

# COMMUNITY CALENDAR

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## TUESDAY, MARCH 24

**Stay & Play at the Acton Hub:** 9:15-11:15 a.m. This play-based, early learning program is for parents and caregivers with children from 0-6 years of age. Adults have the opportunity to connect with other families. Come on out with your children and enjoy stories, puzzles, creative art, snacks and more. There is no fee. Acton Hub is located at McKenzie-Smith Bennett, 69 Acton Blvd. Info: Pat, 519-853-2574.

**TOPS:** Take Off Pounds Sensibly meets weekly in Acton and Georgetown. Info: www.tops.org or Carol Harper, charper3@cogeco.ca, 905-877-7056.

## WEDNESDAY, MARCH 25

**Antique Appraisal:** by Treasure Antiques 5 p.m. at Hillsview Active Living Centre, 318 Guelph St. Georgetown. The charge for appraisals is \$5 per item. General admission is \$2. The snack bar will be open. Call the centre at 905-877-6444 to register for appraisals.

**Equilibrium-Georgetown:** a mental health support group for those affected by depression or bipolar disorder meets 7:30 p.m. (doors open at 7 p.m.) at Norval United Church, 486 Guelph St. Free admission. Topic: Better sleep, better you. CBT-I cognitive behavior therapy for insomnia with guest speaker Jessica Palmer, psychological associate, Halton Centre for Cognitive Therapy and Stress Reduction. Jessica uses practical problem solving approaches and CBT in her thera-

peutic work; she teaches adults stress management and helps them reduce their anxiety and depression. Discussion to follow. Info: georgetown@equilibrium-oakville.com or Canadian Mental Health Association, 905-693-4270.

**Knit Night:** 6:30-8 p.m. at the Georgetown library. Also on March 19 at the Acton library.

**Georgetown Runners Speaker Series #2 -Injury Prevention:** 7:30-8:30 p.m. in the Studio room at the Halton Hills Cultural Centre. Identifying imbalances and correcting them through strength training. Cost: \$10 to non-members. Info: lkirk4251@gmail.com

**Free Acoustic Jam:** at the Shepherd's Crook on Wednesdays, 8 p.m. Players, singers of all levels welcome.

## THURSDAY, MARCH 26

**Dad's Connect:** 5:30-7:30 p.m., a free drop-in program for fathers of children from 0-6 years of age to spend some quality play time together with their children and to network with other dads. Dinner is included at Ontario Early Years Centre, 8, James St. Georgetown. Info: Jennifer, 905-873-2960.

**Small Business Help:** Get help with learning how to write a business plan, steps to start and grow a business, and programs for youth entrepreneurship, 10 a.m. to 4 p.m. at the Georgetown library. Info/register: 1-866-4HALTON.

**Happy Hatters:** are holding their 10-year celebration with Queen Mother Norma Maynard turning 85, 12:30 p.m. at Main St. Inn.



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