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**Tuesday, Sept. 27**

**Alpha course in Acton:** Have you heard of the Alpha course and not attended – please join St. Albans's Church in Acton where their first evening will start with a meal at 6:30 p.m. Info: Rev. Brian, 519-853-2711.

**Georgetown Osteoporosis Support Group:** New day, new time—on the fourth Tuesday evening of the month at the Cooking Class Room in the Real Canadian Superstore in Georgetown, 7:15 p.m. Info: Pam Lowden, 905-702-9276.

**Halton Adult Badminton:** new season begins Sept. 20 at Centennial School, Georgetown, 8-10 p.m. Recreational badminton for all levels of play. Season runs until June 2012. Estimated membership \$80. Info: Andy, 905-877-7186.

**Halton Hills Men's Basketball League** offers both competitive and recreational play every Tuesday starting Sept. 20, 6:45 p.m. at the Acton High School and runs until the end of April. Minimum age is 21. Cost is \$75. Info: Victor Estevan, 905-873-8188.

**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.

**Wednesday, Sept. 28**

**Bruce Trail Hike:** Level 1, 5-6 km loop hike on local trails. Depart at 9:30 a.m. from the Georgetown Market Place parking lot between Zellers and the grey medical building. Bring water and snacks. Join us for lunch at a local eatery after the hike. Leader: Maureen, 905-873-9757 haltonhillshikers@yahoo.ca



**Drop-in Basketball:** Kids can get active by shooting hoops at the Youth Drop-in Basketball. On Mondays at McKenzie-Smith Bennett School, Acton, 8-9 p.m. (for ages 13-17) and 9-10 p.m. (for ages 18-24). On Wednesdays at George Kennedy School, Georgetown, 7-8 p.m. (ages 13-17) and 8-9 p.m. (ages 18-24). Cost: \$3 at the door. Info: www.haltonhills.ca/recandparks

**Men's Dart League:** Come try the Men's Wednesday Night Dart League, 8 p.m. at the Georgetown Legion. Fun night.

## Community Calendar

**Meditation:** Come learn how to live a happier, peaceful and stress-free life, every Wednesday, (Sept. 14 to Dec. 14, except Oct. 12), 7 p.m. at Glen Williams Town Hall, 1 Prince St. Topics: how to have more energy and joy, improving relationships, dealing with daily problems, calm under pressure, improving self-confidence. Cost is \$10 per class but no one will be turned away. Hosted by Western Buddhist monk Kelsang Sangdrub, resident teacher at Avalokiteshvara Kadampa Buddhist Centre in Mississauga, 905-274-7432 or www.meditateinmississauga.org

**Equilibrium:** is a peer support group for individuals and their families who are affected by a mood disorder such as depression or bipolar disorder. Equilibrium-Georgetown meets 7 p.m. at Norval United Church, 486 Guelph St., Norval. Info: Canadian Mental Health Association, 905-693-4270 or georgetown@equilibrium-oakville.com

**Small e-Business Seminar:**

Learn how to use internet technology to do business. Learn what you need to know to buy and sell online. Brought to you by the Halton Region's Small Business Centre, and held at Halton Hills Public Library, Georgetown Branch, 6:30-8:30 p.m. Cost: \$25. To register, call 1-866-4HALTON.

**Aphasia recovery:** Halton Aphasia Centre can assist persons recovering from a stroke or other trauma and living with aphasia. (Aphasia is the resultant language disorder from damage to the communications centre of the brain) Program runs Wednesdays from 9:30 a.m. to 1:30 p.m., Glen Williams Town Hall, 1 Prince St., Halton Hills. Info: 905-702-5312 or www.haltonaphasia-centre.com.

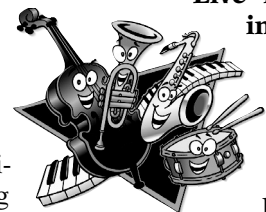
**Nordic Pole Walking:** Wednesdays, 6:30 p.m. outside Gellert Centre; bring toonie for the Heart and Stroke Foundation. Led by certified Nordix Pole Walking instructor Ginger Quinn, 905-691-9122. Sponsored by GEM Health Care Services www.gemhealthcare.com

**Small Business Info Session,** 1 p.m. at Links2Care Employment Resource Centre, 45 Mill St. E., Acton. Thinking of

starting a business but don't know where to start? Meet with a rep from Halton Small Business who will give you the tools to get started and answer all your questions. Info: 519-853-5014.

**Thursday, Sept. 29**

**Free health education seminar:** Healthy Bladder Habits as We Age, presented by Halton Healthcare Services with Laura M. Robbs, Clinical Nurse Specialist – Continence, 7 p.m. at Milton District Hospital, 7030 Derry Road, Milton. Free parking passes will be provided at the seminar. To reserve a seat, call 905-878-2383 ext. 4379 or email healthpromotion@haltonhealthcare.on.ca. Info: http://haltonhealthcare.com/patients\_living-healthy.php.



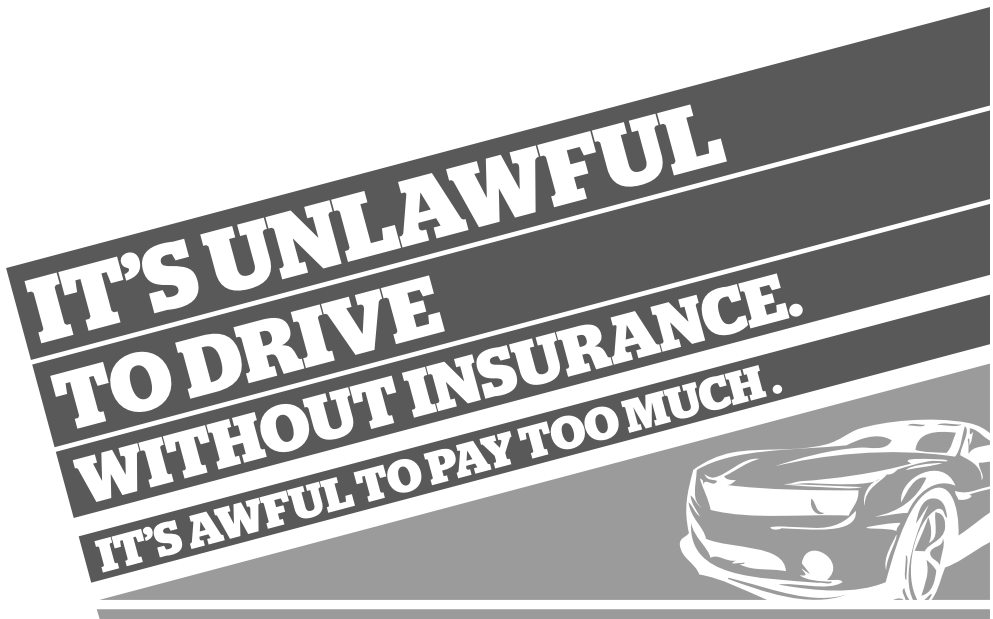
**Live music & dancing:** every Thursday until June (cancelled Oct. 6), 7 p.m. at St. Alban's Church Hall in Glen Williams. Good old country, rock 'n roll, jazz and variety mixes. Gear up for your favourites from the '50s, '60s and '70s. Seniors welcome. Handicap accessible, loads of parking. Admission: \$5. Info: 905-873-0310.



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