

The hills come alive on September 17th

DRINK SOME BEER, DO SOME GOOD & SUPPORT KIDS.



Georgetown
CRAFT BEER FESTIVAL



Time: 11am-6pm Place: Trafalgar Sports Park Tickets: headforthehills.ca

COMMENT theifp.ca

HALC-Georgetown begins Toonie Movies starting Sept. 9

By Florence Riehl

Hillsview Active Living Centre-Georgetown

When I was going to school, September was the beginning of a new year. When I was teaching, September was the start of a new year. As a member of Hillsview Active Living Centre September is the beginning of a new year. And so it is that we lots of new things to look forward to.

Your Hillsview magazine is now available for pick up. This is a reminder to get in your registrations for the Active Living Programs. If there is insufficient interest a class may be cancelled. Don't let that happen because you were tardy in getting your form into the Office.

Bayshore Seniors Wellness Falls and Prevention & Osteoporosis Programs offers free exercise classes. If you are looking to improve your strength, balance, endurance and improve your ability to perform activities around your home and reduce your risk home please join one of the following classes Thursdays 1-4 p.m. (1 p.m.: Falls Prevention, 2 p.m.: Osteoporosis, 3:30 p.m.: Seated Yoga.)

Friday's classes follow in the same order from 9-11 a.m. New classes begin today (Sept. 1).

With the coming of September Toonie Mov-

HILLSVIEW Active Living Centre

ies will move back to their regular schedule of the second and fourth Friday of each month beginning with Sept. 9.

Hillsview Showcase Days will be Thursday, Sept. 8 in Georgetown. Come and see what we have to offer. All activities are free 10 a.m. Pickle Ball or Zumba Gold, 11 a.m. seated Yoga, 12 p.m. Lunch for \$5 and 2 p.m. Toonie Movie- Eddie the Eagle with Hugh Jackman.

There will be a free Hearing and Screening test beginning at 9 a.m. Please drop in to arrange for your appointment.

Computer workshops are being offered again. There will be 6 different topics, beginning on Wednesdays, Sept. 7. Cost will be \$5/member per class or \$7 non-member. Sign up at Reception for the classes you wish to take.

Travel: Still room on the Oktoberfest trip. The sign-up sheet is out for The Ghost Island Light At Theatre Orangeville and includes lunch at Mrs. Mitchell's.

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