

MEDIA RELEASE

January 12, 2009



More Active Seniors Activities

The Active Seniors Koalition (A.S.K.) has resumed its regular schedule of activities for 2009. Every Thursday morning at 11:00 a.m., a one-hour Line Dancing class is held at the Middleville Community Centre. The music is fun and the dancing provide a great physical, as well as mental, workout. Everyone is welcome. Previous dance experience is not required. Cost is \$32 for an 8-week session or \$5 per class.

Shuffleboard is on every Thursday at the Watson's Corners Community Centre. Since the new courts were installed last September, playing has become better than ever. Play begins at 11:00 a.m. and continues until mid-afternoon. At 12:00 noon there is a brown bag lunch every Thursday, except on the last Thursday in the month, when Potluck prevails.

Everyone who comes to Shuffleboard has fun, taking turns playing and being part of the cheering gallery. Surprisingly enough, those sitting on the sidelines have just as much fun as those playing. New and returning players, experienced or not, are all welcome. Cost is \$3 each week with optional share-the-wealth tickets available for \$2.

On Thursday January 22nd, the Active Seniors are taking part in this year's Lanark Highlands Frosty Fling. Everyone who attends either Line Dancing at Middleville or Shuffleboard at Watson's Corners is invited to wear a funny hat and the person with the funniest hat at each event will win a prize.

The existing Active Seniors programs have steadily gained popularity over the last year. During the course of 2009, A.S.K. plans to expand its current slate of activities by implementing new programs in new locations throughout the area. A.S.K.'s goal is to make more fun activities accessible to local residents so that even more of our adult population can reap the benefits of living a more active lifestyle.

A special meeting will be held on Monday January 19th to discuss what new programs might be initiated, and where. If you have any suggestions to offer or would like to attend the meeting, please call Linda Russell at 613-259-5447 or email info@crr-net.com.

A.S.K. is supported through the co-operative efforts of the Township of Lanark Highlands, the North Lanark County Community Health Centre, Community Home Support – Lanark County, and the Leeds, Grenville and Lanark District Health Unit.

Please call Kara at 613-259-2182 if your participation in the A.S.K. activities is limited or not possible because of your financial situation.

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**Contact: Linda Russell, A.S.K. Co-ordinator
613-259-5447 or info@crr-net.com**