

# Lr. Onslow Community Centre – a Hub of Activity



Students from Lr Onslow Playschool have enjoyed many fall outings. (Submitted)

By Ann Fiddes

The 2011 Fall Season is in full swing at the Lower Onslow Community Centre. Several successful special events have happened, the Fall/Winter Children's Clothing Sale was a great success, in spite of the heavy rains that day. Another sale will be held in the spring, for children's summer clothing. Play School Fun Day was a fun day for all those who attend-

ed. Card Parties started on Monday, October 17 and will continue throughout the winter.

Yoga classes are held on Tuesday afternoon at 2, and on Wednesday night there are two groups, one from 6-7 and the 2nd from 7:30 to 8:30. These classes have proved very popular and enjoyed by all those who attend. 4-H meets at 7 pm the 2nd Tuesday of every month at the

centre. Two fund raising events are in the planning stages, a Craft Sale on November 26th, 10 am -3 pm and a Vendors Sale on December 3rd, 9 am -12 pm. For information on these sales call Tara at 896-0072.

On October 28th a social evening for seniors is planned. Supper will be served at 5 pm and entertainment, cards, and games will be planned for the evening.

All seniors in the area are invited to attend this evening, reservations are required due to our limited space, please call Ann at 662-3732 or Ethel at 897-4553 to reserve a spot. We hope to receive ideas from those attending for future seniors events at the Centre.

To reserve the centre call Grace at 662-2822. As before, we are always looking for volunteers to help out at our activities. Call any one of the numbers listed above if you have any ideas or have some spare time and would like to volunteer.



Three year old Sophia Whynot is giving Mr.Pumpkin a cute face. Lower Onslow Playschool held a fund raising Fall Fair on Sept. 24th in the Lower Onslow Community Hall. (Harrington Photo)



Emma Hill-MacMillan (left) was helping out with activities such as the sucker pull at the Lower Onslow Play School's Fall Fair. Sophie Shepherd was happy to try her luck. (Harrington Photo)



The MacKenzie family (Matthew, Ken, Cheryl and Nicholas) were enjoying decorating cookies at the Lower Onslow Playschool's Fall Fair on Sept. 24th. (Harrington Photo)

## FLU VACCINE and Clinics Available

Public Health Services has begun rolling out the seasonal influenza vaccine to family doctors in Colchester East Hants and public clinics will also begin in the district later this month.

The flu shot is available at family doctors offices, Public Health clinics and other public clinics in Tatamagouche and Hants North. Private clinics are also hosted in some workplaces and the Millbrook and Indian Brook First Nations communities.

More than 44 per cent of Colchester East Hants residents received the flu shot last year — the highest rate in the province and 90 per cent of these individuals got the flu shot through their family doctors office.

Immunization is the most important thing you can do to protect yourself and your loved ones from seasonal influenza (flu) risks. All Nova Scotians are encouraged to get the shot, but it is strongly recommended for those at high risk of flu-related complications and those live with/care for them.

This includes: People over 65 years of age; Residents of long-term and other chronic care facilities; Adults and chil-

dren with chronic health conditions; Children and adolescents (age 6 months to 18 years) with conditions treated for long periods with acetylsalicylic acid (e.g., rheumatoid arthritis patients); Those with any condition that can compromise respiratory function or increase the risk of aspiration; Children 6 months to 5 years old; Pregnant women; People who live with/care for those listed above; Health Care Workers and Health Care Worker students; First responders (fire fighters, police) and People living in a home where a newborn is expected during the regular influenza season (usually November to April).

Individuals can visit [www.cehha.nshealth.ca](http://www.cehha.nshealth.ca) to view the clinic schedule or go to [www.gov.ns.ca/hpp/flu](http://www.gov.ns.ca/hpp/flu) for more information on influenza, including high risk groups.




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