

Saturday, July 21

Evening of poetry: tFML (the Failed Magician League) theatre group will be hosting an evening of poetry, 8 p.m. at 5 Mill Pond Dr. in Stewarttown. A fundraiser for their trip to the Fringetastic Theatre Festival in BC in August, where their play *Placid Ends* has been selected for a showcase. Come out, lend an ear, or read some of your favourite poems. Direct any poetry entries to dontcutmeinhalf@gmail.com. Also bring your pennies as tFML's ongoing fundraising Penny Drive continues.

Kitten Adoptions: North Halton Kitten Rescue has kittens for adoption to approved homes, 11 a.m. to 2 p.m. at Pet Valu, 235 Guelph St. Georgetown. Adoption fee of \$160 includes: spay/neuter, first vaccinations, parasite treatment, microchip and a bag of food. Kittens for adoption can be previewed at www.NHKR.ca or call Barb 905-873-8547.

Nordic Pole Walking: Saturdays, 9-10 a.m. at Creature Comfort Co., 92 Main St. S. Bring toonie for CASHh or UCHS. Led by certified Nordixx Pole Walking instructor Ginger Quinn, 905-691-9122.

Acton Trunk Sale: Saturday mornings at the Hide House parking lot, 49 Eastern Ave. Info: www.downtownacton.ca.

Georgetown Farmers Market: Every Saturday morning from 8 a.m. to 12:30 p.m. in Downtown Georgetown. Info: www.downtowngeorgetown.com, 905-873-4970.

Sunday, July 22

Bruce Trail Hike: Level 1, 5 km. Carpool Loophike from Snake Road to Waterdown. There are many trees, roots, rocks, wildlife and the waterfall. A part of the trail starts at the falls and goes along Grindstone Creek. Depart at 9:30 a.m.

from the Georgetown Market Place parking lot between Zellers and the grey medical building. Bring water, snack and insect repellent.

We'll stop at the Pub in Waterdown for refreshments afterwards. Leader: Maureen 905-873-9757 mosmith@cogeco.ca

Check out the Butterfly garden at the Willow Park Ecology Centre. Between 2-3:30 p.m. learn about their lifecycle. Find out which plants in your garden provide their favourite snacks. Create a butterfly feeder and some moth attractors to try out at home. This is a family event suitable for all ages. Please register at www.willow-parkecology.ca

Georgetown Runners: meet for weekly club runs every Sunday morning at 8 a.m. from Atlantis Athletics Fitness Centre (corner of Guelph St. and Mountainview Rd.) Everyone from the novice to the seasoned athlete is welcome. Info: www.georgetownrunners.ca or Laura Weihs, 905-873-6420.

Emotions Anonymous (EA): meets Sundays 7 p.m. at 39 John St. Acton. (beside St Joseph Church parking lot enter in front door.) Everyone welcome. There are no dues or fees. The program is open to anyone who has a desire to become emotionally well. Members attend for various reasons, among them depression, anxiety, relationship problems. Info: Robert or Donna, 519-853-2972.

Community Calendar**Monday July 23**

Evening Nordic Pole Walking: Certified Nordixx pole walking instructor Maureen Harvey is offering an evening opportunity for those who would like to try Nordic Pole Walking, 7-8 p.m. at Prospect Park, 30 Park Ave. in Acton. Every Monday (except the Civic Holiday) in July and August. Bring a toonie for a local charity to be decided.

Bruce Trail Evening Hike: Level 1, 3-4 km (approx. 1 to 1 1/2 hours). New to hiking? Come out and join us in our evening hikes this summer. Perfect for beginners or those who enjoy slower paced and shorter hikes. Depart at 6:30 p.m. from the Georgetown Market Place parking lot between Zellers and the grey medical building. All ages are welcome. Children must be accompanied by an adult. Bring water, snack and bug protection. Leader: Janet, 519-853-1285.

River of Life Vacation Bible School: at the Immanuel Lutheran Church, 100 Mountainview Rd S, Georgetown, July 23-27, 9 a.m. to 12 p.m. Children entering JK (age 4) to Grade 6 will earn fun Bible Stories relating to how God saves through water, learn about a different foreign mission field each day, make a different craft relating to the story and/or country, learn fun songs and hymns, enjoy a snack, and make new friends. Registration is free. Info: Pastor Matthew Habermas, 905-877-1172, or pr.habermas@bell.net or georgetown.lutheran@gmail.com

TOPS-Acton: Mondays at St. Joseph Church, lower level, 64 Church St. E.

Weigh-in: 5:30 p.m., meeting, 6:30-7:30 p.m.

Celebrate Recovery: Many have experienced freedom through Celebrate Recovery, an

internationally-recognized, Christ-centred 12-step recovery program. All are welcome every Monday night, 7 p.m. at Georgetown Alliance Church. Info: Doug, 905-873-0249 or CR@togetheratgac.com, or www.celebraterecovery.ca

Tuesday, July 24

Willow Park Ecology Centre Summer Drop-In Session: 10-11:30 a.m. Kids, ages 6-10 can enjoy weekly nature-theme program: Flower Power- discover the amazing secrets of flowers; plus hands-on activities and games. Cost: \$5/child. Register by the Friday of the preceding week at www.willowparkecology.ca/dropinreg.html.

Adult summer pickup basketball: every Tuesday 7-8:30 p.m. throughout the summer (until Sept. 11) at Halton Hills Christian School, 11643 Trafalgar Rd., Georgetown. Cost is \$60 for the summer, first time out is free. Info: Alex, alex_van_d@hotmail.com or 519-853-8404.

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.

Georgetown Seniors Centre euchre and bid euchre 7 p.m. at the centre on Guelph St. Admission \$2.

Ask the Professionals DIRECTORY

"If you want to feel rich, just count the things you have that money can't buy."

~ Proverb

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Gerry Ross
H.B.Sc. PT, MCPA, res.CAMT

Q: Running is a great way to get fit and relieve stress but I keep getting injured. What types of treatments are available?

A: Running injuries come in a variety of locations and irritations, and so do their treatments. We use a large variety of strategies to get runners back to doing what they love. Today I would like to discuss the importance of video gait analysis. The harmful movement patterns that arise from the effort required to meet time & pace training targets often lays the foundation for injury and re-injury. Many of these patterns can't be seen without slowing the motion down via a frame by frame analysis otherwise their presence goes undetected by the runner and their peers. The frame by frame analysis allows targeted prescription of muscle rebalancing exercises and "form fixes" that are practiced during your run. This approach can dramatically reduce joint forces and change a high impact running form to a smooth gliding running technique that allows you to enjoy those great physical, social and mental benefits of running without sacrificing your joint health. Contact our office if you would like a spring gait analysis & form fix.

FOR INFO ABOUT ADVERTISING PLEASE CONTACT: AMY SYKES 905-873-0301 EXT. 237 ASYKES@THEIFP.CA