



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 6:
 280 minutes
 Campaign total:
 1,495 minutes

Total for Will Week 6:
 295 minutes
 Campaign total:
 1,530 minutes



ACTON SENIORS HIKING CLUB
 Total for Week 6: 1,000 minutes
 Campaign total: 3,397 minutes



ST. JOSEPH'S SCHOOL GRADE 7 CLASS 2
 Total for campaign total: So far this Challenge they have walked a total of over 12,000 minutes. That is 200 hours!

Motivational quote: It has been proven that you will stick with your walking program if you keep track and log your time or distance. That way you can monitor how much more active you have become!

Walk of the Week: Pick up a Halton Hills Trail Guide & Map at any Town facility for lots of great local trails, hikes and walks!

Who they are

- 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."

- St. Joseph's School, Grade 7 Class 2: Ms. Romanowicz and her Grade 7 students at St. Joseph in Acton believe that staying active means staying healthy. There are several dedicated soccer and hockey players, runners, cyclists, gymnasts and of course, walkers in this class. The students take great pride in their community and what it has to offer. Having fun and feeling great is the goal.

FUTURE SHOP
CORRECTION NOTICE
 Curtis MP1000 1GB MP3 Player 10058286. This product is advertised on p. 16 of our October 21st flyer with the wrong image of the red model. It is available only in black. We sincerely apologize for any inconvenience this may have caused our valued customers.

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- 1 PG **THE LEGEND OF ZORRO**
 Daily 6:45 & 9:00 p.m.
 Sat. & Sun. 2:00 p.m.
- 2 PG **THE CORPSE BRIDE**
 Daily 6:45 p.m.
 Sat. & Sun. 2:00 p.m.
- 2 **TWO FOR THE MONEY**
 Daily 9:00 p.m. 14A
- 3 **WALLACE & GROMIT: THE CURSE OF THE WERE-RABBIT**
 Daily 7:00 p.m.
 Sat. & Sun. 2:00 p.m.
- 3 **THE FOG**
 Daily 9:00 p.m. 14A
 Not recommended for young children

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Samantha & Mandy Halliday

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