

Hope SMILE will continue

Congratulations to Caledon Meals on Wheels (CMOW) and the Simple Movement to enhance Independent Living for Everyone (SMILE) program which they ran, thanks to a grant from United Way.

I am horrified to hear that the United Way grant has now ended.

It is an excellent program of exercises for seniors, one which caters to all levels of agility and mobility and fitness. And to my absolute amazement, it is great fun too.

Since it is such an obvious way to improve the lives of seniors and to reduce future dependency on our stretched health and nursing resources, it means that CMOW needs to find more than \$40,000 if this program is to continue.

For the sake of all who participate in this program, I hope they are able to find a new and stable source of funding.

E. Morton,
Palgrave