh Arney for more details

Niagara Falls

Tuesday, June 11th

Acton Tickets on sale May, 14th at reception.

Future Casino Dates:

June 11th, August 13th, October 29th

Halton Hills Lecture Series

Artificial Intelligence & Everyday Life

Tuesday, April 2, 7:30-8:30 pm

Join award-winning educator Amanda Tkaczyk for a talk on artificial intelligence (AI) and the foundations for developing your AI literacy skills. Using examples from across the world, Tkaczyk will discuss the ways AI is shaping our lives from food to fashion, in addition to how AI can be used for good and how AI can create ethical and environmental harms.

Journey North with John Dunn

Tuesday, April 16, 7:30-8:30pm

Wilderness traveller & photographer John Dunn provides a richly illustrated talk covering the series of paddling, hiking and skiing journeys he has made through Canada from south to north. John brings his adventures to life with stories, images & video from 400 days of wilderness expeditions, spanning 8,000 km from the British Columbia coast to the northernmost tip of Canada.

TIFF OnScreen at the JET

Living

Friday, April 26, 7:30-9:15 pm

In this remake of Akira Kurosawa's 1952 film *Ikiru*, director Oliver Hermanus teams with Nobel and Booker Prize - winning author Kazuo Ishiguro to renew a classic. Mr. Williams (Bill Nighy) is a buttoned-down pinstripe and bowler hat-clad stereotypical English gentleman in 1952, with a mid-level bureaucratic job in a postwar London county council. One day Williams receives a dire diagnosis from his doctor and soon the tightly held reins of his very prosaic life begin to loosen.

Tickets for Lecture Series available at JET box office



Family History Programs

Research Your Family History with Ancestry

Saturday, April 6, 2:00-4:00 pm
Georgetown Branch

Explore your family history using Ancestry Library Edition. Learn how to search census records, immigration lists, birth, marriage & death records, and more. At this hands-on workshop, you'll receive an overview of record collections and search strategies for using Ancestry Library Edition. The presentation will be followed with workshop time for you to conduct your own searches with staff assistance. Bring your own laptop or borrow one of ours.

Preserving Family Photographs

Saturday, May 4,
10:00am-12:00 pm
Georgetown Branch

Do you have albums or boxes full of old family photographs that you don't know what to do with? Professional Conservator Kyla Ubbink will discuss how to preserve and care for family photographs. Storage, labelling and more will be discussed in this special edition of Genealogy Circle to celebrate Preservation Week. This will be an in-person program with the presenter joining us virtually.

Register to attend through the Halton Hills Public Library website for both.

Book a Librarian Returns Georgetown

Friday, April 12th
9:30 - 11:30am
Friday, May 10th
9:30 - 11:30am

Do you need technology help (smart phones, iPads, or eReaders), internet help, research assistance or finding your next great read?

If yes, book-a-librarian for a personalized 30-minute help session with a librarian from Halton Hills Public. Librarian comes to Hillsview!

Signup at Hillsview reception

Seed Library

Seedy Socials

Wednesday, April 17,
1:00-3:00pm
Wednesday, May 1 & 15,
1:00-3:00 pm
Georgetown Branch

Join us for Seedy Socials in the Studio at the Georgetown Branch. Participants will assist library staff with processing our Seed Library inventory in a social environment, including counting seeds using measuring spoons, applying labels to seed envelopes, and separating donated seeds from the surrounding plant material. No experience required.

This is a drop-in program. Participants can arrive any time during the stated program time.

Art Your Service

Art Your Service is an online and telephone community for thriving older adults offered to Hillsvue members.

Visit www.artyourservice.org

The next column shows the standard weekly offering of amazing virtual “get-togethers” through Zoom or call in by telephone.

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.

Art Your Service Sample of Weekly Online (Zoom) Offerings or Telephone connection available. Ask at the Centre Office.

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

Red Dress Day - Georgetown & Acton

Friday May, 3rd - 6th

Red Dress Day aka National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit People is observed on May 5th. The day honours and brings awareness to the thousands of Indigenous women, girls and Two-spirit people who have been subject to disproportionate violence in Canada.

Red Dress Day was inspired by Métis artist Jaime Black and her REDress Project Installation in which she hung empty red dresses to represent the missing and murdered women.

Red Dresses have become symbolic of the crisis as a result of her installation.

In partnership with **CFUW-Georgetown**, Hillsvue Acton & Georgetown will be displaying *Red Dresses* in recognition of Red Dress Day (Sunday, May 5th). The display will be from Friday, May 3rd - 6th.



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.

*** May Meeting is on May 13th***



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:



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 program.

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

Hillsview 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

Hillsview Georgetown Schedule

Thursdays

12:30-1:30 pm
Falls Prevention

1:30 -2:30 pm
Osteoporosis

2:30-3:30 pm
YOGA

Fridays

9:00-10:00 am
Falls Prevention

10:00-11:00 am
Osteoporosis

11:00- 12:00 pm
Movement Matters

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: Hillsview1

Password: hillsview

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.

Recreation Financial Assistance for Hillsview 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 Hillsview 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 started March 5th, Summer Registration is May 28th

***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)

YEAR-ROUND INDOOR WALKING

WalkFit
Active easy! **Pass**



The Walk Fit program allows you to stay active and social by walking indoors at local facilities in Acton and Georgetown. Just \$37.29/year!

“Whatever the weather, we walk together”.

For more information call Sandy at 365-355-7341 or visit haltonhills.ca/passes



Try a day for FREE:

APRIL

ACC: Wed. April 17 – 11:30-12:30 p.m.

MSP: Tue. April 23 – 10:15-11:15 a.m.

MAY

MSP: Wed. May 1 – 11:30-12:30 p.m.

ACC: Tue. May 7 – 10:30-11:30 a.m.

MSP: Tue. May 14 – 10:15-11:15 a.m.

MSP: Tue. May 21 – 10:15-11:15 a.m.

ACC = Acton Arena & Community Centre

MSP = Mold-Masters SportsPlex Arena

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from any choir member or on our website at:

www.northhaltonsingers.ca

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Care Wing Services Include:

- 12 Private Memory Care beds and 12 Private Assisted Living beds
- 24/7 nursing staff
- Medication management and administration
- Activity programs catered to seniors
- Regular fitness program including physiotherapy
- Three home-cooked meals prepared by our culinary team
- Daily snacks and refreshments
- Complete housecleaning and personal laundry



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On site activities include multiple movie nights weekly,
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- In-house physiotherapy
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- Home-style meals & snacks
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- Sun room lounges
- Fireplace lounge
- Tuck shop
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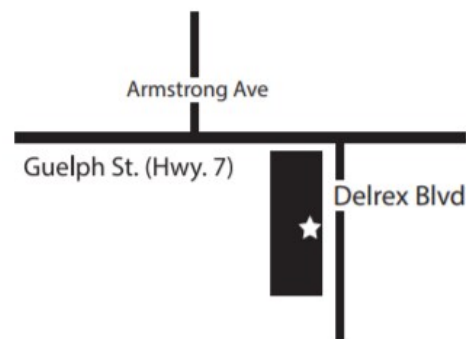
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