

Town programs can help you get fit

Fact: Half of all the people in Ontario are not as active as they should be! Fact: Nearly one-quarter are classified as overweight. Did you know that as little as 30 minutes of activity a day could help overcome some of these statistics?

This New Year why not take advantage of all that Recreation & Parks has to offer. Whether you are young or old, already

active, or considering getting yourself in shape there are numerous programs to choose from: adult dance classes, fitness programs, preschool and children's organized sports, skating and swimming.

See the *Community Activity and Service Guide*, call the Program Hotline, 905-873-2601 ext. 2275 or visit www.haltonhills.ca for more details.



A Christmas bonus

Betsy Bond (right) of Glen Williams was delighted when Val and Karl Stensson dropped by to deliver her cheque for \$26,896.50, the winning amount from Sheridan Nurseries 50-50 draw in aid of their Stand up for Michael campaign, helping 13-year-old Michael Campbell to walk.
Photo courtesy Karl Stensson

Grand donation

Hickory Falls Ratepayers' Association (HFRA) donated \$1,000 to the Credit Valley Conservation (CVC) Foundation in a celebration that marked the end of the association. Formed in 1990 to help protect the rural area of the Niagara Escarpment, the association managed to gain protection for wetland and tree lines in a neighbouring subdivision development. On hand for the cheque donation were, from left, Nancy Mulholland, who along with husband Bill, hosted a party to celebrate the occasion, Rae Horst, general manager of the CVC and Daphne Shropshall of the HFRA.
Submitted photo



GEORGETOWN SOCCER CLUB

Indoor Skills Development Program

– Limited Space Available!
5 to 10 year olds - Mondays and Tuesdays
starting Jan 8 and Feb 19

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for further details

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NB: Registration fees will increase by \$25.00 per player after March 31.

Registrations received after March 31 will be placed on a waiting list.

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