

InFocus Rehabilitation Centre Inc.



Jenni Veneruz

We also have 2 Registered Massage Therapists and a Registered Dietician on staff.

324 Guelph St, Unit #4, Georgetown
(in between Harvey's and Tim Horton's)
905-702-7891
www.infocusphysio.com

Our Registered Physiotherapists have 17 years of experience in reducing pain and improving function & independence!

Services that InFocus provides include:

- Orthopedics
- Neurological Rehabilitation
- Vestibular Rehabilitation (dizziness & vertigo)
- TMJ treatment (jaw)
- WSIB, Motor Vehicle Accident
- Custom Knee Bracing for OA and ligament damage
- Home Visits

We provide **DIRECT BILLING** for your convenience!

Georgetown author to hold book signings

Georgetown author Lisa Parkinson will do two signings of her first novel, *City of Vengeance*, in Mississauga this weekend.

Parkinson will be at Chapters Square One on Sept. 8, from 2-5 p.m., and Indigo Erin Mills Town Centre on Sept. 9, from noon-3 p.m.

Parkinson once lived in Mississauga. She went on to Sheridan College, majoring in business administration and marketing.

Her career took her to Calgary, in the shadows of the Rocky Mountains, where *City of Vengeance* is set.

The 102-page crime-fiction novel is published by Beachfront Press and is available at Amazon.com, Amazon Europe and

Barnes & Noble.

Marcus Leoni, the protagonist, is in the wrong place at the wrong time. When he witnesses an execution-style mob hit in New York City, and is discovered behind a dumpster, he's shot and left for dead. Not even his family knows the truth.

Miraculously, he survived and was put into a federal witness protection program. While the police continue to develop a plan to take down the crime families, Marcus begins a new life in the Canadian Rockies.

But at the very moment he comes to terms with his new life, news from back home in New York City sets him on a path to exact revenge.

OPEN HOUSE WEEK

SEPTEMBER 10 - 14, 2012
9 AM TO 4 PM



Try-Its, & Presentations are **FREE!**



BONE BUILDER

Visit the Halton Hills Senior's Recreation Centres during **Open House Week!** Try a **NEW** program, enjoy helpful presentations and have fun with games and fitness activities.

ACTON
415 QUEEN STREET E. ACTON
GEORGETOWN
#9-318 GUELPH STREET GEORGETOWN
WWW.HALTONHILLS.CA/SENIORS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
| 10 | 11 | 12 | 13 | 14 |

ACTON SENIORS CENTRE ACTIVITIES

| | | | | |
|---|--|--|--|---|
| <p>9:00 am</p> <ul style="list-style-type: none"> • Travel Desk <p>9:15 am</p> <ul style="list-style-type: none"> • Darts or Crafts <p>10:00 am</p> <ul style="list-style-type: none"> • Treating Pain and Migraines Present. <p>12:00 pm</p> <ul style="list-style-type: none"> • Carpet Bowling <p>1:30 pm</p> <ul style="list-style-type: none"> • TRY IT! Bone Builder | <p>9:00 am</p> <ul style="list-style-type: none"> • Fitness 101 Intro Presentation <p>10:00 am</p> <ul style="list-style-type: none"> • TRY IT! Zumba Gold <p>1:00 pm</p> <ul style="list-style-type: none"> • Physio for Balance and Health Present. | <p>9:15 am</p> <ul style="list-style-type: none"> • Gentle Fitness <p>10:00 am</p> <ul style="list-style-type: none"> • "The Grey Does Matter" Present. <p>10:15 am</p> <ul style="list-style-type: none"> • Fit & Fun <p>1:00 pm</p> <ul style="list-style-type: none"> • Art Class <p>2:00 pm</p> <ul style="list-style-type: none"> • A Healthier You is Only Steps... Present. | <p>10:00 am</p> <ul style="list-style-type: none"> • Cribbage/Canasta <p>1:00 pm</p> <ul style="list-style-type: none"> • TRY IT! Gentle Yoga • Bid Euchre <p>6:00 pm</p> <ul style="list-style-type: none"> • Social Dinner | <p>9:00 am</p> <ul style="list-style-type: none"> • Travel Desk <p>10:00 am</p> <ul style="list-style-type: none"> • Hiking <p>12:00 pm</p> <ul style="list-style-type: none"> • Lunch <p>1:00 pm</p> <ul style="list-style-type: none"> • Shuffleboard <p>1:15 pm</p> <ul style="list-style-type: none"> • Bingo |
|---|--|--|--|---|

TRY IT! GENTLE YOGA

GEORGETOWN SENIORS CENTRE ACTIVITIES

| | | | | |
|--|--|--|---|---|
| <p>9:00 am</p> <ul style="list-style-type: none"> • Qi Gong • Carpet Bowling • Woodcarving <p>10:00 am</p> <ul style="list-style-type: none"> • World Suicide Prevention Present. <p>12:00 pm</p> <ul style="list-style-type: none"> • Chinese Lunch & Entertainment (\$15) <p>1:00 pm</p> <ul style="list-style-type: none"> • Bid Euchre | <p>9:00 am</p> <ul style="list-style-type: none"> • Crafts <p>10:00 am</p> <ul style="list-style-type: none"> • North Halton Distress Centre Info. • Travel Rep. <p>12:00 pm</p> <ul style="list-style-type: none"> • TRY IT! Bone Builder <p>1:00 pm</p> <ul style="list-style-type: none"> • Bridge • New Member Social | <p>10:00 am</p> <ul style="list-style-type: none"> • Mingle & Chat • TRY IT! Tai Chi <p>11:00 am</p> <ul style="list-style-type: none"> • Fortinos Cooking Class - \$10 per person <p>1:00 pm</p> <ul style="list-style-type: none"> • Euchre • Social Bridge • Art Club • Computer Drop-in | <p>10:00 am</p> <ul style="list-style-type: none"> • Band Practice • ComForcare Home Care Display <p>1:00 pm</p> <ul style="list-style-type: none"> • TRY IT! Get Fit for Active Living - Diabetes • Shuffleboard • Cribbage • Darts | <p>10:00 am</p> <ul style="list-style-type: none"> • Carpet Bowling • Crafts • Halton Fresh Food Box Cooking demo. <p>11:00 am</p> <ul style="list-style-type: none"> • TRY IT! Dance Fitness <p>1:00 pm</p> <ul style="list-style-type: none"> • Toonie Movie • Duplicate Bridge |
|--|--|--|---|---|

TRY IT! BONE BUILDER

Pre-K to Grade 12 Grammar Reading Study Skills Writing Homework Math French

Head back to school with Oxford Learning on your team

Oxford Learning is your kids' school coach: we train them to think actively, study effectively and get better grades. Registering now for September. Call today, or visit oxfordlearning.com

324 Guelph Street, Unit 7, Georgetown, ON L7G 4B5
905.877.3163
georgetown@oxfordlearning.com



End of Summer Clearance

ONE WEEK ONLY

Save **50%** on all in stock Ladies' Bulova Watches



1/2 Price on all remaining persona beads



50% off all Fashion Bridal Jewellery

While Quantities Last. Sale ends Saturday, Sept. 15, 2012.



Close to Home. Far from Ordinary.

310 Guelph St., Georgetown
905-873-4405



Already a Member?

Bring a non-member to Open House Week and you will both be entered in a draw to win a free 2013 membership!



For more information about Seniors' Services and Programs, please call ASC: 519-853-5951 or GSC: 905-877-6444