

Volunteers:

Halton Hills Community Support and Information is proud to offer many services to our community and is always seeking those special Volunteers who can help provide the services that are so desperately needed here. Friendly Visiting Volunteers are always needed, so if you have one or two daytime hours available once a week, someone would enjoy your conversation and companionship as a day brightener! Reception assistants are needed at the Acton office. If you can spend one morning or afternoon a week, sharing some of your administrative or reception skills, it would be great to have you join us! If you are interested in volunteering, or would like more information, please call Marlene at 853-3310, or stop by our office at 47 Mill Street east for application information.

Seniors:

Foot Care and Wellness Clinics - Acton. The Acton Wellness Clinic and the Foot Care Clinic will be held on the third Friday of each month at the HHCSI office. The Halton Hills West Planning and Education

Committee will be providing tea/coffee and cookies for any senior wishing to stop in for blood pressure checks, education, medication questions, etc. A public health nurse is available from 9 a.m. to 1 p.m. for private consultation to provide information and resources for maintaining health and independence. For the Foot Care Clinic, please call Terri or Connie at 853-3310 to book your appointment. Cost \$15 for foot care. Next clinic date is Friday, Dec. 19.

Youth:

Off the wall: Senior Youth (ages 12 - 19). Don't forget to join us on Dec. 5 to help us decorate our tree.

Junior Youth (ages 9 - 11). Don't miss our Holiday Movie Night and Celebration on Dec. 10. It's our first ever Holiday Classics Movie Mania and its FREE! Winter Wonderland Craft Show. The Children's Program will be hosting their first annual craft show. Join us on Saturday, Dec. 6 from 10 a.m. to 3 p.m. at the Ontario Early Years Centre, Georgetown Satellite at 96 Guelph St. Drop by to prepare for the holidays. A variety of vendors will be available, as well as



poinsettia sale, a penny table, bake sale and lunch counter. For information call 873-2960. Parenting Teenagers Workshop Series Registration If you would like to learn how to maintain a good relationship with your

teen or learn excellent coping tools you can use in dealing with teen issues such as independence, trust, responsibility and rules ... this is the workshop for you. It is being sponsored by the Bûrloak Parent Support

Group in partnership with HHSCI. Offered in both Acton, starting in January; and in Georgetown, starting in March, it's never too soon to register as space is limited. For information or to register, call Claire at 853-9825. Cost for 3 workshop sessions is \$25 per person. Winter Programs Registration. Ontario Early Years and Georgetown Parent-Child Centre Programs -

Registration for Kids Have Stress Too! Mother Goose, Networking Together, Nobody's Perfect, Toddler Shimmy & Shake, as well as Preschool Shimmy & Shake available from Dec. 1-5 during all Adult and Child Together drop-in times at the Acton, Georgetown or Glen Williams Ontario Early Years Satellite Centres. For more information call 873-2960.

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Garry George



Christmas Shopping

This is the time of year when the hustle and bustle of the Christmas season kicks into high gear. I know you will be busy, planning and shopping for all those Christmas goodies'.

This is also the time of year when we are easily distracted and sometimes forget to take normal safety precautions.

Do not let a moment's inattention ruin your Christmas season. Please remember, thieves don't take a holiday.

The following tips should be followed year round, but especially in the hectic holiday season.

MONEY SMARTS:

Do not carry large sums of cash in a purse or wallet. Consider using a debit card. Keep valuables in several different pockets. An "inside pocket" is best, as an accomplished thief will have little trouble stealing from a "back pocket" or purse. Be aware of your surroundings. Is someone paying undue attention to your activities? Be especially vigilant when using your credit cards or debit cards, don't let anyone see your PIN number entry. If your credit cards or debit cards are lost or stolen, immediately notify the issuing agencies. Thieves can charge thousands of dollars to your account in a matter of minutes.

LADIES AND THEIR PURSES:

Do not leave your purse unattended, even for a moment. It's an open invitation to thieves. If someone tries to steal your purse, scream. Call attention to the situation. Thieves don't like attention. If you are the least bit unsure of what to do, let got of the purse. The contents can be replaced. Call the police with a location and description of the thief. You have worked hard and saved all year long for your Christmas money. Don't let a thief be the "Grinch" who spoils your Christmas.

Braida & Henry

BARRISTERS & SOLICITORS

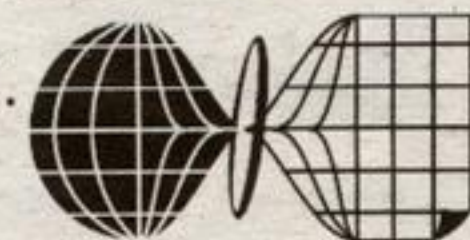
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ACTON CHRISTMAS ASSISTANCE PROGRAM 2003

Applications for Christmas Hampers will be accepted at
The Salvation Army Family Services Office,
114 Mill Street, Acton 853-5610

The Final Day for Applying is:
Saturday, December 6.



"Acton Christmas Hamper Committee"
The Salvation Army Family Services
Acton Rotary Club
Lakeside Chapter I.O.D.E.
St. Vincent de Paul Society

Applications must be completed in person.
Applicants are requested to bring identification.