

HALTON HILLS
SENIORS
RECREATION CENTRES
415 QUEEN ST. E. ACTON



I am planning a long way ahead at the moment. Would anyone be interested in going to see *Legends of Harmony* in St. Jacobs during November? It would be a matinee, and if you are interested we could have lunch first at Anna Mae's in Millbank. There is a sign up sheet if anyone is interested.

Open House is the second week in September and there are many interesting programs for you to try. Most of them are free.

There is a fee for the Watercolour painting workshop on Wednesday, September 11 from 1 to 3:30 p.m. There is a sign up sheet at the front desk.

Are you interested in

getting more exercise? There is a sign up sheet for table tennis, a great way of getting exercise.

Thinking of exercise, the *Get Fit for Active Living Diabetes* – eight week program is an excellent way of having fun and learning about living with Type 2 diabetes and pre diabetes. It will get you started on a healthier and more active lifestyle. You can register on line or at either Seniors Centers. If you receive the guaranteed income supplement you are eligible for a 50 per cent fee discount.

Do you have a couple of hours twice a month on a Friday morning and looking for something worthwhile to volunteer in? One of our volunteers is moving shortly. What would be involved? Sometimes making and serving soup, sandwiches and desert. Other weeks

we serve food that has already been prepared. If you would like more information, please call the Centre and we will get back to you. You don't have to be a senior or belong to the Centre to volunteer.

On Friday, August 23 lunch will be fish and chips, followed by dessert and coffee. If you are interested in having lunch please add your name to the list by Wednesday evening. We order just enough food to serve the people listed.

The movie on Tuesday, August 20 at 1 p.m. is *Quartet* billed as "funny, touching and wonderfully life affirming." There were 13 players at Thursday afternoon playing Bid Euchre. Roberta Thompson and Ruth Burke had the only mooners. Renate Dzieciol won the weekly 50/50 draw of \$54.



ON THE MOVE: Renovations are underway at 20 Mill Street East for the new Willow Lane health food store which will open on September 3. Owner Louisa McCarley will expand the variety items she carries and hopes to add services of a homeopathic doctor. – Frances Learment photo

Halton Region The Regional Municipality of Halton
Access Halton Dial 311 www.halton.ca

Blue Box Pick-up Events

To help you manage all your acceptable recycling, Halton Region's standard Blue Box is now larger. These larger Blue Boxes are available free of charge at Blue Box Pick-up Events. GreenCarts will also be available free of charge while quantities last. You may continue to use your existing Blue Box.



Blue Box Pick-up Event conditions

- Halton residents only, proof of residency required
- Limit one Blue Box per household, while quantities last
- If picking up a Blue Box for a neighbour or family member, proof of residency is required for that additional address

Date	Locations
Saturday, August 10, 2013 9 a.m. to 3 p.m.	Burlington Closed Landfill 291 North Service Road, Burlington west of King Road, east of Waterdown Road Robert C. Austin Operations Centre 11620 Trafalgar Road, Georgetown
Saturday, August 17, 2013 9 a.m. to 3 p.m.	Halton Regional Centre 1151 Bronte Road, Oakville enter at North Service Road (not Bronte Road) Halton Waste Management Site 5400 Regional Road 25, Milton

Help event lines move quickly:

- Stay in your vehicle
- Have empty space ready in your trunk or backseat
- For safety reasons, please don't walk to or through the site
- Follow us on Twitter @HaltonRecycles for live updates during the events

Halton's larger Blue Boxes are also available year round at:

- Halton Regional Centre, 1151 Bronte Road, Oakville, Monday to Friday, 8 a.m. to 5 p.m.
- Halton Waste Management Site (Scalehouse), 5400 Regional Road 25, Monday to Saturday, 8 a.m. to 4:30 p.m.
- Robert C. Austin Operations Centre, 11620 Trafalgar Road, Georgetown, Monday to Friday, 8:30 a.m. to 4:30 p.m.

Please contact us, as soon as possible, if you have any accessibility needs at Halton Region events or meetings.

BRANCH No. 197  **LEGION NEWS**
By Sharon Graham P.R.O.

Comrades,

Thank you to our comrades who came out to help run the booth for Leathertown Festival. It was a very nice day.

Do any of our Branch members or residents of Acton have an ancestor who fought in the War of 1812? If so, could you please leave your contact information at the Acton Legion at 15 Wright Avenue or at 519-853-0910, addressed to Wayne Young, Service Officer and Poppy Chair-

man. Thank you.

The master's golf is coming up on September 7 with a shot gun start at 8 a.m. Members who paid for last year will only be required to pay for your meal. The cost is \$25. There are 36 more spaces available for new golfers. Any new golfers will be required to pay \$65 for your golfing and meal. The sign up sheet is on the sport bulletin board. All members must be paid by August 31. Please give your money to the bar-

tender so we know you have paid.

This Sunday is our annual Gary Munday fishing derby and fun day. You do not have to be a Legion member, so bring the kids out for a good time. You can help the kids catch a fish. There are many games as well. There is also a dunk tank for the adults to be dunked so bring your bathing suit along with you.


The Branch is open this coming Sunday, so come on out and enjoy.

THE TOWNE FRIAR
FISH 'N' CHIPS
~ Is Back From Holidays ~

Regular Hours:
Mon. - Wed. 12:00 - 8:00
Thurs. 12:00 - 9:00
Fri. 12:00 - 10:00
Sat. 12:30 - 9:00
Sun. 4:00 - 8:00

14 Mill St. E., Acton, ON L7J 1G9 519-853-4477
Eat In • Take Out

What's Your Beef?



Put it in a letter to the Editor!

Deadline is Tuesday at noon