

# A look at Halton's limestone quarry industry past and present

On Thanksgiving Monday, October 8 from 1 to 3 p.m. join us at the Halton Regional Museum for a Free family event exploring the long history of Halton's limestone industry. For over a century and a half, from the earliest days of sledge hammers and set kilns to multi-ton Euclid trucks and cone crushers, the Niagara Escarpment has served as a source of limestone, a raw material critical for the construction industry.

From 1 to 2 p.m., the line up of

## Quit smoking this fall

Fall is a great time to kick - the - habit! The weather is just right for replacing those coffee breaks and after meal cigarettes with a brisk walk. Fall air will soon smell the way it did when you were young. Deep breath of the crisp air will help take away many quitters cravings.

If you would like to give up smoking this fall, The Lung Association - Halton Region would like to help. They can provide literature on Smoking and Quitting, and they are offering their annual Milton Cold Turkey clinic beginning at 7:30 p.m. September 24,

guest speakers includes John McDonald, local historian and author of Halton Sketches, Rob Cook, executive director of the Aggregate Producers' of Ontario and Murray Stephen, general manager of the Halton Region Conservation Authority. Their presentations, accompanied by slides, will examine the history, technology and environmental issues surrounding Halton's limestone industry.

Following the presentations,

1991 at the Milton District Hospital, for five evenings.

Cold Turkey's tremendous success is attributed to excellent speakers, films and group discussions. Many quitters also find it helpful to have somewhere to go after dinner each night.

There is a \$10 registration fee for this program, which is subsidized through the public generous support of the Christmas Seal Campaign. If you would like more information, or to register for the Cold Turkey clinic, please phone The Lung Association - Halton Region at 632-8499.

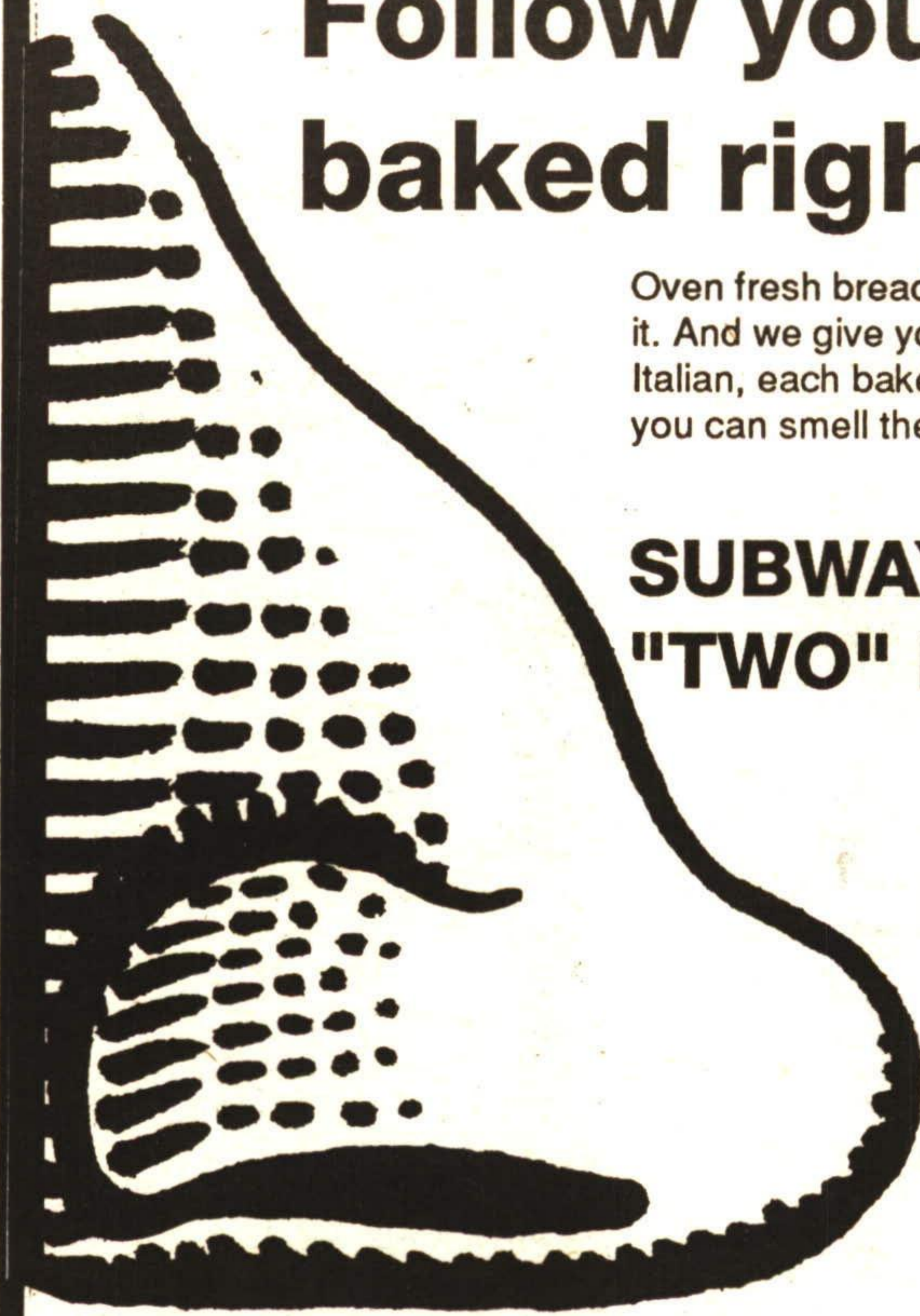
join us for a guided one hour hike to explore the century-old Christie Lime Kilns and quarry and the remnants of the Robertson Kilns set among the autumn

colors of the Niagara Escarpment immediately adjacent to the Museum. Suitable hiking footwear is advised.

The Museum is located 5 kms.

west of Milton on Regional Road 28 in Kelso Conservation Area. Refreshments will be provided. Ample parking is available at the Museum.

## Follow your nose to bread baked right in the store.



Oven fresh bread is the freshest bread, your nose knows it. And we give you your choice of either Honey Wheat or Italian, each baked in our own ovens, at Subway. Where you can smell the freshness.

**SUBWAY PUTS THE "TWO" IN TUESDAY.**



**BUY ONE, GET ONE FREE!**

If you like your food fresh, made right in front of you, stop by Subway on the double, and get two for the price of one!



Higher price prevails. Offer good at participating stores only. Not good in combination with any other offer.

**BEGINNING TUESDAY, SEPT. 25. OFFER ENDS OCT. 30, 1990.**

**235 GUELPH ST.  
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## OUR SPECIALTY PROGRAMS

Join us for our special programming. We are sure that some of our new programs have been designed especially for you.

### PROGRAMS FOR ADULTS

**TAE KWON DO - ADU 011**  
A martial art taught at all levels. This activity is designed to improve fitness, coordination and self confidence. Ladies welcome.  
Cost: \$60.00 1x wk / 10 wks.  
Day: Monday  
Time: 8:30 - 9:30 p.m.

**YOGA - ADU 001**  
Physical and mental well being through exercise, breath control and relaxation. This course is for men and women of all ages and yoga skill levels.  
Cost: \$60.00 1x wk / \$100.00 2x wk.  
Days: Tuesday Thursday or Wednesday  
Time: 8:00 - 9:00 a.m. 8:00 - 9:00 p.m.

**TAI CHI - ADU 017**  
Is a Chinese art which gently exercises and stretches the entire body. Through this exercise you will improve your circulation, balance, flexibility. Tai Chi promotes relaxation and mobility.  
Cost: \$60.00 1x wk / 10 wks \$100.00 2x wk / 10 wks  
Days: Monday / Friday Wednesday  
Time: 7:45 - 8:30 a.m. 8:30 - 9:30 p.m.

**WEIGHT MANAGEMENT PROGRAM- ADU 002**  
Let our registered professional dietitian and our specialty instructors help you make healthy lifestyle changes in eating habits and activity level in order to achieve and maintain a healthy weight range and lifestyle no fad dieting gimmicks. This program is based on sound nutrition and fitness principles. Includes 1 - Microfit Analysis, 8 - Classroom sessions with our registered dietitian, 16 - exercise classes with our specialty instructor.  
Cost: \$225.00 2x wk / 8 wks  
Days: Monday & Wednesday  
Time: Mon. 6:30 - 8:30 Wed. 6:30 - 7:15  
\*Classroom sessions only available \$175.00  
Registered professional dietitian: Gabrielle Allison

**C.PR AND FIRST AID - ADU 015, ADU 016**  
Learn in 6 hours how to be an emergency first responder. C.P.R. is an emergency first aid procedure to maintain life until a victim of cardio and respiratory arrest recovers sufficiently to be transported or until advance life support is available. Emergency level first aid is taught to give participants knowledge in handling emergencies of family, friends and co-workers.  
Cost: \$65.00 ADU 015 or Cost: \$65.00 ADU 016  
Date: Oct. 16 & 17 Nov. 13 & 14  
Time: 6:30 - 9:30 p.m. Time: 6:30 - 9:30 p.m.

**STRESS MANAGEMENT - ADU 010**  
Learn the principles of stress management; needs assessment and stress prevention. Learn how to cope with stress positively and productively.  
Cost: \$40.00  
Date: Nov. 10, 1990  
Time: 9:00 - 11:00 am

**SHIATSU FOR PERSONAL USE - ADU 004, ADU 005**  
Shiatsu is often referred to as acupuncture without needles. Shiatsu is a Japanese therapy in which pressure is applied with thumbs and fingers. Shiatsu helps to: Stimulate the nervous system, reinforce a persons natural healing power, improve circulation.  
This hands on workshop will teach you basic techniques necessary to relieve tension, muscle stiffness and fatigue. You will learn basic techniques to relax yourself, family and friends.  
ADU 004 Cost: \$40.00/person \$60.00/couple  
Date: Sat. Oct. 13, 1990  
Time: 9:00 - 12:00 p.m. or  
ADU 005 Cost: \$40.00/person \$60.00/couple  
Date: Sat. Nov. 3, 1990  
Time: 9:00 - 12:00 p.m.

**SKINCARE CLINIC - ADU 013**  
This is an introductory course on the care of skin. Topics covered: Skin type analysis,

skin care and treatments. This is a hands on workshop, therefore space is limited. Basic skin care products will be available.  
ADU 013  
Cost: \$40.00  
Date: Sat. Oct. 20, 1990  
Time: 9:00 - 12:00 p.m.

**DRIED FLOWER WORKSHOP - ADU 007, ADU 008**  
Learn how to design your own gifts using dried flowers. You will leave this 3 hr. workshop with the knowledge on how to work with dried flowers and with a completed project of your choosing. ADU 007  
Cost: \$40.00  
Date: Sat. Nov. 17, 1990  
Time: 9:00 - 12:00 p.m. and/or  
ADU 008 Date: Sat. Nov. 24, 1990  
Time: 9:00 - 12:00 p.m.  
\*There will be an additional charge for some materials.

**BIGGER AND BETTER- ADU 019**  
It's okay to be bigger, but it's better to be fit. This class is designed to improve your present level of fitness. You can get fit at any size.  
Cost: \$50.00 1x wk / 10 wks \$100.00 2x wk / 10 wks  
Days: Tuesday & Thursday  
Time: 10:30 - 11:15

**FOREVER FIT 40+ ADU 014**  
This class is designed for those 40 plus years. The workout will be taught at a pace appropriate to the group with music that you are sure to easily relate to.  
Cost: \$50.00 1x wk / 10 wks or \$90.00 2x wk / 10 wks  
Days: Monday / Wednesday / Friday Tuesday / Thursday  
Time: 10:30 - 11:15 am 7:30 - 8:15 p.m.

### PROGRAMS FOR YOUTH

**SELF IMPROVEMENT COURSE FOR TEENS- YOU 001**  
This course is designed to enhance a teens individuality. Advice and guidance are offered on skin care, make-up, hair grooming and poise, nutrition, exercise, wardrobe planning and colours. Image building improves appearance, self confidence and the feeling of well being. Registration is limited, so individuals may receive adequate attention.  
Cost: \$75.00  
Days: Monday & Wednesday  
Time: 4:15 - 6:30 (Mon.), 4:15 - 5:15 p.m. (Wed.)

**WEIGHT TRAINING CLASSES FOR YOUTH 12 - 17 - YOU 002, YOU 003**  
Formal weight training is an effective method for increasing muscular strength and endurance. Learn how to enhance your particular sport by training with weight machines. Weight training concepts and safety will be taught.  
NOTE: This program is not recommended for very young children or rapidly growing children.  
YOU 002 SESSION 1: Begins Oct. 2 - 25  
Cost: \$45.00 2x wk / 4 wks  
Days: Tuesday & Thursday  
Time: 4:15 - 5:15 p.m.

YOU 003 SESSION 2: Begins Nov. 6 - 29  
SAME TIME AS SESSION 1

**KIDS WORKOUT- YOU 004, YOU 005 YOU 006, YOU 007**  
The emphasis is on fun. This dynamic workout for kids will keep them moving for one hour. Kids will have a complete workout to popular music and will play games that are designed with fitness value in mind.

YOU 004 YOU 006  
Cost: \$45.00  
Days: Friday or Saturday  
Time: 4:15 - 5:00 p.m. 12:45 - 1:30 p.m.  
Ages: 4 - 8

YOU 005 YOU 007  
Cost: \$45.00  
Days: Friday or Saturday  
Time: 4:15 - 5:00 p.m. 1:30 - 2:15 p.m.  
Ages: 9-12

### P.D. DAY SPECIAL FUN WORKOUT

AGES 6-12  
OCTOBER 26 - 2:30 - 3:30 P.M. NOVEMBER 23 - 2:30 - 3:30 P.M.  
Cost: \$4.00 per person

### CHRISTMAS DROP IN

Let your kids workout with you during their Christmas holidays. Kids 8 years and older may workout with their parents.  
Cost: \$4.00 / visit  
Date: December 27 - January 7

### REGISTRATION INFORMATION

**Guidelines**  
Registration will be accepted on a first come first served basis and will not be accepted by phone.

Registration for participants under 18 years of age requires a parent's or guardians signature. Please register early to avoid disappointment. Program enrollment will be reviewed September 28, 1990 prior to the first class. Late registrations may cause a program to be cancelled unnecessarily.

### How to Register. In person...

Work That Body  
232 Guelph Street  
Georgetown, Ontario L7G 4B1  
Monday - Friday, 8:30 a.m. - 9:00 p.m.

PLEASE NOTE: An administration fee of \$15.00 will be charged for NSF cheques.

### Policies

REFUNDS: If a registered participant cancels at least 48 hours prior to the first day of the program, a full refund (less \$5.00 administration fee) will be given in the form of a credit letter. A receipt is required. A refund may be provided in lieu of a credit letter with a medical note. There will be no refunds given once a program has started. If a program is CANCELLED by Work That Body, a full refund will be given. Please allow 2 weeks for processing.  
DISCOUNTS: FAMILY AND SENIOR DISCOUNTS AVAILABLE.

NEED MORE INFORMATION CALL 877-0771

\*Classes begin the week of Oct. 1, 1990  
**REGISTER NOW**

**WORK THAT BODY**  
A FAMILY FITNESS CENTRE  
232 Guelph St.  
GEORGETOWN  
877-0771



**PRESENTING**