

Flamingo Dance Studio

All classes begin week of November 6
Programs run for 6 weeks

FLAMINGO kids

SHAKE, RATTLE & ROLL \$30

(4-5 yr. olds)
Mon. 10:00 a.m. 1:00 p.m.
Wed. 10:00 a.m. 1:00 p.m.

(6-8 yr. olds)
Mon. 4:00 p.m.
Wed. 4:00 p.m.

Boys and girls will shake, rattle and roll to music in this exciting one hour class. Learning the basics of gymnastic tumbling, line dancing and rhythmic gymnastics the fun will never stop.

(Please wear comfortable clothing with bare feet.)

Instructor:
Faith Richardson

CHEERLEADING \$60

(9 & up)
Tues. and Thurs. 6:00-7:00 p.m.

In this introduction to cheerleading participants will learn to clap, shout and move together.

Starting with the basics: rhythm, beginner cheers, lifts and holds.

Then finally - cheering for our local Raiders Hockey Club Dec. 16, 1995.

Instructor:
Karen Morrison

TEEN LINE DANCING \$30

Saturday 11:30 a.m.

Step in line for a good time.

Cowgirls and cowboys welcome!

An hour long introduction to line dancing to the most popular music.

No previous dance experience necessary. We'll take you right from the basics and up!!

(No street shoes please.)

Instructor:
Wendy Delaney

TAI CHI

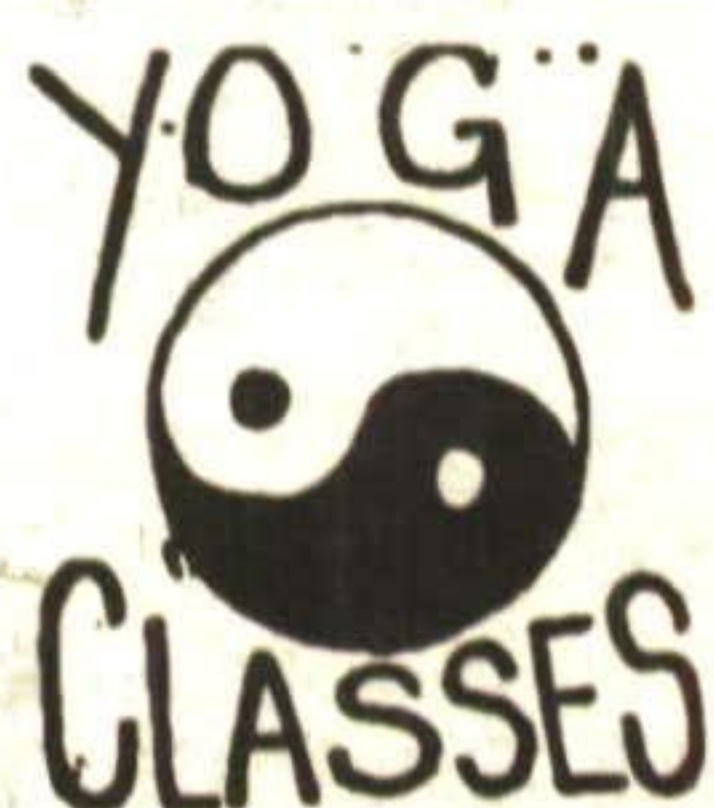
All Ages
Saturday 10:30-11:30 a.m.

Tai Chi originated from ancient China. It gives you a sense of balance and an awareness of your "SELF" and your surroundings. The movements are slow and non-exertive, so ANYONE can do them.

Tai Chi is a form of "STRESS RELIEF" and can also help alleviate symptoms of some medical conditions such as arthritis, etc.

SPEND SOME QUALITY TIME TOGETHER

Instructor:
Carol Norton



Treat Yourself...

TUES. & THURS. MORNING
8:30 - 9:30

Instructor: Nell Ramakers

Yoga classes in private studio, suitable for men & women of all ages.

Learn to Relax... Yoga is great for circulation & flexibility & relaxation.

To register call 873-4907 - Ask for Dorri

Mid-Season Specials

**Golf Pride
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Lob or Sand
Wedge with
Each Set
of Irons**

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Citrus Fruit sales

Luscious oranges, grapefruit, and tangelos arriving fresh from Florida in early December as a fundraiser for St. John's United Church, Georgetown and Glen Williams. Order by Nov. 1. For information call Janet, 877-1994.

Music and Worship

On Oct. 29, Norval Presbyterian Church presents an evening of Music and Worship featuring Angus Sutherland, former minister, and his band from Cambridge. Also featured are the Davidson sisters of Norval. The festivities begin at 7 p.m. and followed with light refreshments. Childcare is available on site. Freewill offering.

VON foot care clinic

The Victorian Order of Nurses, Halton Branch, will hold a Foot Care Clinic, Oct. 31 at the Georgetown Hospital emergency department. The cost is \$15. For info and appointment call 1-800-387-7127 or 7128. Foot Clinics are by appointment only, 1-4 p.m.

Toastmasters presents

Peter Urs Bender, international speaker and author of the Canadian best seller, Secrets of Power Presentations on Nov. 1, 7:30 p.m. at the Community Room, Georgetown Police Station. Limited free seating, call Glenda 873-4827. Regular club meeting, Monday, October 30, 7:30 p.m. Glen Town Hall.

Glen Learning Group

The Glen Learning Group begins its fall season on October 31 with David Williams, University of Waterloo, An Idiot's View of Micro-computers, 2-4 p.m. at St. Alban's Parish Hall, Main St. Glen Williams. Cost. \$12 for all 10 lectures or \$3 for each at the door. Coffee, cookies. Call Mary Jane Simon, 877-9601.

Glen drop-in

You are invited to the Glen Williams Seniors Drop-in Centre on Nov. 1, noon to 3 p.m. for brown bag lunch, followed by a comedy video, Forrest Gump, at St. Alban's Parish Hall. For info call Irene, 877-9876.

Community

CALENDAR

Healthy alternatives

Monday, October 30, a free community seminar on Healthy Alternatives to Traditional Medicine will be held at the Rockmosa Community Centre, 7:30-10 p.m. Please bring a food donation for the local food banks. Sponsored by the Halton-Wellington W.I. Education Committee. For info contact Wendy at 854-0273 or Marg at 856-9760.

Prenatal Tours

If you are planning or considering having your baby at Georgetown and District Memorial Hospital, come for a tour of our facilities. Tours are held the first Wednesday of each month at 7 p.m. Register by phoning the Obstetrics Unit at 873-0111 (ext 501) between 8 a.m. and noon. The next tour is Nov. 1.

Dutch Canadians

On Nov. 5, Dutch Canadians in our community will share in remembering and honoring those who gave their lives for our freedom.

Wreaths will be placed at the cenotaphs in Glen Williams and Georgetown by representatives of the Dutch Canadian Remembrance Committee. The Royal Canadian Legion Branch 120, will conduct ceremonies at both cenotaphs.

If you want to take part please do so by attending these ceremonies and/or making a contribution to cover the cost. For more information call Tom at 877-6839 or Martin at 877-5843.

Food drive

The Annual Food Drive is fast approaching Nov. 4. Contact people are: Georgetown Bob Bairstow 877-4770; Acton Gerry Rivers, 853-2653.

BARBARA STEPHENS

STILL TIME PHOTOGRAPHY

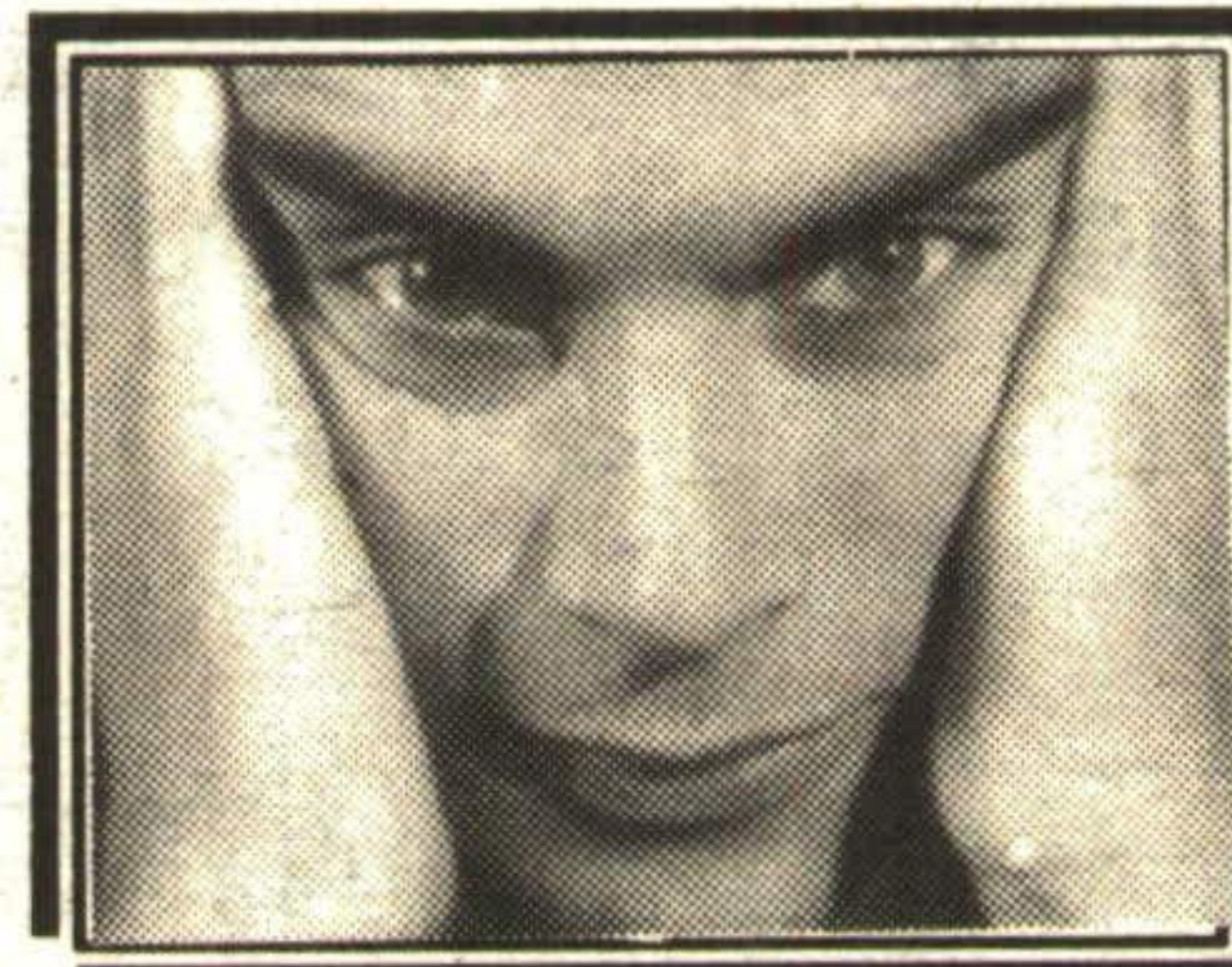
ANNOUNCES

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AND

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