

Friday, July 20

Fantastic Fun Friday: Fridays in July, 9 a.m. to 4 p.m. at Norval United Church, 486 Guelph St. A full day program for kids entering SK through Gr. 5. Crafts, singing, games, water fun and faith exploration. \$10 (or PWYC) plus a donation to the Georgetown Break Basket. Bring a nut-free lunch, one snack, sunscreen, and a swimsuit/towel for water games. Email summer@norvalunited.ca to register or call 905-877-6122. Info: www.norvalunited.ca

Mixed Friday Night Baseball: at Balinafad Park. Non-competitive from 7 p.m. until dusk. Nominal fee. Info: Bonnie, 905-873-7125 or John, 905-854-0755.

Acton Legion euchre: every Friday night, 7:15-9:45 p.m. at the Acton Legion, 15 Wright Ave. Everyone is welcome. Come out and meet others for a good time. Admission \$2.

Nordic Pole Walking: Mondays and Fridays 10-11 a.m. in Prospect Park, Acton. Bring toonie for Acton Foodshare food bank. Led by certified Nordixx Pole Walking instructor Ginger Quinn, 905-691-9122.

Saturday, July 21

Charity garage sale: 8 a.m. at 78 Somerville Rd. (by Tanners Dr.) in Acton. Clothing, books, kids, baby, home, toys and more. Proceeds to the family of young child Stella who has an aggressive cancerous brain tumour called DIPG (Diffuse Intrinsic Pontine Glioma — survival rate for children is nine months with virtually all children diagnosed dying of the

Community Calendar

disease within 1-2 years. Also if you have any items you would like to donate to the garage sale, email ewless@hotmail.com for pickup. Info: www.stellabrunermethven.com

Garage and bake sale: 8 a.m. to 12 p.m. at the Acton Town Hall Centre. Hosted by the John Dougan Centre for Mental Health Program, a charitable organization helping improve the lives of individuals and their family members that have mental health concerns in the North Halton area. If people have items to drop off, they can come by at 19 Willow St N on Friday July 19, 5-7 p.m.

New Tennis Club opening ceremony: Celebrate the new location of Halton Hills Tennis Club and the opening of six brand new lit tennis courts in Gellert Community Park, 10 a.m. to 12 p.m. Made possible through a partnership between Halton Hills Tennis Club and Town of Halton Hills. All members of the community are invited to attend the celebration which will include the official ribbon cutting and tennis activities for people of all ages. Info: http://www.haltonhills.ca/recandparks

Bid euchre and euchre: 7 p.m. every Saturday at the Georgetown Seniors Centre, 318 Guelph St. Cost: \$3/player.

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Don's dinner used to be a "TV dinner"...



Now he enjoys a fresh meal served at his table.

Maintaining a balanced diet is an increasing challenge for many aging Canadians, especially those living on their own. Not only can eating properly be a challenge as we age, but cooking in balance with health conditions and medications may also be of concern. And meals always taste better served with good company and conversation.

Chartwell retirement residences offer the peace of mind of knowing that nutritious and delicious meals are prepared to meet individual dietary needs, whether they're a specialized diet or food allergies. If the time has come to explore the best options for your situation, we invite you to join us for a complimentary meal and the opportunity to learn more.

Health&Wellness Day! • Tuesday, July 31st • 11 am - 2 pm

Join us for a day full of excitement & help support the Canadian Diabetes Foundation!

**Exhibits • Free BBQ • Guest Speakers • Door Prizes
Cooking Demo • Fun Outdoor Activities**

For more details, call today and RSVP for your chance to win a \$100 gift card for Bramalea City Centre!

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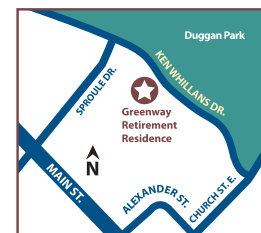


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