

# Seniors' flapjack fundraiser is on Saturday

Continued from pg. 16

A reminder of the All-You-Can-Eat Pancake Breakfast coming up Saturday, April 14. This event is open to the public. A delicious all-you-can-eat breakfast for the mere cost of \$5. Serves from 8-11 a.m.

On Saturday, May 5 we are having a Spring Bazaar from 10 a.m. to 2 p.m. The Committee is looking for donations of baked goods and plants. Please bring to the Centre on Friday, May 4.

Get Fit For Active Living is an 8-week Older Adult Exercise and educational Program designed for 55+ adults who have type 2 diabetes and have little or no physical activity in their life currently. This is an eight-week program developed for older adults. Starts on Monday, May 8 and runs till June 28, two days a week, Tuesdays and Thursdays, 1-3:30 p.m. at the Georgetown Seniors Centre. Cost is \$60.75 and you register at the Centre.

Halton Hills SALT is offering a free information session on Thursday, May

31 beginning at 1 p.m. Topics are Heart Attacks/ Stroke recognition, Emergency vial, and Halton Seniors' Help Line.

There are still tables available for rent for the Yard Sale on May 26. Call Sherry at 905-877-6444 if interested.

Still room to sign up for a trip to spend a close up and personal afternoon with Rita Macneil. You don't want to miss Stratford's premier musical *42nd Street*. Sign-up sheets are ready for both trips.

Keep busy! Keep active! Should be the motto of our Centre.



## Seniors Calendar

**A Seniors Fair** will be held Tuesday, April 17, 10:30 a.m. to noon, at St. Andrew's United Church, 89 Mountainview Rd. South. Info: 905-877-4482.

Georgetown Seniors Centre hosts a **Bon Appetite lunch** on April 18, 12 p.m., on the third Wednesday of month (April-June). Tickets, \$8, must be purchased in advance.



The Regional Municipality of Halton  
www.halton.ca

Funding available to non-profits providing community health & social services to Halton residents

## Call for proposals Halton Region Community Investment Fund

**One-Time Grants:** Deadline May 1, 2012 by 2 p.m.

**Multi-Year Grants:** Deadline for Letters of Intent: April 23, 2012 by 2 p.m.  
Final deadline for full applications: May 18, 2012 by 2 p.m.

For more information, including funding priorities, eligibility criteria and funding guidelines and forms, please visit our website at [www.halton.ca/investmentfund](http://www.halton.ca/investmentfund)

### Your mouth says a lot

Your teeth and gums can say a lot about your overall health. In fact, poor oral health has been linked to many chronic illnesses such as diabetes and heart disease in adults. Next to the common cold, tooth decay is the most common condition suffered by children and is one of the leading causes of absence from school.

April is Oral Health month and the Health Department wants to remind you about the importance of good oral hygiene. Brush at least twice daily, floss once daily, avoid tobacco use, eat healthy foods, and visit an oral health professional regularly.

For more information about oral health, or to find out about financial assistance programs, visit [www.halton.ca/oralhealth](http://www.halton.ca/oralhealth).



Gary Carr  
Regional Chair

### Halton Regional Meeting Schedule

April 18, 9:30 a.m. Regional Council

Meetings can be viewed at [www.halton.ca](http://www.halton.ca)

Please let us know as soon as possible if you will have an accessibility or accommodation need at a Halton Region hosted event or meeting.

1151 Bronte Road, Oakville, Ontario L6M 3L1

Dial 311 or 905-825-6000 • Toll Free 1-866-442-5866 • TTY 905-827-9833 • [www.halton.ca](http://www.halton.ca)

120412



The Regional Municipality of Halton  
www.halton.ca

Can you see the possibilities?



**Summer Company 2012** is now open for applications, however, space is limited. The application deadline is **May 7** or earlier if the program reaches capacity.

The Summer Company program provides hands-on business training and mentoring - together with awards of up to \$3,000 - to help enterprising students between the ages of 15-29 start and run their own summer business. Successful applicants receive up to \$1,500 in the spring to help with business start-up costs, and up to \$1,500 in the fall upon successful completion of their Summer Company experience. For more information visit the website [www.ontario.ca/summercompany](http://www.ontario.ca/summercompany).

## Halton Small Business Centre Upcoming Business Seminars and Programs

### The New Importer Seminar:

Canada Border Services Agency will deliver this seminar outlining the importing process, how duty is determined, government contacts and trade programs.

Wed., May 2  
Milton Public Library  
6:00 – 8:30 pm  
No cost, but registration is required

### Starting a Small Business

**Seminar:** A general overview of the things you will need to consider, along with resources to help you succeed. Covers structure, registrations, regulations, licences, taxes and financing options.

Wed., May 9  
Burlington Central Library  
6:30 – 8:30 p.m.  
\$25/person

### Getting Started Information

**Session:** is a one hour overview of all the rules and regulations you need to know about if you are starting a business in Halton. Staff will guide you through a checklist for starting a new business which you can take home. These are casual, informative small groups of five or less.

Every Tuesday  
9:00 – 10:00 a.m.  
Halton Regional Centre,  
Small Business Centre  
No cost, but registration is required

### Canadian Youth Business Foundation (CYBF) – General Information

**Session:** is a one hour overview of the CYBF financing program, a review of the application process and evaluation and eligibility criteria. (Canadian Youth Business Foundation provides financing based on character and a great business plan of up to \$15,000 for young entrepreneurs between 18 and 34 years of age who are looking to start their own full-time small business.)

1st and 3rd Tuesday each month in 2012  
10:30 – 11:30 a.m.  
Halton Regional Centre,  
Small Business Centre  
No cost, but registration is required

### Business Banking and Credit

**Discussion:** is a one hour information session highlighting how to make your discussions with your bank successful. Items reviewed include the importance of a business plan/cashflow projections; what credit solutions work best for your business; why it is important to be prepared to invest in your own business and being a good credit risk.

One Wednesday each month  
9:00 – 10:00 a.m.  
Halton Regional Centre,  
Small Business Centre  
No cost, but registration is required

### Computer Bytes Information

**Session:** is a one hour session where a certified Professional from Staples - Easytech 4Business will provide an overview on various computer topics and answer questions from the participants. Each month will feature a specific topic including cloud computing, what a server is, security solutions, data back-up, creating a network, etc.

One Thursday each month  
8:30 – 9:30 a.m.  
Halton Regional Centre,  
Small Business Centre  
No cost, but registration is required

Contact us for more information and registration details for these events.

Join our online community.  
Get connected at [www.haltonsmallbusiness.ca!](http://www.haltonsmallbusiness.ca!)



Please let us know as soon as possible if you will have an accessibility or accommodation need at a Halton Region hosted event or meeting.

1151 Bronte Road, Oakville, Ontario L6M 3L1

Dial 311 or 905-825-6000 • Toll Free 1-866-442-5866 • TTY 905-827-9833 • [www.halton.ca](http://www.halton.ca)

130412