



HANDS OF TIME: Kimberley Galvin, 5, front, and Katie Mason, 4, practice their part in the Rise 'N Shine scene for the Acton Figure Skating Club's Carnival March 25 and 26. This year's theme is "Hands of Time." (Doug Harrison photo)

Lots of activities for seniors

ASSIC ALERT

Keeping Fit: Two programs start on Thursdays, beginning April 7 at 10 am at St. Alban's Church.

The first is the Red Cross Fun and Fitness class which is a social program that includes sitting and standing exercises.

At the same time there will be a Line Dancing program with Barb Smith. This will run for five weeks at a cost of \$10.

JOY (Joining Old and Young)

Programs: There are two upcoming opportunities to participate in the JOY programs.

Friday, March 25 is "Reading Day" at M.Z. Bennett. They are looking for people to pair with students and listen to them read.

M.Z. is also looking for help with their Games Day on Friday, April 8 from 1 to 3pm. Come share the JOY for one or both days.

Living and Coping with Arthritis: On Thursday April, 14 at 7 pm there will be an information night for arthritics and supporters wishing a better understanding of the disease.

For information, to register, or to arrange for a ride for anyone of these activities, call Sue at Acton Social Services and Information Centre, 853-3310, or stop by at 19 Willow St. N.

INCOME TAX RETURNS

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REPORT

The HOME POWER SAVER Program

Halton Hills Hydro wants to help you use energy more efficiently. At the same time you'll be helping the environment and saving money on your electricity bill.

That's why we have teamed up with Ontario Hydro to send you the Home Power Check-Up Kit, coming in April.

You will find it an easy way to pinpoint where and how energy is used. Everything you need is right at your fingertips, including a questionnaire and a postage-paid return envelope.

 **HALTON
HILLS
HYDRO**



START SAVING ENERGY IN A HURRY.