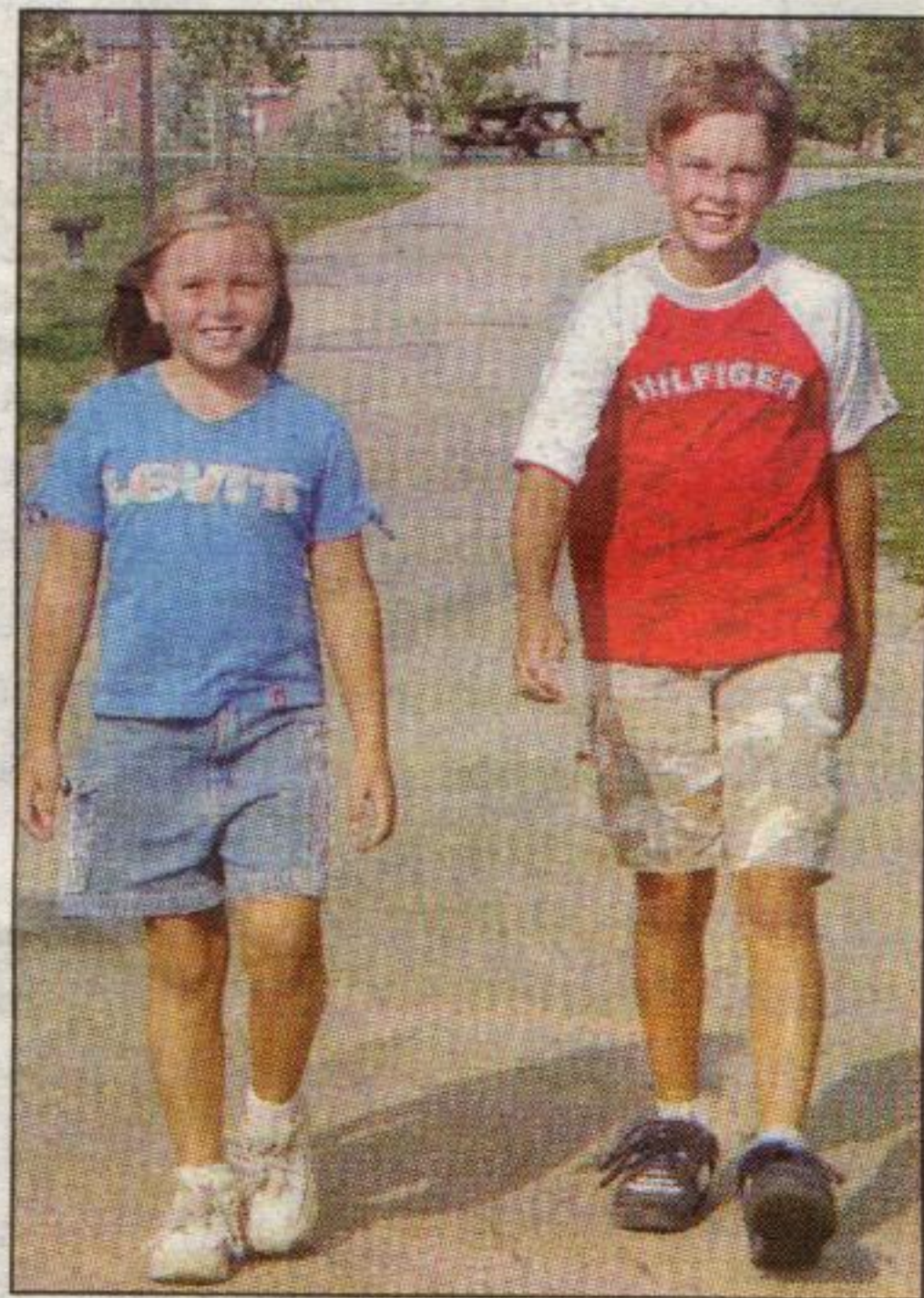


The fall challenge has begun



Walk the Hills is a community campaign designed to get the residents of Halton Hills physically active through walking. Fill out the time you spend walking each day on your Personal Walking Log. Personal walking logs are available at all Town facilities throughout Halton Hills and on-line from the Town website at www.haltonhills.ca. Click on the 'Active Halton Hills' logo. Check here each week to follow the progress of our community Active Champions.

Active Champions



ALEX AND WILL

**Total for Alex
Week 4:**
270 minutes
Campaign total:
965 minutes

**Total for Will
Week 4:**
330 minutes
Campaign total:
985 minutes



**MAYOR
RICK
BONNETTE**

Week 4 total:
405 minutes

**Campaign
total:**
1,755 minutes



ACTON SENIORS HIKING CLUB

Total for Week 4: 927 minutes
Campaign total: 1,937 minutes

Motivational quote: Build walking into your day: deliver memos on foot not by e-mail, take the stairs, or park the car further away from the grocery store.

Walk of the Week: Take the Downtown Acton Heritage Walk, get some fresh air, exercise and experience some of Acton's history! Pick up your map at the Acton BIA office, 16 Mill Street East.

Who they are

- Mayor Rick Bonnette is pleased to once again be an Active Champion for the Walk the Hills Campaign. A strong proponent of a physically active lifestyle, Mayor Bonnette understands the benefits of regular exercise. He logged over 4,500 minutes in Summer Challenge and encourages all Halton Hills residents to get walking.

- Alex and Will are involved in lots of active pursuits! Alex, 7, is actively involved in soccer and Will, 10, is an avid hockey player. Alex and Will are excited to be part of 'Walk the Hills' this fall and look forward to motivating others to 'get active'.

- The Acton Seniors Hiking Club believe hiking the trails of our beautiful and scenic Halton Hills is a wonderful and invigorating experience and provides, excellent health benefits. "Feeling energetic, happy and alive, our steps follow some of the rugged slopes of the Niagara Escarpment. After one or two hours on challenging trails we find a place to relax, chat and snack. Having fun and feeling fantastic is our goal."

Community Calendar

- is a free editorial service to non-profit groups, churches, schools, and charity-supported events only.
- A contact name and telephone number must be part of each submission. Make sure the five 'Ws' (who, what, where, why and especially when) are included
- Fax to Community Calendar: 905-873-0398; e-mail: cgamble@independentfreepress.com or drop off at The Independent & Free Press front desk located in the Georgetown Market Place.



Saturday, Oct. 15

Garage sale: Raiders Minor Novice AA holds a fund-raising garage sale, 7 a.m. to 1 p.m. at 84 Miller Dr. Lots of treasures, coffee and Timbits.

Variety show: A variety show to aid Georgetown Hospital will be held 8 p.m. at the John Elliott Theatre. Featured performers include magician Shane Philips, 'mock and rollers' The Pungent Brothers, humourist Ron Hunt, Georgetown Choral Society, comedy sketches by The Parodiddlers, a preview of Georgetown Globe's fall production of *Big* and tae kwon do demonstrations by Master Felix Ayensu. Tickets are \$15 at the JET Box Office, 905-877-3700. Due to some mature content this event is not suitable for children under 13 years of age.

Dance: Parents Without Partners (Halton Hills-Peel chapter), holds its monthly fund-raising dance at Terry Miller Recreation Centre, Brampton (auditorium upstairs) at 8:30 p.m. Admission, \$14, includes cold buffet and deejay. Open to the general public. Dress code in effect/no jeans please. Info: Susan, 647-283-8153 or Robert, 416-562-0394.

UCHS garage sale: Celebrate Upper Credit Humane Society 1,000th adoption by visiting the shelter for its Open House and Garage Sale. The garage sale begins at 8 a.m. and the open house from 9 a.m. to 1 p.m. Info: 519-833-2287 or www.uppercredit.com

Falling Leaves Festival: Help celebrate the coming of winter by joining Willow Park Ecology Centre volunteers as they put the park to bed for the winter at the Falling Leaves Festival from 10 a.m. to 4 p.m. A day of family fun, come enjoy pumpkin carving, rock painting, toad house building, and much more! Rain date is October 16. Info: www.willowparkecology.com

Mini Trade Show: Halton Hills Chamber of Commerce holds a table-top trade show, 9:30 a.m. to 6 p.m. at the Georgetown Market Place.

More CALENDAR, pg. 16

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• OPEN HOUSE - 9:00 a.m.

Back Bacon on a bun breakfast

• STORE WIDE SALE

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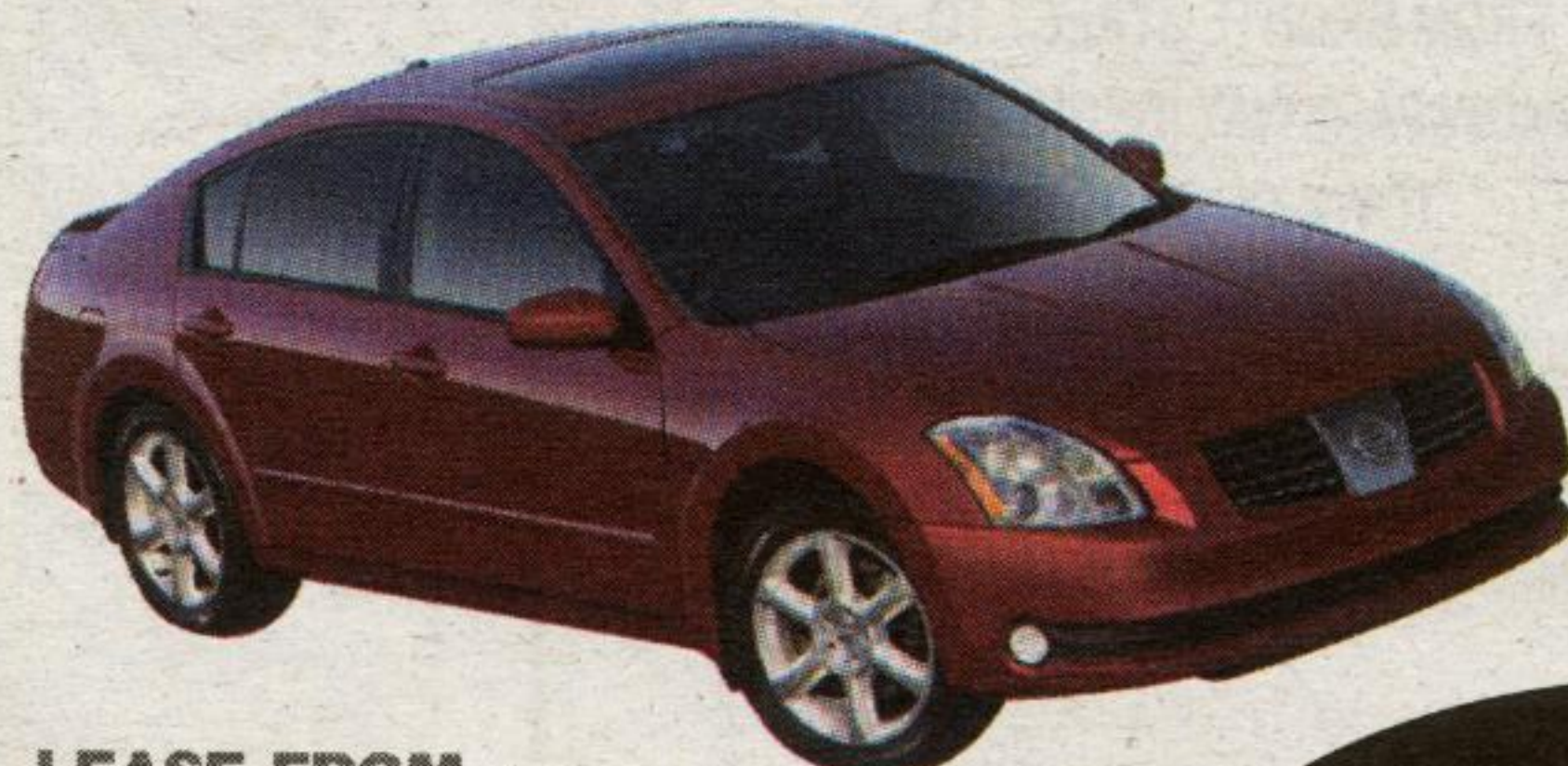
519-833-2287

for further information



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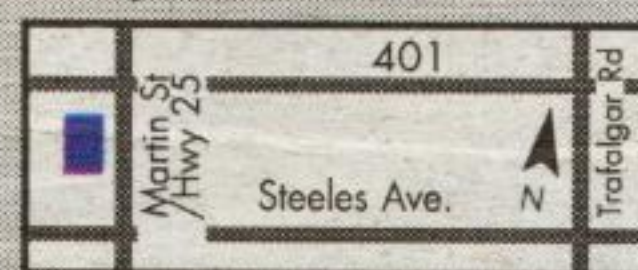
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