

Wednesday, Jan. 25
Walk This Way—The 25 Project presents: Health & Fitness Experts at Mold-Masters SportsPlex (upstairs hall). Doors at 6:30 p.m. with guest speakers, Kasia Sitarz and Nathane L. Jackson, at 7 and 8:30 p.m. Free—donations accepted at the door. Info: www.walkthiswayorg.ca

Maximize Your Health: free six-week self management workshop, Jan 25-Feb. 29 or Feb. 22 to March 28. 1:30-4 p.m. at Halton Region Health Dept., 93 Main St. S. in Georgetown. Info/to register call 905-338-4432 ext 4871 or 1-888-670-6636 ext 4871 or email bclara@haltonhealthcare.on.ca.

Teen Stress and Anxiety: 7 p.m. at Christ the King High School (Irene McCauley Theatre). Dr. Susan Williams, Ph.D., C. Psych will help parents identify stress in their teens and provides tips to reduce it. She will also provide a brief overview of other problems teens may experience that parents should be concerned about and will help parents identify when they should seek additional professional support for their teens. Presented by GDHS and CtK schools.

Al-Anon Family Group meetings: for families and friends of alcoholics on Wednesdays—One Day at a Time Group, 10 a.m. at Knox Church, Georgetown and Acton Al-Anon Family Group, 8 p.m. at Trinity United Church, Acton (use back door). Info: 1-888-425-2666.

Bruce Trail Hike: Level 1, 5-6 km loop hike on local trails. Depart at 9:30 a.m. from the Georgetown Market Place lot between Zellers and the grey building. Bring water/snacks. Lunch at a local eatery after. Leader: Maureen, 905-873-9757 mosmith@cogeco.ca

Customer Service Certification seminar: Free, 1-4 p.m. at Georgetown Employment Services, 184 Guelph St. Learn the techniques that the experts use and receive a Certificate. To register: 905-702-7311 ext. 109.

Equilibrium: a peer support group for individuals who are affected by a mood disorder such as depression or bipolar disorder and their families. Equilibrium—Georgetown meets 7:30 p.m. (doors open at 7 p.m.) at Norval United Church, 486 Guelph St., Norval. Topic: One Peer to Another. Speaker Allison, a member of the Equilibrium-Oakville group, will share her experiences. Free admission. Info: CMHA, 905-693-4270 or georgetown@equilibrium-oakville.com

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Community Calendar

Asphasia recovery: Halton Aphasia Centre can assist persons recovering from a stroke or other trauma and living with aphasia (the resultant language disorder from damage to the communications centre of the brain). Program runs Wednesdays, 9:30 a.m. to 1:30 p.m. at Glen Williams Town Hall. The Centre is seeking volunteers to help with this day program. Training available. Info: 905-702-5312 or www.haltonaphasiacentre.com

Nordic Pole Walking: Wednesdays, 6:30 p.m. outside Gellert Centre; bring toonie for the Heart and Stroke Foundation.

Thursday, Jan. 26

Softball registration: Hey ladies, join the Georgetown Ladies Powderpuff League for a fun summer of softball.



With three different divisions – Softball and 3-Pitch (for ages 19+) and the brand new Minor division (for girls aged 5-18) – there's room for all ages and skill levels. Register in person, 7-9 p.m. at the Georgetown Market Place (in front of *The Independent*

& Free Press). www.gjpl.org.
Georgetown Song Circle/Jam meets 7:30-10:30 p.m. at the Georgetown Legion. Both cover songs and original songs are welcome, so if you are budding singer/songwriter and want to try out a new song in a safe environment, this is the place to be.

Central Badminton Club: has room for new members. The club meets Thursdays, 8-10 p.m. at Georgetown District High School, Gyms 1&2. If interested call Jim Colter, 905-877-8805.

Parkinson Support Group: 1:30-3:30 p.m. at Mountainview Residence, Georgetown. Topic: A representative from the Canadian Revenue Agency explains the disability tax credit. Info: 519-763-0366 or 1-800-565-3000 ext. 3376.

Thursday afternoon euchre: 1:15-3:35 p.m. at the Acton Legion. Admission: \$2.

Learn and perform celtic music: Play in the Georgetown Celtic Orchestra. Violin/fiddle, guitar, mandolin, etc. Age 12+. Rehearsals are Thursdays, 7:30-9 p.m. at 330 Guelph St. from Sept. to June. Info: www.georgetowncelticclub.com, 905-877-2770.

Bingo every Thursday hosted by Georgetown Optimist Club, 13439 Hwy. 7, 7-9 p.m. Cash prizes. Fundraiser for youth activities. Info: Clay, 905-873-1709.

Friday, Jan. 27
Herb Ciceri's Acoustic Circus is back at Knox Presbyterian Church, 116 Main St. S., Georgetown. Come see a new multi-media music and visual presentation at 7:30 p.m. Tickets are \$15 at the door or through the church office, 905-877-7585. Info: www.knoxgeorgetown.ca.

Community Consultations – Halton Region Community Investment Fund: 1-4 p.m. at Gellert Community Centre. Halton Region is consulting with the non-profit sector to identify ways Halton Region can help non-profit agencies. Info: www.halton.ca.

Texas Hold'em Charity Poker: hosted by the Georgetown Lions Club with proceeds to go to Georgetown Hospital and local charities. Doors open at 6 p.m. at Georgetown Lions Hall, 42 Mill St. (behind Memorial Arena). Tournament begins at 7 p.m. sharp. Only 100 tickets will be sold. Entry fee \$40 (100% goes to prize pool). Free chili, free snacks, free pizza.

Mixed Volleyball: Fridays, 8-10 p.m. non-competitive in Acton. All adults welcome. Info: Bonnie, 905-873-7125 or John, 905-854-0755.

More at www.theifp.ca/whats-on/events. To submit, cgamble@theifp.ca

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