


A message from
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THE POWER FITNESS CENTRE Zone
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FIT TIP
CALLING ALL COUCH POTATOES - A CALL TO ACTION

Most of us at some time or another have taken a look in the mirror and said, "Oh my God!"... and not in a good way. We all over-eat, over-drink, over-indulge in some way at some time... some of us more often than others. Frankly, life wouldn't be worth living if we couldn't.

But to paraphrase that guy Jarrod on TV, "It's okay to indulge as long as you're doing something good for yourself."

The toughest thing about getting that body of yours back into some semblance of its former self is to start a regular exercise program.

Once you commit to a change, give yourself the best chance to make a real change in your health. If you're going to do something good, do it right.

The PowerZone is the best fitness facility in Georgetown, period. We have the best instructors, the friendliest staff, the newest and best equipment, the best atmosphere, the best schedule of group classes, the best sound system... you get the picture.

So why not get off the couch? Then drop by or phone for more information regarding memberships, personal training, or group fitness classes. At PowerZone, we are having our first Annual 'One Day Sale' September 22nd. Come see just how much fun and how affordable changing your life can be.

Brian Hayward
Gym Owner, retired former NHL player
Over-eater, Over-drinker, Over-indulger
905-702-1774

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Monday, Sept. 20

Creative sewing: The Halton Creative Sewing Association will meet 7:30 p.m. at St. Andrews United Church, Georgetown. The program feature will be *Headgear for Cancer Patients*. The meeting is free to all interested sewers. Come and enjoy an evening of new ideas, fellowship, and refreshments. Info: Hilda, 905-8779708.

TOPS-Acton: Meets Monday nights at St. Joseph's Church, Church St., West. Weigh-in: 6-7:05 p.m. Meetings continue to 8 p.m. Info: Pat, 519-853-1468.

Bridge anyone?: The Georgetown Bridge Club offers an afternoon game every Monday at 1 p.m. at the Georgetown Legion, 127 Mill St. All levels of players are welcome, novice to expert. For info call 905-877-7486.

Tuesday, Sept. 21

Basketball: Halton Hills Men's Basketball League offers both competitive and recreational play every Tuesdays (starting Sept. 21) at 6:45 p.m. in the main gym of the Georgetown High School. Minimum age is 20. Info: Victor, 905-873-8188.

Adult badminton: New season begins of Halton Adult Badminton at Centennial School gym, at 8 p.m. Experienced and new members welcome. Info: Andy, 905-877-7186.

Homeschooling: Christian Home Educator Group meets 7:30-9:30 p.m. The topic will be *Home School Teaching Styles and Curriculum Approaches*. New members and nursing babies are welcome. Info: Laura Lee, 905-877-5259.

Acton Horticultural Society: "Plants that have done well this past summer" with master gardener Belinda Gallagher will be the topic at the next meeting, 7:30 p.m. at Knox Church, Acton. Info: Sandy, 519-853-3912.

Special education: Halton District School Board holds a public meeting to get parent feedback on special education programs, 7-8:30 p.m. at Stewarttown School.

COMMUNITY CALENDAR

CMHA AGM: The annual general meeting for the Canadian Mental Health Association, Halton Region Branch will be 6:30 p.m. in the Loft Room at Halton Region Museum, Tremaine Road, Milton. If you would like more information or are interested in attending, call the CMHA, Halton at 905-693-4270.

Foot care clinic: VON Halton hosts a foot care clinic at St. John's United Church in Georgetown, 1-4 p.m. By appointment only. Call 1-800-387-7127, ext. 2210.

Calling New Parents: Meets Tuesdays, 1-3 p.m. at Early Years Satellite, 85 Wallace St., Acton and 1-3 p.m. at the Georgetown Early Years Centre. This is a free program for parents and babies (six months and under). Each week the group, led by a public health nurse, will discuss parenting and infant care. No registration required. Info: Halton Babies & Children Line, 1-866-442-5866, ext. 7899.

Drawing and painting: Palette and Pencil Guild of the Credit Valley Artisans invites adults to join them every Tuesday, 10 a.m. to 4 p.m. at the Cedarvale Park Cottage. New members welcome. Info: Laurette, 905-877-7854 or Marion, 905-877-8217.

TOPS-Georgetown: If you want to lose weight sensibly and keep it off, join TOPS (Take Off Pounds Sensibly) at St. Andrew's United Church, Tuesday nights; weigh-in 7-7:45 p.m. and get together, 8-9 p.m.

Wednesday, Sept. 22

Building communities: John McKnight talks about *Community Building, Together We Can*. at two sessions, 1-3 p.m. and 7-9 p.m. in the John Elliott Theatre. These seminars are presented by the United Way of Halton Hills, the Region of Halton, the HHEY (Halton Hills Enabling Youth) Committee, The Parent

Education Network and the Town of Halton Hills. To register or for info: 905-877-3066 or e-mail strachanuwhh@aztec-net.com.

Chamber AGM: Halton Hills Chamber of Commerce holds its annual general meeting at 5 p.m. sharp in the Halton Hills Civic Centre. A Volunteer Recognition cocktail reception will follow 5:30-7:30 p.m. with Walt Dixon being presented the Annual Volunteer Award. RSVP to 905-877-7119 by Sept. 20.

Living with Prostate Cancer: Attend a free seminar, 7 p.m. at the Oakville-Trafalgar Hospital. Speaker is Dr. R. Casey, urologist, Halton Healthcare Services. To register, call 905-338-4379 or elittle@haltonhealthcare.on.ca

Hypnotherapist: CARP-Halton chapter, Canada's Association for the Fifty Plus meets 7:30 p.m. at the Burlington Senior Centre. Speaker is Frank G. Thompson a certified hypnotherapist. Info: Harry, 905-335-5717.

Thursday, Sept. 23

Limehouse euchre: Play euchre at the Limehouse Memorial Hall, 7:30 p.m. Hosted by the Limehouse Women's Institute.

Emotions Anonymous: Is your life becoming unmanageable? Emotions Anonymous can help! The group meets Thursdays, 7:30 p.m. at Norval Presbyterian Church, rear entrance. Info: Angela or David, 905-873-2852.

Prenatal program: Halton Region Health Department's Healthiest Babies Possible prenatal program is accepting registrations for its free six-week series, 7-9 p.m. at the Ontario Early Years Centre, Georgetown. Info: 1-866-442-5866 ext. 7899.

Friday, Sept. 24

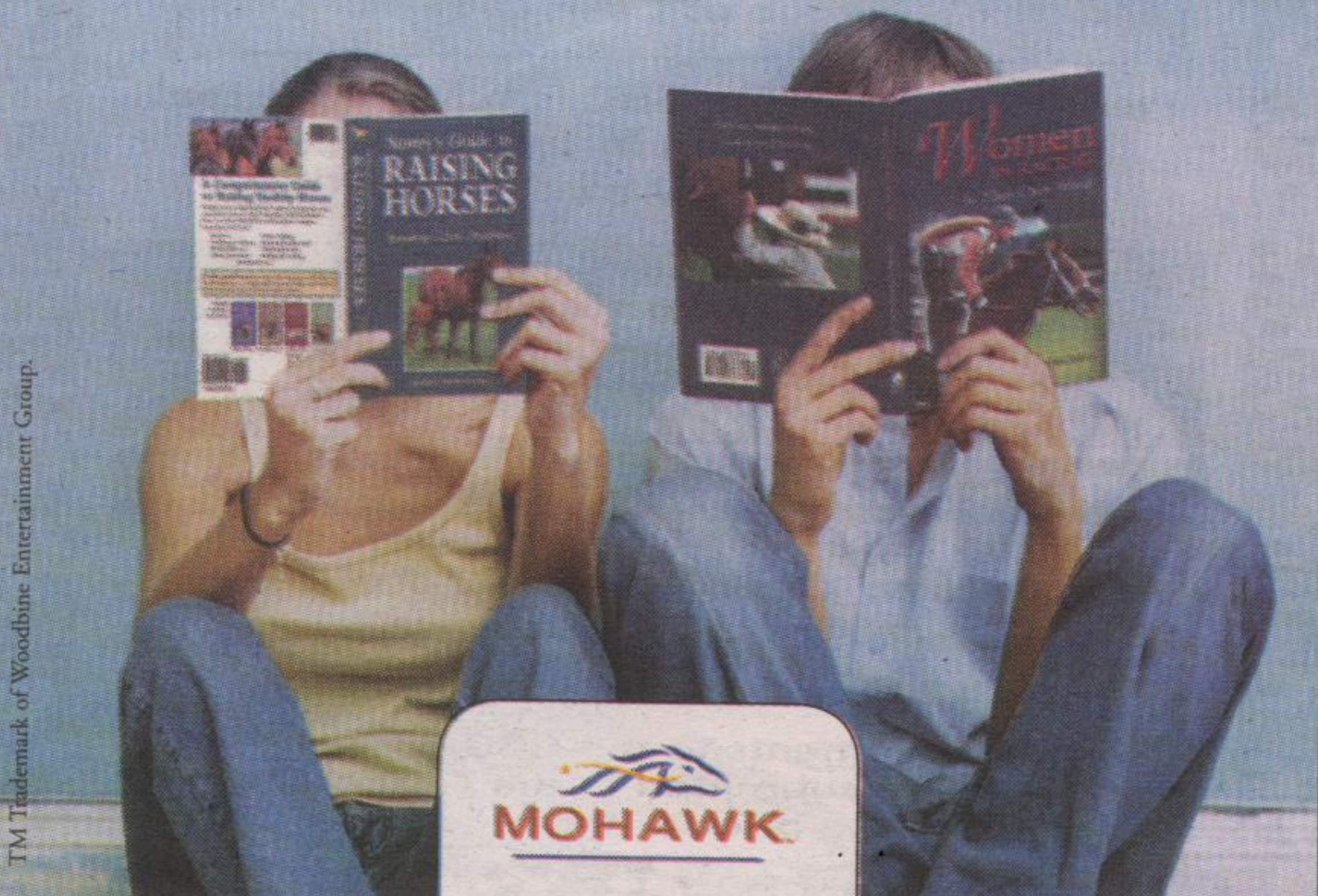
Foot care clinic: VON Halton holds a foot care clinic at the Georgetown Seniors Centre, 9 a.m. to noon. By appointment only. Call 905-877-2026.

Ham dinner: St. John's Anglican Church, Stewarttown holds a ham dinner, 6 p.m. Adults, \$10 and children \$6. For reservations, call 905-877-7211.

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THE POWER FITNESS CENTRE Zone

ANNUAL ONE DAY ONLY SALE EVENT

Wednesday, September 22
6 am - 11 pm

NO INITIATION THIS DAY ONLY

"FREE WORK OUT DAY"

Limited membership space available.

Guelph St., Georgetown
on Hwy #7 between Tim Horton's and Swiss Chalet.

905-702-1774