Attention: Parents, How To Make This

School Year The Best Even For Your Child

KIDS LOVE KARATE

Why is Martial Arts so Popular?

Martial arts are so popular because no

results as martial arts for each individual

other activity can provide the same

participant. Whether your goals are

development, fitness, flexibility or to

earn a black belt, our school will

From our pre-school programs

to our martial arts fitness

programs, our instructors

take you there.

self-confidence, self-defense, personal

Georgetown Seniors Centre

Sign up soon for fall programs

The Canadian National Exhibition is underway and this, to a lot of us, signifies the end of summer and the step into fall.

At the seniors centre our committees are busy getting ready for the fall programs and particularly for the open house/registration week Sept. 13-17 to which everyone 55 and over is welcome.

Here is a short list of some of the activities planned:

Monday, Sept. 13— Bingo (members only), 1:30 p.m.

Tuesday, Sept. 14— Welcome back barbecue and entertainment by Corey's Band, noon. Everyone welcome. Clogging demonstration, 1 p.m. Total wellness with nurse Helen Grant who has worked in the preventative nutritional health care field for many years, 2 p.m. Free square dancing, 2:30 p.m.

These are just a few of the programs available. Please come to the centre and talk to the friendly folks there about others that may interest you.

On Thursday, Sept. 23 at 7 p.m. Roos Travel will be showing a travelogue on New Zealand and on Thursday, Sept. 28 at 1:30 p.m. the ladies are promoting a fashion show by Geri Fashions. Tickets are \$4

(advance sales only from the centre). A light luncheon will be served.

It's always nice when we can mention a special birthday or event and congratulations are extended to Alice and Grant Greenaway on their 50th wedding anniversary.

My apologies for not being able to list all the winners (and losers) in the euchre and bridge games played. It's just lack of space. I will say that these games are our greatest regular drawing events and you are always welcome to come and join in. Call 877-6444 for more information.

Reminder: Tables are still available for the craft sale on Saturday, Oct. 2 from 10 a.m.-4 p.m. Cost is \$20. Call Dorothy or Eleanor at 877-6444 to reserve.

Our first men's night out will be held from 6:30-9 p.m. on Monday, Oct. 4 All men are welcome to drop in for cards, pool, shuffleboard, chess, etc. or just a friendly chat.

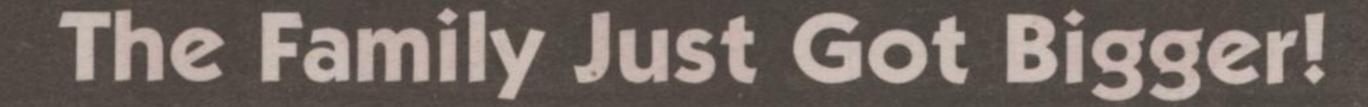
The Sept.-Oct. newsletter is available and members are asked to pick it up at the centre.

Until next time, cheerio.

-By Dave Hastings, Georgetown Seniors Centre









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