

HILLSVIEW

Active Living Centre

50+ Seniors Centre in Acton & Georgetown

September, October 2025



www.haltonhills.ca/50plus

Hillsview Acton
415 Queen St. East (Hwy 7)
Acton, ON L7J 2N2
Tel: 519-853-5951

Hillsview Georgetown
318 Guelph St. Unit #9
Georgetown, ON L7G 4B5
Tel: 905-877-6444

Hours of Operation: Monday to Friday, 9 a.m. to 4 p.m.



TOWN OF

HALTON HILLS



DATE NIGHT NEVER GETS OLD

At Amica Georgetown, the day is yours. So you get to share it with whomever you want. Host your family for an elegant Sunday dinner, play poker with the girls, or get to know someone new. Together we'll create a senior living experience that's all yours, including personalized, professional care that evolves to meet your needs, even as those needs change. And, like quality time with the ones you love, that never gets old.

Join us for a private tour.

CALL CARI-LEE OR GLENNA AT 905-702-1555

AMICA

GEORGETOWN

224 MAPLE AVE • AMICA.CA/GEORGETOWN

Rental Information

For Hillsvew 50+ Seniors Active Living Centres

Georgetown: Lounge & Kitchen

525 sq. ft., up to 20 people

Features ample room featuring our café tables and chairs large counter space with access to full kitchen including two ovens, a stovetop, microwave, dishwasher and fridge access. Renter must bring food supplies. Ideal for business meetings or social event.

Amenities: Full Kitchen

Georgetown: Visual Arts Room

800 sq. ft., up to 71 people

Carpeted cozy room ideal for meetings, small showers, celebration of life or even a church service.

Amenities: Accessible, A/V equipment

Georgetown: Recreation Room - 800 sq. ft., up to 71 people

Ideal meeting space or overflow space for the larger party celebration.

Amenities: Accessible, A/V equipment, Partition

Georgetown: Auditorium - 1,340 sq. ft., up to 126 people

Ideal for showers, weddings, birthday parties or even a community event or AGM.

Hall is equipped with sound system and microphone and projector screen.

Amenities: Accessible, A/V equipment, Partition

Acton: Community Hall - 2,960 sq. ft., up to 250 people

Perfect for large gatherings with up to 250 guests. Room partition allows for dividing the space for smaller events. Access to full kitchen for food preparation or catering. Room is located on main level for barrier-free access. Generous amount of free parking located close to entrance.

Amenities: Accessible, Full Kitchen, Bar, A/V equipment, Partition

For rental inquiries or information call Amy 905-873-2600 ext. 2257.

2 hour minimum rental.
Extra fees apply for non-local commercial rates.

Hall	Hourly Fee Range
Lounge & Kitchen	\$28-44 / hr
Visual Arts/ Recreation	\$41-66 / hr
Auditorium/ Community Hall	\$77-123 / hr

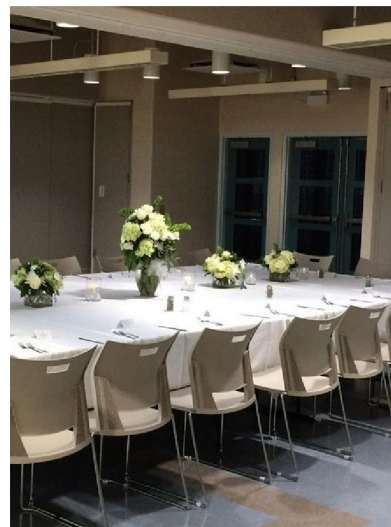
Special feature: Table linens, dishes, cutlery & coffee machines available for rent. Please note that confetti, sparklers, open flame and balloons are not permitted at this venue.



Visual Arts Room



Auditorium



Community Hall



Jones Funeral Home

"CARING FOR OUR COMMUNITY"

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ROBERT BLACKBURN

TOBY CHISHOLM

Staff and Volunteers

2025/26 Acton



Top Row: Susan Seeds, Secretary; Pat English, Director; Joyce Farmer, Director; Sharon McDouall, Director; Janet McCulligh, Director; Helen Heinz, Director;
Bottom Row: Linda Gordon, Treasurer; Julie Pauletig, Vice President; Mary McGregor, President; Dora Jeffries, Past President;
Council Liaison: Clark Somerville



2025/26 Georgetown Board of Directors



Back row (left to right): Terry McLean, Director; Darlene Huntley, Director; Brenda Marsh, Director; Bob Inglis, Council Liaison; Carol Dobson, Director;
Front row (left to right): Deb Smith, 2025 Past President; Sheilagh Arney, Secretary; Bobbi Szlachta, President; Laura Ward-Treasurer; Sarah Calvert, Vice President;
Absent: Joy Courey, Director.

Acton staff



Left to Right: Michelle Durham, Recreation Supervisor; Emma Forbes, Recreation Programmer



Active Living staff



Left to Right: Stephanie Barrington, Recreation Coordinator; Sandy Rahn, Recreation Programmer

Georgetown staff



Front Row: Matas Boulton, Volunteer Coordinator; Cindy Bodrug, Recreation Programmer
Back Row: Heather Beaumont, Recreation Supervisor; Kim Hammond, Recreation Programmer

Special thank you to:

Acton President's Message

As the leaves begin to turn and the air grows crisp, autumn reminds us of the beauty of change and the value of community. I'm proud to see our centre continuing to thrive as a place of friendship, laughter, and support.

Over the past few months, we've enjoyed wonderful programs, new connections, and memorable events. Whether you joined a fitness class, learned a new skill, or simply shared a cup of coffee with a friend, your presence is what makes our centre special.

This season, we look forward to even more opportunities to gather, share stories, and stay active together. Be sure to check the calendar for fall activities—we have something for everyone.

Our Open House is the week of September 22nd–26th. A great way for non-members to see what we're about. Make sure to tell your friends and neighbors.

Thank you to our dedicated volunteers, staff, and members who help create a warm and welcoming space every day.

Your energy and kindness keep our community strong.

Wishing you a joyful autumn!
Warm regards,
Mary McGregor.

Georgetown President's Message

Welcome back, I hope you all had a great summer. Have you signed up for the lunch, provided by your board?

The weather this summer was extremely hot, and we're glad to have been able to offer you a cool place to sit, exercise, have lunch, or just visit with friends.

As you might know, we have once again completed our CARF Accreditation. The accreditation went very well; the CARF committee was impressed with Hillsvue and all of its functions. Thank you to all the hard-working staff, the members, and the volunteers who showed us in our very best light.

Going forward into September, there are lots of exciting programs for you to participate in and enjoy. Please make sure to read through the Hillsvue book or check out the posters at the front desk. Sign up at reception.

If you're planning to attend a play and have lunch, make sure to check out our travel desk to see what is available and upcoming. Enjoy a fun day by letting us handle the planning and travel.

There is some exciting news. Your board is working on having a kitchen upgrade done. The kitchen is one of the main hubs of the centre, and we are planning to make it better for everyone. Being able to move forward with this project, is thanks to all the fundraising that you have participated in over the last couple of years.

Thank you,
Bobbi Szlachta

Volunteer Coordinator's Message

My name is Cyrah Priebe, and I'm pleased to introduce myself as the new Volunteer Coordinator. I feel incredibly fortunate to be stepping into this role and joining such a wonderful community of dedicated volunteers. It has been amazing to see how the majority of our programming is made possible thanks to the passion, time and commitment of our volunteers like you. Your contributions not only support our programs and services, it helps form a greater sense of community engagement.

Matas Boulton, will be returning to his role as the Volunteer Coordinator as of September 8th until the end of 2025. He will be available to meet with all of you as of September 8th and assist with all your volunteer needs. In the meantime, I am available to connect.

Matas will be available at Hillsvue Acton on Mondays and at Hillsvue Georgetown on Tuesdays and Thursdays from 8:30–4:30. Please feel free to stop by and say hello, or reach out if you ever have questions. If you are looking for support outside of those hours, kindly email mboulton@haltonhills.ca

If you are looking to start volunteering or have any ideas, suggestions, or feedback, we would love to hear them. Your insights are important, and we want to ensure your volunteer experience is as meaningful and enjoyable as possible.

Thank you for everything and we look forward to connecting.

Cyrah & Matas

Weekly Drop in Programs – Acton

All programs subject to change

Day	Activity	Room	Time	Fee
Monday	Cribbage	H/W	10:00am –12:30pm	\$1.00
	Darts	Hall C	10:00am –12:00pm	\$1.00
	Kings Corner	H/W	1:00pm–3:00pm	\$1.00
	Carpet Bowling	Hall C	1:00pm – 2:30pm	\$1.00
	LifeMark Exercise 1-877-696-1620	Hall AB	1:00pm – 4:00pm	Free
	Book Club (Last Monday of the Month)	H/W	1:00pm – 2:00pm	\$1.00
Tuesday	Movie Matinee (Select Tuesdays)	Hall AB	1:00pm – 3:00pm	\$1.00
	Fresh Steps Footcare (1st Tuesday)	H/W	9:00am – 4:00pm	n/a
	Hearing Clinic (3rd Tuesday)	H/W	10:00am – 12:00pm	n/a
	Ladies’ Breakfast (Select Tuesdays)	Hall AB	9:30am –10:30am	\$10.00
	Men’s Breakfast (Last Tuesday)	Hall AB	9:30am – 10:30am	\$10.00
	Mah Jongg	H/W	1:00pm–3:00pm	\$1.00
Wednesday	Coffee Connections	H/W	10:00am – 12:00pm	\$2.00
	Bid Euchre	Hall B	12:00pm – 3:30pm	\$1.00
	Scrabble	H/W	1:00pm – 3:00pm	\$1.00
	Art Group (bring your art to work on)	Hall A	1:00pm – 3:00pm	\$1.00
	Carpet Bowling	Hall C	1:00pm – 3:00pm	\$1.00
Thursday	Euchre	H/W	10:00am – 12:30pm	\$1.00
	Cribbage	Hall B	10:00am – 12:30pm	\$1.00
	Diamond Dots	Hall C	10:30am – 12:00pm	\$1.00
	Gab and Stitch	Hall C	10:30am – 12:00pm	\$1.00
	Paper Tole (Returning Sept 11th)	Hall C	10:30am – 12:00pm	\$1.00
	Canasta	H/W	1:00pm – 3:30pm	\$1.00
	Social Line Dancing (Returning Sept 11th)	Full Hall	2:00pm – 3:30pm	\$1.00
Friday	Lunch	Full Hall	12:00pm – 1:00pm	\$8.00
	Therapy Dog Visit (2nd Friday)	Lounge	11:00am–12:00pm	Free
	Bingo	Full Hall	1:00pm – 3:00pm	\$5.00
	LifeMark Exercise 1-877-696-1620	M/P	1:00pm – 4:00pm	Free
Saturday	Bingo (2nd Saturday)	Full Hall	2:00pm – 4:00pm	\$20/30
	Euchre Tournament (Select Weekends)	Full Hall	12:00pm – 4:00pm	\$15.00

Weekly Drop in Programs – Georgetown

All programs subject to change

Day	Activity	Room	Time	Fee
Monday	Woodcarving Carpet Bowling Bridge Reiki (1st and 3rd Monday) Bid Euchre Drop-in Table Games BINGO -1st & 3rd Monday of month Cribbage/Mah Jong	HALL AUD VAR WR VAR GR AUD VAR	9:00am 9:00am 9:00am Appointment 1:00pm 1:00pm 1:00pm 6:30pm	\$2.00 \$2.00 \$2.00 \$2.00 +exchange \$2.00 \$2.00 \$6.00 (unlimited) \$2.00/M \$4.00 NM
Tuesday	Everything Crafts Food for Life Ping Pong/Table Tennis Scrapbooking/Diamond Dots Rummikub/Canasta Bid Euchre Therapy Dog Visits (Last Tuesday)	RR LS GR RR GR VAR CENTRE	9:00am 10:00am 11:00am 12:30pm 1:00pm 6:30pm	Donation FREE \$2.00 \$2.00 \$2.00 \$2.00/M \$4.00 NM
Wednesday	Pause Café Mingle & Chat Darts Camera Club (Last Wednesday) Rug Hooking Euchre Art Group Computer Club Mah Jong Foot Clinic (3rd Wednesday of month)	BR VAR GR LIB RR AUD VAR BR GR LS	10:00am 10:00am 10:00am 10:00am 10:00am 1:00pm 1:00pm 1:00pm 12:30pm 416-518-1459	\$2.00 \$2.00 \$2.00 \$2.00 \$2.00 \$2.00 \$2.00 \$2.00 \$2.00 Fee applies
Thursday	Band Practice (9:00 set up, 10:00 practice) Mah Jong Food for Life Lifemark (call 1-877-696-1620) Darts Cribbage Bid Euchre	VAR GR HALL RR GR VAR VAR	9:00am 9:30am 10:00am 12:30pm 1:00pm 1:00pm 6:30pm	\$2.00 \$2.00 FREE N/C (pre-register) \$2.00 \$2.00 \$2.00/M \$4.00 NM
Friday	Carpet Bowling Everything Crafts LifeMark (call 1-877-696-1620) Drop-In Tai Chi Genealogy Chess Duplicate Bridge Toonie movie (on hold for Summer) Reflexology (2nd & 4th Friday each month) Hearing Clinic (1st Friday each month)	AUD LS GR RR BR GR AUD VA HW BR	9:00am 9:00am 9:00 am 9:30 am 10:00 am 12:00noon 12:30 pm 12:30 pm 12:00-3:00pm Appointment	\$2.00 Donation N/C (pre-register) \$2.00 \$2.00 \$2.00 \$2.00 \$2.00 \$2.00 +exchange FREE
Monday to Friday	Travel Desk Billiards	HALL GR	9am -1pm DROP IN	TBD \$2.00
Saturday	Bingo (1X per Monthly - Large Jackpot)	AUD	1:00-3:00pm	\$22-\$32.00

September 2025

Program	Dates	Location	Time	Page Info
Labour Day	Monday, September 1st	BOTH	CLOSED	
Halton Region Dental Program	Tuesday, September 2nd	Acton	12:00pm - 2:00pm	Page 14
Birthday/New Member Tea	Tuesday, September 2nd	Acton	1:30pm - 2:30pm	By Invitation
Corn Roast	Tuesday, September 2nd	Acton	6:00pm - 8:00pm	Page 20
Branch Out to WIN	Tuesday, September 2-30th	Georgetown	9:00am - 3:30pm	Page 18
Hearing Clinic	Friday, September 5th	Georgetown	By appointment	Page 25
Saturday BINGO	Saturday, September 6th	Georgetown	1:00pm - 3:00pm	Page 23
Helson Gallery Tour & Art Class	Tuesday, September 9th	Georgetown	10:00am - 11:30am	Page 17
Computers with Greg	Tuesday, September 9th	Georgetown	1:00pm - 3:00pm	Page 14
MAID Presentation	Tuesday, September 9th	Acton	1:00pm - 2:00pm	Page 14
Reiki	Wednesday, September 10th	Acton	10:00am - 2:00pm	Page 16
Welcome Back Lunch	Thursday, September 11th	Georgetown	12:00pm - 1:00pm	Page 20
Reflexology	Friday, September 12th	Georgetown	By appointment	Page 16
Book a Librarian	Friday, September 12th	Georgetown	By appointment	Page 24
Saturday BINGO	Saturday, September 13th	Acton	2:00pm - 4:00pm	Page 23
Parkinsons Support Group	Monday, September 15th	Acton	10:30am - 12:00pm	Page 25
BINGO	Monday, September 15th	Georgetown	1:00pm - 3:00pm	Page 8
Reiki	Monday, September 15th	Georgetown	By appointment	Page 16
Ladies Breakfast	Tuesday, September 16th	Acton	9:30am - 11:00am	Page 20
Card Making	Tuesday, September 16th	Georgetown	1:00pm - 3:30pm	Page 17
Crawford Lake Presentation	Tuesday, September 16th	Acton	1:00pm - 2:00pm	Page 13
Aromatherapy with Ida Mae	Tuesday, September 16th	Georgetown	1:30pm - 3:00pm	Page 17
Seniors Protection Presentation	Wednesday, September 17th	Acton	10:30am - 11:30am	Page 14
Navigating Life Transitions L&L	Thursday, September 18th	Georgetown	1:30pm - 3:00pm	Page 14
CMHA Counselling	Friday, September 19th	Acton	9:00am - 5:00pm	Page 21
Bid Euchre Tournament	Saturday, September 20th	Georgetown	1:00pm - 4:00pm	Page 18
"The Money Lady" Speaker	Monday, September 22nd	Georgetown	1:30pm - 3:00pm	Page 12
Open House Week	Sept 22nd - Sept 26th	Acton	9:00am - 4:00pm	Page 22
Coping with Grief Workshop	Tuesday, September 23rd	Georgetown	1:00pm - 3:00pm	Page 14
Calligraphy is Back	Tues. Sept 23rd - Oct. 28th	Georgetown	1:00pm - 3:00pm	Page 17
Trivia Afternoon	Tuesday, September 23rd	Acton	1:00pm - 3:00pm	Page 19
Card Making	Tuesday, September 23rd	Acton	1:00pm - 3:30pm	Page 17
Social Dinner	Tuesday, September 23rd	Acton	6:00pm - 9:00pm	Page 20
Men's & Women's Breakfast	Wednesday, September 24th	Georgetown	9:00am	Page 20
Reflexology	Wednesday, September 24th	Acton	10:00am - 2:00pm	Page 16
Writers Corner-Special Guest	Wednesday, September 24th	Georgetown	1:00pm - 3:00pm	Page 13

September 2025

Program	Dates	Location	Time	Page Info
Drumming & Indigenous Teachings	Wednesday, September 24th	Acton	1:00pm - 2:00pm	Page 13
Fall Diamond Dots Windchimes	Thursday, September 25th	Acton	10:30am - 12:00pm	Page 17
BeeTalk & Tasting	Thursday, September 25th	Georgetown	1:30pm - 2:30pm	Page 13
Reflexology	Friday, September 26th	Georgetown	By appointment	Page 16
Book and Puzzle Sale	Saturday, September 27th	Acton	9:00am - 2:00pm	Page 10
New Member Social	Monday, September 29th	Georgetown	1:30pm - 3:00pm	Page 19
Book Club	Monday, September 29th	Acton	1:00pm - 3:00pm	Page 16
Men's Breakfast	Tuesday, September 30th	Acton	9:30am - 11:00am	Page 20
Indigenous Movie	Tuesday, September 30th	Acton	1:00pm - 3:00pm	Page 13
Indigenous Movie	Tuesday, September 30th	Georgetown	2:00pm - 3:30pm	Page 13
Links2Care Senior Meal Plan	Tuesday, September 30th	Georgetown	1:30pm - 3:00pm	Page 15

Annual Book & Puzzle Sale + Fresh Burgers & Hotdogs - Acton Saturday, September 27th from 9:00 AM – 2:00 PM

Browse through a wide selection of books and puzzles—perfect for cozy fall days.

Whether you're hunting for a great read or a new challenge, there's something for everyone.

While you're here, enjoy a freshly grilled lunch:

Hamburgers – \$5 / Sausage – \$5 / Pop – \$1

All food is cooked on-site, so bring the family, grab a bite, and enjoy a relaxed day of browsing and bargains!

October 2025

Program	Dates	Location	Time	Page Info
Healthy Legs for Life Presentation	Wednesday, October 1st	Acton	10:30am - 11:30am	Page 14
Turkey & a Treat Fundraiser	Wed. October 1st - 10th	Georgetown	9:00am - 4:00pm	Page 19
Historical Walk Downtown	Thursday, October 2nd	Acton	10:00am - 11:00am	Page 19
Navigating Life Transition B&L	Thursday, October 2nd	Acton	11:00am - 12:30pm	Page 14
Young's Pharmacy Mobility Talk	Thursday, October 2nd	Georgetown	2:00pm - 3:00pm	Page 15
Free Hearing Clinic	Friday, October 3rd	Georgetown	By appointment	Page 8
Saturday, BINGO	Saturday, October 4th	Georgetown	1:00pm - 3:00pm	Page 23
Reiki	Monday, October 6th	Georgetown	By appointment	Page 16
Fall Flower Arrangement	Monday, October 6th	Georgetown	1:30pm - 3:30pm	Page 17
BINGO	Monday, October 6th	Georgetown	1:00pm - 3:00pm	Page 8
Fire Department Presentation	Tuesday, October 7th	Acton	1:00pm - 2:00pm	Page 15
Fall Flower Arrangement	Tuesday, October 7th	Georgetown	1:30pm - 3:30pm	Page 17
Spaghetti Dinner	Tuesday, October 7th	Acton	6:00pm - 8:00pm	Page 20
Calligraphy continued	Tuesday, October 7th–28th	Georgetown	1:00pm - 3:00pm	Page 17
Indigenous Tea Workshop	Tuesday, October 7th	Georgetown	1:30pm - 3:00pm	Page 13

October 2025

Program	Dates	Location	Time	Page Info
Reiki	Wednesday, October 8th	Acton	10:00am - 2:00pm	Page 16
Painting Workshop	Wednesday, October 8th	Acton	1:00pm – 3:00pm	Page 18
Bollywood Experience	Thursday, October 9th	Georgetown	2:00pm - 3:30pm	Page 13
Reflexology	Friday, October 10th	Georgetown	By appointment	Page 16
Book a Librarian	Friday, October 10th	Georgetown	By appointment	Page 24
Thanksgiving	Monday, October 13th	BOTH	CLOSED	
Ladies Breakfast	Tuesday October 14th	Acton	9:30am - 11:00am	Page 20
Getting Your Affairs in Order	Tuesday, October 14th	Acton	1:00pm - 2:00pm	Page 15
Lotions & Potions	Tuesday, October 14th	Georgetown	1:00pm - 3:00pm	Page 18
Frauds and Scams	Wednesday, October 15th	Acton	1:00pm - 2:00pm	Page 15
Floral Harvest Arrangements	Thursday, October 16th	Acton	10:30am - 12:00pm	Page 18
Tote Bag Workshop	Friday, October 17th	Acton	9:00am - 4:00pm	Page 18
CMHA counselling	Friday, October 17th	Acton	9:00am - 5:00pm	Page 21
Yarn, Book and Puzzle Sale	Saturday, October 18th	Georgetown	9:00am - 1:00pm	Page 19
Saturday BINGO	Saturday, October 18th	Acton	2:00pm - 4:00pm	Page23
Euchre Tournament	Sunday, October 19th	Acton	12:00pm - 4:00pm	Page 19
Parkison Support Group	Monday, October 20th	Acton	10:30am - 12:00pm	Page 25
Reiki	Monday, October 20th	Georgetown	By appointment	Page 16
Mindfulness (6 weeks with FHT)	Monday, Oct. 20–Nov. 24th	Georgetown	1:00pm - 3:00pm	Page 16
Halloween Fishing Derby	Monday, Oct. 20 - Oct. 31st	Georgetown	9:00am - 4:00pm	Page 19
BINGO	Monday, October 20th	Georgetown	1:00pm - 3:00pm	
Tuesday Movie	Tuesday, October 21st	Acton	10:00am - 12:00pm	Page 18
Brain Health: Cogniciti	Tuesday, October 21st	Georgetown	10:00am - 11:00am	Page 15
Benefits of Naturopathic Medicine	Tuesday, October 21st	Acton	1:00pm - 2:30pm	Page 12
Social Dinner	Tuesday, October 21st	Acton	6:00pm - 9:00pm	Page 20
Reflexology	Wednesday, October 22nd	Acton	10:00am - 2:00pm	Page 16
Taking Charge: Dietician	Thursday, October 23rd	Georgetown	1:30pm - 3:00pm	Page 16
Reflexology	Friday, October 24th	Georgetown	By appointment	Page 16
Beading with Brenda	Friday, October 24th	Georgetown	12:30pm - 3:30pm	Page 19
Hot Chicks & Cool Flannels	Monday, October 27th	Georgetown	12:30pm - 3:00pm	Page 19
Men's Breakfast	Tuesday, October 28th	Acton	9:30am - 11:00am	Page 20
The Real Indiana Jones! - An Archeological Presentation	Tuesday, October 28th	Acton	1:00pm - 2:00pm	Page 19
Frauds and Scams	Wednesday, October 28th	Georgetown	10:00am or 1:00pm	Page 15
Men's & Women's Breakfast	Wednesday, October 29th	Georgetown	9:00am	Page 20
Pumpkin Contest	Wednesday, October 30th	Acton	10:30am - 12:00pm	Page 18
Taking Charge: Physical Activity	Thursday, October 30th	Georgetown	1:30pm - 3:00pm	Page 16



The Vibrant Living Series begins this fall—a brand new monthly speaker series designed to inform, inspire, and empower older adults with honest, practical advice on topics that matter most.

The Money Secrets of the Wealthy Georgetown

Monday, September 22 at 1:00pm, \$2 drop in fee
Open to members and non-members

Returning as a featured speaker is Christine Ibbotson—national radio host, financial expert, and bestselling author of *Ask the Money Lady*. In her brand-new presentation *Money Secrets of the Wealthy*, Christine will reveal what financially successful retirees are doing differently—and how you can apply those same strategies to your own life. Why do some people enter retirement with confidence while others struggle to keep up? What do they invest in? How do they grow their money, stay out of debt, and protect their future? Christine will walk you through the exact Canadian strategies and products that can help you build wealth—no matter your age or when you started. With more than 35 years of experience helping Canadians retire debt-free and financially secure, Christine is known for delivering the real facts in a clear, no-nonsense way.



You'll leave this talk with valuable insights and actionable steps that you can start using right away to improve your financial future. This is only \$2.00 drop in fee, and space is limited—register early to save your seat!

The Benefits of Naturopathic Medicine for Older Adults – Acton

Tuesday, October 21st at 1:00pm, \$1 drop in fee
Both members and non-members can attend,
Sign up at reception Sept 9th, Refreshments served.



Curious about how naturopathic medicine can support healthy aging? Join Dr. Firhoj, a licensed Naturopathic Doctor, for an engaging and educational session on how naturopathic care can complement conventional medicine and empower you to take a more active role in your health. This presentation will introduce you to the core principles of naturopathic medicine and explain how it can help address common concerns for older adults—such as fatigue, digestion, joint pain, sleep, cardiovascular health, and more. You'll learn how naturopathic doctors approach treatment through nutrition, lifestyle changes, herbal remedies, and mind-body strategies tailored to each individual. Dr. Firhoj will also share practical tips for integrating naturopathic practices into your daily routine, guidance on safe supplementation, and how to navigate naturopathic care alongside your existing medical treatments. Whether you're managing chronic conditions, looking for natural ways to boost your energy, or simply curious about new approaches to wellness, this session will offer valuable insight into how naturopathic medicine can support a vibrant and healthy life at any age.

Hillview Membership – 2025 Membership is \$20.00 starting July 1, 2025

Hillview Members enjoy:

- Reduced fees for active living programs, travel and meals
- Welcoming & accessible facilities in Acton & Georgetown centres
- Active programs and social activities
- Rewarding volunteer opportunities
- Technology lending library
- Active Facebook community

Find more information online at haltonhills.ca/50plus

Culture Days

A Journey Through Crawford Lake & the Longhouse Village-Acton

Tuesday, September 16th at 1:00pm-2:00pm
Free, Sign up at Reception August 19th.
Open to non-members

Step into the rich history and culture of the Indigenous peoples of Southern Ontario with a customized offsite presentation from Conservation Halton. This engaging session brings the spirit of Crawford Lake and the Longhouse Village directly to you, offering a unique and educational experience. Participants will explore Indigenous traditions, daily life, and the significance of the Longhouse Village through storytelling, visuals, and interactive discussion. Led by Leeanne Doxtator, Conservation Halton's Indigenous Education Coordinator.

Interactive Drumming & Indigenous Teaching-Acton

Wednesday, September 24th at 1:00pm-2:00pm
Free, Sign up at Reception August 19th.
Open to non-members

Join us for Interactive drumming session and some sharing's from Four Colours Drum Circle members, as well as Teachings on the Seven Grandfathers. An opportunity to learn about Indigenous History, like Red Dress, Residential Schools, and way to show your respect for all.

Backed by Bees, Bee Talk & Art Georgetown

Thursday, September 25th,
Talk & Tasting, 1:30pm-2:30pm (\$2.00 drop in)

Honey bees are fascinating creatures with many great anatomical and biological features. A Beekeeper from Backed By Bees will take you through all things honey bee. From queens, to drones, to workers, their unique adaptations make them one of the most efficient general pollinators on the planet and how we manage them as beekeepers! Actual beekeeping equipment will be shared. There will also be sweet honey tastings.

Hillview Band Concert

Saturday, September 27th from 1:00pm - 3:00pm
FREE - John Elliott Theatre-Cultural Centre
9 Church Street
Swing by the John Elliott Theatre to listen to some great sounds!

We Were Children-BOTH

Acton: Tuesday, September 30th 1:00pm FREE
Open to non-members.

Georgetown: Tuesday, September 30th 2:00pm

In Honour of Truth & Reconciliation we will feature **We Were Children** which shows the profound impact of the Canadian government's residential school system conveyed through the eyes of two children who were forced to face hardships beyond their years.



We Were Children gives voice to a national tragedy and demonstrates the incredible resilience of the human spirit.

Warning: this film contains disturbing content and is recommended for audiences 16 years of age and older.

Indigenous Tea Workshop Georgetown

Tuesday, October 7th, 1:30pm-3:00pm
FREE

Donations accepted to support presenter. Did you know you can make tea from sumac berries? To honor Truth & Reconciliation and to learn about indigenous culture, Mark Sualt will be coming to the centre to teach us about Indigenous tea making methods, native ingredients and their health properties. Sign up at Reception

Bollywood Experience Georgetown

Thursday, October 9th, 2:00pm-3:30pm FREE

Join us for Bollywood Beats, a cultural dance experience! A joyful and energizing Bollywood dance session designed especially for adults! This fun-filled workshop blends vibrant music, simple choreography, and the rich traditions of Indian cinema to get you moving, laughing, and connecting with others. No dance experience needed—just bring your enthusiasm and a smile! Celebrate with rhythm, color, and community spirit.

Writers Corner-Georgetown

Wednesday, September 24th, 1:00pm-3:00pm
FREE - Special Guest Speaker (Bob McIlvride)
Do you like to write? Are you looking for an audience or positive feedback? Here's a way to share your writing in a relaxed, supportive atmosphere. Bring your stories or articles--digital or on paper--and be ready to read and respond to others. Listeners are also welcome. Sign up at reception

Information Workshops

Halton Region Dental Program Acton

Tuesday, September 2nd 12:00pm–2:00pm

Halton Region will be on site at Hillview Acton to answer your questions about the Ontario Seniors Dental Care Program (OSDCP). This provincial dental program provides free dental care to eligible low-income seniors.

Computer Workshops with Greg Georgetown

Tuesday, September 9th, 1:00pm–3:00pm

\$5.00 member/\$8.00 non-member

Greg offers general computer workshops in a small group. Bring your own laptop, or borrow from the Hillview Library. Sign up at reception.

MAID Presentation–Acton

Tuesday, September 9th at 1:00pm–2:00pm

\$1.00 Drop in Fee, Sign up at Reception August 19th

M.A.I.D Medical Assistance in Dying

It is your personal choice and constitutional right for medical assistance in dying (MAID) and this session, presented by Dr Sarah Ferguson, will highlight the importance of Advance Care Planning.

Come and learn:

- What types of MAID are permitted in Canada
- Who is eligible
- Who can provide service
- How do you qualify
- What safeguards are required etc

Navigating Life Transitions Workshop–BOTH

Georgetown: Lunch & Learn, \$2.00 drop in

Thursday, September 18th, 1:30pm–3:00pm

Acton: Brunch & Learn, \$1.00 drop in

Thursday, October 2nd, 11:00am–12:30pm

At this educational event you will discover the peace of mind that comes with being prepared and clutter free. Come find out simple strategies that will help you to get your life & home organized by learning what to do and not to do to gain order and be prepared for all life transitions. Valuable take home information checklist package for all registrants. Speaker: Gordon MacGregor, Certified Executor Advisor and Judy rickey, Clutter Relief Specialist. Sign up at reception.

Seniors Protection Presentation Acton

Wednesday, September 17th at 10:30am

\$1.00 Drop in Fee, Sign up at Reception August 19th.

Senior Protection specialize in safeguarding the well-being of seniors through personalized safety solutions. Senior Protection has the expertise and resources to meet your needs. Join us Wednesday October 17th at 10:30am to learn from Susan Tan on Senior Protection and how it's the best medical alert system in Canada.

Coping with Grief–Georgetown

Tuesday, September 23, 1:00pm–3:00pm

\$2.00 drop in fee

This presentation explores the emotional, physical, and behavioral responses to grief, helping individuals understand the grieving process and its impact on mental health.

Participants will learn how to identify common grief reactions—such as sadness, anger, fatigue, and changes in sleep or appetite—and distinguish between normal grief and when to seek additional support. Practical coping strategies, self-care tips, and ways to

support others through loss will also be discussed, fostering resilience and healthy healing. Sign up at reception.

Healthy Legs for Life–Acton

Wednesday, October 1st, 10:30am–11:30am

\$1.00 Drop in Fee, Sign up at Reception Sept 3rd.

This educational seminar will review lower leg circulation (arteries, veins, and lymphatics), and methods to optimize circulatory health. We will address concerns of swelling, varicose veins, and symptoms of arterial and venous compromise. There will be an overview of skin health and best practice suggestions to enhance the integrity of skin which is the largest organ of our body.

This seminar will be presented by Jennifer Webster RN BNSc NSWOC (Nurse Specialized in Wound, Ostomy and Continence) and Kim Wang RN, Advanced Foot Care Nurse Sign up at reception.

Information Workshops

Links2Care–Seniors Meal Program Georgetown

Tuesday, September 30th, 1:30pm–3:00pm
\$2.00 drop in Fee

Come join the Links2Care Meal Program for a drop-in “Meet & Greet”. A casual afternoon sampling some delicious entrées and ask Links2Care staff any questions you may have about the program or organization. The Meal Programs offers daily hot meals, frozen meals, sandwich meals, socials, and community dinners. Pricing and delivery information will be available. Links2Care offers many services, swing by for more information. Links2Care has a variety of volunteer positions too. Sign up at reception to see how this meal program makes your life a little easier! Sign up at reception.

Young’s Pharmacy, Mobility Talk Georgetown

Thursday, October 2nd, 2:00pm–3:00pm
\$2.00 drop in fee

Home care safety and aid products for older adults are designed to enhance independence, safety, and comfort while aging in place. Young’s Pharmacy will be here to provide valuable information on many mobility aids, bathroom safety, medical alert systems and medication management services. Learn how easy it is for a safer and more comfortable living experience for you at home. Sign up at reception.

Fire Department–Acton

Tuesday, October 7th 1:00pm–2:00pm
\$1.00 Drop-in Fee, Sign up at Reception Sept 3rd.

Join Fire Captain Mark Burger from the Halton Hills Fire Department for an engaging and informative afternoon focused on fire safety and emergency preparedness for older adults.

This presentation will highlight key topics such as:

- Home Clutter & Emergency Access
- Fire Prevention Tips for Seniors
- How to Stay Safe During Emergencies

Are your Affairs in Order? McKinnon Funeral Home Presentation–Acton

Tuesday, October 14th 1:00pm–2:00pm
\$1.00 Drop-in Fee, Sign up at Reception Sept 3rd

Join us for this complimentary educational event and discover the peace of mind that being prepared brings. Come learn from our expert speaker what is essential to properly prepare an estate and how to best organize your important documentation!

By Attending This Educational Event You Will Learn:

- The Essential Duties of an Executor & How to Choose One
- How To Plan a Funeral that meets your wishes & budget
- The Importance of an Up to Date Will & Power of Attorney

Frauds & Scams Presentation–Both

Acton: Wednesday, October 15, 1:00pm–2:00pm

Georgetown: Tuesday, October 28th,

Session 1: 10:00am–12:00noon or

Session 2: 1:00pm–3:00pm

(two sessions for small groups for Q&A)

Community Officer Torry Wentzell from the Halton Regional Police Force will be leading an informative session on some current and common frauds and scams. You will learn some of the warning signs and how to recognize red flags and protect yourself.

Cogniciti: Brain Health Assessment Georgetown

Tuesday, October 21, 10:00pm–11:00am

\$2.00 drop in fee

Sign up at Reception, space is limited.

Cogniciti is a brain health company and a subsidiary of Baycrest Health Sciences that is changing the way the world looks at brain health and aging. Cogniciti is engaging older adults in important conversations about their brain health, working to improve the quality of life of individuals living with dementia and supporting research efforts to prevent, treat and cure dementia. Participants will complete the assessment on a laptop, receive a personalized score. Then the team members can provide support and advice to you based on your score.

All that’s required from you are basic computer skills, and to be able to read and understand English.

Wellness Workshops

Reflexology Sessions–BOTH

Georgetown

Friday, September 12 & 26th, October 10 & 24th

\$2.00 drop in + \$20.00 energy exchange

Sign up at Georgetown Reception

Acton

Wed, September 24th & Wed, October 22nd

\$20.00 per 1 Hour Sessions. 10am –2pm

Sign up at Acton Reception

Reflexology offers numerous benefits for older adults, enhancing their overall well-being. Improved circulation, pain relief, stress reduction, enhanced sleep quality, boosted immune function, holistic wellness. Reflexology is a gentle and effective way to support your health.

Marie is offering 1 hour sessions, at a reduced rate.

Reiki Sessions–BOTH

Georgetown – Donna Reiki Professionals

Monday, September 15th, October 6th & 20th

\$2.00 +\$15.00 minimum energy exchange

Sign up at Georgetown Reception.

Acton – Marie Reiki Professionals

Wed, September 10th and Wed, October 8th

\$15.00 per 30 minute treatment. 10am –2pm

Sign up at Acton Reception.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement. Donna and Marie Reiki professionals are offering 30 minute individual sessions here at Hillsvue. A minimum of \$15.00 energy exchange for the 30 minute treatment is requested.

Book Club – Acton

Last Monday of each month,

\$1.00 Drop—in Fee.

Did you know we host a monthly book club? If you have a love of books pop by to see what we're about. Everyone is welcome!

Refreshments provided.

For September, review a book of your choice with the group.



Mindfulness Workshop–Georgetown Family Healthy Team (6 weeks)

Monday, October 20–November 24th,

1:00pm–3:00pm FREE

An Introduction to Mindfulness is a 6-week workshop designed to introduce participants to mindfulness practices. Participants will learn strategies targeted to cultivating awareness of mind and body and living in the here-and-now. This group is appropriate for any adult struggling with stress, anxiety, chronic pain or anyone seeking to promote improved well-being and healing. Sign up at reception (space will be limited)

Taking Charge: Family Health Team–Georgetown

Part 1:

Dietician Thursday, October 23rd, 1:30pm–3:00pm

Part 2:

Physical Activity Thursday, October 30, 1:30–3:30pm
FREE

If you have you been identified as having abnormal cholesterol, prediabetes/diabetes, high blood pressure or fatty Liver disease then these sessions are for you!

Part 1 focuses on Nutrition, and lifestyle changes you can make to reduce your risk factors.

Part 2 will focus on physical activity and lifestyle changes that you can make to reduce your risk factors.

Goal setting and overcoming barriers will be discussed to ensure your lifestyle changes are sustainable.

Sign up at Reception.

What is Art Your Service?

Join virtually in art, fitness, conversational Spanish, active living, socials and so much more.

Connect online or by telephone. Free training offered to all Hillsvue members.

Ask Staff how to connect.



Creative Workshops

Helson Studio Tour & Watercolour Activity-Georgetown

Tuesday, September 9th 10:00 am-11:30am
\$5.00 members / \$8.00 non-members
Space is limited to 15 people.

Gallery staff will guide you through the Gallery, sharing insights and stories behind the artworks & the gallery itself to deepen appreciation for art.

After the tour, you can unleash your creativity in our hands-on basic watercolour workshop. A chance to create your own masterpiece inspired by the gallery tour. The art workshop is basic and requires no experience. Have fun while learning techniques to help better understand how to use watercolour paints. All materials are provided.

ActiVan transportation will be provided from Hillview Georgetown.

Card Making Workshop with Brenda Drysdale-BOTH Georgetown

Tuesday, September 16th, 1:00pm-3:30pm
\$8.00 member / \$11.00 non-member

Acton

Tuesday, September 23rd, 1:00pm-3:30pm
\$8.00 Per Person.

Brenda Drysdale will teach you how to make beautiful handcrafted greeting cards to send to your loved ones. You will make 2-3 cards. Sign up at reception, August 19th each class will be limited to 6 participants.

Aromatherapy Workshop with Ida Mae-Georgetown

Tuesday, September 16th, 1:30pm-3:30pm
\$2.00 Member / \$5.00 non-members

Come join Ida Mae, from Living Essentials (and a familiar face here at Hillview) for an interactive, informative and fun workshop designed to teach the safe and effective way to use essential oils.

Take the MYTH out of Aromatherapy and Essential Oils. Limited space available, sign up at reception.

Calligraphy Class (6 weeks) Georgetown

Tuesday, Sept. 23rd-Oct. 28 1:00pm-3:00pm
\$10.00 members/\$13.00 non members

Calligraphy is back! Beginner classes once again here at Hillview Georgetown. We are thrilled to offer this instructor led beginner session in the art of Calligraphy.

Supplies are included in the program fee. Supplies Includes beginner calligraphy kit, and paper. Space will be limited, sign up and pay at reception.

Fall Diamond Dots Windchimes Acton

Thursday, September 25th 10:30am - 12:00pm.
\$2 per person, Sign up at Reception starting September 4th, space is limited.

Celebrate the beauty of fall by creating your own sparkling Autumn Windchime using diamond dots! This windchime is perfect for fall with vibrant autumn leaves, and shimmering beads. A perfect seasonal keepsake or gift!



Fall/Thanksgiving Floral Arrangement-Georgetown

Monday, October 6th, 1:30pm-3:30pm **or**
Tuesday, October 7th, 1:30pm-3:30pm
\$15.00 member / \$35.00 non-member

Join Lil, our talented florists from the Georgetown Horticultural Society and make your very own Thanksgiving inspired arrangement that you will take home.

All materials will be provided. The membership price has been subsidized by Halton Audiometric. Space will be limited so sign up early at reception.

Please only sign up for one date. Arrangements are the same for both classes. *(may not be as shown)*



Creative Workshops

Painting Workshop-Acton

Wednesday, October 8th 1:00pm – 3:00pm
\$2 per person (this program is grant subsidized)
Sign up at reception, September 9th. Limited to 15 participants.

Enjoy this creative and fun activity, with step-by-step instruction to create an autumn painting on canvas. No experience necessary! Sarah will provide all the instructions and all the materials will be provided.

Lotions & Potions Workshop with Ida Mae-Georgetown

Tuesday, October 14th, 1:00pm–3:00pm
\$5.00 Member / \$8.00 non-members

A Do It Yourself workshop where you will be introduced into the natural cosmetic world. You have the option of deciding on a product to take home and enjoy. If supplies and time allow you may be able to create an additional lotion or potion (payment required at the workshop)

- Hand Sanitizer
- Bath Salts
- Roller Ball for e.g. pain, stress, sinus
- Hand Lotion
- Body Butter

Limited space available, Sign up at reception

Floral Harvest Arrangements Acton

Thursday October 16th 10:30am – 12:00pm Sign up at reception Sept 16th. \$2 per person (this program is grant subsidized) Limited to 15 participants.

Join us to create a beautiful fall arrangement perfect to enhance your autumn décor. All materials included



Create a Tote Bag-Acton

Friday, October 17th 9am–4pm, \$2 per person (this program is grant subsidized) All materials included. Sign up at reception September 12th for your very own 45 minute session.

Create your very own tote bag using our Cricut Machine and Heat Press. Your tote will be perfect for groceries, travel or makes the perfect gift!

Fun Events

Pumpkin Carving / Decorating Contest Acton

Thursday, October 30th 10:30am–12:00pm
Sign up at reception September 25th.
\$2 per person (this program is grant subsidized)
Limited to 20 participants

Looking for some Halloween fun? Join us as we carve or paint some spooktacular pumpkins! All materials included.

Branch Out to WIN Fundraiser Georgetown

Tuesday, September 2nd–30th, \$5.00 per ticket

Hillview Georgetown will have a TREE of \$100.00 worth of scratch tickets. Winner receives the whole lot! Scratch and see what you WIN! Fun for All! Buy tickets for friends and family (18+). Tickets on sale at reception.

Winner will be drawn Tuesday, September 30th at 3:00pm.

Bid Euchre Tournament Georgetown

Saturday, September 20th 1:00 pm–4:00 pm
Entrance Fee \$15.00, Pre-registration required.

Love Euchre? Come play with fellow enthusiasts and see where the cards take you. There might even be a prize waiting for you.

50/50 Draw, refreshments available for purchase. Purchase tickets from Glenda (in advance or at the door).

Doors Open at 12:30pm, Games start at 1:00pm

Tuesday at the Movies-Acton

Tuesday, October 21st at 10:00am
\$1.00 Drop-in Fee

Karate Kid: Legends, The film follows Li Fong, a kung fu prodigy who moves to New York City after a family tragedy. The film is set in the same universe as the original Karate Kid films.



Fun Events

Trivia Afternoon-Acton

Tuesday, September 23rd at 1:00pm-3:00pm
\$2.00 per person, Sign up at reception starting
August 12th, MUST sign-up to play.

Come out for a fun trivia afternoon with 7 different category rounds! Bring a team or join a team once you get here. Refreshments and Prizes!

New Member Social-Georgetown

Monday, September 29th, 1:30pm-3:00pm
FREE

Calling all new(ish) members! We would like to invite you to our "New Member Social". Come and meet other new members and find out about the variety of programs, active living programs, fun activities and of course enjoy some treats!

Come and meet your membership committee, our board of directors, the active living team and meet some new friends. Let's socialize and learn more about what Hillview Active Living Centre has to offer! Aren't you curious? Come check it out! Sign up at reception.

Halloween Costume Fun Georgetown

October 31st, 11:00am-12:00pm
Come dressed up for some Halloween fun.
Prizes for 1st, 2nd & 3rd place.
Mystery judge.

Turkey & Treat Fundraiser Georgetown

October 1st-October 10th
\$5.00 each

Act fast before they are all gobbled up!
Festive turkey pin and a sweet treat. See reception.

Historical Walk Downtown Acton With Scott Brooks-Acton

Thursday, October 2nd at 10:00am-11:00pm
Sign up at reception August 20th.

Join Scott Brooks, of Vintage Acton, as he takes you on a historical walking tour, covering points of interest such as businesses and buildings, on Mill Street East in the heart of Downtown Acton. Photos of the past to accompany tour. Please meet in front of Acton Town Hall to start your tour.

Yarn, Book & Puzzle Sale-Georgetown

Saturday, October 18th, 9:00am-1:00pm

Discover cozy yarns, captivating books, and mind-bending puzzles—all at unbeatable prices! Perfect for crafters, readers, and thinkers. Stock up and save at this one day sale!

Euchre Tournament-Acton

Sunday, October 19th 12:00pm-4:00pm
Entrance Fee \$15.00, Pre-register before.
Registration: 12:00pm Games start at 1:00pm

Come out and play with fellow euchre lovers, and maybe even walk away with a prize. Let the cards decide your fate! Get ready for an afternoon of fun. 50/50 Draw, Door Prize, and refreshments available for purchase.

Hot Chicks & Cool Flannels-PJ Party Georgetown

Monday, October 27th, 12:30pm-3:00pm
\$5.00 members / \$8.00 non-members

You're Invited to Hillview's first-ever PJ Party! Hot Chicks in Cool Flannels Edition. Get ready to lounge in style! Join us for an unforgettable afternoon full of cozy vibes, hearty laughs, light refreshments, and pajama-perfect games. Slip into your favorite flannel pajamas and bring your best bedhead attitude — it's time to mingle, giggle, and relax among friends. Everyone welcome! Sign up at reception.

Beading with Brenda - Georgetown

Friday, October 24th at 12:30pm - 3:30pm
\$5.00 members / \$8.00 non members

Jewelry Making continues with our very own Brenda Marsh. Brenda will be demonstrating the art of making a beautiful, beaded bracelet. There will be a great variety of beads to choose from. All supplies will be provided. Limited space, sign up early at reception.

The Real Indiana Jones! An Archeology Presentation-Acton

Tuesday, October 28th at 1:00pm
\$1.00 Drop-in fee, Sign up at Reception Sept 23rd.

Join Sydney Durham for a fun and informative afternoon to hear what it is really like to be a archeologist! Sydney will explain the fundamentals of a dig, tools and techniques required, and share pictures and stories from her recent digs in the UK and Italy. Sydney Durham has her Masters in Classics, specializing in Roman Archeology.

Food Events

Corn Roast Fundraiser—Acton

Tuesday, September 2nd 6:00pm—8:00pm
\$15.00—tickets on sale starting August 5th.
Cut off is August 28th.

Celebrate the end of summer with a delicious corn roast. Meal includes two cobs of corn, your choice of a burger or sausage on a bun, dessert, and coffee/tea or water.
Extra Burger or Sausage for \$5 dollars

Ladies Breakfast—Acton

Tuesday, September 16th, 9:30am

\$10.00 members \$13.00 non-members
Tickets on sale August 12th. Cut off September 9th.

Menu: Scrambled eggs, Bacon, Sausages, Muffins, Home Fries and Yogurt with Tea, Coffee, and Juice.
Presentation: Michelle Bourdeau Manager of Environment and Climate talking about Fairy Lake.

Tuesday, October 14th 9:30am

\$10.00 members \$13.00 non members
Tickets on sale September 16th. Cut off October 7th.

Menu: Breakfast Bacon Casserole, Home Fries, Scones with Jam, and Yogurt with Tea, Coffee, and Juice.
Presentation: Matthew Galliford BIA

Men's Breakfast—Acton

Tuesday, September 30th, 9:30am

\$10.00 members \$13.00 non-members
Tickets on sale August 26th. Cut off September 23rd.

Menu: Scrambled eggs, Bacon, Sausages, Muffins, Home Fries and Yogurt with Tea, Coffee, and Juice.
Presentation: Laura Loney Manager of Heritage Planning

Tuesday, October 28th 9:30am

\$10.00 members \$13.00 non members
Tickets on sale September 30th. Cut off October 21st

Menu: : Breakfast Bacon Casserole, Home Fries, Scones with Jam, and Yogurt with Tea, Coffee, and Juice. Presentation: Maureen Van Ravens, Director of Transportation

Food For Life – Both

Location & Dates:

Acton – Thursdays & Friday
Georgetown – Tuesday & Thursday
(one grocery bag per person each day)

Welcome Back Lunch—Georgetown

Thursday, September 11th 12:00–1:00pm
\$2.00 (members only)

We've missed you—now let's kick off the season with some good eats and great company! Come by for a summer-inspired lunch featuring: Hot dogs, Corn on the cob and refreshing beverage. Come hungry, leave happy, and bring your sunny vibes! Sign up at reception before August 22nd.

Men's & Ladies Breakfast Georgetown

\$5.00 members/\$8.00 non-members

A hearty breakfast for all of our members to enjoy with some great camaraderie!
Please sign up and pay at reception.

Wednesday, September 24th – 9:00am

****NEW MENU TRIAL****

French Toast, sausage & hashbrowns

Wednesday, October 29th – 9:00am

Cut off; Friday, October 24th

Menu: Scrambled Eggs, Bacon, Sausage, Hashbrowns, Toast and Tea/Coffee.

Hillview Georgetown Breakfast Proudly
Sponsored by: **Halton Audiometric Centre**

Social Dinners—Acton

Tuesday, September 23rd 6:00pm—9:00pm

Tickets on sale August 12th, Cut off Sept 16th
\$25.00 Per Person, Sign up at Reception

Dinner will be catered by Tanners.
Menu: Pork Ribs, Green Beans, Mashed Potatoes and Dessert.
Entertainment: Norm Mason

Tuesday, October 21st 6:00pm–9:00pm

Tickets on sale September 23rd, Cut off Oct 14th
\$25.00 Per Person. Sign up at reception.

Festive Dinner will be catered by Swiss Chalet
Menu: Rotisserie Chicken, Stuffing, Baked Potatoes, Cranberry Sauce and Dessert.
Entertainment: DJ Elio

Spaghetti Dinner—Acton

Tuesday, October 7th 6:00pm—8:00pm
\$15.00 per person, tickets on sale September 9th

Cathy Forbes is making her famous spaghetti Sauce! Join us for a hearty meal of spaghetti, caesar salad, garlic bread and dessert. This is a meal you don't want to miss.

Free Counselling Services – Both Centre's



****GRANT EXTENDED ****

Therapy Sessions with a CMHA Registered Psychotherapist

Canadian Mental Health Association–Halton's counselling services has been extended, do to CMHA receiving additional funding. Single, private session service to support you.

When: CMHA– Halton will offer in-person one on one sessions once a month at our facilities in Acton & Georgetown. Appointments will be booked ahead of time, and are first come first served:

- Georgetown (second Thursday each month)
- Acton (third Friday each month)

Cost: There is no cost for this program.

Please call 289-291-5396 to book your personal appointment.

If monthly in-person days at each centre don't work for you, you may request the following:

- telephone or virtual appointment during any other day of the week. This option will require you to have a secure telephone and or internet connection, including a space where privacy can be maintained, or
- In-person appointment at CMHA's Oakville or Milton offices on Wednesday or Thursday. Plenty of free parking at both CMHA locations.

Acton Dates:

Friday, September 19th
Friday, October 17th
Friday, November 14th
Friday, December 19th

Georgetown Dates:

Thursday, September 11th
Thursday, October 9th
Thursday, November 13th
Thursday, December 11th

Travel Acton & Georgetown

Come visit the Travel Desk at Hillview Georgetown for all your day trip news!

Upcoming trips:

Misery

Wednesday, October 15th

Based on the acclaimed novel by Stephen King.
St. Jacob's Country Playhouse, Lunch at Anna Mae's Bakery & Restaurant

Agatha Christies's Witness for the Prosecution

Wednesday, November 21st

A Courtroom Whodunit.

Hamilton Family Theatre–Cambridge
Lunch at Fifty's Grill & Deli

*Your signature on the sign-up sheet is your commitment to pay for the trip.
Please pay at Travel Desk

Travel Desk Enquiries:

Florence Riehl–Convener (905) 873-0057
Monday–Friday 9:00am–1:00pm

Casino Trips—Acton & Georgetown

Join us for a fun day at the Fallsview Casino! Cost of the trip includes the bus and a \$35.00 voucher for the casino.

Photo ID needed on the day of the trip.

Check the travel desk for Casino Trip dates.

Casino dates for 2025

Tuesday, October 28

Acton sign – up starts Wednesday, Sept 24th 9am

Message of Kindness to all our members

Let's make everyone feel at home by extending a warm welcome to all of our members. Instead of saving a seat for a friend, why not invite a new member to join your group? It's a wonderful way to make new friends and share the joy of our vibrant community.

Remember, a smile and a friendly greeting can make someone's day. Let's embrace the spirit of kindness and inclusivity, and ensure everyone feels valued and appreciated.

Your Friends Are Waiting...

HILLSVIEW
Active Living Centre
Halton Hills • Acton

Open House Week!

Hillsview 50+ Seniors Centre-Acton

Monday Sept 22nd to Friday Sept 26th



FREE Try-it Drop-in Program Schedule for Non-Members

Monday Sept. 22nd 10:00am - Cribbage 10:00am - Darts 1:00pm - Carpet Bowling 1:00pm - Kings Corners	Tuesday Sept. 23rd 9:00am Core & Floor 10:00am - Chair Yoga 2:00pm - Trivia Afternoon	Wednesday Sept. 24th 9:30am - Balance & Stretch 10:30am -Dance Fitness 12:30am -Bid Euchre 1:00pm - Scrabble 1:00pm - Interactive Indigenous Drumming
Thursday Sept 25th 9:00am - Bone Builder 10:00am - Cribbage 10:00am - Euchre 10:30am - Diamond Dots and Crafts 1:00pm - Canasta 2:00pm—Line Dancing	Friday Sept. 26th 1:00pm - Bingo (\$4.00 for prize money)	Membership Only \$20 for remainder of 2025!

For More Information: 519-853-5951 415 Queen St E, east end of Acton Arena

Saturday Events



Saturday Bingo-Georgetown

Everyone is welcome to join in on the Saturday fun! We are open to the community, bring a friend and have some FUN!

1st package \$22.00

(Includes 5 early bird games, 8 regular games, 1 special game, and 1 Jackpot game)

2nd additional package \$10.00

15 games in total to play. PRIZES available include a Jackpot payout of \$150.00.

All games begin at 1:00pm

Next dates:

Saturday, September 6th

Saturday, October 4th

Saturday, November 1st

Saturday, December 6th

Saturday Afternoon Bingo-Acton

Looking for something to do on a Saturday? Large prize money up to \$175.00! Open to the community. 1st package \$20.00 2nd package \$10.00

5 early bird games

8 regular games

2 full card jackpot specials

Next dates:

Saturday, September 13th

Saturday, October 18th

Saturday, November 8th

Saturday, December 13th

All games begin at 2:00pm



Links2Wellbeing
social prescribing for older adults

Thank you to our partners at the Older Adult Centres' Association of Ontario, our Family Health Team and local professionals who have partnered with us to support our Links 2 Wellbeing social prescribing initiative.

What is Social Prescribing?

The purpose of Social Prescribing through Links2Wellbeing is to support older adults who may face negative health impacts from social isolation and a lack of or limited connections to social and recreational opportunities.

How do we do this?

A process through which family physicians and other primary healthcare providers can prescribe non-medical options for their patients (this is where the referral to our centres happens) as not all health and wellness needs are medical in nature!

Hillsview Centres contribute to:

Promote good overall mental health and wellbeing. Reduces isolation, enhances social inclusion and expands the older adult's network of peer support.

This helps your physician and medical team by:

Healthcare providers use their time more effectively by directing their patients to community resources that can address non-medical needs. Potentially fewer visits to hospital emergency. Barriers are reduced as older adults are empowered to identify their needs and values and to connect with what matters most to them. Refer a friend to your personal health practitioners so they can join our Hillsview Community!

Hillsview Active Living Centre would like your family physician as part of our team.

Are you willing to promote us at your next visit?

Please see staff for details.

Halton Hills Lecture Series

Barbara Adhiya: Hope by Terry Fox
Tuesday, September 9, 7:30 pm
John Elliott Theatre

Featuring excerpts from Terry's very own Marathon of Hope journal, Hope by Terry Fox shares the untold story of a well-known hero – the goofy, resilient, and courageous 21-year-old who rallied a nation behind his mission. After conducting over fifty interviews with people throughout Terry's life, editor Barbara Adhiya discovered how Terry was able to run a marathon a day. Through their stories, passages from Terry's marathon journal, and over 200 photos and documents, Hope by Terry Fox shows that with enough resilience, determination, humility, and support, ordinary people can do impossible things.

Barbara Adhiya is an editor and author based in Toronto. She was an editor at CP/AP and Reuters as well as a contributing author for Making It in High Heels 3: Innovators and Trailblazers and an editor for Expect Miracles by Dr. Joe Vitale.

Tickets for the Halton Hills Lecture Series are available through the John Elliott Theatre box office.

Hillsview Band–John Elliott Theatre

Saturday, September 27th 1:00pm–3:00pm

Culture Days runs from September 19th to October 12th, with many events throughout the Town of Halton Hills. See page 13 for events at Hillsview Georgetown and Hillsview Acton.

In addition our Hillsview Band will be playing at the John Elliott Theatre on September 27th.

Come enjoy some great tap toeing music!

Hillsview Band–Dominion Gardens

The band is also playing at Dominion Gardens on Sunday, September 14th from 3:00pm–5:00pm. Listen to the band playing in the gazebo, and stroll the beautiful gardens.

Book a Librarian - Both

Georgetown: Friday, Sept. 12th, 9:30am – 11:30am
Georgetown: Friday, Oct. 10th, 9:30am – 11:30 am

Acton: Wednesday, Sept. 17th, 2:00pm–3:30pm

Acton: Wednesday, Oct. 15th, 2:00pm–3:30pm

Sign up for your 30 minute session at reception.

One Book One Halton Hills

An Evening with David A. Robertson
Tuesday, October 7, 7:30 pm
John Elliott Theatre

Join us to welcome David A. Robertson to discuss his book, our One Book One Halton Hills 2025 selection, 52 Ways to Reconcile: How to Walk with Indigenous Peoples on the Path to Healing. David A. Robertson is a bestselling, award-winning author, a proud member of Norway House Cree Nation, and a powerful voice in Canadian literature.

52 Ways to Reconcile is a guide, a call to action, and a hopeful roadmap for how each of us can take small but meaningful steps toward reconciliation, one week at a time.

A book signing will follow the author talk.

Tickets are available through the John Elliott Theatre box office and the book is available to borrow or purchase at the library.

Brain Health Series

Brain Health & Dementia Risk Reduction
Wednesday, October 15, 6:30–7:30 pm
Studio, Georgetown Branch

Learn about risk factors for dementia and some ways to reduce your risk at the October session of the Brain Health Series presented by the Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton.

Visit the library website for full details and to register.

Programs

Foot & Hearing Clinic Information

Please call Foot Care & Hearing Clinics, directly for an appointment.

Georgetown Foot Clinics

Sole Heeling Foot Care

Deborah will be at Hillview Georgetown the 3rd Wednesday of every month. You still need to book your appointments directly with Deborah Corrado. **Call 416-518-1459.**

Fresh Steps Footcare Acton

Please call Alma at 519-830-5529 to book an appointment. 1st Tuesday of every month.

Halton Audiometric Centre

905-877-8828. FREE testing at Hillview Georgetown the first Friday of the month. Sign up at reception

North Halton Hearing Clinic

FREE testing at Hillview Acton Third Tuesday each month. Call Susan Baker at 289-891-8833

Alzheimer Society

Our Alzheimer Society team has created a website to support clients and community members. Alzheimer Society at Home features all the virtual, self-serve offerings that our staff created.

On the site, you will find downloadable links and printable activity kits (can be mailed out as well), Zoom workshops on topics like 'Dementia 101', accessible exercise videos and more. Please visit www.athome.alzhn.ca or share this link with anyone that you think may find this useful.

Grant Recognition

We would like to thank the following ministries for funds:



Employment and
Social Development Canada

Canada



Ontario
Ministry for Seniors
and Accessibility



Halton Hills Parkinson's Support Group

3rd Monday of the Month at Hillview Acton
10:30am - 12:00pm

Upcoming dates:

Monday, September 15th

Monday, October 20th

Monday, November 17th

In partnership with Parkinson's Canada for patients and their caregivers. Connect with others who have Parkinson's or other care givers of persons with Parkinson's. You are not alone.



Acclaim Health Dementia Support

Staff from Acclaim Health will be at each centre once per month for half hour one on one consultation sessions to answer questions or provide support to those living with dementia or their caregivers.

Some of the services they provide include Caregiver education and Caregiver Support. If you have questions about these or simply want to connect with a professional, please book a session. Sessions can be booked with Sophia Warkentin 905-827-8800 ext. 2417 or through email at swarkentin@acclaimhealth.ca

Hillview Georgetown has a Halton Hills Caregiver Support Group each month. Call Sophia for more information.

Website Resources —Did you Know?

The McMaster Optimal Aging Portal is a free website for older adults, caregivers of older adults, clinicians, public health professionals and policy makers to access evidence based information on aging?

Visit www.mcmasteroptimalaging.org

Steps to Justice your guide to Ontario law

www.stepsjustice.ca/legal-topic/housing-law/getting-legal-help-housing-law/

Programs

Lifemark Classes

Falls Prevention & Osteoporosis Program

Lifemark Wellness in partnership with Acclaim Health and Mississauga Halton Local Health Integration Network is offering FREE exercise classes.

Improve your strength, balance, endurance and improve your ability to perform activities around your home. Even reduce your risk of falling! Please register for a 12 week Falls Prevention program, just 1 hour 2 times per week.

Acton Schedule for Mon. & Fri.

Monday & Friday	
Falls Prevention:	1:00pm–2:00pm
Pump it Up:	2:00pm–3:00pm
Osteoporosis:	3:00pm–4:00pm

Georgetown Schedule

Thursday	Friday
12:30–1:30 pm Falls Prevention	9:00–10:00 am Falls Prevention
1:30–2:30 pm Osteoporosis	10:00–11:00 am Osteoporosis
2:30–3:30 pm Movement Matters	11:00–12:00 pm Movement Matters

You must register by calling 1-877-696-1620
Limited spaces available.

Wi-Fi at the Centres

While you are visiting the Centres, we have accessible Wi-Fi available. Signs are posted with directions to connect.

Georgetown

Network: Hillsview1

Password: hillsview

Acton

Network: ActonSeniorsCentre

Password: asrc5951

Transportation in Halton Hills

For ActiVan and TaxiScrip Program, you must register at either Centre or visit www.haltonhills.ca/50plus

ActiVan Program

ActiVan is a public transportation service operated by the Town of Halton Hills for those age 65+ or who have a disability.

You may travel anywhere within Halton Hills for any purpose, including trips between Acton and Georgetown.

Cross boundary trips locations available are:

- First Ontario Arts Centre, Milton
- Oakville Trafalgar Memorial Hospital, Oakville – shuttle service hours only Mon–Fri, arriving and departing at 8:30am, 12:00pm, 3:00pm and 4:30pm
- Mount Pleasant GO Station, Brampton
- Lisgar GO Station, Mississauga

For additional information about cross boundary trips, please call 905-702-6435.

Registered users can buy tickets at the Centre for \$40.00 a sheet. ActiVan runs 7 days per week from 7:00am–6:00pm. You must book ActiVan 48 hours in advance.

If you receive the Guaranteed Income Supplement (GIS) you may apply through the Region of Halton at 311 for the split pass. If eligible you will receive tickets at a reduced cost.

ActiVan phone number: 905-702-6435.

IMPORTANT:

If you see the ActiVan vehicle at the front door of the centre please **DO NOT PASS!** Just like a school bus, when the ActiVan ramp is out and people are entering or exiting the ActiVan, you MUST stop and wait. Passing the ActiVan is not permitted. Please keep everyone safe.

Taxiscrip Program

Taxiscrip allows ActiVan users to make a spontaneous travel decision. Rather than book in advance, you are able to use the Halton Hills Taxi Services.

Your Personal Safety

Safety—Georgetown Centre

Defibrillator

The Centre is equipped with a portable defibrillator unit which is mounted on the wall in the hall just outside of the lounge area. Staff are trained to ensure that their skills are kept current. If you are a volunteer and would like to take a defibrillator course, please let staff know.

In Case of Emergency

Please see staff immediately. Emergency cot, pillow and blanket are located in bench between main doors. First Aid kit is located in red bag on wall in main corridor. For medical emergencies call 911.

Fire Drills

As you enter any of the rooms at the Centre, please be aware of the nearest fire exit, pull station and fire extinguisher. If you hear the fire alarm, leave the building immediately, meet in the designated meeting area (left corner of parking lot between Centre & Swiss Chalet) and call 911.

Injury Report Forms

It is imperative that an injury form be filled out every time there is a personal injury, accident or incident at the Centre. If Staff are not in the Centre, please get a form from reception (forms kept at Reception desk), fill it out with all pertinent information and give completed form to staff.

Evacuation Plan

The plan is posted on the coatroom wall in the auditorium. Please familiarize yourself with all the emergency exits.

Making a 911 Call

When making a 911 call they will respond to life threatening calls first. This triage may cause a delay in some arrivals from paramedics.

Important Numbers

Canadian Mental Health

Please call: 1-877-693-4270

Crisis Line: 1-877-825-9011

Links2Care Phone Assurance Program

Isolated? Anxious? Need Support?

905-873-6502

Meals On Wheels (fee based)

905-873-6502

Distress Centre-Halton

24/7 Distress Line, TeleCheck

North Halton - 905-877-1211

Seniors Help Line

Monday to Friday, 11:00 am-2:00 pm:

1-866-457-8252

Safety—Acton Centre

Defibrillator

Directly outside the doors to the arena from the Centre on the wall is the defibrillator. You DO NOT have to have been trained in order to use it as the machine walks you through the process step by step.

Emergency Procedures

The Emergency Procedures and Fire Plan manuals are located with all the manuals on the shelf by the Reception telephone.

Fire Alarm

The pull-down fire alarm and fire extinguisher are located by the main doors, beside the coatroom. A second fire extinguisher is located in the lounge by the door to the arena.

First Aid

There is a red First Aid bag located on top of the safe in the lounge.

Injury Report Forms

It is imperative that an injury form be filled out every time there is a personal injury, accident or incident at the Centre. If staff are not in the Centre, please get a form from reception (forms kept in Reception binder), fill it out with all pertinent information and put form the Staff folder at Reception and notify Arena staff.

Evacuation Plan

The plan is posted on the wall directly above the fire extinguisher by the coatroom. Please familiarize yourself with all the emergency exits.

Making a 911 Call

When making a 911 call they will respond to life threatening calls first. This triage may cause a delay in some arrivals from paramedics.

Important Numbers Continued

Alzheimer's Society

Of Halton/Hamilton

For more information, please call: 289-837-2310

Acclaim Health

Hospice, bereavement support.

For more information, contact:

Program Coordinator at 1-800-387-7127 ext. 2417

Dementia Caregiver Support:

To book an appointment, please call Sophia Warkentin 905-827-8800 ext. 2417 or email:

swarkentin@acclaimhealth.ca

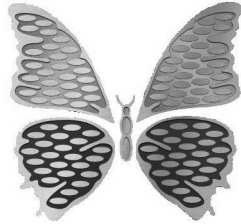
Care Help Line 1-833-416-2273

Opportunities for Giving

Why not pick a Hillsview Centre when donating or choosing a charity of choice?

GEORGETOWN Butterfly Wall

A wonderful gift to celebrate accomplishments, birthdays, and anniversaries for members, families and friends. One way to sustain the memory of a loved one who has passed is through the purchase of a plaque for our Butterfly Wall.



For a donation of \$300.00 or more, your loved one(s) who you wish to celebrate, will be prominently and permanently recognized on the donor "Wall of Honor", located in the main hallway area of the Centre. Their plaque will have their name and a personal message placed on it.

ACTON Tree of Hope

A wonderful way to celebrate the accomplishments, birthdays and/or anniversary of a special someone as well as to sustain the memory of a loved one who has passed, is through the purchase of a Tree of Hope leaf. Our new Tree of Hope has been completed and installed. The tree and the leaves were designed by local artist Doris Treleven. Leaves can be purchased for \$100.00 each.



Here Is how we reach our FUNDRAISING goal



WHY DO WE FUNDRAISE?

The Hillsview Active Living Centre's must support 25% of the Operating costs for each Centre.

"IT ALL COMES BACK TO YOU"

With this in mind, please consider supporting the Centres as your "Charity of Choice" throughout the year. Choices of memoriam available are through designating contributions in your or your loved ones obituary or possibly leaving your legacy gifts to the Centre. The Centre is a registered charitable organization, and all donations of \$20.00 or more, are eligible for a tax receipt.

Online Donating

Donate Once or Monthly on Our Centre Website

In just a few minutes, you can make a difference supporting the Hillsview Active Living Centres. Visit our website www.haltonhills.ca/50Plus then visit Get Involved, click Supporting the Centres, click the Orange Donate Now button at bottom of page.

Pay for your donation using your credit card.

Your tax receipt will be e-mailed to you right away and your donation will be delivered to the charity you chose right away. The first step is getting started today and make Hillsview Active Living Centre Georgetown or Acton your charity of choice. www.canadahelps.org

Town Recreation Programs

Recreation Financial Assistance for Hillsview and Town Programs

Seniors receiving the Guaranteed Income Supplement (GIS) are automatically eligible to receive a discount on programs. For details and to determine eligibility please contact Centre staff.

Register Online

Did you know you can register yourself online and still get the 25% discount? (applicable programs only). If interested, please talk to staff.

Drop-in Fee Option: Acton

There is a drop-in fee option for Active Living classes at Hillsview Acton. Please note: This is only available when classes are not already at capacity.

Members: \$8.80, Non-Members: \$11.70
Chair Yoga; Member \$9.00 Non \$12.05

NEW Cancellation Policy & Administration Fee

Early Withdrawal

When a registered participant withdraws **at least five (5) days before the program start date**, a refund will be issued less an early withdrawal fee of \$10 per program.

Late Withdrawal

When a registered participant withdraws **within four (4) days before the program start date and up to the 2nd session after the program starts**, a refund will be issued less a late withdrawal fee of \$25 per program PLUS any sessions that have occurred.

Withdrawal After the 2nd Session

When a registered participant withdraws from a program **after the 2nd session has occurred**, no refund is given.

WalkFit Pass

The indoor, self-guided WalkFit Pass provides access to walking at arenas in Acton and Georgetown, rain or shine! Conditions are always right for a walk in our climate-controlled facilities. Enjoy the safety and convenience of the WalkFit pass. For more information see Page 26.

Active Living Programmer

For more information on the Walk Fit Pass or any of the other Active Living programs, please contact Sandy Rahn, Recreation Programmer of Active Living at sandyr@haltonhills.ca or call (365)-355-7341.

Active Pass for Aqua Fitness

Why not try our new Active pass and try an Aquafit class? Passes are for adults 18+ and includes access to:

- Deep water
- Gentle aqua fitness
- Running H2O
- Shallow/deep water
- Water walking

Drop in to try a class, swipe your pass or book online to hold your spot in class.

No expiry

Flexible to attend at your convenience

10 class pass is \$63.00, 30 classes \$175.00

Inclement Weather and Facility Closure

The Hillsview Active Living Centre follows the Town of Halton Hills Inclement Weather Procedures.

The following will inform you as to when a closure of the centre has been implemented.

For information regarding **Hillsview Georgetown** closure, call 905-873-2600 ext. 2271. There will be a message on the phone reflecting the closure updates.

For information regarding **Hillsview Acton** closure, call 519-853-5951. There will be a message on the phone reflecting the closure updates.

To find out if your **Active Living program** is cancelled due to inclement weather, please call 905-873-2600 ext. 2708.

When possible a mass membership e-mail or phone call will be sent out to all our members. Please ensure that we have your e-mail address if applicable.

Please remember to always call the Centre first and ask about specific activities and programs.

YEAR-ROUND INDOOR WALKING



The Walk Fit program allows you to stay active and social by walking indoors at local facilities in Acton and Georgetown. Just \$37.29/year!

*Whatever the weather,
we walk together.*

For more information call Sandy at 365-355-7341 or visit our website: haltonhills.ca/passes

WalkFit
Active easy! **Pass**



TRY A DAY FOR FREE!

Visit an open house day!

SEPTEMBER

ACC: Tuesday Sept. 9, 10:20-11:20 a.m.
MSP: Tuesday Sept. 16, 10:15-11:15 a.m.
ACC: Tuesday Sept. 23, 10:20-11:20 a.m.
MSP: Tuesday Sept. 30, 10:15-11:15 a.m.

OCTOBER

ACC: Tuesday Oct. 7, 10:20-11:20 a.m.
MSP: Tuesday Oct. 14, 10:15-11:15 a.m.
ACC: Tuesday Oct. 21, 10:20-11:20 a.m.
MSP: Tuesday Oct. 28, 10:15-11:15 a.m.

For more info e-mail: sandyr@haltonhills.ca
ACC = Acton Arena & Community Centre
MSP = Mold-Masters SportsPlex Arena

Program	Day	Location	Time	Dates	Member	Non Member
Cardio & Strength	Mon	HVActon	9:00am - 9:50am	Sept 15 - Dec 8	\$105.26	\$140.35
Cardio & Strength	Mon	HVG'town	11:00am - 11:50am	Sept 15 - Dec 8	\$105.26	\$140.35
T.I.M.E.	Mon/Th	HVG'town	9:15am - 10:15am	Sept 15 - Nov 17	\$65.54	\$65.54
NEW Circuit Training	Mon	HVActon	12:30pm - 1:20pm	Sept 15 - Dec 8	\$105.26	\$140.35
Yoga Chair	Mon	HVG'town	9:00am - 9:50am	Sept 15 - Dec 8	\$108.31	\$144.41
Qi Gong	Mon	HVG'town	11:00am - 11:50am	Sept 15 - Dec 8	\$108.31	\$144.41
Easy Does It	Tue	HVG'town	9:00am - 9:50am	Sept 16 - Dec 2	\$105.26	\$140.35
Core & Floor	Tue	HVActon	9:00am - 9:50am	Sept 16 - Dec 2	\$105.26	\$140.35
Yoga Chair	Tue	HVActon	10:00am - 10:50am	Sept 16 - Dec 2	\$108.31	\$144.41
Line Dance	Tue	HVG'town	10:00am - 10:50am	Sept 16 - Dec 2	\$105.26	\$140.35
Intro to Line Dancing	Tue	HVG'town	11:00am - 11:50pm	Sept 16 - Dec 2	\$105.26	\$140.35
Balance & Stretch	Tue	HVG'town	12:00pm - 12:50pm	Sept 16 - Dec 2	\$105.26	\$140.35
Yoga Chair	Wed	HVG'town	9:00am - 9:50am	Sept 17 - Dec 3	\$108.31	\$144.41
Walk this Way (out/indoor)	Wed	GELLERT	9:00am - 9:50am	Sept 17 - Dec 3	\$40.68	\$40.68
Dance Fitness	Wed	HVG'town	9:00am - 9:50am	Sept 17 - Dec 3	\$105.26	\$140.35
Balance & Stretch	Wed	HVActon	9:30am - 10:20am	Sept 17 - Dec 3	\$105.26	\$140.35
Tai Chi (Ind/Adv) outdoor	Wed	GWPark	9:30am - 10:20am	Sept 17 - Oct 22	\$54.16	\$72.21
Tai Chi (Ind/Adv) indoor	Wed	HVG'town	10:00am - 10:50am	Oct 29 - Dec 3	\$54.16	\$72.21
Tai Chi	Wed	HVG'town	11:00am - 11:50am	Sept 17 - Dec 3	\$108.31	\$144.41
Dance Fitness	Wed	HVActon	10:30am - 11:20am	Sept 17 - Dec 3	\$105.26	\$140.35
Cardio & Strength	Thu	HVG'town	9:00am - 9:50am	Sept 18 - Dec 4	\$105.26	\$140.35
Bone Builder	Thu	HVActon	9:00am - 9:50am	Sept 18 - Dec 4	\$105.26	\$140.35
Bone Builder	Thu	HVG'town	10:00am - 10:50am	Sept 18 - Dec 4	\$105.26	\$140.35
Bone Builder	Thu	HVG'town	11:00am - 11:50am	Sept 18 - Dec 4	\$105.26	\$140.35
Walk & Talk	Thu	Gellert Path	11:00am - 11:50am	Sept 18 - Nov 6	\$27.12	\$27.12
Core & Floor	Thu	HVG'town	12:00pm - 12:50pm	Sept 18 - Dec 4	\$105.26	\$140.35
NEW Circuit Training	Thu	HVActon	12:30pm - 1:20pm	Sept 18 - Dec 4	\$105.26	\$140.35
NEW Mindful Meditation	Fri	*ACC	10:00am - 10:50am	Sept 19 - Dec 5	\$105.26	\$140.35

Fall Registration is Tuesday, August 26th at 7:00am

Balance & Stretch

Balance is a key component of everyday movement and falls prevention. Join us for a class dedicated to stationary and functional balance along with seated core work and stretch.

New* Circuit Training

Circuit training is a dynamic and effective way to enhance fitness. This class will focus on aerobic and strength exercises in a circuit style to build heart health. Participants will go through a series of exercise stations that target different muscle groups for an optimal full body workout.

NEW* Mindful Meditation

This class will focus on breathing and mindfulness meditation with yogic breathing and relaxation practices. The class will include simple body movements done in a chair to open the major joints and relax muscles

See next page for additional Active Living descriptions.

*ACC Acton Community Centre

Active Living Programming Continued

Easy Does It

This one hour class offers a gentle combination of chair exercises, walking, stretching and circulatory exercise—all set to great music. Put pep in your step and be prepared to have lots of fun. Great for the body and mind.

Walk This Way

Can you really walk your way to fitness? You bet! Physical Activity doesn't have to be complicated to be beneficial. Lace up your sneakers and join this instructor led program for a moderate paced cardio pumping walk that's good for your muscles , your mind, and your mood!

Bone Builder

A group resistance training class focusing on exercises to strengthen the spine and hips for those with osteoporosis or at risk. Postural and balance training is also included for fall prevention.

Cardio & Strength

Pump up your heart & muscles! This class was designed to address areas of functional fitness including strength, 20 minutes cardiovascular conditioning/stamina, flexibility, and balance. A variety of instructors will guide you through this class.

Tai Chi and Tai Chi (Int/Adv)

Tai Chi involves learning a sequence of slow graceful movements which may improve circulation, coordination balance and concentration. 2 T'ai Chi classes available; Int/Adv for the more seasoned participant and T'ai Chi for anyone wanting to try it.

Qi Gong

This is a form of Chinese exercise involving the practice of aligning breath, movement and awareness for exercise, healing and meditation. Coordinated gentle rhythmic breathing is performed with slow repetition of fluid movement, to create a calm mindful state.

Line Dance/Intro to Line Dance

In this class you will learn dances to a variety of music. Two line dances classes are available. Line Dance for more seasoned participants and Intro to Line Dance for anyone wanting to try it. No partner required. Wear soft-soled shoes.

Dance Fitness

Love to dance? Then you will love DANCE FITNESS! Dance frees the body, enlivens the spirit, and strengthens the sole. This program combines different dance styles that are easy to follow and fun to do. Get strong and have fun while doing it.

Walk & Talk

Join others in walking once a week on a variety of local trails and paths in Acton and Georgetown. Walk & Talk is designed for light/moderate activity with walks lasting approx. 1 hr.

Walkfit

Interested in a self guided walking program for the winter or a program that specializes in mobility challenges (see page 29)

TIME (Together In Movement and Exercise)

TIME is an exercise program for people who have balance and mobility challenges resulting from conditions such as stroke, multiple sclerosis, acquired brain injury, or are recuperating from a hospital stay. Days: Monday & Thursday (9 week sessions) Offered: Fall, Winter, Spring Completed Referral form required for participation. Please call 905-873-2601 ext. 2360 for more information.

Yoga Chair

Chair yoga is a gentle form of yoga that is practiced sitting in a chair and standing using a chair for support. Many traditional yoga poses are modified to make yoga more accessible. The focus is on building strength & flexibility and improving balance.

Core & Floor

Designed to strengthen the core (abdominals & back) while also improving posture & gluteal strength, this class lays the foundation for safe movement and a strong body. Learn safe and effective ways for getting down and up from the floor—an important life skill. Feel and see the benefits when performing daily activities such as gardening or pickleball. Please bring a towel, a mat will be provided as most exercises are in the laying down position.



WALK IN , NO APPOINTMENT REQUIRED

DON'T HAVE A FAMILY DOCTOR OR NURSE PRACTITIONER?

VISIT OUR DROP-IN CLINIC TODAY!

HILLSVIEW ACTIVE LIVING CENTRE
9-318 GUELPH STREET, GEORGETOWN

WEDNESDAYS FROM 1 - 3 PM

Free assessments and treatment in:

Physical health

Mental health

Substance use and addictions

Support with social needs, such as peer support, service navigation, and ID is also available.

NO HEALTH CARD NEEDED



CHC@SupportHouse.ca



1-833-845-WELL (9355) x222



SupportHouse.ca/CHC

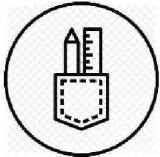
Scan to
learn more!





***No Tools? No Time? Honey-Do list out of control?
I'm here to help!***

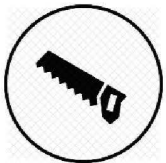
- ✓ Smaller Household Repairs (*I fix stuff!*)
- ✓ Seasonal Tire Changes



Bob Marsh

Grmpafix@gmail.com

289-839-9364



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FAMILY OWNED & OPERATED

**SERVING HALTON HILLS & BRAMPTON
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**INSTALLATION, REPAIRS, REMODELLING,
DRAIN CLEANING, BACKFLOW SPECIALIST**

FRIENDLY RELIABLE FAIR PRICING

**"SOLVING OUR COMMUNITY'S
PLUMBING PROBLEMS FOR
OVER 35 YEARS."**

905-873-8497 905-452-8544



MOUNTAINVIEW CARE WING

"Family Caring. Caring for Life"



Mountainview Care Wing is an extension of Mountainview Residence. It provides extra health services to seniors with progressive illnesses such as Alzheimer's/ Dementia and physical impairments. With 24 units and a higher staff ratio, health care is personal and specialized, all within a cozy home environment .

Care Wing Services Include:

- 12 Private Memory Care beds and 12 Private Assisted Living beds
- 24/7 nursing staff
- Medication management and administration
- Activity programs catered to seniors
- Regular fitness program including physiotherapy
- Three home-cooked meals prepared by our culinary team
- Daily snacks and refreshments
- Complete housecleaning and personal laundry



FULL-SERVICE RETIREMENT HOME

905-877-1800

222 Mountainview Road North, Georgetown

www.mountainviewresidence.com





MOUNTAINVIEW RESIDENCE

Independent Supported Living

You've worked hard to enjoy retirement, now it's our pleasure to make this the best time of your life in a family, friendly atmosphere.



Along with personal care and services to support independence. Our residents share full service meals in our updated dining room.

**In-house physiotherapy team, Aqua-Fit and gentle chair yoga.
On site activities include multiple movie nights weekly,
various card games (for the novice and the experienced),
ice cream days, pet therapy.**

SERVICES INCLUDED

- Around the clock professional staff
- In-house physiotherapy
- Medication supervision & treatments
- Daily light & weekly full housekeeping
- Personal & room laundry
- Home-style meals & snacks
- Full-time activities coordinator

AMENITIES & SPECIAL FEATURES

- 5.66 acre park-like landscaped property
- French provincial cafe
- Theatre/Chapel lounge
- Sun room lounges
- Fireplace lounge
- Tuck shop
- Games & crafts room
- Internet & library lounge
- Intimate family dining room
- Planned outings with transportation
- Individually controlled heating & cooling
- Spacious private suites



FULL-SERVICE RETIREMENT HOME

905-877-1800

222 Mountainview Road North, Georgetown

www.mountainviewresidence.com



NOW SELLING



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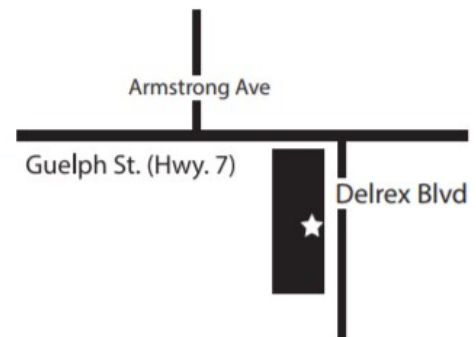
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