



Income Tax Clinics for low-income persons

During the months of March and April, trained volunteers from the Community Volunteer Income Tax Program will be available at the Acton and Georgetown Links2Care offices to complete income tax returns for lower income individuals and couples.

Individuals with incomes up to \$25,000 and couples with incomes up to \$35,000 are eligible for this program and there is no charge for this service. To make an appointment please call Brenda in the Georgetown office, 905-873-6502 or Cathy in the Acton office, 519-853-3310.

Spring Garden Tea

Friends of The Old Seed House Garden will hold its Spring Garden Tea and AGM on Tuesday, March 22, 2-3:30 p.m. at historic Devereaux House, Trafalgar Rd., Georgetown.

Tickets are \$5, available from Mattie Spencer 905-877-4409 or pick up at *The Independent and Free Press*. Bring your Old Seed House Garden photos or artwork for display in the parlour. Info: Barb, rjbaron@sympatico.ca.

Photo submitted

Heart Month info

During Heart Month in February, certified kinesiologist Marie Ramsey presented the interactive lecture "Safeguarding the Heart - Targeting the Ticker" at Staying Alive Fitness in Acton. She introduced her audience to lifestyle approaches on how to effectively prevent or combat heart-related disease. Among others she impressively detailed the reaction of heart and blood vessels to high cholesterol and high blood pressure. She also outlined the invaluable effect of exercise on the heart as a muscle, no matter the current stage of fitness, weight, or age, stating that exercise in itself is the paramount key to better health. Her audience wished, "some doctors would take the time to explain matters so precise. It would make a difference to the patient." Above, from left, Leanne Monaghan, owner, Staying Alive Fitness, Rob Charette, member of Staying Alive Fitness, Marie Ramsey, certified kinesiologist.

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JOIN FUTURE SCHOLAR'S

MARCH BREAK CAMP

March 14 - 18th

Future Scholars

HOURS OF OPERATION 9 A.M. to 4 P.M.

Extended Care Hours: 7-9 am and/or 4-6 pm

Cost \$4 per am/pm session

Ages: JK up to age 11

NEW

FULL OR PART-TIME SESSION DAYCAMP

DAILY COST

\$30.00 - fee includes 2 snacks and daily outings.

Children to bring paper bag lunch

During each day theme-based session, activities planned will include creative crafts, science, academics, organized outdoor activity, water play, cooking & a daily outing in the community. Each day the children will participate in a planned field trip.

MARCH BREAK SCHEDULE*

Monday - Movie/Rock Star * Glazed Expressions *

Tuesday - Jungle Fever Day * Jungle Cat Exhibit *

Wednesday - Sports Day * Skating *

Thursday - St. Patty's Day * Tobogganing & Snow Painting *

Friday - Winter Wonderland * Bowling*

SUMMER CAMP PROGRAMS AVAILABLE! Call Today.

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*Please note that sessions & field trips are subject to adequate enrolment.

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