



**Acton Aqua Ducks Swim Club**

We offer Entry Level and Competitive Swimming at the Acton Indoor Pool September to June

Try our 1 week trial swim, ask how!

Want to know more?

Call Jane (519)853-2856

or Arlene (519) 853-4242

Registration Monday September 23<sup>rd</sup>,

5:30 pm -7:00pm

Email : aad\_swim@yahoo.ca

**Try a Tanner ad – it pays!**

**UNIVERSAL KUNGSOO DO ASSOCIATION**



DEFENSE

SELF CANADA™

Andrew G. Paton, President.

World Black Belt Bureau Canadian Representative

Kang Rhee Institute (USA)

Special program designed just for you.

Family Rates Available - Ages 4 yrs & up

Registration Sept. 5, 7, 12, 14, 19 & 21<sup>st</sup>

Thursdays - 6pm to 8pm

Saturdays - 9:30 am to 1 pm

Our new individual structured program will teach you the following:

- Confidence
- Greater concentration & awareness
- Have more self esteem
- Balance
- Co-ordination
- Flexibility & Strength
- More energy
- Weight loss management

We teach a complete self defence & awareness program which includes:

- Street Smart
- Rape defence
- Prevention against physical abuse
- Learning how to stay out of problematic and life threatening situations.
- Law enforcement & apprehension
- Special Ladies Self Defence & fitness classes

Our Academy is located at Ballinfad Community Centre (Downstairs)

**(519)853-5657**

**FALL REGISTRATION GUIDE**

**Positive leisure activities enhance lives of Seniors**

Researchers tell us that senior citizens live longer, remain in their homes longer and participate more fully in community life when they have satisfying hobbies, various recreation pursuits and a positive leisure ethic. The economic benefits of these conditions are obvious; they reduce health costs as they increase the vitality and the independence of the individual.

When communities invest in parks and recreation, they invest in the health of their citizens. Parks are more than aesthetic environments; they

are places for relaxing, socializing and escaping the confinements of tenement houses and high-rise apartments. Industries and the military have embraced the concepts of recreation and exercise as critical elements in keeping fit, as a means of maintaining morale and increasing productivity.

Recreation activities enable us to be in control of something, which provides us with meaning and satisfaction. They enhance self-esteem and reinforce self-confidence.

Some environments are

more conducive to the recreative experience than others. Parks happen to be one of those settings in which the more positive feelings of elation and satisfaction occur, where the restorative processes associated with leisure are enhanced.

Roger Ulrich, Ulf Dinberg and B.L. Driver reported that after four to six minutes of exposure to natural environments, compared to the urban experience, significantly greater recuperation was evident on all physiological measures. They argue that even short leisure contact

with nature is important to many urbanites in their ability to cope with annoyances and daily responsibilities. These experiences also seem to restore their physical energy

The bottom line, then, is that recreation, leisure and health are interrelated. Investments in parks, recreation and leisure services pay handsome health dividends. They contribute to our well being while reducing our need for medical care and treatment.

The state of our health is largely determined by how we live each day. Incorporating recreation as a part of one's daily routines not only adds pleasure to life but also helps ensure it.

**Credit Valley Artisans creative energy outlet**

The Credit Valley Artisans is a fabulous outlet for your creative energy. Currently 90 members strong and located in the Cedarvale Cottage in Cedarvale Park, Georgetown.

The cottage houses a treasure trove of equipment for experienced or potential potters, sculptors, handweavers and spinners or stained glass artisans and those interested in the fine arts can join the Palette and Pencil guild. The equipment for some of these creative undertakings can be expensive and daunting. The CVA offers a chance to use their equipment and share in the knowledge of fellow members for a small yearly fee.

Also with membership comes the chance to take part in the Christmas and Spring sale. A great opportunity to help pay for your creative endeavours and maybe even make a little extra.

If you would like to try the CVA on for size they are currently offering an array of fall courses, available to members and non-members alike. Information about membership, fees, fall courses and registration is available at Artisans Attic or Merdeka, both great stores

located on Main St., downtown Georgetown.

**GEORGETOWN PIPE BAND**



**WANTED**

**Pipers and Drummers Experienced or Beginners Instruction Provided**

Contact: Margaret Hogget at (905) 873-3081

**Credit Valley Artisans**

Don't miss our great line up of fall courses this year. Course descriptions, fee and date information and registration forms are available at 'Merdeka' or 'Artisans Attic', both on Main St., downtown Georgetown.

**INTRODUCTION TO POTTERY FOR ADULTS - USING THE WHEEL**  
 10 Mondays - 7:00 - 10:00 pm, starting Sept. 9th or  
 10 Wednesdays - 7:00 - 10:00 pm, starting Sept. 4th.

**INTERMEDIATE POTTERY FOR ADULTS**  
 10 Thursdays - 7:00 - 10:00 pm, starting Sept. 12th.

**NEEDLE FELTED SHEEP WORKSHOP**  
 Sunday - 9:00 am - 4:00 pm, Nov. 3rd.

**DECORATIVE STAINED GLASS - BEGINNER LEVELS I & II**  
 8 Thursdays - 1st & last class 7:00 - 10:00 pm, other classes 7:30 - 10:00 pm, starting Sept. 12th.

**LIFE SIZE LEATHER SPIRIT MASK - NEW!!**  
 Saturday & Sunday - 10:00 am - 4:00 pm, Nov. 16th & 10:00 am - 2:00 pm, Nov. 17th.

**BEGINNER BASKETRY II - SHAKER MARKET - NEW!!**  
 2 Sundays - 12:00 am - 4:00 pm, starting Sept. 15th.

**CYANOTYPE PRINTS**  
 Saturday - 10:00 am - 4:00 pm, Sept. 14th (rain day Sept. 21)

**INTRODUCTION TO WATERCOLOURS**  
 2 Sundays - 1:00 - 4:00 pm, starting Oct. 20th.

**SUMI E**  
 4 Tuesdays - 7:00 - 9:00 pm, starting Sept. 24th.

**for Kids DRAWING SKILLS FOR CHILDREN - (AGES 7+)**  
 4 Saturdays - 9:30 - 11:00 am, starting Sept. 28th.

**for Kids POTTERY FOR CHILDREN - BEGINNERS ONLY**  
 4 Saturdays - 9:30 - 11:00 am, starting Sept. 28th.

Ontario Early Years Centre, North Halton  
 Georgetown Satellite Location  
 96 Guelph Street, Georgetown  
 905-873-2960

- Adult & Child Together (Drop-In)  
 Monday & Thursday 9:30 - 2:30,  
 Tuesday 9:30 - 11:30
- Family Together (Drop-In)  
 First & Third Saturday of the month  
 9:00 - 11:00 beginning October 5, 2002
- Shimmy & Shake (pre-register)  
 Monday 10:00 - 11:00
- Mother Goose (pre-register)  
 Wednesday 1:00 - 2:30
- Networking Together (pre-register)  
 Tuesday 12:30 - 2:30, Wednesday & Friday  
 9:30-11:30
- Young Parents Dinner Club  
 Monday 4:30 - 7:30



Fall Programs begin the week of  
 September 9th, 2002

Registration for Mother Goose,  
 Networking Together and Shimmy & Shake  
 available during all Drop-In hours at all locations  
 from September 16-20, 2002

Evening Registration- Georgetown Wednesday,  
 September 18, 2002 7:00-8:30pm

For more information on any of these programs,  
 please call 905-873-6502

Ontario Early Years Centre, North Halton  
 Acton Satellite Location  
 85 Wallace Street, Acton  
 519-853-2547

• Adult & Child Together ( Drop-In)  
 Monday, Wednesday & Friday 9:30-2:30

Ontario Early Years Centre, North Halton  
 Glen Williams Satellite Location  
 537 Main Street, Glen Williams

• Adult & Child Together (Drop-In)  
 Tuesday & Thursday 9:30-11:30

Acton Salvation Army  
 114 Mill Street, Acton  
 • Acton Children's Corner ( Drop-In)  
 Tuesday & Thursday 9:30 -11:30  
 • Community Kitchen  
 Tuesdays 4:30-7:30

**Toy Lending Libraries (Membership Required)**

Georgetown Parent-Child Centre, 96 Guelph Street, Georgetown

Monday & Thursday 9:30 - 2:30, Tuesday 9:30 - 11:30

First and Third Saturday of the month 9:00 - 11:00 beginning October 5, 2002

Acton Parent Child Resource Centre, 85 Wallace Street, Acton Monday, Wednesday, Friday 9:30-2:30



COMMUNITY SUPPORT AND INFORMATION