

GLT holds auditions Tuesday/Thursday for its April play

Nick is a single, Italian-American guy from New Jersey who sees both sets of his grandparents every Sunday for dinner. This is routine until he has to tell them that he's been offered a dream job that would take him away from his beloved, but annoying, grandparents, Frank, Aida, Nunzio and Emma. All do their best to keep him from leaving, including bringing to dinner the lovely Caitlin O'Hare as bait...

Auditions for Georgetown Little Theatre's April 2010 production of *Over The River and Through the Woods*, a comedy directed by Andrew Humeniuk will be on Tuesday, Jan. 12 and Thursday, Jan. 14, 7:30 p.m. at the GLT Studio (33 Stewarttown Rd.). Contact Humeniuk, andrew@humeniuk.com to set up an audition appointment. Prepare for one short comedic monologue and play readings. Script pages provided.

Georgetown Seniors Centre to resume programs next week

By **FLORENCE RIEHL**
Georgetown Seniors Centre

The fast pace of the Christmas Season is now behind us and it is time to dust off the exercise clothes and get somewhat back into shape. All instructed programs begin the week of January 11. You need to pay your program registration fees the week before to make sure there are insufficient applications to keep the program.

Thanks to all who came out to pay your membership for 2010. It was a cold day and the free coffee/tea and cookies proved to be a welcome treat. Your 2009 membership card has run out and by the end of January you will need your new card.

In order to take any of the trips listed at the Travel Desk, signup is necessary at least a month before the date of the trip. The bus company requires a minimum number of the seats be sold. Signing the sheet is your request to purchase a spot on the bus. All fees listed include coach transportation, driver's gratuity, and, where applicable, your lunch.

It appears that, unless more people sign up in the next two weeks, the trip to Hamilton to see *Sweet Dreams Patsy Cline* will have to be cancelled.

Some of you demonstrated an interest to see the King Tut Exhibit at the AGO. There is a signup sheet out now for a trip in April. A minimum of 35 is necessary but can be increased to 56.

The AGM will be held on Thursday, February 25 at 1 p.m. This is your opportunity to express your views and get a better understanding of the operation of your Centre. This year we will also be taking a vote to increase membership fees.

Hope to see you around the Centre.

THERAPY THOUGHTS



Natalie Haynes
Psychotherapist
B.A., R.P.C, R.I.H.R.

New Year New You?

Christmas and New Year have come and gone and all the festivities are over. Many people think that the New Year is a time for fresh starts, resolutions and new beginnings. This implies a change or changes were required in the first place. Imagine if no resolutions were required this year! What if this year we just accept ourselves for exactly who we are?

Some may feel that accepting ourselves would be easier if we felt that we were exactly how we want to be. We focus on how great and happy we will be when we meet all of the goals and resolutions we have set for ourselves. The down side is, we end up spending a lot of our energy and time on what we are not. If we let ourselves see what we are, we would see the beauty and wonder that is ourselves.

Accepting ourselves as we are can be difficult, especially if we don't like everything we see. The challenges and struggles that we have with ourselves may be gifts for a deeper understanding of who we are. Some of the greatest challenges that I have faced in my life have also been my greatest lessons. Had I not experienced them, I might not be the person that I am today. This new year, make a resolution to have no resolutions at all. See what you can discover about yourself.



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Join us on Thursday, January 28th, 2010 Retirement Investing and Today's Markets

Presented by

Ted Flanagan and David Robart-Morgan

*What can be done to improve your
tax effective investment returns?*

What will the market bring this year?

Where are the opportunities?

Thursday January 28th, 2010

11:45AM to 1:30PM

Halton Hills Cultural Centre, John Elliot Theatre

9 Church St, Georgetown, ON, L7G 2A3

Lunch will be served

Please RSVP to 905-877-8092

You Won't Want to Miss It!

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