



Town of Halton Hills Seniors' Week

June 19 - June 23

HALTON HILLS SENIORS' WEEK	Monday, June 19	Tuesday, June 20	Wednesday, June 21	Thursday, June 22	Friday, June 23
	8:00 to 9:30 am Arthritis Aqua Class Try-it 8:30 to 9:00 pm Water Walking Try-it	8:00 am Town of Halton Hills Seniors' Centres Displays 9:00 to 10:00 am Qi Gong 9:30 to 10:00 am Warm Up for Walk 10:00 to 11:00 am Walk with Mayor 10:00 to 11:00 am Flying Rainbow Fan 11:00 to 11:30 am Arthritis Aqua Class 11:00 am to 12:00 noon Senior Recreational Swim 11:00 am to 12:00 noon Line Dancing 1:30 to 3:00 pm Scottish Dancing	9:00am Carving Demo 9:00 am Tai Chi 10:00 to 11:00 am Mingle and Chat Coffee Hour 1:00 to 2:00 pm Senior Recreational Swim 1:00 to 3:30 pm Euchoe	9:30 am to 12:00 noon Music & Coffee with the Seniors' Centres' Bands 11:00 to 11:30 am Arthritis Aqua Class 11:00 am to 12:00 noon Senior Recreational Swim 6:30 to 7:00 pm Running H ₂ O Try-it 7:30 to 8:00 pm Deep Water Try-it	1:00 to 2:00 pm Senior Recreational Swim
	Acton Arena Community Hall 9:00 to 10:00 am Tai Chi 10:00 to 11:00 am Fitness Class 2:00 to 4:00 pm Welcome Tea		7:00 to 7:30 pm Step Try-it 7:30 to 8:30 pm Cardio Try-it		
The Power Zone Fitness Centre			6:00 am to 11:00 pm PowerPass Try-it		

To celebrate Seniors Month, The Town of Halton Hills is hosting a special week for Seniors!!

Beginning June 19 through to June 23rd, all residents 55 years of age and over are invited to participate in a jam packed week of **FREE** seniors programs at both the Gellert Community Centre and Acton Arena Community Hall.

From active living programs to social opportunities to affordable membership options for seniors with limited income, we invite you come check out all the Town has to offer. For more information, call us at 905-873-2601 ext. 2275.

Membership information for Town programs

Convenience, choice and value are yours for one great price when you purchase a monthly or yearly membership at the Town of Halton Hills recreational facilities. Choose from a variety of programs scheduled to fit in with your busy lifestyle and also gain access to unlimited recreational swimming and daytime Adult Aqua Fitness classes.

Memberships can be purchased at: Acton Indoor Pool, Dick Licata Outdoor Pool, Gellert Community Centre, Halton Hills Civic Centre or through Reg-e at www.haltonhills.ca

recreational swimming, daytime Adult Aqua Fitness in Acton & Georgetown (Diaper Fit excluded) and all inclusive access to The Power Zone weight training and fitness.

Monthly memberships (Adult/\$69) can be purchased at either of the pools or at The Power Zone, however, passes must be picked up at The Power Zone, 324 Guelph Street Suite 10, Georgetown, 905-702-1774.

Recreational Swimming

Gellert Community Centre

	Monthly	Yearly	Summer Rates
Youth	\$30	\$223	\$50
Adult	\$42	\$381	\$69
Family	\$71	\$425	\$101

Acton Indoor & Dick Licata Pools

	Monthly	Yearly	Summer Rates
Youth	\$17.25	\$104	\$28.75
Adult	\$33	\$198	\$54.50
Family	\$53.75	\$322.25	\$76.50

Sweat and Swim

Unlimited access to all recreational swimming and daytime Adult Aqua Fitness classes at all pools (Diaper Fit excluded)
1 month Adult/\$42 Family/ \$71
 "Buy up" option on the year adult and family swim passes for \$123 per adult.

Sweat and Swim Power Pass

In partnership with The Power Zone Fitness Centre enjoy unlimited access to all

Memberships to Seniors Centres

Membership to the Town's two seniors centres are available to residents 55 years of age or older. Special memberships available to spouses of members under the age of 55.

A membership gives you access to facility and programs, trips and special events, plus five newsletters per year, voting privileges at the centre and of course, fun and friendship.

Georgetown District Seniors Centre
 2006 annual membership fee \$25 per calendar year
 Acton Seniors Recreation Centre
 2006 annual membership fee \$20 per calendar year

Program fee and aquatic membership subsidies are available for seniors receiving the Guaranteed Income Supplement.

For more information on Seniors Week or Recreation programs, call 905-873-2601 ext. 2275.

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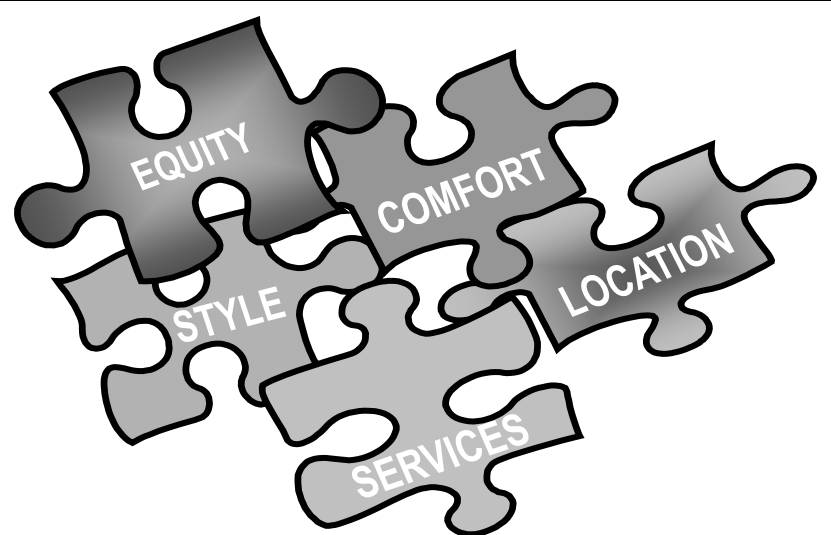
*Call us for
 further information*

Extendicare / Halton Hills

9 Lindsay Crt., Georgetown, Ontario

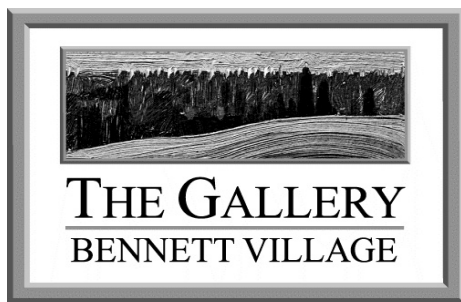
Tel: 905-702-8760 Fax: 905-702-7430

www.extendicare.com



Find out how they come together for you at our June 13th Open House

**HALTON HILLS CULTURAL CENTRE — 7 PM
 9 CHURCH STREET, GEORGETOWN**



60 PLUS PREMIUM LIVING

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 GEORGETOWN MARKETPLACE MALL**

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