

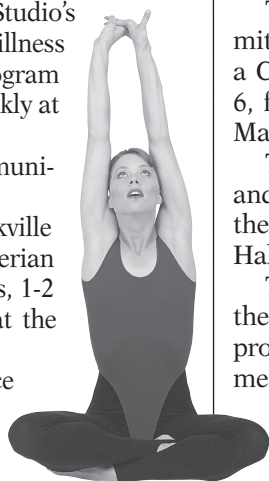
CMHA to offer free yoga classes

CMHA-HRB, in partnership with Inner Sanctum Yoga Studio's Wendy Sammut, is offering individuals experiencing mental illness an opportunity to participate in a fitness and wellness program through the practice of yoga. The program will be offered weekly at no charge to individuals in Halton who has a mental illness.

Funding for this program has been received from the Communities in Action Fund.

The yoga class will be offered simultaneously in Milton, Oakville and Acton. The Acton class will be held at Knox Presbyterian Church, 44 Main St. N., January 14 to March 18 for 10 weeks, 1-2 p.m. Participants are expected to complete a short survey at the beginning of the session and also at the end.

Please call CMHA-HRB at 905-693-4270 to register. Space is limited. Please note: If you have any health concerns or injuries please receive approval from your health care professional before starting the program as physical movement will be involved.



Spots are still available at Community Open House

The Cooperative Program Planning Committee (CPPC) of Halton Hills will be hosting a Community Open House on Saturday, Feb. 6, from 10 a.m. to 4 p.m. at the Georgetown Marketplace mall.

This event is an opportunity for non-profit and community organizations to showcase their group and services to the residents of Halton Hills.

The overall goal of the event is to highlight the many groups and organizations which provide meaningful services to community members including sports groups, non-profits, service agencies, environmental groups, Halton Region and the Town of Halton Hills.

The theme this year is "Believe it...

Halton Hills!" which will build on an Olympic theme and will feature Olympic-themed special guests and raffles for Olympic-themed prizes including a replica Team Canada hockey jersey!

Space is still available to register for the event. Tables will be filled on a first-come, first-served basis. The cost is \$30 for a half table and \$60 for a full table. For details or to download a registration form please visit <http://www.haltonhills.ca/events/OpenHouse.php>

If you would like more information contact Leanne Sedentopf, Recreation Coordinator, Special Events & Volunteer Services, Town of Halton Hills, 905-873-2601 ext. 2273, leannes@haltonhills.ca or visit <http://www.haltonhills.ca/townhall/community-open-house.php>



The Regional Municipality of Halton www.halton.ca

Halton Waste Management Site (HWMS)

The Halton Waste Management Site (HWMS) is Halton's "one stop" solution for the 3Rs (reduce, reuse, recycle), yard waste composting, safe disposal of household hazardous waste and garbage disposal.

Please secure all open loads with a tarp or rope. All customers and visitors are to report to the Scalehouse upon arrival.

Fees

For general waste and use of the Container Station, the user fees are:

- up to 50 kg – \$5/load
- 51 kg -150 kg – \$10/load
- **NEW!** over 150 kg – 14.3 cents/kg starting from 0 kg

For a full list of HWMS fees, visit www.halton.ca/waste or call Halton Region by dialing 311 or 905-825-6000, toll free 1-866-4HALTON (1-866-442-5866) or TTY 905-827-9833.

Blue Boxes, GreenCarts & Backyard Composters

Blue Boxes, GreenCarts and Backyard Composters are available at the **Scalehouse**.

- **Blue Boxes:** new residents two free of charge, current residents one free of charge per year, \$5 per additional box (3 maximum)
- **GreenCarts:** new residents one free of charge, additional carts \$15 each (2 maximum). Exchange broken GreenCarts at the Scalehouse.
- **Backyard Composters:** \$15 each (2 maximum)

Paint & Stain Reuse Depot

Looking to repaint your house? Pick up and drop off usable paint and stain at the Paint & Stain Reuse Depot for free. The Paint & Stain Reuse Depot is conveniently located beside the Household Hazardous Waste Depot and is open from spring to fall. The HWMS cannot guarantee which colours will be available.



Container Station

In addition to garbage disposal, the following materials are collected and diverted from landfill:

- Appliances (\$5 per appliance)
- Wood
- Drywall
- Yard Waste
- Scrap metal

Additional items may be diverted at the Container Station free of charge:

- Blue Box recyclables (free for residential loads only; commercial loads are subject to charge)
- Cell phones
- GreenCart organics (free for residential loads only)
- Eye glasses
- Electronics (computer hard drives, monitors, TVs, stereos, VCRs, etc.) (up to five items per trip per household)
- Printer cartridges
- Tires (up to five tires per year per household)
- Wine and champagne bottle corks (natural corks only)

Household Hazardous Waste (HHW) Depot

Residential hazardous waste can injure waste collectors and can damage the environment if disposed of improperly. Household hazardous waste must not be put in the garbage or poured down the drain. Each year the Household Hazardous Waste Depot recycles or properly disposes over 900,000 litres of residential hazardous waste.

✓ **Acceptable Materials (no charge):**

- Acids (rust remover)
- Fuels
- Solvents
- Aerosol cans (full or partially full)
- Garden chemicals
- Stains
- Antifreeze
- Household cleaners
- Varsol
- Batteries (household and car)
- Medications
- Motor oil and filters
- Bleach
- Paint
- Pesticides
- Compact Fluorescent Light Bulbs (CFLs)
- Pool chemicals
- Propene tanks
- Fertilizers
- Sharps (needles, syringes, lancets)
- Fluorescent tubes (8 maximum)



There is a 20 litre maximum per visit. No commercial hazardous waste can be accepted.

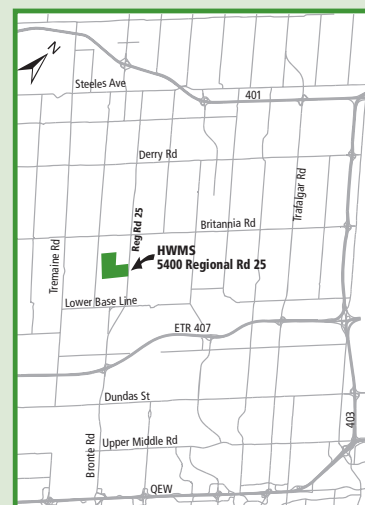
Salvation Army Reuse Depot

Drop-off unwanted reusable items free of charge and help the community:

✓ **Acceptable Materials:** clothing, linens, paired shoes, kitchenware, certain toys, books, working computers, TVs and undamaged furniture.



✗ **Unaccepted Materials:** cabinets, desks, typewriters, tires, auto parts, mattresses, infant equipment (cribs, etc.) and console TVs.



Halton Waste Management Site

5400 Regional Road 25, Milton
Open: Monday - Saturday 8 a.m. - 4:30 p.m.
Dial 311 or 905-825-6000
Toll Free 1-866-4HALTON (1-866-442-5866)
TTY 905-827-9833

Closed every Sunday and the following holidays:

- New Year's Day
- Civic Holiday
- Family Day
- Labour Day
- Good Friday
- Thanksgiving
- Victoria Day
- Christmas Day
- Canada Day