

THE HAMILTON SPECTATOR

Seniors can drop in, feel more connected



John Rennison, the Hamilton Spectator

Free ACCA program offers range of support

December 16, 2009

CARMELA FRAGOMENI

THE HAMILTON SPECTATOR

(Dec 16, 2009)

When you're a senior, anything that keeps you young and active has got to be valuable.

For Joyce King and Dolores Prendergast, the Drop-in Seniors club at the Afro-Canadian Caribbean Association (ACCA) is just the thing. Convenient, stimulating, invigorating, educational, sociable, supportive, entertaining, nutritional and free. What else could a person want?

"It's a good way to get out of the house and see what's going on," says Prendergast. "It means a lot to me."

The club meets the first and last Wednesday of the month, starting at 11 a.m. with exercises, followed by a free lunch and then a guest who speaks about subjects ranging from money management to nutrition, diabetes and hypertension.

"Information about health-care issues is very important at this age," says Prendergast, 77. "We all have high blood pressure, diabetes or something and to have experts come in to talk to us, all of that I find very, very helpful."

King, 79, agrees. "Many times we don't even know how many calories to consume."

She likes the tips they share.

"We talk about our little aches and pains and all our little problems, and there's lots of good advice we pass on to each other."

For example, "lots of us tend to fall" so one tip she found helpful is memorizing the number of stairs in her house and counting them when going up or down. It works for her.

She finds the speakers excellent -- from police talking about phone scams and what to be aware of when walking on the street, to HSR bus representatives offering suggestions such as asking the driver to drop you off closer to home instead of the designated stop late at night.

The group is learning computer skills, thanks to a donation of seven computers and is starting to knit items for premature babies staying in hospital, according to King.

ACCA president Beatrice McLean said the location at the association's office, 423 King St. E., is convenient. The bus stops in front and it's easily accessible because it's on the ground floor.

The Drop-In is made possible through \$10,000 in support from the United Way of Burlington and Greater Hamilton. It averages 10 to 24 participants per session and 67 seniors a year.

It has helped King become involved in other activities. She just joined a line-dancing class at the Sackville Seniors Centre after hearing about it at the drop-in.

It's open to all seniors, but most are originally from the West Indies and the Caribbean, said McLean, because "they feel more comfortable and more at ease with their own culture."

Prendergast says the club is special because "for me, it's essential to communicate with people of the same background."

The group's exercises in summer include walks at Bayfront Park.

And they often put on skits.

"We may be seniors but we are all young at heart," says King.

cfragomeni@thespec.com

905-526-3392

THE HAMILTON SPECTATOR

Seniors can drop in, feel more connected



John Rennison, the Hamilton Spectator

Free ACCA program offers range of support

December 16, 2009

CARMELA FRAGOMENI

THE HAMILTON SPECTATOR

(Dec 16, 2009)

When you're a senior, anything that keeps you young and active has got to be valuable.

For Joyce King and Dolores Prendergast, the Drop-in Seniors club at the Afro-Canadian Caribbean Association (ACCA) is just the thing. Convenient, stimulating, invigorating, educational, sociable, supportive, entertaining, nutritional and free. What else could a person want?

"It's a good way to get out of the house and see what's going on," says Prendergast. "It means a lot to me."

The club meets the first and last Wednesday of the month, starting at 11 a.m. with exercises, followed by a free lunch and then a guest who speaks about subjects ranging from money management to nutrition, diabetes and hypertension.

"Information about health-care issues is very important at this age," says Prendergast, 77. "We all have high blood pressure, diabetes or something and to have experts come in to talk to us, all of that I find very, very helpful."

King, 79, agrees. "Many times we don't even know how many calories to consume."

She likes the tips they share.

"We talk about our little aches and pains and all our little problems, and there's lots of good advice we pass on to each other."

For example, "lots of us tend to fall" so one tip she found helpful is memorizing the number of stairs in her house and counting them when going up or down. It works for her.

She finds the speakers excellent -- from police talking about phone scams and what to be aware of when walking on the street, to HSR bus representatives offering suggestions such as asking the driver to drop you off closer to home instead of the designated stop late at night.

The group is learning computer skills, thanks to a donation of seven computers and is starting to knit items for premature babies staying in hospital, according to King.

ACCA president Beatrice McLean said the location at the association's office, 423 King St. E., is convenient. The bus stops in front and it's easily accessible because it's on the ground floor.

The Drop-In is made possible through \$10,000 in support from the United Way of Burlington and Greater Hamilton. It averages 10 to 24 participants per session and 67 seniors a year.

It has helped King become involved in other activities. She just joined a line-dancing class at the Sackville Seniors Centre after hearing about it at the drop-in.

It's open to all seniors, but most are originally from the West Indies and the Caribbean, said McLean, because "they feel more comfortable and more at ease with their own culture."

Prendergast says the club is special because "for me, it's essential to communicate with people of the same background."

The group's exercises in summer include walks at Bayfront Park.

And they often put on skits.

"We may be seniors but we are all young at heart," says King.

cfragomeni@thespec.com

905-526-3392

THE HAMILTON SPECTATOR

Seniors can drop in, feel more connected



John Rennison, the Hamilton Spectator

Free ACCA program offers range of support

December 16, 2009

CARMELA FRAGOMENI

THE HAMILTON SPECTATOR

(Dec 16, 2009)

When you're a senior, anything that keeps you young and active has got to be valuable.

For Joyce King and Dolores Prendergast, the Drop-in Seniors club at the Afro-Canadian Caribbean Association (ACCA) is just the thing. Convenient, stimulating, invigorating, educational, sociable, supportive, entertaining, nutritional and free. What else could a person want?

"It's a good way to get out of the house and see what's going on," says Prendergast. "It means a lot to me."

The club meets the first and last Wednesday of the month, starting at 11 a.m. with exercises, followed by a free lunch and then a guest who speaks about subjects ranging from money management to nutrition, diabetes and hypertension.

"Information about health-care issues is very important at this age," says Prendergast, 77. "We all have high blood pressure, diabetes or something and to have experts come in to talk to us, all of that I find very, very helpful."

King, 79, agrees. "Many times we don't even know how many calories to consume."

She likes the tips they share.

"We talk about our little aches and pains and all our little problems, and there's lots of good advice we pass on to each other."

For example, "lots of us tend to fall" so one tip she found helpful is memorizing the number of stairs in her house and counting them when going up or down. It works for her.

She finds the speakers excellent -- from police talking about phone scams and what to be aware of when walking on the street, to HSR bus representatives offering suggestions such as asking the driver to drop you off closer to home instead of the designated stop late at night.

The group is learning computer skills, thanks to a donation of seven computers and is starting to knit items for premature babies staying in hospital, according to King.

ACCA president Beatrice McLean said the location at the association's office, 423 King St. E., is convenient. The bus stops in front and it's easily accessible because it's on the ground floor.

The Drop-In is made possible through \$10,000 in support from the United Way of Burlington and Greater Hamilton. It averages 10 to 24 participants per session and 67 seniors a year.

It has helped King become involved in other activities. She just joined a line-dancing class at the Sackville Seniors Centre after hearing about it at the drop-in.

It's open to all seniors, but most are originally from the West Indies and the Caribbean, said McLean, because "they feel more comfortable and more at ease with their own culture."

Prendergast says the club is special because "for me, it's essential to communicate with people of the same background."

The group's exercises in summer include walks at Bayfront Park.

And they often put on skits.

"We may be seniors but we are all young at heart," says King.

cfragomeni@thespec.com

905-526-3392

THE HAMILTON SPECTATOR

Seniors can drop in, feel more connected



John Rennison, the Hamilton Spectator

Free ACCA program offers range of support

December 16, 2009

CARMELA FRAGOMENI

THE HAMILTON SPECTATOR

(Dec 16, 2009)

When you're a senior, anything that keeps you young and active has got to be valuable.

For Joyce King and Dolores Prendergast, the Drop-in Seniors club at the Afro-Canadian Caribbean Association (ACCA) is just the thing. Convenient, stimulating, invigorating, educational, sociable, supportive, entertaining, nutritional and free. What else could a person want?

"It's a good way to get out of the house and see what's going on," says Prendergast. "It means a lot to me."

The club meets the first and last Wednesday of the month, starting at 11 a.m. with exercises, followed by a free lunch and then a guest who speaks about subjects ranging from money management to nutrition, diabetes and hypertension.

"Information about health-care issues is very important at this age," says Prendergast, 77. "We all have high blood pressure, diabetes or something and to have experts come in to talk to us, all of that I find very, very helpful."

King, 79, agrees. "Many times we don't even know how many calories to consume."

She likes the tips they share.

"We talk about our little aches and pains and all our little problems, and there's lots of good advice we pass on to each other."

For example, "lots of us tend to fall" so one tip she found helpful is memorizing the number of stairs in her house and counting them when going up or down. It works for her.

She finds the speakers excellent -- from police talking about phone scams and what to be aware of when walking on the street, to HSR bus representatives offering suggestions such as asking the driver to drop you off closer to home instead of the designated stop late at night.

The group is learning computer skills, thanks to a donation of seven computers and is starting to knit items for premature babies staying in hospital, according to King.

ACCA president Beatrice McLean said the location at the association's office, 423 King St. E., is convenient. The bus stops in front and it's easily accessible because it's on the ground floor.

The Drop-In is made possible through \$10,000 in support from the United Way of Burlington and Greater Hamilton. It averages 10 to 24 participants per session and 67 seniors a year.

It has helped King become involved in other activities. She just joined a line-dancing class at the Sackville Seniors Centre after hearing about it at the drop-in.

It's open to all seniors, but most are originally from the West Indies and the Caribbean, said McLean, because "they feel more comfortable and more at ease with their own culture."

Prendergast says the club is special because "for me, it's essential to communicate with people of the same background."

The group's exercises in summer include walks at Bayfront Park.

And they often put on skits.

"We may be seniors but we are all young at heart," says King.

cfragomeni@thespec.com

905-526-3392

THE HAMILTON SPECTATOR

Seniors can drop in, feel more connected



John Rennison, the Hamilton Spectator

Free ACCA program offers range of support

December 16, 2009

CARMELA FRAGOMENI

THE HAMILTON SPECTATOR

(Dec 16, 2009)

When you're a senior, anything that keeps you young and active has got to be valuable.

For Joyce King and Dolores Prendergast, the Drop-in Seniors club at the Afro-Canadian Caribbean Association (ACCA) is just the thing. Convenient, stimulating, invigorating, educational, sociable, supportive, entertaining, nutritional and free. What else could a person want?

"It's a good way to get out of the house and see what's going on," says Prendergast. "It means a lot to me."

The club meets the first and last Wednesday of the month, starting at 11 a.m. with exercises, followed by a free lunch and then a guest who speaks about subjects ranging from money management to nutrition, diabetes and hypertension.

"Information about health-care issues is very important at this age," says Prendergast, 77. "We all have high blood pressure, diabetes or something and to have experts come in to talk to us, all of that I find very, very helpful."

King, 79, agrees. "Many times we don't even know how many calories to consume."

She likes the tips they share.

"We talk about our little aches and pains and all our little problems, and there's lots of good advice we pass on to each other."

For example, "lots of us tend to fall" so one tip she found helpful is memorizing the number of stairs in her house and counting them when going up or down. It works for her.

She finds the speakers excellent -- from police talking about phone scams and what to be aware of when walking on the street, to HSR bus representatives offering suggestions such as asking the driver to drop you off closer to home instead of the designated stop late at night.

The group is learning computer skills, thanks to a donation of seven computers and is starting to knit items for premature babies staying in hospital, according to King.

ACCA president Beatrice McLean said the location at the association's office, 423 King St. E., is convenient. The bus stops in front and it's easily accessible because it's on the ground floor.

The Drop-In is made possible through \$10,000 in support from the United Way of Burlington and Greater Hamilton. It averages 10 to 24 participants per session and 67 seniors a year.

It has helped King become involved in other activities. She just joined a line-dancing class at the Sackville Seniors Centre after hearing about it at the drop-in.

It's open to all seniors, but most are originally from the West Indies and the Caribbean, said McLean, because "they feel more comfortable and more at ease with their own culture."

Prendergast says the club is special because "for me, it's essential to communicate with people of the same background."

The group's exercises in summer include walks at Bayfront Park.

And they often put on skits.

"We may be seniors but we are all young at heart," says King.

cfragomeni@thespec.com

905-526-3392

THE HAMILTON SPECTATOR

Seniors can drop in, feel more connected



John Rennison, the Hamilton Spectator

Free ACCA program offers range of support

December 16, 2009

CARMELA FRAGOMENI

THE HAMILTON SPECTATOR

(Dec 16, 2009)

When you're a senior, anything that keeps you young and active has got to be valuable.

For Joyce King and Dolores Prendergast, the Drop-in Seniors club at the Afro-Canadian Caribbean Association (ACCA) is just the thing. Convenient, stimulating, invigorating, educational, sociable, supportive, entertaining, nutritional and free. What else could a person want?

"It's a good way to get out of the house and see what's going on," says Prendergast. "It means a lot to me."

The club meets the first and last Wednesday of the month, starting at 11 a.m. with exercises, followed by a free lunch and then a guest who speaks about subjects ranging from money management to nutrition, diabetes and hypertension.

"Information about health-care issues is very important at this age," says Prendergast, 77. "We all have high blood pressure, diabetes or something and to have experts come in to talk to us, all of that I find very, very helpful."

King, 79, agrees. "Many times we don't even know how many calories to consume."

She likes the tips they share.

"We talk about our little aches and pains and all our little problems, and there's lots of good advice we pass on to each other."

For example, "lots of us tend to fall" so one tip she found helpful is memorizing the number of stairs in her house and counting them when going up or down. It works for her.

She finds the speakers excellent -- from police talking about phone scams and what to be aware of when walking on the street, to HSR bus representatives offering suggestions such as asking the driver to drop you off closer to home instead of the designated stop late at night.

The group is learning computer skills, thanks to a donation of seven computers and is starting to knit items for premature babies staying in hospital, according to King.

ACCA president Beatrice McLean said the location at the association's office, 423 King St. E., is convenient. The bus stops in front and it's easily accessible because it's on the ground floor.

The Drop-In is made possible through \$10,000 in support from the United Way of Burlington and Greater Hamilton. It averages 10 to 24 participants per session and 67 seniors a year.

It has helped King become involved in other activities. She just joined a line-dancing class at the Sackville Seniors Centre after hearing about it at the drop-in.

It's open to all seniors, but most are originally from the West Indies and the Caribbean, said McLean, because "they feel more comfortable and more at ease with their own culture."

Prendergast says the club is special because "for me, it's essential to communicate with people of the same background."

The group's exercises in summer include walks at Bayfront Park.

And they often put on skits.

"We may be seniors but we are all young at heart," says King.

cfragomeni@thespec.com

905-526-3392

THE HAMILTON SPECTATOR

Seniors can drop in, feel more connected



John Rennison, the Hamilton Spectator

Free ACCA program offers range of support

December 16, 2009

CARMELA FRAGOMENI

THE HAMILTON SPECTATOR

(Dec 16, 2009)

When you're a senior, anything that keeps you young and active has got to be valuable.

For Joyce King and Dolores Prendergast, the Drop-in Seniors club at the Afro-Canadian Caribbean Association (ACCA) is just the thing. Convenient, stimulating, invigorating, educational, sociable, supportive, entertaining, nutritional and free. What else could a person want?

"It's a good way to get out of the house and see what's going on," says Prendergast. "It means a lot to me."

The club meets the first and last Wednesday of the month, starting at 11 a.m. with exercises, followed by a free lunch and then a guest who speaks about subjects ranging from money management to nutrition, diabetes and hypertension.

"Information about health-care issues is very important at this age," says Prendergast, 77. "We all have high blood pressure, diabetes or something and to have experts come in to talk to us, all of that I find very, very helpful."

King, 79, agrees. "Many times we don't even know how many calories to consume."

She likes the tips they share.

"We talk about our little aches and pains and all our little problems, and there's lots of good advice we pass on to each other."

For example, "lots of us tend to fall" so one tip she found helpful is memorizing the number of stairs in her house and counting them when going up or down. It works for her.

She finds the speakers excellent -- from police talking about phone scams and what to be aware of when walking on the street, to HSR bus representatives offering suggestions such as asking the driver to drop you off closer to home instead of the designated stop late at night.

The group is learning computer skills, thanks to a donation of seven computers and is starting to knit items for premature babies staying in hospital, according to King.

ACCA president Beatrice McLean said the location at the association's office, 423 King St. E., is convenient. The bus stops in front and it's easily accessible because it's on the ground floor.

The Drop-In is made possible through \$10,000 in support from the United Way of Burlington and Greater Hamilton. It averages 10 to 24 participants per session and 67 seniors a year.

It has helped King become involved in other activities. She just joined a line-dancing class at the Sackville Seniors Centre after hearing about it at the drop-in.

It's open to all seniors, but most are originally from the West Indies and the Caribbean, said McLean, because "they feel more comfortable and more at ease with their own culture."

Prendergast says the club is special because "for me, it's essential to communicate with people of the same background."

The group's exercises in summer include walks at Bayfront Park.

And they often put on skits.

"We may be seniors but we are all young at heart," says King.

cfragomeni@thespec.com

905-526-3392

THE HAMILTON SPECTATOR

Seniors can drop in, feel more connected



John Rennison, the Hamilton Spectator

Free ACCA program offers range of support

December 16, 2009

CARMELA FRAGOMENI

THE HAMILTON SPECTATOR

(Dec 16, 2009)

When you're a senior, anything that keeps you young and active has got to be valuable.

For Joyce King and Dolores Prendergast, the Drop-in Seniors club at the Afro-Canadian Caribbean Association (ACCA) is just the thing. Convenient, stimulating, invigorating, educational, sociable, supportive, entertaining, nutritional and free. What else could a person want?

"It's a good way to get out of the house and see what's going on," says Prendergast. "It means a lot to me."

The club meets the first and last Wednesday of the month, starting at 11 a.m. with exercises, followed by a free lunch and then a guest who speaks about subjects ranging from money management to nutrition, diabetes and hypertension.

"Information about health-care issues is very important at this age," says Prendergast, 77. "We all have high blood pressure, diabetes or something and to have experts come in to talk to us, all of that I find very, very helpful."

King, 79, agrees. "Many times we don't even know how many calories to consume."

She likes the tips they share.

"We talk about our little aches and pains and all our little problems, and there's lots of good advice we pass on to each other."

For example, "lots of us tend to fall" so one tip she found helpful is memorizing the number of stairs in her house and counting them when going up or down. It works for her.

She finds the speakers excellent -- from police talking about phone scams and what to be aware of when walking on the street, to HSR bus representatives offering suggestions such as asking the driver to drop you off closer to home instead of the designated stop late at night.

The group is learning computer skills, thanks to a donation of seven computers and is starting to knit items for premature babies staying in hospital, according to King.

ACCA president Beatrice McLean said the location at the association's office, 423 King St. E., is convenient. The bus stops in front and it's easily accessible because it's on the ground floor.

The Drop-In is made possible through \$10,000 in support from the United Way of Burlington and Greater Hamilton. It averages 10 to 24 participants per session and 67 seniors a year.

It has helped King become involved in other activities. She just joined a line-dancing class at the Sackville Seniors Centre after hearing about it at the drop-in.

It's open to all seniors, but most are originally from the West Indies and the Caribbean, said McLean, because "they feel more comfortable and more at ease with their own culture."

Prendergast says the club is special because "for me, it's essential to communicate with people of the same background."

The group's exercises in summer include walks at Bayfront Park.

And they often put on skits.

"We may be seniors but we are all young at heart," says King.

cfragomeni@thespec.com

905-526-3392

THE HAMILTON SPECTATOR

Seniors can drop in, feel more connected



John Rennison, the Hamilton Spectator

Free ACCA program offers range of support

December 16, 2009

CARMELA FRAGOMENI

THE HAMILTON SPECTATOR

(Dec 16, 2009)

When you're a senior, anything that keeps you young and active has got to be valuable.

For Joyce King and Dolores Prendergast, the Drop-in Seniors club at the Afro-Canadian Caribbean Association (ACCA) is just the thing. Convenient, stimulating, invigorating, educational, sociable, supportive, entertaining, nutritional and free. What else could a person want?

"It's a good way to get out of the house and see what's going on," says Prendergast. "It means a lot to me."

The club meets the first and last Wednesday of the month, starting at 11 a.m. with exercises, followed by a free lunch and then a guest who speaks about subjects ranging from money management to nutrition, diabetes and hypertension.

"Information about health-care issues is very important at this age," says Prendergast, 77. "We all have high blood pressure, diabetes or something and to have experts come in to talk to us, all of that I find very, very helpful."

King, 79, agrees. "Many times we don't even know how many calories to consume."

She likes the tips they share.

"We talk about our little aches and pains and all our little problems, and there's lots of good advice we pass on to each other."

For example, "lots of us tend to fall" so one tip she found helpful is memorizing the number of stairs in her house and counting them when going up or down. It works for her.

She finds the speakers excellent -- from police talking about phone scams and what to be aware of when walking on the street, to HSR bus representatives offering suggestions such as asking the driver to drop you off closer to home instead of the designated stop late at night.

The group is learning computer skills, thanks to a donation of seven computers and is starting to knit items for premature babies staying in hospital, according to King.

ACCA president Beatrice McLean said the location at the association's office, 423 King St. E., is convenient. The bus stops in front and it's easily accessible because it's on the ground floor.

The Drop-In is made possible through \$10,000 in support from the United Way of Burlington and Greater Hamilton. It averages 10 to 24 participants per session and 67 seniors a year.

It has helped King become involved in other activities. She just joined a line-dancing class at the Sackville Seniors Centre after hearing about it at the drop-in.

It's open to all seniors, but most are originally from the West Indies and the Caribbean, said McLean, because "they feel more comfortable and more at ease with their own culture."

Prendergast says the club is special because "for me, it's essential to communicate with people of the same background."

The group's exercises in summer include walks at Bayfront Park.

And they often put on skits.

"We may be seniors but we are all young at heart," says King.

cfragomeni@thespec.com

905-526-3392