

**Georgetown Little Theatre presents:** Sylvania, by playwright A.R. Gurney at the Acton Town Hall Centre, 19 Wil- low St. N. Acton. Runs evenings 8 p.m. April 18-20, 25-27 and matinee April 21. Tickets: www.haltonhills.ca/theatre/ or pick up at Acton Home Hardware or Sports Unlimited (Georgetown) or Georgetown Library. Info: www.george- townlittletheatre.ca.

**Rotary Club of Georgetown meets:** 7:15 a.m. at Ares Restaurant with speaker Brent Jensen, the Rotary Club's youth exchange student, who will present info on his up- coming trip to Venezuela. RSVP to linda@zammit.ca.

**Technology Made Simple:** Bring your technology questions to Georgetown Library, April 19 & 26, 9:30- 11:30 a.m. for some hands-on time with the Kobo, Play- book, iPad, laptops or other devices. Info: 905-873-2681 ext. 2511 or visit www.hhpl.on.ca

**Friday night dinner:** 6-7 p.m. at the Georgetown Le- gion. Dinner \$6, dessert \$1. This week: Reuben Sandwich + soup. Hosted by the Ladies Auxiliary.



**Halton Hills Home & Leisure Show:** at Mold-Masters Sports- Plex over two days, Fri- day, April 19, 1-9 p.m. and Saturday, April 20, 9 a.m. to 5 p.m. Local businesses including home reno- vators, landscapers, recreation and health services. Info: www.haltonhillschamber.on.ca or 905-877-7119.

**Loblaw Spring Helping Food Drive:** at the Real Cana- dian Superstore, April 19 to May 4. Proceeds will go to the Georgetown Bread Basket food bank. New food bins are at all of the Georgetown grocery stores and drop-off dona- tions are appreciated. Georgetown Bread Basket: is open 8:30 a.m. to 12 p.m. Wed.& Sat., Unit 12, 55 Sinclair Ave.

**Bowling for Collars:** a fundraiser for the Upper Credit Humane Society begins 6:30 p.m. at Georgetown Bowl, 12 Mountainview Rd., S., Georgetown. Admission includes: 3 games, shoe rental, pizza and drink \$20 per person, 6 people to a lane. Door prizes, 50/50 draw and silent auc- tion. Register as an individual or group, e-mail uppercred- itevents@gmail.com or call Laura at 416-706-7406.

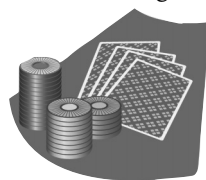
**Georgetown Legion euchre:** 7 p.m. Cost, \$2.

**Acton Legion euchre:** 7:15-9:45 p.m. Cost, \$2.

**The Baby Bunch meets** 2-3:30 p.m. at St. Alban's Church, in Alban House, 537 Main St., Glen Williams on the first and third Friday of each month. This is a drop-

# Community Calendar

in parent and child interactive social group, open to the community, with the focus on children, aged 2 and under; older siblings are welcome. Info: 905-877-8323.



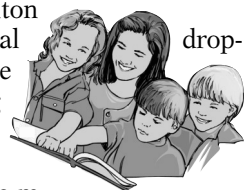
**Optimist Club Texas Hold'Em:** Reg- istration is at 6:30 p.m.; game starts at 7 p.m. sharp at the Optimist Hall, Hwy 7 past 22 Sideroad. For tickets \$50, call John, 905-877-2931, Rick, 905-873-4156.

**Free dinner and movie:** St. Alban the Martyr Anglican Church in Acton hosts a free community dinner every third Friday of the month at 6 p.m. Then walk to the Roxy for a free family movie. All welcome. Info: 519-853-2711 or alban@bellnet.ca

**Baby Talk Group:** is a free group that runs every Fri- day, between 10:30 a.m. and 12:30 p.m., at St. George's An- glican Church, in the Lounge. Info: Kyle Jones pkjones@ cogeco.ca, 905-873-2073 or Vikki Kidd vikki.kidd@gmail. com, 289-891-7799.

## Saturday, April 20

**Spring Library Storytimes:**Halton Hills Public Library offers several drop- in storytimes. These free 30-minute programs for grownups and young children to enjoy together include stories, music and lots of fun.



Georgetown Branch: Tuesdays, 11 a.m. and 7 p.m., until May 28; Thursdays, 2 p.m. and 7 p.m., until May 30 and on Saturdays at 11 a.m., until June 1. Gellert Centre: Wednesdays, until May 29, 2 p.m. The Acton Hub (McKenzie-Smith Bennett School): Wednes- days, until May 29 at 2 p.m. Info: 905-873-2681 ext. 2520 or 519-853-0301, www.hhpl.on.ca

**Vacation Bible School registration day:** St. Andrew's United Church is holding a Vacation Bible School morn- ing program for children on August 12-16, ages 4-10. This year's theme is "Son West Round Up". Registration Day is on April 20, 9 a.m. to 1:30 p.m. at the church. The cost is free, but donations are appreciated. Info/to register: 905- 877-4482.

**North Halton Kitten Rescue young cats adoption** to approved homes, on Saturday, 11 a.m. to 3 p.m. at Pet Valu, 235 Guelph St. Georgetown. On Sunday, 11 a.m. to 3 p.m. knowledgeable volunteers will be on hand to answer

kitten adoption questions. Info: www.NHKKR.ca or Barb 905-873-8547.

**13th Annual 'Clean-Up Hornby' Day:** Meet at 9 a.m. in the Hornby Park car park. Free barbecue starts at 12 noon in the Park – everyone invited! Sponsored by Hornby Area Rate Payers (H.A.R.P.) Rain date April 27. Info: Erik, 905-876-1582.



**Halton Hills Community Wide Clean Up** throughout Halton Hills. Groups, churches, families and individuals are encouraged to participate. Free bags and gloves are available from the Town works yard or local McDonalds Restaurants.

Participants are encouraged to register with the town in order that collected litter can be picked up. Please call 905- 873-2601 ex 2603.

**Genealogy help:** Learn about Ancestry Library Edition at the Georgetown library, 9:30-11:30 a.m. Please call 905- 873-2681 ext. 2511 to register.

**Spring Mom to Mom Sale:** 9 a.m. to 1:30 p.m. at St. Andrew's Church, 89 Mountainview Rd. Moms selling gen- tly used items & businesses selling everything from cos- metics and natural health products to culinary items and jewelry. Gift bags for the first 30 attendees. Admission \$2 with a portion for the Georgetown Hospital Foundation. Info: www.facebook.com/georgetownmomtomomsale

**Garage Sale:** 8:30 a.m. to 1 p.m. at Norval Presbyterian Church. Coffee available.

**Canadian Red Cross CPR/AED certification course:** with a First Aid Refresher will be held 9 a.m. to 1 p.m. at the Ontario Early Years Centre, 8 James St. Cost \$75, cash only. To register, Catherine, 905-877-4490.

**CFUW Annual Book, Toy & DVD Sale** will be held at Christ the King High School, 9 a.m. to 3 p.m.. Info: www.cfuw-george- town.ca



**Semi-annual Beef Supper:** at Knox Presbyterian Church, Ospringle. Info: 519- 856-9720.

**Blood donor clinic:** 11 a.m. to 4 p.m. at Nirankari Mis- sion, 2774 Bovaird Dr. W., Brampton. Appointment pre- ferred, walk-in if available. To make an appointment call 1-888-2-DONATE (1-888-236-6283). Info: www.blood.ca. It takes five donors to help one person in cancer treatment.

**Bid euchre and euchre:** 7 p.m. every Saturday at the Georgetown Seniors Centre, 318 Guelph St. Cost: \$3.

**More CALENDAR, pg. 30**

# Ask the Professionals DIRECTORY

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**Q:** The weather's improving and I am itching to get out and do some yard work. What can I do to reduce the likelihood of getting injured?

**A:** There are two key issues to understand. One: The physical characteristics of our winter lifestyles are very different from those of our spring lifestyles. Two: As we get older or bodies ability to adjust to different physical demands reduces (the good news is that as we get older we become wiser). With this in mind it is important to plan your work so that your exposure to extremes postures like kneeling and crouching is paced over time and mixed in

with postures that are not so extreme, like working at chest height or walking. In addition to movement and postural variety taking full advantage of thoughtfully chosen gardening tools like gardening stools for sitting and kneeling and long handled tools for weed removal and tilling the soil will reduce exposure to aggravating postures. This may require changing some old habits and perhaps loosing a little speed but it will still faster, more enjoyable and better for you than trying to work while in pain. If you have any aches or pains that you suspect may become distracting or disabling I recommend that you consider booking a consultation.

*"Your life does not get better by chance, it gets better by change." - Jim Rohn*