

# Healthy Living

## Local chapter of Bruce Trail Association forms

Close to 40 people turned out to a recent information meeting on the formation of a local chapter of the Bruce Trail Association.

While the details are still being worked out, the North Halton/Esquesing chapter will be a satellite of the Toronto club of the Bruce Trail Association (BTA) which currently has about 3,700 members. Each of the nine clubs of the BTA have responsibility to maintain and develop the 800-kilometre Bruce Trail as well its more than 200-km side trails.

The Toronto club is responsible for the protection of about 50-km stretch of Bruce

Trail through Halton Hills— from Kelso Conservation Area, around Dufferin Quarry in Speyside, to Limehouse, to Scotsdale, on to Silvercreek, Terra Cotta, and ending at Boston Mills and Creditview Rd. The association also takes care of 50 km of side trails in the Halton Hills area.

At the meeting, participants filled out a questionnaire about what activities the local chapter should pursue and that information is still being collated, said Georgetown resident Maureen Smith, a member of the Toronto Bruce Trail Association.

This new effort by the BTA is an experiment to accommodate the urban sprawl of

the Greater Toronto Area, as more people move out to the Halton Hills area, Smith said— herself among them.

"The Toronto club will still look after the money and all the official procedures," said Smith, "We (the local chapter) are just going to have the fun."

The fun includes weekend hikes, maintenance parties, trail creation, community events to promote the Bruce Trail and monthly meetings with guest speakers. The next meeting will be held September 26, 8 p.m. in the Georgetown police station. Anyone can attend, but membership in the local club will require a BTA membership.

For more information on the BTA call 1-800-665-HIKE (4453), e-mail: info@bruce-trail.org or visit their Web site: www.bruce-trail.org. For more information on the local chapter call Smith, 873-9757 or e-mail: mosmith@user.rose.com.

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## OPEN HOUSE / REGISTRATION WEEK



### WELCOME BACK BBQ

Tuesday, September 12<sup>th</sup> 12 noon

Hot Dog - \$1.50  
Corn on the Cob - 50¢  
Drink - 50¢

Musical Entertainment by "Corey One Man Band"

**GEORGETOWN DISTRICT SENIORS' CENTRE**  
September 11 - 15, 2000  
318 Guelph St. - at rear of the Indoor Mall  
905-877-6444

•Week Long Scrabble Competition

•Open House Draws

Put your name on a ballot each day you visit and you'll be eligible to win prizes drawn Friday, September 15th at 2:00 p.m.

•Week Long 50/50 Draw

- Guessing Jar

•Tour Facilities & Participate

•Photo Contest

#### MONDAY, SEPTEMBER 11

- 9:00 am Chess-all chess players welcome
- 9:00 am Carpet Bowling - learn how
- 10:00 am Drama - join our group
- 1:00 pm Bid Euchre
- 1:30 pm BINGO-members only

#### TUESDAY, SEPTEMBER 12

- 9:00 am Crafts - join us for coffee
- 9:00 am Free Easy Does It Workout class
- 10:00 am Free Intro to Computers class
- 10:00 am Travel Desk
- 12:00 pm Open House Barbecue & Musical Entertainment
- 1:00 pm Card Games
- 2:00 pm Free Square Dancing

**POOL TABLE AVAILABLE FOR PLAY MONDAY - FRIDAY 9 AM TO 4 PM**

#### WEDNESDAY, SEPTEMBER 13

- 9:00 am Free beginner T'ai Chi class
- 10:00 am Mingle & Chat - join us for coffee & conversation
- 10:00 am Free Sizzlin' Seniors fitness class
- 11:00 am Free Pilates class
- 1:00 pm Euchre
- 1:30 pm Social Bridge - everyone welcome

#### THURSDAY, SEPTEMBER 14

- 10:00 am Free Line Dancing class
- 1:00 pm Darts - Shoot with us!
- 1:00 pm Cribbage - join the fun
- 1:00 pm Shuffleboard
- 1:30 pm "Millionaire Contest"!! - Our take on the popular show - Everyone Welcome
- 2:00 pm Free Introduction to Japanese Brush Painting Demo
- 1:00 pm Travel Desk

#### FRIDAY, SEPTEMBER 15

- 9:00 am Crafts
- 9:00 am Carpet Bowling
- 1:00 pm Choir - new members welcome
- 1:00 pm Card games - come join us
- 2:00 pm Draws

**Sign Up This Week**  
Memberships available to anyone  
55 years and up - \$19.00  
Valid to December 31/01

### St. John Ambulance

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General Physician

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