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**Tuesday, Feb. 19**

**Lent Bible Study:** "Does God Exist", 7:30 p.m. St. Alban the Martyr Anglican Church, 537 Main St., Glen Williams. Transportation available; call 905-877-8323. All welcome.

**Family Storytime:** Kids and their grownups can enjoy 30 minutes of fun, Tuesdays, 2 p.m. at the Acton Community Centre.



**Do you like to garden?:** Learn how to "Create Continuous Bloom in your Garden" from speaker Lorraine Roberts from Plant Paradise Country Gardens. Lorraine who will be sharing her extensive knowledge at the Acton Horticultural Society meeting, 7:30 p.m. at Knox Presbyterian Church, 44 Main St. N., Acton. All gardeners and aspiring green thumbs are welcome. Info: Ruth, 519-853-0009.

**Heritage Day:** Heritage Caledon extends an open invitation to its annual celebration of Heritage Day. Members of the Albion-Bolton Historical Society, Belfountain Heritage Society, Caledon East & District Historical Society and Caledon Village Heritage will be on hand with displays highlighting the societies' various activities, publications and artefact collections at the Caledon Town Hall, 6311 Old Church Rd., 10 a.m. to 3 p.m. The displays will remain in place until Friday, Feb. 22.

**Palette and Pencil Guild:** an art group of Credit Valley Artisans meets every Tuesday, 7-9 p.m. inside Cedarvale Cottage in Cedarvale Park. All newcomers welcome. Info: Rita, 519-853-9226 or e-mail: ritajan2006@yahoo.ca

**Calling New Parents:** is a free program for parents and babies (six months and under). Each week, the group with a public health nurse, will discuss parenting and infant care. Groups in Acton or Georgetown, Tuesday afternoons. Info: 1-866-442-5866 or www.halton.ca.

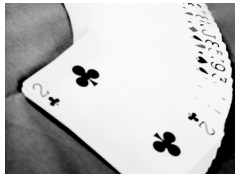
**TOPS-Georgetown:** If you want to lose weight sensibly and keep it off, join TOPS (Take Off Pounds Sensibly) at St. Andrew's United Church, Tuesdays; weigh-in 6:30 p.m. and get together, 7:30 p.m.

**Wednesday, Feb. 20**

**Retired Women Teachers:** The Lydia Snow Branch will meet at St. Andrew's United Church, Georgetown, at 9:30 a.m. This will be a general meeting including a 50/50 draw and book sale. The program will feature a Therapeutic Drumming presentation. All retired women teachers are welcome to attend. Info: Anne, 519-853-1375.

**Family Storytime:** Kids and their grownups can enjoy 30 minutes of fun, Wednesdays, 9:45 a.m. at the Georgetown branch library.

**Evening Euchre:** will be hosted by the Acton Seniors Centre in the Acton Arena and Community Centre, at 7 p.m. Everyone welcome.



**Horticultural Society:** Learn how to Landscape with Native Trees and Shrubs with Ken Parker at the monthly meeting of Georgetown Horticultural Society, 7:30 p.m. at St. George's Church. Other things: Annual Seed Swap & Sale. See details www.georgetownhorticulturalsociety.com

**Special Needs Parent Support Group:** Do you have a child aged 0 to 6 years old with undiagnosed or recently diagnosed special needs? Join other parents to share the challenges, joys and fears of raising a child with special needs every third Wednesday of the month 7-9 p.m. at Ontario Early Years, Georgetown Satellite. Info: 905-873-2960.

**Awana Kids Club:** is offered to children from JK to Grade 6 and is hosted by Maple Avenue Baptist Church, 6:25-8 p.m. All are invited to come out for fun and learning. Info: Ed Egberts, 905-838-4644 or Heather Stiff, 905-873-9549.

**Thursday, Feb. 21**

**Free Sports Night:** Ball hockey, soccer, basketball... put on by Halton Hills Bible Chapel at the Georgetown District Christian School gym (use rear entrance), Thursday nights 7:30-9:30 p.m. Anyone over 14 years old (bring health card for registration). Info: www.haltonhillsbiblechapel.com

**Parents and Tots group:** Thursdays, 9:30-11 a.m. at St. John's United Church, 11 Guelph St. Hey parents, come and share your parenting journey with us in a nurturing environment of community support, discovery and play (child care provided up to age three). This free program will emphasize fun, creativity, and discussion of topics that impact our everyday lives. Please call Kelly Thomson (minister and mom to toddler Joshua) at 905-877-2531.



**Pottery event:** The Credit Valley Artisans' Potters and Sculptors Guild is having its monthly meeting including a mini-workshop, on plaster mould making for pottery decorating, 7:30 p.m. in Cedarvale Park Cottage, Main St. and Maple Ave. Georgetown. Anyone inter-

## Community Calendar

ested in working in clay or wants to see our pottery facilities is most welcome. Refreshments and free parking.

**Blood donor clinic:** Canadian Blood Services holds a blood donor clinic, 4-8 p.m. at the Acton Legion Hall, 15 Wright Ave, Acton. Call 1-888-2-DONATE to book an appointment.

**Ballinafad euchre:** Ballinafad Hall Board hosts euchre at the Ballinafad Community Centre, 7:30 p.m. Cost: \$3 per player. Light lunch, coffee and tea served.

**Theatre farce:** Century Church Theatre Guild in Hillsburgh presents *Not Now Darling*, a farce by Ray Cooney and John Chapman, at the Century Church Theatre, Thursday, Friday

and Saturday evenings, Feb. 21 to March 1 at 8 p.m. as well as a 2:30 p.m. matinee on March 1. Box Office: 519-855-4586.

**Castaways Comedy Productions:** presents *Run for Your Wife*, the Ray Cooney classic comedy, Feb. 21-23. Showtimes are at 8 p.m. plus a matinee on Saturday at 2 p.m. at the John Elliott Theatre. Tickets are \$22 for adults, \$16 for seniors. As always, veterans receive free admission to ALL performances. Tickets can be reserved by telephone at 905-877-3700 or online at www.haltonhills.ca/theatre. Visit the Castaways website www.castawayscomedy.com for more information

**Cocaine Anonymous:** a 12-step based fellowship meets Thursdays, 7 p.m. at Sacre-Coeur Church, 39 Guelph St., Georgetown (use back door basement). This meeting is open to all people who might have difficulties overcoming their addiction to cocaine and any other drugs. Info: Cocaine Anonymous, Toll Free: 1-866-622-4636 or www.ca.org.

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## Pamper your feet!

From February 18 to 23, Foot Care Week aims to raise public awareness on the importance of preventive foot care. One tiny week to pamper the little feet that carry us everywhere we go, all year long!

The foot orthotist performs a biomechanical evaluation to measure the severity of functional limitations by examining the pressure points in the feet. By doing so, this professional can prevent complications that could have harmful consequences on the general health of a patient. Indeed, our little feet can actually cause us serious damage, from the ankles all the way up the back.

Bad foot posture can cause pain to the feet, ankles, knees, hips, and back. A foot consists of 26 bones that must

support 70 kg of pressure per square centimetre on only three pressure points. It is easy to understand how a slight deviation in posture, no matter how minor, can result in a lot of pain and the premature wearing of the joints. Worn joints disturb the muscle groups, which, in turn, affect the back.

During this Foot Care Week, take care of your feet! Compared to many other physical ailments, it is easy to prevent the problems caused by poor feet posture. Consulting an orthotist will only reassure you if, in fact, your feet are healthy. It could also help prevent bio-

mechanical problems that you don't even suspect yet.



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