

# WATER Specialists INC. 519-853-4947

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Janis Holley

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## Barbecue culminates Acton Seniors Drop-in Week

Acton Seniors Recreation Centre has started the new season with a bang. "Drop-In" week had lots of activities being enjoyed by old friends and new ones. The chicken barbecue on Friday night will be a fitting finish to our first week.

Bid euchre last week had three mooners: two for Mary Papillon and one for Mae Milton.

Don't forget the Rama trip on Sept. 24th. Phone Ruth Burke at 519-853-5124 if you are interested in going.

Games, games, games! Every Tuesday and Thursday afternoon we have euchre plus now there will be scrabble, rummy, dominoes and a jigsaw puzzle. Come and enjoy the fun and fellowship followed by a cup of tea.

Have you signed up for the six-hour boat cruise on Friday, Sept 12 of Sparrow and

Couchiching Lakes and the Trent-Severn Waterways? You don't want to miss the continental breakfast and the buffet luncheon included on board!

For those interested in yoga classes, we have an excellent instructor who is willing to begin Sept. 19, providing that we have five to 15 participants at a cost of \$10 per six-week session ending on Oct. 24. Please sign the sheet at the front desk as soon as possible.

We sure hope you are planning on coming to hear Dr. Hess, veterinarian, talk about the benefits to seniors of having small pets. He will be at the centre on Monday, Sept. 22 at 1:30 p.m. Lots of "mini" trips have been organized and the information is at the front desk for you to check out.

Don't miss out on the fun!

—By Ena Gibson, Acton Seniors Centre

# FALL REGISTRATION



## HALTON HILLS MIXED VOLLEYBALL LEAGUE Registration

If you are interested in playing Adult Co-ed Volleyball, registration will take place at:

Georgetown Market Place  
on Guelph St., near the Zellers store entrance.  
Wednesday, September 17th, 2003  
6:30 - 8:00 p.m.

Fee: \$105.00/player or \$825.00/team  
Cheques only, payable to HHMVL

- There is a minimum of 8 players per team and a minimum of 3 females per team.
- The HHMVL can accommodate up to 30 teams. They will be filled on a first come, first serve basis.
- Players must be 19 years of age or older.
- Due to insurance purposes, no spectators under the age of 19 years will be allowed

For more information please call the league hotline at  
905-702-9823  
or visit our website: <http://web.stn.net/haltonvb/>

Are you SUFFERING from:

- fatigue • lack of energy and strength • lack of co-ordination
- low self-esteem • feeling defenseless • undisciplined
- being stuck in a rut • stress and pressures



CONSIDER joining  
UNIVERSAL KUNG SOO DO ASSOCIATION  
SELF DEFENSE CANADA  
and  
EXPERIENCE THE CHANGES YOU'VE ALWAYS  
WANTED FOR YOURSELF

See how one hour, 2-3 times per week can change your whole being in a positive way, both physically and mentally!

YOU can:

- be confident • have greater concentration and awareness • be balanced and co-ordinated
- have more energy and strength • have a more flexible body
- have more self-esteem • lose and control weight • be knowledgeable in how to protect yourself in difficult circumstances

At Universal Kung Soo Do, Master Andrew G. Paton and his Black Belt teaching staff can help you to accomplish the goals you've always had, but never knew to attain.

Special rates for September sign up

Class times are Tuesday and Thursday at 6:30 pm & 7:30 pm,  
Saturdays at 10:00 am & 11:00 am.  
Blue Belts are welcome to join our Black Belt Instructors team

FOR INFORMATION CALL  
519-853-5657

ANDREW G. PATON, President  
7th Degree Black Belt T.K.D., 7th Degree Black Belt Kung Soo Do, 6th Degree Black Belt Kung Soo Do Hap Kido, World Black Belt Bureau - Provincial Representative, International Martial Arts Master Instructor  
119 Mill Street West, Acton  
Fax: 519-853-4766

## Flamingo Dance/Fitness Studio

36 Main St. S., Georgetown

905-873-4907

Dance/Fitness for ALL Ages, Levels, Shapes and Sizes  
Youth Program starts at age 3

Recreational or Competitive Classes

- Jazz • Tap • Ballet • Acro
- Musical Theatre • Lyrical • Hip Hop
- Pointe • Giggle Wiggle

Adult Dance/Fitness Classes

- Ladies' Dance Jam (Latin, Belly Dance, HipHop & Jazz)
- Adult Tap • Latin American & Ballroom Dance
- Ballet/Pilates Combo Class • Step • Shape Up • Group Fitness/Circuit

Mind/Body Fitness

- Yoga • Pilates • Tai Chi



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905-877-5004

60 Park Avenue, Georgetown

Near Hwy. 7 and Mill Road

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Email: [info@hhchildcare.ca](mailto:info@hhchildcare.ca)

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