

Note: All Community Calendar items must be submitted online through our website at theifp.ca. Submissions will no longer be accepted via email or handwritten notes.

SATURDAY, JUNE 17

Georgetown Farmers Market: 8 a.m.-12:30 p.m. every Saturday in Downtown Georgetown. Peruse fresh fruit, vegetables, meats, flowers, crafters, soaps, jams and much more at the weekly market. Runs every Saturday until Oct. 14.

Bike it to the Market: 8 a.m.-12 p.m. Ride your bike from anywhere to the Georgetown Farmers Market. Park your bike in our free valet bike parking and enjoy a free pancake breakfast courtesy of the Georgetown Rotary Club and McDonald's Restaurant.

Halton Hills Concert Band: 6:30-7:30 p.m. at Union Presbyterian Church. Enjoy an outdoor concert with the Halton Hills Concert Band. Free admission.

SUNDAY, JUNE 18

Remembrance Service: 2-4 p.m. at the Glen Williams Cemetery. Music provided by Acton Citizens Band.

Public Skating: 2-3:20 p.m. at Mold-Masters SportsPlex. All welcome.

MONDAY, JUNE 19

Cribbage: Come out to the Hillview Active Living Centre-Georgetown.

THURSDAY, JUNE 15

Optimist Club Bingo: Every Thursday. Grand Prize \$250. Starts at 7 p.m.; doors open 6:30 p.m. The club is located on Hwy. 7 between Georgetown and Acton, just west of 22 Side Rd.

FRIDAY, JUNE 16

Play Euchre: at the Acton Legion on Fridays: 7:15-9:45 p.m. (is all year round)

Euchre: at the Georgetown Legion on Fridays. \$2. All welcome.

Mixed Baseball: 7 p.m. until dusk at Ballinafad Park. Enjoy fresh air, fun and exercise with mixed baseball. Non-competitive. Call Bonnie at 905-873-7125, and John at (905) 854-0755.

Red, White & Bennett Curated Wine Tasting: 8-10 p.m. at the Gallery Active Living at Bennett Village. Enjoy a flight of six Canadian wines paired with cheeses and dessert and curated by a wine educator.

town, 318 Guelph St. Mondays, 7-9 p.m. and play and have fun playing cribbage. Everyone welcome: \$2/member, \$4/non-member.

TUESDAY, JUNE 20

The Palette and Pencil Guild of Credit Valley Artists: meets every Tuesday afternoon at the cottage in Cedarvale Park from 1-3:30 p.m. Open Studio, come and paint with other local artists. For more information please email: sheila@creditvalleyartists.ca.

WEDNESDAY, JUNE 21

Al-Anon Georgetown: 10-11 a.m. every Wednesday morning at Knox Presbyterian Church, 116 Main Street.

Halton Hills Men's Basketball League: offers both competitive and recreational play every Wednesday at 7

p.m. and at 8:30 p.m. at Christ the King Secondary School in Georgetown until April. Minimum age is 21. Cost is \$60. For more information contact Victor Estevan at 905-873-8188.

THURSDAY, JUNE 22

Optimist Club Bingo: Every Thursday. Grand Prize \$250. Starts at 7 p.m.; doors open 6:30 p.m. The club is located on Hwy. 7 between Georgetown and Acton, just west of 22 Side Rd.

FRIDAY, JUNE 23

Play Euchre: at the Acton Legion on Fridays: 7:15-9:45 p.m. (is all year round)

Euchre: at the Georgetown Legion on Fridays. \$2. All welcome.

Pickleball: Thursday evening sessions at Emmerson Park, Georgetown 7-8:30 p.m. until Sept. 28. Info: Mitch LeBlanc 905-703-4340.

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Gerry Ross
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FCAMT

Q: I am interested in running but I have been told that it's bad for my joints. What do you think?

A: When running is not done correctly, it can hurt joints and cause other issues; however, when done correctly, running can be good for your joints. In some cases it can improve joint health and help muscle control. In addition to being convenient and economical, running is also great for mood regulation, cardio health and social wellness.

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