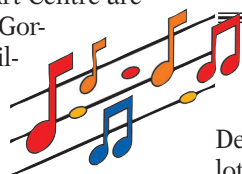


Saturday, Jan. 9

Fundraiser: The artists of Williams Mill Art Centre are hosting a fundraising night for fellow artist Gordon Wright who is suffering from kidney failure. The event, which includes live entertainment (Don Ablett and Brent Cooper, Bruce Madole and more), food, auction and 50/50 draw, begins at 8 p.m. in the Williams Mill



Glass Studio. Suggested \$20 donation at the door. RSVP: Carol-Ann Michaelson, camichaelson@cogeco.ca
Bruce Trail hike: Level 2, 6 to 8 km hike carpool hike. Depart at 10 a.m. from the Georgetown Market Place parking lot between Zellers and the grey medical building. Bring water

Community Calendar

and lunch. Leader: Janet 519-853-1285.

Family Storytime: 11 a.m. at the Georgetown branch library. Drop in for this free program.

Hungry Man's Breakfast: hosted by Georgetown Legion, 8-11 a.m. Cost is \$5/person (children under 12, \$2.50). Takeout available.



Men's Toonie Breakfast: will be served 8:30-9:30 a.m. at Bethel Church 365 Queen St. E., Acton. Come for eggs, toast, coffee, and more. Just \$2! All men welcome. Info: www.actonccrc.com.

Kitten adoptions: Kittens are at Pet Valu, 235 Guelph St., 11 a.m. to 2 p.m. Info: www.uchskittens.blogspot.com or Barb, 905-873-8547.

Sunday, Jan. 10

Benefit hockey game: featuring the Toronto Maple Leaf Alumni vs the Halton Hills Firefighters in support of Cancer Assistance Services of Halton Hills (CASHh). For tickets call CASHh, 1-800-516-5810.

New church opens: Koinonia Worship Centre invites all to join them for their first monthly service at 10:15 a.m. at the Gellert Centre. Info: Pastor Robert Legair, 905-703-5882 or rlegair2001@yahoo.ca

Georgetown Runners: meet at the Atlantis Family Athletics, 8 a.m. Sundays. Visit www.georgetownrunners.ca or call Jim, 905-702-1162.

Emotions Anonymous (EA): meets Sundays 7 p.m. at 39 John St. Acton. (beside St Joseph Church parking lot enter in front door.) Info: Robert or Donna, 519-853-2972.

Monday, Jan. 11

Blood donor clinic: 2-8 p.m. at Maple Avenue Baptist Church, hosted by Canadian Blood Services. For appointment: 1-888-2-DONATE.

TOPS-Acton: meets at St. Joseph Church, Church St. E. Weigh-in: 6-7 p.m. Meetings follow until 8 p.m.

Halton Hills Toastmasters: meets 7:30-9:30 p.m. at St. Alban's Church, Glen Williams Mondays. Info: www.haltonhillstm.org or Kathy, 647-505-0677.

Celebrate Recovery: Christ-centred 12-step recovery program. All are welcome Mondays, 7 p.m. at Georgetown Alliance Church. Info: Doug, 905-873-0249 or CR@togetheratgac.com

Al-Anon Family Group meetings: for families and friends of alcoholics on Mondays, 1:30 p.m. (One Day at a Time Group, St. Joseph Church, Acton), and Wednesdays, 8 p.m. (Acton Al-Anon Family Group, Trinity Church, Acton). Info: 1-888-425-2666.

Tuesday, Jan. 12

Cabin Fever Busters: Break the monotony of cold winter days with a free drop-in play group Tuesdays from 10 a.m. to 12 p.m. Caregivers and parents are welcome with children from infant to 5 years of age. Come join us at the Salvation Army, Georgetown Community Church located at 271 Mountainview Rd S. starting January 12. Info: Emily, 905-877-1374.

TOPS-Georgetown: meets Tuesdays at St. Andrew's United Church, 89 Mountainview Rd. S. Weigh-in: 6:30 p.m. Meetings follow at 7:30 p.m.

More CALENDAR, pg. 17

*New Location...
New Name...*

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Physio News

by *Meryl Da Costa*
BSc(PT), BHSc(Kin)
Registered Physiotherapist

WE HAVE BEEN LUCKY THIS YEAR AND HAVE NOT HAD TO SHOVEL MUCH

Most of us do not think of shovelling as exercise, but shovelling can be considered a very vigorous activity for even healthy individuals!

Prior to shovelling there are a few things that you can do to help prevent injury.

1) Perform warm up exercises like marching on the spot and arm circles for 5 to 10 minutes, this will increase your heart rate and improve circulation to your muscles

2) Dress in layers. It is always easier to remove layers when warm than add layers because you are too cold. Remember to wear a hat as 50% of body heat is lost through your head

3) Wear proper foot wear, boots with slip resistant surfaces will reduce the risk of slips and falls

4) Pick the right shovel. The height, weight and grip of the shovel can make it easier for you to move the snow

5) Pace yourself as you shovel, this will avoid placing a large demand on your heart

6) Avoid awkward snow throwing. Do not throw snow over your shoulder or twist your spine as this can lead to injury, especially if done repetitively

7) Clear snow as soon as it falls, don't wait until you have too much accumulation

Proper Shovelling Technique:

1) Stand with your feet hip width apart for balance and keep your shovel close to your body

2) Push the snow instead of lifting it

3) When you do have to lift it, use your legs! Half fill the shovel with snow, bend your knees, keep your back straight and use your leg muscles to help lift the snow. Always listen to your body! If you feel pain in your chest or arms, light headed or dizzy, contact your physician or 911!

Who should think twice before they shovel:

1) Anyone who has already had a heart attack or individuals with a history for heart disease

2) Smokers

3) Those with high blood pressure

4) Individuals leading a sedentary lifestyle should talk to your doctor before you take on shovelling.

The trained Physiotherapists at Eramosa Physiotherapy are here for you if you do sustain an injury from shovelling. We have newly expanded morning and evening hours!

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