

SPRING REGISTRATION



GIRLS HOCKEY REGISTRATION AND REP TEAM TRYOUTS

House League youth or senior women's
Register ON-LINE at
www.twistersgirlshockey.com

or in person

March 24 - Milton Sports Centre 11am-2pm
April 15 - Georgetown Moldmasters SportsPlex 1 pm - 4 pm

For spring tryouts info and rep team contacts
see our web site

www.twistersgirlshockey.com or 905-877-8798

A HOCKEY EXPERIENCE FOR ALL AGES

Step By Step Learning Centre Summer School 2007

SUMMER SCHEDULE

- 6 Week Program •Tuesday, July 2 to Friday, August 10
- Full day or half day option •AM or PM sessions
- Weeks need not be consecutive •You may select 1-6 weeks

Small instructional groups as well as daily report cards and feedback guarantees a happy learner

- ✓ Language Arts ✓ Reading ✓ Mathematics
- Learning Guarantee •Build fluency & confidence

LIMITED SPACE AVAILABLE

Call or email for an application
905-877-9600 kscauley@sbslg.com

Yoga with SHERRY LAWSON

Terra Cotta Community Centre

High Street, Terra Cotta

Starts Monday, April 23rd, 2007 and
ends Wednesday, June 27th, 2007

*Monday	7:30- 9:00 pm	- 9 wks
Tuesday Meditation	9:15- 9:55 am	- 10 wks
Tuesday	10:00-11:30 am	- 10 wks
Tuesday	7:30- 9:00 pm	- 10 wks
Wednesday	7:30- 9:00 pm	- 10 wks

*There will be no class Monday, May 21st (Victoria Day Weekend)

Rampulla's Martial Arts

211 Armstrong Ave. (at Sinclair), Georgetown

Starts Tuesday, April 24th, 2007 and
ends Friday, June 29th, 2007

Tuesday	1:00- 2:30 pm	- 10 wks
Wednesday	10:00-11:30 am	- 10 wks
Thursday	7:45- 9:15 pm	- 10 wks
*Friday	7:30- 9:00 pm	- 9 wks

*There will be no class Friday, May 18th (Victoria Day Weekend)

For details and registration call: 519-833-9402



We offer STOTT Pilates Mat and Reformer,
Variety of Yoga Classes, Pre-Natal, Nia,
Private Training and Nutrition Counselling

Small Group Spring Session
STARTS APRIL 10TH, 2007
If you have 4 people we will run a class just for you!

Call 416-417-2133 or email coreessentials@cogeco.ca
to receive schedule, fees or to register and
get on our email list.

Why not try something new and different, your body and soul will thank you!

If you would like
any information
about special sections
please call Amy
at 905-873-0301
ext. 237

NIA & YOGA

Glen Williams Studio with Carolyn and Suzanne
Mon. AM 9:30 - 10:45 Nia Tues. PM 7 - 8:15 Nia Thurs. PM 7 - 8:15 Nia



Studio Soleil with Judith
www.studiosoleil.ca

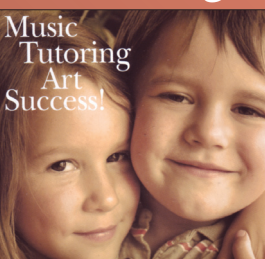
Mon. 7:00 - 8:15 pm Nia	Thurs. 8:30 - 9:30 am Meditation & Yoga
Tues. 8:30 - 9:30 am Meditation & Yoga	Thurs. 9:30 - 10:45 am Nia
9:30 - 10:45 am Nia	
Wed. 7:00 - 8:00 pm Nia	
8:15 - 9:30 pm Yoga	

For information & registration: Carolyn Maule 905-877-3881,
Suzanne Ropitzky 905-877-4792, Judith Thompson 905-873-8940



The Royal Academy of Arts & Education
Georgetown Market Place 905-877-5814
www.royalartsandeducation.com

Summer Camps & Programs Registration Now Open!



Music
Tutoring
Art
Success!

Ready Readers ages 3-6
Art Camps ages 5-8 & 9-12
Drama & Music Camps ages 5-8 & 9-12

Full & Half Day Programs Available
Small Classes, Individualized Instruction,
Fun, Creative Environment!

Call today! 905 877-5814 email: cward@raaehh.com

Acton Seniors Centre starts to think spring

JULIE CONROY
Acton Seniors Centre

The ornamental wooden wheelbarrow handcrafted by Paul Bissonnette is now filled to overflowing with wonderful items suitable for summer and the garden. The tickets are on sale at the front desk. It would make a great gift to share with friends. There are also tickets for the penny table, which is set up on a table near the front desk. The winning tickets will be drawn on Saturday, May 12 at the bazaar and luncheon.

Thinking of the bazaar we will have both indoor and outdoor plants for sale, so now is the time to start looking at your plants to see what can be divided as the first shoots start to appear. Hopefully, we will be out in our gardens in the next few weeks checking the winter damage and looking for signs of life.

The new newsletters should be available this week, and we will be trying a new way of distributing them. Only the two senior apartments on Elizabeth Dr. and Birchway will have labels on them, and hopefully someone who lives in the apartments will make sure that they are hand delivered. Everyone else will pick them up near the front desk. If you know a neighbour who is unable to get out, perhaps you would be kind enough to deliver one to them.

The Evening Euchre held on March 21 was enjoyed by everyone and the lunch was provided by Kate Nilsson and Marj McEnery. The lone hands were

Chris Robertson and Eileen Wedge and the High Lady were Eileen Wedge and Chris Robertson (I guess that means they had the same score?). High Man was Kate Nilsson, Second Lady, Betty Brewer, Second Man, Bill Brewer and the booby goes to Marj Bartels. The next game will be on Wednesday, April 18 at 7:15 p.m.

The Income Tax Clinic on March 27 was filled but there are openings for the April 17 session. If you would like more information or to make an appointment call Eileen Dix, 519-853-0493.

There will be a spring fashion show at the centre on Tuesday, April 10 at 2 p.m. It will feature all the latest in spring clothing from Alia Fashions. Tickets are available at the front desk and the admission price will include prizes and refreshments. The clothes from Alia are always very wearable for the young at heart or more mature seniors, which is great.

Swimming is a great way to get exercise, and if you haven't had the opportunity to swim at the Gellert Community Centre pool in Georgetown now is the ideal time. Young's Pharmacy is sponsoring a free swim on Tuesday, April 3 or Thursday, July 12, 11 a.m. to noon.

The hiking group will be starting after Easter on Friday, April 13 at 10 a.m. They have quite a group hiking most Fridays and really enjoy the hiking and companionship. The hikes aren't usually too long or strenuous.

Thinking of Easter the centre will be closed on Good Friday and Easter Monday and reopening on April 10.

The Early Bird Gets The Worm

As the winter temperatures continue to creep into our early spring days, gardeners anxiously wait to start digging. When it's still too early to dig outside, starting seeds indoors is a rewarding and inexpensive activity for gardeners of all ages. All you need to get started is a container, growing mix potting soil, and a bright window or grow light. Homegrown vegetables and herbs always taste better. Even if you don't have room outside for an extensive garden, a decorative pot can grow your own cherry tomatoes, peppers, lettuce, and culinary herbs. Flowers seeds grow well in pots on the smallest balcony or porch.

Try planting seeds with your kids on a rainy spring day. Watch their eyes light up when their peas, beans, corn, or even sunflowers sprout out of the soil in days. A great birthday party activity, plant seeds with kids choosing larger size seeds so they are easier to handle.

Get back to the basics and seed your way to the garden of your dreams.

Listen to

for more

Where colour lives!

www.terragreenhouses.com

Burlington
905-332-3222

Waterdown
905-689-1999

Milton
905-876-4000

Vaughan
905-832-6955

**7 DAYS
A WEEK!**