



[Lydia Snow North Halton](#) [2026-2027 - October](#) [Newsletter](#)

NEW members and guests are welcome - reach out and invite someone to join you for our next meeting!

Date: Tuesday, October 13

Location: [Georgetown Gellert Centre](#)

9:15 - refreshments, meet and greet social time

10:00 - Guest Speaker ~ Meryl DaCosta

11:30 - General Meeting



[A Little About our Guest Speaker: Meryl DaCosta:](#)

Our October session/topic is PELVIC HEALTH AS WE AGE led by Meryl DaCosta Registered Physiotherapist, BSc (PT), BHSc (Kin), Eramosa Physiotherapy (EPA) Acton and Georgetown Clinical Director.

In this presentation, Meryl will discuss how pelvic health evolves with age, common concerns such as incontinence, prolapse and pelvic pain, and practical strategies to support strength, mobility, and

overall well-being. Whether you're looking to better understand your body or support someone you care about, this session offers empowering, evidence-based information to help you take charge of your pelvic health.

Our October Meeting is Also Our General Meeting. For The Minutes of Last Year's General Meeting Click on the Link Below:

[RWTO LSNH General Meeting Oct 22 2025](#)



Christmas Lunch at Granite Ridge Golf Course

[9503 Dublin Line, Milton](#)

**Wednesday, November 25
Arrival, Coffee, Raffle Set-
up: 10:30-11:00
Raffle Open: 11:00-12:00
Lunch**

Directions to Granite Ridge Golf Club: [9503 Dublin Line, Milton](#)

1. From southbound Highway 25 turn right (west) onto 5 Sideroad.
2. Proceed on 5 Sideroad to James Snow Parkway (1st stoplight).
3. Turn right and proceed to the roundabout.
4. Take the exit for - Dublin Line (north) - on the roundabout

5. The entrance to Granite Ridge Golf Club is on the right-hand side.

OR

1. If coming from Burlington or Milton, proceed north on Tremaine Rd which proceeds over the 401.
2. At the round-about just past 401, take the north exit with signs posted: Granite Ridge Golf and Country Club.

If you require assistance, call Jeanne Gray at [905-691-2328](tel:905-691-2328).

WHAT TO BRING TO THE CHRISTMAS LUNCHEON

As in the past, the annual Christmas Luncheon provides an opportunity to raise funds for our Outreach projects and also to collect donations for local charities. You can participate in any of the following ways:

Contribute a Donation to the Raffle Table

Our past experiences have determined that consumable items are what is enjoyed best by our Lydia Snow members. (e.g., wine, baking, gift cards). Please remember that the Raffle Table is not the place to find new homes for items no longer required at your home. **Tickets for the Raffle Table are \$10.00 for 25 tickets.**

Make a Donation to Halton Women's Place

This year, we will focus our donations on the "tweens" and teens. Please remember that all donated items should be new. Gift cards for Sephora, Ardene's, Cineplex, Tim Hortons, Wendy's and McDonald's would be appreciated by young adults. If you plan to make a **monetary donation**, please make your **cheque payable to "Halton Women's Place"** and write **"Milton Facility"** on the memo line.

Consider the Georgetown Bread Basket

The Georgetown Bread Basket appreciates donations of unused Christmas cards and stamps which are then distributed to their clients.

50-25-25 Draw and SCAW (Sleeping Children Around the World)

Please bring along some cash to purchase tickets for the 50/25/25 Draw and to make a donation to SCAW (Sleeping Children Around the World).

2026-2027 Lydia Snow Program Brochure

If you have not received the [Program Brochure for 2026-2027](#), you can pick it up at our October meeting. For your convenience, the topics, dates, times and locations for all of our meetings are found below. It is best to mark your calendar now so you don't miss out on any of the exciting guest speakers that have been arranged for the benefit of all Lydia Snow members.

Wednesday, November 25 ~ Granite Ridge Golf Club
Christmas Luncheon & Fundraising Raffle

Wednesday, January 13 ~ Zoom
What does AI mean to me? - Amanda Tkaczyk

Wednesday, February 10 ~ Zoom
Super Agers - Dr. Angela Roberts
Special Meeting for Outreach Vote

Monday, March 8 ~ St. John's United Church, Georgetown
Sleeping Children Around the World - Debbie Will-Dryden

Tuesday, April 13 ~ Acton Town Hall
A Life of Courage, Curiosity & Conservation -Dr. Anne Innis Dagg
Annual General Meeting Book and Puzzle Sale & Lunch

Wednesday, May 12 ~ Acton Town Hall
Healthy Aging and Wellness Fair

For your convenience, click on the link found below to view the entire program brochure for 2026-2027.

[2026-2027 Lydia Snow Program Brochure](#)

In addition, by popular request, we have a contact list - complete with telephone and email addresses of current Lydia Snow members - available for distribution.

Website Information:

Did you know that Lydia Snow has an active website? Please use the link below to connect with the site.

<https://rwto.org/branch-new/lydia-snow-north-halton/>

We also have a FaceBook Page:

<https://www.facebook.com/groups/lydiasnownorthhaltongroupchat>

Contact Information:

We are updating our current membership list. If you have had a change of mailing address, e-mail address, phone number or emergency contact person, please share your new information with Jan Hassard hassardj1982@gmail.com or call Jan at [905-703-0005](tel:905-703-0005).

Email Issues: If you have heard of anyone who is not receiving our emails, please let Jan Hassard know so that some follow up can take place.

Care and Share:

Do you have any information on members that we should connect with through our caring and sharing? Please forward the information to Valerie Jordan, jordanheirs@yahoo.com or call Valerie at [905-877-3291](tel:905-877-3291).

Let's Grow Lydia Snow!

Members are encouraged to invite others to join our branch. If they are a retired woman teacher, educational assistant, early childhood educator, child and youth worker/counsellor, audiologist, office support staff, psychologist, social worker or speech and language pathologist, invite them to a meeting, give them a brochure, tell them to visit our [Website](#) or FaceBook page.

Yours in Caring and Sharing - The Lydia Snow Executive