

HILLSVIEW

Active Living Centre

50+ Senior Centre in Acton & Georgetown

September/October 2026



www.haltonhills.ca/50plus

Hillview Acton

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

Hillview Georgetown

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

Hours of Operation Monday to Friday, 9 am to 4pm

Closures: (HVG only–August 31–September 4) Both September 7th, October 12th





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](https://amica.ca/georgetown)

Rental Information

For Hillview 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.



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



Visual Arts Room



Auditorium



Community Hall



Ashley Oaks RETIREMENT RESIDENCE

- Private Suites
- Scenic Surroundings
- Fine Dining
- Daily Activities
- Trained Staff
- Community & Companionship
- Safety & Security

A Place to Thrive!

Experience a lifestyle that celebrates the best years of your life, in a place that truly feels like home. This residence features lots of open spaces to mingle and enjoy a vibrant retirement lifestyle.



 info@ashleyoaksretirement.com

 www.ashleyoaksretirement.com

 **905-455-5163**

Staff and Volunteers

2026/27 Acton Board of Directors



Top Row: Joyce Farmer, Director; Mark Spill, Director; Janine Vickers, Treasurer; Julie Pauletig, Vice President.

Bottom Row: Susan Seeds, Secretary; Beth Wingfield, Director, Mary McGregor, President; Dora Jeffries, Past President.

Absent: Darryl Campbell, Director
Council Liaison: Clark Somerville



2026-2027 Georgetown Board of Directors



Back row: Joy Courey-Director; Darlene Huntley-Director; Bob Inglis-Council Liaison; Mark Northeast-Director; Terry McLean-Director; Brenda Marsh-Director; Bobbi Szlachta-Past-President

Front row: Gigi Que-Treasurer; Wendy Cotton-Vice President; Deb Smith-President; Kyra Kristensen-Irvine-Secretary.



Left to Right: Michelle Durham, Recreation Supervisor; Matas Boulton, Recreation Programmer



Left to Right: Kyrstin Barkley, Active Living Programmer; Stephanie Barrington, Recreation Coordinator; Sandy Rahn, Active Living Programmer



Front: Cindy Bodrug, Recreation Programmer
Back: Kathleen Dennis, Volunteer Coordinator; Heather Beaumont, Recreation Supervisor; Kim Hammond, Recreation Programmer

Special thank you to:



Links2Wellbeing
social prescribing for older adults

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
	Book Club (Last Monday of the month)	Lounge	1:00pm-2:00pm	\$1.00
	LifeMark Exercise 1-877-696-1620	Hall AB	1:00pm-4:00pm	Free
	Shuffleboard	Full Hall	4:15pm-6:00pm	\$1.00
Tuesday	Movie Matinee (Select Tuesdays)	Hall AB	10:00am -12:00pm	\$1.00
	Hearing Clinic (3rd Tuesday)	H/W	10:00am-12:00pm	n/a
	Mexican Train Dominoes	H/W	10:00am-12:00pm	\$1.00
	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
	Trivia (Last Tuesday)	Hall	1:00pm - 3:00pm	\$2.00
Wednesday	Reiki and Reflexology (Select Wed)	M/P	10:00am-2:00pm	\$15/\$20
	Coffee Connections	H/W	10:00am-12:00pm	\$2.00
	Lunch	Hall A	12:00pm-1:00pm	\$8.00
	Bid Euchre	Hall B	12:00pm-3:30pm	\$1.00
	Who Done It	H/W	1:00pm-2:30pm	\$1.00
	Art Group (bring your art to work on)	Hall A	1:30pm-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	9:30am-12:30pm	\$1.00
	Food For Life	Lounge	10:30am & 1:30pm	Free
	Diamond Dots	Hall A	10:00am-12:00pm	\$1.00
	Gab and Stitch	Hall A	10:00am-12:00pm	\$1.00
	Canasta	H/W	1:00pm-3:30pm	\$1.00
	Social Line Dancing	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
	Food For Life	Lounge	2:00pm	Free
Saturday /Sunday	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 (subject to change)

Day	Activity	Room	Time	Fee
Monday	Woodcarving	HALL	9:00am	\$2.00
	Bridge	LIB	9:00am	\$2.00
	NEW Friendship HUB	BR	9:30am	see Pg 18
	Reiki (1st and 3rd Monday)	HW	Appointment	\$2.00 +exchange
	Bid Euchre	VAR	1:00pm	\$2.00
	Mah Jong	LIB	1:00pm	\$2.00
	BINGO -1st & 3rd Monday of month	AUD	1:00pm	\$6.00 (unlimited)
	Evening Darts	GR	5:00pm	\$2.00/M \$4.00 NM
	Cribbage	VAR	6:30pm	\$2.00/M \$4.00 NM
Tuesday	Everything Crafts	RR	9:00am	Donation
	Food For Life	LS	10:00am	Free
	Book Club (Last Tuesday)	VA	10:00am	\$2.00
	Ping Pong/Table Tennis	GR	11:00am	\$2.00
	Scrapbooking/Diamond Dots	RR	12:30pm	\$2.00
	Bid Euchre	VAR	6:30pm	\$2.00/M \$4.00 NM
	Therapy Dog Visits (Last Tuesday)	CENTRE		
Wednesday	Pause Cafe	BR	10:00am	\$2.00
	Mingle & Chat	VAR	10:00am	\$2.00
	Darts	GR	10:00am	\$2.00
	Camera Club (Last Wednesday)	LIB	10:00am	\$2.00
	Rug Hooking	LS	10:00am	\$2.00
	Euchre	AUD	1:00pm	\$2.00
	Art Group	VAR	1:00pm	\$2.00
	Computer Club	BR	1:00pm	\$2.00
	Mah Jong	LIB	12:30pm	\$2.00
	Drop in Tai Chi	AUD	5:00-7:00pm	\$2.00/M \$4.00 NM
	Foot Clinic (3rd Wednesday of month)	BR	416-518-1459	Fee Applies
Thursday	Band Practice (9:00 set up, 10:00 practice)	VAR	9:00am	\$2.00
	Mah Jong	LIB	9:30am	\$2.00
	Food for Life	HALL	10:00am	Free
	Lifemark (call 1-877-696-1620)	RR	12:30pm	N/C (pre-register)
	Darts	GR	1:00pm	\$2.00
	Cribbage	VAR	1:00pm	\$2.00
	Bid Euchre	VAR	6:30pm	\$2.00/m \$4.00 NM
Friday	Carpet Bowling	AUD	9:30am	\$2.00
	Everything Crafts	LIB	9:00am	Donation
	LifeMark (call 1-877-696-1620)	GR	9:00am	N/C (pre-register)
	Drop-In Tai Chi	RR/LS	9:00am	\$2.00
	Genealogy	BR	10:00am	\$2.00
	Chess	GR	12:00pm	\$2.00
	Duplicate Bridge	AUD	12:30pm	\$2.00
	Reflexology (2nd & 4th Friday each month)	HW	12:00-3:00pm	\$2.00 + exchange
	Hearing Clinic (1st Friday each month)	BR	Appointment	Free
Monday to Friday	Travel Desk	HALL	9:00am-1:00pm	TBD
	Billiards	GR	Drop in	\$2.00
Saturday	Bingo (1x per month-Large Jackpot)	AUD	1:00pm-3:00pm	

How to Vote in the 2026 Municipal Election

VOTING ONLINE: Online voting is from **Friday, October 9 at 9 a.m.** until **Saturday, October 24 at 11:59 p.m.** To vote online, you must first opt-in.

Visit **Vote2026.haltonhills.ca** between **Tuesday, September 1** at 9 a.m. and **Saturday, October 24** at 6 p.m. to register for online voting.



- ✓ Once your opt-in request has been approved by the Election Administrator, you will receive a confirmation email containing your unique voting PIN.
- ✓ Use your PIN and Date of Birth (DOB) to log in and cast your vote.

VOTING IN-PERSON: Election Day is **Monday, October 26, 2026** from **10 a.m.** until **8 p.m.** You **MUST** vote at your Ward specific voting location. Voters at the incorrect voting location will be redirected.

FIND YOUR WARD



WARD 1 ACTON ARENA 415 Queen Street East, Acton ACTON LEGION BRANCH 197 15 Wright Avenue, Acton	WARD 2 GEORGETOWN CHRISTIAN FELLOWSHIP 13619 Hwy 7, Georgetown ST. ALBAN'S ANGLICAN CHURCH 537 Main Street, Glen Williams STEWARTTOWN MIDDLE SCHOOL 13068 15 Side Road, Georgetown
WARD 3 HALTON HILLS CHRISTIAN SCHOOL 11643 Trafalgar Road, Georgetown HALTON HILLS PUBLIC LIBRARY 9 Church Street, Georgetown MAPLE AVENUE BAPTIST CHURCH 177 Maple Avenue, Georgetown	WARD 4 GELLERT COMMUNITY CENTRE 10241 Eighth Line, Georgetown HOLY CROSS PARISH 14400 Argyll Road, Georgetown ST. ANDREWS UNITED CHURCH 89 Mountainview Road South, Georgetown



IMPORTANT: Please bring your government-issued ID to the voting location. Visit **haltonhills.ca/election** for acceptable ID documents.

To vote in the Halton Hills Municipal Election, you must be a Canadian citizen, at least 18 years old, a resident, property owner, or tenant in Halton Hills, and not prohibited from voting under the Municipal Elections Act. You may only vote once and must vote where you reside.

Need to be added to the voters list? Not sure which Ward you reside in?
Call **905-873-2600 ext. 2350** or Visit **haltonhills.ca/election**

September 2026

Program	Dates	Location	Time	Page Info
Georgetown Facility Closure	Tues, September 1-4	Georgetown	9:00am-4:00pm	Pg 27
Birthday Tea	Tuesday, September 1	Acton	1:30pm-3:00pm	By Invite
Tuesday Movie: Sheep Detectives	Tuesday, September 8	Acton	10:00am-12:00pm	Pg 17
Indigenous Beading Workshop	Tuesday, September 8	Acton	12:30pm-3:30pm	Pg 13
Bennett Centre Expansion	Tuesday, September 8	Georgetown	2:00pm-3:30pm	Pg 14
Cards with Brenda	Tuesday, September 8	Georgetown	1:00pm-3:30pm	Pg 17
Corn Roast	Tuesday, September 8	Acton	6:00pm-8:00pm	Pg 19
Welcome Back Lunch	Wednesday, September 9	Georgetown	11:00am-12:00pm	Pg 19
CMHA Counselling	Thursday, September 10	Georgetown	By Appointment	Pg 21
Reverse Mortgage Lunch & Learn	Thursday, September 10	Georgetown	11:30am-1:00pm	Pg 13
FREE Hearing Clinic	Friday, September 11	Georgetown	By Appointment	Pg 7
Reflexology	Friday, September 11	Georgetown	By Appointment	Pg 15
An Introduction to Mindfulness	Fridays, Sept 11 - Oct 16	Acton	10:00am-11:30am	Pg 18
Saturday Bingo	Saturday, September 12	Acton	2:00pm-4:00pm	Pg 22
Building Resilience (6 weeks)	Monday Sept. 14-Oct. 26	Georgetown	9:30am-11:30am	Pg 14
Wellness Workshop: MOVE	Monday, September 14	Georgetown	1:30pm-3:00pm	Pg 13
Ladies Breakfast	Tuesday, September 15	Acton	9:30am-11:00am	Pg 19
New Member Social	Tuesday, September 15	Georgetown	10:00am-11:30am	Pg 14
Bennet Village Lunch & Learn	Tuesday, September 15	Acton	12:30pm-3:00pm	Pg 13
Computers with Greg: Email Plus	Tuesday, September 15	Georgetown	1:30pm-3:00pm	Pg 16
Free Hearing Clinic	Tuesday, September 15	Acton	By Appointment	Pg 26
Reiki / Reflexology	Wednesday, September 16	Acton	10:00am-2:00pm	Pg 15
Policing in Remote & Indigenous Communities	Wednesday, September 16	Georgetown	10:00am-11:00am	Pg 12
Book a Librarian	Thursday, September 17	Georgetown	By Appointment	Pg 23
CMHA Counselling	Friday, September 18	Acton	By Appointment	Pg 21
Hillview Band: John Elliot Theatre	Friday, September 18	9 Church St	6:30pm-8:30pm	Pg 17
Saturday BINGO	Saturday, September 19	Georgetown	1:00pm-3:30pm	Pg 22
Parkinson's Support Group	Monday, September 21	Acton	10:30am-12:00pm	Pg 26
BINGO PRE Order Lunch	Monday, September 21	Georgetown	12:00 delivery	Pg 19
Monday BINGO	Monday, September 21	Georgetown	1:00pm-3:30pm	Pg 7

September 2026 continued

Program	Dates	Location	Time	Page Info
Reiki	Monday, September 21	Georgetown	By Appointment	Pg 15
Remote and Indigenous Policing	Tuesday, September 22	Acton	10:30am-12:00pm	Pg 12
Emergency Preparedness Pres	Tuesday, September 22	Acton	1:00pm-2:30pm	Pg 16
Drumming & Indigenous Teaching	Tuesday, September 22	Georgetown	2:00pm-3:30pm	Pg 12
Social Dinner	Tuesday, September 22	Acton	6:00pm-9:00pm	Pg 17
Reflexology	Wednesday, September 23	Acton	10:00am-2:00pm	Pg 15
Historic Acton Walk	Thursday, September 24	Acton	10:00am-11:00am	Pg 18
Reflexology	Friday, September 25	Georgetown	By Appointment	Pg 15
Artist within YOU: Sketching Class	Friday, September 25	Georgetown	1:00pm-3:00pm	Pg 16
Book & Puzzle Sale	Saturday, September 26	Acton	9:00am-2:00pm	Pg 20
Euchre Tournament	Saturday, September 26	Georgetown	1:00pm-3:30pm	Pg 20
World Food Tour – China	Monday, September 28	Acton	10:30am-12:00pm	Pg 19
Moccasin Identifier	Monday, September 28	Georgetown	1:30pm-3:00pm	Pg 12
Men's Breakfast	Tuesday September 29	Acton	9:30am-11:00am	Pg 19
Afternoon Trivia	Tuesday, September 29	Acton	1:00pm-3:00pm	Pg 18
Bollywood Dance Instruction	Tuesday, September 29	Georgetown	2:00pm-3:30pm	Pg 18
Spaghetti Dinner	Tuesday, September 29	Acton	6:00pm-7:30pm	Pg 19
Men's & Womens breakfast	Wednesday, September 30	Georgetown	9:00am	Pg 19
MOVIE: WaaPaKe	Wednesday, September 30	Georgetown	1:30pm-3:00pm	Pg 12
Truth & Reconciliation Art Project	Wednesday, September 30	Acton	9:00am-3:00pm	Pg 12
Reflexology	Wednesday, September 30	Acton	10:00am-2:00pm	Pg 15
Card Making Workshop	Wednesday, September 30	Acton	1:00pm-3:00pm	Pg 17

October 2026

Program	Dates	Location	Time	Page Info
Designing for Aging in Place	Thursday, October 1	Georgetown	10:00am-11:30am	Pg 15
Saturday BINGO	Saturday, October 3	Georgetown	1:00pm-3:30pm	Pg 22
Euchre Tournament	Sunday, October 4	Acton	12:00pm-5:00pm	Pg 20
Monday BINGO	Monday, October 5	Georgetown	1:00pm-3:30pm	Pg 7
Reiki	Monday, October 5	Georgetown	By Appointment	Pg 15
Diet for the Brain: Alzheimer Society	Monday, October 5	Georgetown	10:00am-12:00pm	Pg 16
Music Bingo	Monday, October 5	Acton	12:30pm-2:00pm	Pg 15

October 2026 continued

Program	Dates	Location	Time	Page Info
Water Colour Workshop (3 weeks)	Tuesday, October 6-20	Georgetown	10:00am-1:00pm	Pg 17
Bone Density Lunch & Learn	Tuesday, October 6	Acton	12:30pm - 2:00pm	Pg 15
Reflexology	Wednesday, October 7	Acton	10:00am-2:00pm	Pg 15
Book a Librarian	Thursday, October 8	Georgetown	By Appointment	Pg 24
CMHA Counselling	Thursday, October 8	Georgetown	By Appointment	Pg 21
IZZA Art Studio Natural Dye: T-shirt	Friday, October 9	Georgetown	1:00pm-3:30pm	Pg 17
Reflexology	Friday, October 9	Georgetown	By Appointment	Pg 15
Branch Out to WIN: Fundraiser	Tuesday October 13-30	Georgetown	9:00am-4:00pm	Pg 20
Ladies Breakfast	Tuesday, October 13	Acton	9:30am-11:00am	Pg 19
Infection Control Presentation	Tuesday, October 13	Acton	1:00pm-2:30pm	Pg 14
CMHA Counselling	Friday, October 16	Acton	By Appointment	Pg 21
Karaoke Night	Friday, October 16	Acton	6:30pm-9:30pm	Pg 18
Cribbage Tournament	Saturday, October 17	Georgetown	1:00pm-4:00pm	Pg 20
Saturday Bingo	Saturday, October 17	Acton	2:00pm-4:00pm	Pg 22
Parkinson's Support Group	Monday, October 19	Acton	10:30am-12:00pm	Pg 25
Pre-Order Lunch	Monday, October 19	Georgetown	12:00 delivery	Pg 19
Monday BINGO	Monday, October 19	Georgetown	1:00pm-3:30pm	Pg 7
Reiki	Monday, October 19	Georgetown	By Appointment	Pg 15
Free Hearing Clinic	Tuesday, October 20	Acton	By Appointment	Pg 26
Tuesday Movie-Devil Wears Prada 2	Tuesday, October 20	Acton	10:00am-12:00pm	Pg 17
Active Living: Pelvic Health Talk	Tuesday, October 20	Georgetown	2:00pm-3:30pm	Pg 15
Trivia Afternoon	Tuesday, October 20	Acton	1:00pm-3:00pm	Pg 18
Reiki / Reflexology	Wednesday, October 21	Acton	10:00am-2:00pm	Pg 15
Computers with Greg: Virus Safety	Thursday, October 22	Georgetown	10:00am-12:00	Pg 16
Reflexology	Friday, October 23	Georgetown	By Appointment	Pg 15
GENESIS: Medication Safety	Monday, October 26	Georgetown	1:30pm-3:00pm	Pg 14
Casino Trip	Tuesday, October 27	Both	All Day	Pg 21
Men's Breakfast	Tuesday, October 27	Acton	9:30am-11:00am	Pg 19
Fashion Show	Tuesday, October 27	Acton	1:00pm-2:30pm	Pg 18
Social Dinner	Tuesday, October 27	Acton	6:00pm-9:00pm	Pg 17
Reflexology	Wednesday, October 28	Acton	10:00am-2:00pm	Pg 15
Men's & Womens Breakfast	Wednesday, October 28	Georgetown	9:00am	Pg 19

Truth & Reconciliation

Policing in Remote and Indigenous Communities-BOTH

Georgetown: Wednesday, September 16th

10:00am-11:00am

\$2.00 drop in fee, sign up at reception

Acton: Tuesday, September 22nd

10:30am - 12:00pm

\$1.00 drop in fee, sign up starts August 18th

Join Constable Wentzell as he shares his unique experience participating in a two-week officer exchange program between Halton Regional Police Service and the Nishnawbe Aski Police Service (NAPS). During his time in the remote community of Fort Albany First Nation, Constable Wentzell worked alongside NAPS officers, gaining valuable insight into the challenges, rewards, and realities of policing in Northern Ontario.

Discover how policing a remote Indigenous community differs from urban policing and learn about the strong partnerships, resilience, and sense of community that define life in the North. This is a fascinating opportunity to gain a deeper understanding of an often-unseen side of Canadian policing.

Interactive Drumming & Indigenous Teaching-Georgetown

Tuesday, September 22nd, 2:00pm-3:30pm

FREE-Culture Days Event

The Hillview Active Living Centre-Georgetown is honoured to welcome the Four Colours Drum Circle. This Indigenous-led group shares traditional teachings, and interactive drumming to connect residents with the land.

Join us for an interactive drumming session, and teachings on the Seven Grandfathers and Indigenous history. This valuable learning opportunity is open to all.

Register at reception.

Moccasin Identifier-Georgetown

Monday, September 28th, 1:30pm-3:00pm

FREE-Culture Days Event

As part of our Culture Days Events, our Halton Hills Public Library will be here to lead this workshop. Experience an activity that weaves Canada's Treaty history into our nation's fabric. Using Indigenous moccasins as a powerful symbol, this event invites you to connect with the land and shared stories that shape our country. Together, we'll use Moccasin Identifier™ stencils throughout the library to honor our collective Treaty responsibilities. Sign up at reception.

WaaPaKe-Georgetown

Wednesday, September 30th,

1:30pm-3:00pm \$2.00 drop in fee



In honour of the National Day Truth & Reconciliation, experience WaaPaKe (Tomorrow), a deeply personal documentary by Dr. Jules Arita Koostachin that sheds light on the lasting impact of residential schools on Indigenous families and communities. This powerful film moves beyond intergenerational trauma, inviting viewers to break the silence and come together in collective healing, freedom, and strength.

Truth & Reconciliation Community Art Activity-Acton

Wednesday, September 30th

9:00am - 3:00pm

Join us on September 30 as we come together to create a community art piece in honour of the National Day for Truth and Reconciliation. Add your handprint in shades of orange to a collaborative canvas and help create a powerful visual reminder that Every Child Matters.

While you're here, learn more about the significance of the day, the history of residential schools, and the importance of reconciliation. Everyone is welcome to participate and be part of this meaningful community project.

Truth & Reconciliation Workshops

Indigenous Beading Workshop Acton

Tuesday, September 8th at 12:30pm – 3:30pm
\$2.00pp. Tickets on sale August 11th

Join Indigenous artist Kristin Tyrer for an engaging and creative beading workshop.

Participants will design and create their own beautiful pair of beaded earrings while learning fundamental beadwork techniques and exploring the rich traditions of Indigenous beadwork in Canada. Customize your colours and design to create a unique piece to take home, while gaining an appreciation for the artistry and cultural significance of this beautiful craft.



Workshops

What is a CHIP Reverse Mortgage? Lunch & Learn–Georgetown

Thursday, September 10th, 11:30am–1:00pm
\$2.00 drop in fee (includes lunch)

A relaxed, plain-language session for homeowners 55 and older. No sales pitch, just clear answers.

Topics covered:

- The four ways to access home equity: downsizing, HELOC, refinance, and reverse mortgage
- How a reverse mortgage actually works: no monthly payments, tax-free funds, you keep your home
- The honest part: the situations where a reverse mortgage is the wrong choice
- What it really costs over time, with a clear real dollar example
- How the decision affects your family and estate
- Time for your questions, answered plainly

Workshop led by Kat Brazier Mortgage Agent & Deanna Lipp from HomeEquity Bank. They are bringing sandwiches and refreshments to enjoy during the workshop.

Sign up at reception.

MOVE: Movement, Injury Prevention and Overall Wellness–Georgetown

Monday, September 14th, 1:30pm–3:00pm
\$2.00 drop in fee

Join us for an informative and interactive workshop with Dr. Kathy from Move Activity & Motion Clinic. Staying active is one of the best ways to maintain independence and quality of life, but doing so safely is equally important. In this session, participants will learn practical strategies to help prevent injuries, improve balance and mobility, reduce fall risk, and move with greater confidence in their everyday activities. Topics will include:

- Fall prevention and safety tips
- Improving balance, strength, and mobility
- Safe movement for daily activities
- Recognizing early signs of injury
- Simple strategies to stay active and independent

Whether you're already active or looking for ways to move more confidently, this workshop will provide valuable information and practical takeaways to support healthy aging. Sign up and pay at Reception.

Bennett Village Lunch & Learn Acton

Tuesday, September 15th at 12:30pm–3:00pm
\$2.00pp grant subsidized. Tickets on sale Aug 17th
Menu: Pasta, Salad, & Dessert.

Come learn about Bennett Village, Halton Hills' only not-for-profit long-term care home, and The Gallery, our vibrant 60+ Active Living community. Discover the programs, services, and opportunities available to help seniors stay engaged, connected, and supported.

With more than 300 people waiting for long-term care, Bennett Village is expanding from 66 to 192 beds. Learn about this exciting project, the growing need for senior care in our community, and how you can help support the future of care in Halton Hills.

After the presentation, enjoy a fun and friendly Chair Exercise class with The Glen Fitness Studio. This supportive program is a great way to stay active, improve mobility, and connect with others—because movement is life!

Workshops

Bennett Centre Expansion Presentation-Georgetown

Tuesday, September 8th, 2:00pm-3:30pm
\$2.00 drop in fee

Join Us for an Afternoon of Community, Connection & Wellness!

Come and learn more about Bennett Village, our community's only not-for-profit long-term care home. Discover the many programs, services, and opportunities available at Bennett Village, and get introduced to The Gallery—our vibrant 60+ Active Living community designed to support seniors in living life to the fullest.

Did you know that more than 300 people are currently waiting for a place at Bennett Village? To help meet the growing need for seniors' care in our community, we are expanding from 66 to 192 long-term care beds. Learn more about this exciting project and how you can help support the future of senior care in Halton Hills.

After the information session, join the team from The Glen Fitness Studio for a fun and friendly Chair Exercise class. This supportive program is a great way to stay active, improve mobility, and connect with others—because movement is life! We look forward to seeing you! Sign up at Reception.

Building Resilience-Georgetown (Family Health Team) 6 weeks

Monday, September 14th-Monday, October 26th
FREE, 9:30am-11:30am

Building Resilience is a 6-week workshop tailored to mood and anxiety management. Participants will learn specific skills focused on building mental and emotional resilience. This group is appropriate for any adult struggling with anxiety, depression, stress or anyone seeking further insight into the relationship between our thoughts, behaviours and mood.

This workshop is facilitated by the Mental Health Team from the Family Health Team.



New Member Social-Georgetown

Tuesday, September 15th, 10:00am-11:30am
FREE, Sign up at Reception

Are you new or fairly new to Hillsview? Do you want to know more about what Hillsview has to offer you? Come out and get to know all the amazing details about the Centre. Meet our Staff and Board of Directors, explore what we offer, and connect with fellow members in a welcoming atmosphere.

This social will provide you with an extensive overview of how to get the most out of Hillsview. Light refreshments and snacks will be served.

Infection Control Presentation Acton

Tuesday, October 13th at 1:00pm - 2:30pm
\$1.00 drop in fee. Sign up starting September 9th.

Join us to learn about how you can prevent illness! Illness can be all around us and can spread quickly if proper measures are not taken. In this presentation we will talk about what causes illness, how it spreads, and most importantly... how to protect yourself and others. Learn ways that you can stay safe and healthy this flu season. Presented in partnership with Home Instead.

GENESIS Pharmacy: Medication Safety-Georgetown

Monday, October 26th, 1:30pm-3:00pm
\$2.00 drop in fee (**Light refreshments & snacks**)

Join us for an informative and interactive workshop designed to help you use your medications safely and confidently. Whether you take one medication or several, understanding how to manage them properly is essential. Participants will learn:

- practical strategies and importance for taking medications correctly
- common medication mistakes and simple ways to avoid these errors
- guidance on understanding labels, instructions and when to ask your pharmacist for help.

Pharmacists are valuable healthcare partners, and this workshop will emphasize how they can support safe and effective medication use.

This workshop will empower you with knowledge and confidence to use medication safely.

Wellness Workshops

Designing for Aging in Place Georgetown

Thursday, October 1st, 10:00am–11:30am
\$2.00 drop in fee

October 1st is National Seniors Day.

Join Coco, an Interior Architect, Residential Transition Specialist, and CAPS (Certified Aging-in-Place Specialist), as she shares practical design strategies to help create safer, more functional, and beautiful homes as we age, and design tips to prevent falls.

A little something for everyone.

Sign up at Reception.

Bone Density and Arthritis Lunch & Learn–Acton

Tuesday, October 6th at 12:30pm – 2:00pm
\$2.00pp, tickets on sale September 1st

Menu: Sausage, Potato Salad, Red Cabbage & Dessert

Worried about bone loss or staying active as you age? It's never too early–or too late–to support your bone health. Join Dr. Amali Firhoj, ND as she reviews simple daily habits, key nutrients (beyond just calcium!), and effective strength-building strategies to help you stay strong, mobile, and independent for years to come.

This seminar offers a practical, evidence-based review of bone health, osteoporosis prevention, and basic arthritis management. Topics include bone metabolism, risk factors for bone loss, and the role of nutrition, lifestyle, and exercise in maintaining bone density, with a focus on long-term fracture prevention and functional health outcomes.

Music Bingo–Acton

Monday, October 5th at 12:30pm – 2:00pm
\$2.00pp. Tickets on sale August 31

Come join the fun as we take a musical journey through the hits of the '60s, '70s, '80s, and '90s! Keep your ears open and your eyes on your card as you play this toe-tapping game of Music Bingo.

Reiki Sessions – BOTH

Georgetown

Donna–Reiki professional available for personal Reiki session: **September 21st, October 5th & 19th** between 10:00am–11:30am
\$2.00 drop in fee +**NEW \$25.00** minimum energy exchange. (cash only to Reiki)

Acton–Marie–Reiki Professional

\$15.00 per 30-minute treatment, 10am – 2pm.
Sign up at Acton Reception. (Cash Only)

Next Date: September 16th & October 21st

Reiki is a simple, natural and safe method of spiritual healing and self-improvement.

Reflexology Sessions – BOTH

Georgetown–Marie–Reflexology Professional

Friday September 11th & 25th, October 9th & 23rd, between 1:00pm–3:00pm
\$2.00 drop in +\$20.00 (cash only to Reflexology)

Acton–Marie–Reflexology Professional.

\$20.00 per 50 Minutes, 10am–2pm, Sign up at Acton Reception.

Next Dates: September 16th, 23rd, and 30th & October 7th, 21st, and 28th (Cash Only).

Reflexology offers numerous benefits for older adults, enhancing their overall well-being. Reflexology is a gentle and effective way to support your health.

Active Living Presentation: Pelvic Health–Georgetown

Tuesday, October 20th, 2:00pm–3:30pm

FREE (Active Living Team is providing refreshments and treats for the workshop!)

As we get older, changes in pelvic health can impact our comfort, confidence, and daily activities—but with the right knowledge, these challenges can be managed & even improved. In this presentation, Meryl will discuss how pelvic health evolves with age, common concerns like incontinence, prolapse and pelvic pain, and practical strategies to support strength, mobility, and overall well-being. Whether you're looking to better understand your body or support a loved one, this session offers empowering, evidence-based information to help you take charge of your pelvic health. Led by Meryl DaCosta Registered Physiotherapist, BSc (PT), BHSc (Kin).

Educational & Creative Workshops

Personal Emergency Preparedness for Older Adults–Acton

Tuesday, September 22nd at 1:00pm – 2:30pm
Free, sign up starts August 18th

Preparing for emergencies begins with you! In an emergency, everyone has a role to play – from individual residents to the different levels of government.

This presentation will provide an overview of personal emergency preparedness for older adults, including the role of emergency management, common hazards in Halton Region, and practical steps individuals can take to stay safe during emergencies. Participants will learn how to identify risks, create a personalized emergency plan, and build an emergency kit tailored to their needs, including considerations for mobility, hearing, vision, medical needs, and other disabilities.

In partnership with Halton Region.

Diet for the Brain: Alzheimer Society Georgetown

Monday, October 5th, 10:00am–12:00pm
\$2.00 drop in fee

Join the Alzheimer Society for an educational workshop exploring how nutrition can support brain health throughout life.

Learn about the connection between healthy eating and brain wellness, discover the science behind the MIND Diet, and explore practical, evidence-informed strategies that may help support cognitive health as we age.

Whether you are looking to support your own brain health or simply learn more about healthy aging, this session offers practical tips that you can put into action.

The goal is to show that taking care of your brain through food can be simple, tasty, and beneficial for your overall wellness.

Computers with Greg–Georgetown

\$5.00 members, \$8.00 non-members

Greg Golding is an instructor at Sheridan College, sharing his knowledge here at Hillview Georgetown. We have identified key topics for the next couple of computer sessions, there will always be open time to review general topic items. Bring your questions to the workshop, he is always willing to provide his guidance.

Tuesday, September 15th, 1:30pm–3:00pm

Topic: Email Plus

Learn tips on email creation, attaching files, cleaning up your inbox, review your junk, making a “safe sender”, what is a phishing email? Etc.

Thursday, October 22nd, 10:00am–12:00noon

Topic: Virus Safety

Virus protection, and keeping your laptop/computer safe and eliminating pop up advertisements etc.

Sign up at reception.

Artist Within You: Sketching Workshop–Georgetown

Friday, September 25th, 1:00pm–3:00pm
FREE–Culture Days Event

Discover the Artist Within You!

Think you can't draw? Think again!

Come join a fun, welcoming **drawing class open to all ages and skill levels**—from complete beginners who have never picked up a pencil to experienced sketchers looking to refine their techniques.

With a little guidance and encouragement, you'll discover that you can create a surprisingly realistic drawing!

- Learn new drawing techniques
- Build confidence in your artistic abilities
- Complete a finished project to take home
- Discover a new creative interest to enjoy and explore

Whether you're a beginner or an experienced artist, you'll leave with a finished drawing, new skills, and perhaps a whole new appreciation for what you can create.

You might just surprise yourself!

Fun & Creative Events

Card Making Workshops with Brenda Drysdale-BOTH

Discover the joy of creating beautiful, handcrafted greeting cards in these fun workshops led by Brenda Drysdale. Learn techniques & design your own unique cards perfect for sharing. Each participant will make 2-3 cards to take home.

Georgetown

Tuesday, September 8th, 1:00pm-3:30pm

\$10.00 members / \$13.00 non-members

Space is limited to just six participants, so be sure to sign up at reception early.

Acton

Wednesday, September 30th at 1:00pm-3:30pm

Cost is \$10.00 per person, (Cash Only) and space is limited to just six participants, so be sure to sign up at reception starting August 26th.

Hillsview Band at John Elliott Theatre-Culture Days

Friday, September 18th, 6:30pm-8:30pm

FREE (JET-9 Church Street, Georgetown)

Culture Days runs from September 18th-October 4th.

Our Hillsview Band will be entertaining the community at the John Elliott Theatre! Don't miss them. Enjoy the amazing theatre space for great music! No need to sign up, just show up!

Water Colour-Georgetown

Tuesday, October 6th-20th (3 weeks)

10:00am-1:00pm

\$30.00 members/\$35.00 non-member

Capture the beauty of autumn through watercolour painting in this fun and creative course. Participants will paint fall-inspired still lifes featuring apples, pumpkins, gourds, and other seasonal treasures while learning and developing a variety of watercolour techniques, including colour mixing, layering, shading, and texture.

Throughout the course, participants will build their skills and confidence before completing a beautiful autumn landscape that showcases everything they have learned. Suitable for beginners & experienced painters alike, this program offers step-by-step guidance in a relaxed and supportive environment. All materials included.

IZZA Art Studio Natural Dyes Shirt Workshop-Georgetown

Friday, October 9th, 1:00pm-3:30pm

\$16.00 members, \$36.00 non-members
(all materials provided)

Sign up and create a custom t-shirt using natural dyes. Natural dyes invite you to connect with nature, and create art that's both beautiful and kind to the Earth. This workshop blends art, craft, creativity, and sustainability.

Sign up at reception and indicate your shirt size.

Tuesday Movie-Acton

The Sheep Detectives

Tuesday, September 8th at 10:00am

When a murder shakes the peaceful flock, a group of clever sheep take it upon themselves to solve the mystery. Filled with humour, suspense, and an unlikely team of woolly detectives, this charming murder mystery proves that sometimes the best sleuths come with four legs and fleece.



The Devil Wears Prada 2

Tuesday, October 20th at 10:00am

The fashion world's most formidable editor returns. Packed with glamour, sharp humour, and high-stakes drama, this stylish sequel revisits the iconic world of runway fashion and fierce competition.



Social Dinners-Acton

Tuesday, September 22nd at 6:00pm-9:00pm

\$25.00 per person.

Menu: Pork Ribs, Mashed Potatoes, Green Beans, Dessert

Entertainment: Elio

Tickets on sale Tuesday, August 25th

Cutoff: Tuesday, September 15th

Tuesday, October 27th at 6:00pm-9:00pm

\$25.00 per person.

Menu: Chicken Souvlaki, Roast Potatoes, Rice, Pita Bread, Greek Salad, Dessert

Entertainment: Rob Pushelberg

Tickets on sale Tuesday, September 22nd

Cutoff: Tuesday, October 20

Fun & Creative Events

Trivia Afternoon–Acton

\$2.00 per person, MUST sign-up to play

- **Tuesday, September 29th, 1:00pm–3:00pm**

Sign up at reception starting August 25th

- **Tuesday, October 20th, 1:00pm–3:00pm**

Sign up at reception starting September 29th

Please note, due to the election, space for the October trivia will be limited. Enjoy 7 exciting category rounds, refreshments, and prizes. Bring a team or join one when you arrive. Don't miss out on the fun. Don't forget to sign-up to play.

Bollywood Dance Experience Georgetown

Tuesday, September 29th, 2:00pm–3:30pm

FREE–Culture Days Event

Bollywood Beats is back! We had so much fun last year this cultural dance experience returns! 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! Sign up at Reception

Fall Fashion Show–Acton

Tuesday, October 27th at 1:00pm – 2:30pm

\$5.00pp, tickets on sale September 22nd.

In partnership with The Way We Were Ladies New & Used Consignment Shop. Celebrate the season's latest looks as Hillview models take to the runway showcasing stylish, elegant, and confidence-boosting fashions for every occasion. Whether you're looking for fresh wardrobe inspiration, timeless trends, or simply a fun and uplifting experience, this dazzling event promises glamour, charm, and plenty of fashion-forward ideas.

Friendship HUB–Georgetown

Monday Mornings Drop-in, Donation

Connect, create, and have fun at Hillview

Georgetown's weekly drop-in program for adults with diverse abilities. Held every Monday from 9:30 to 10:30am, the program offers arts and crafts, board games, and engaging activities led by a caring volunteer in a welcoming community setting. This fun group named themselves the "Super Gamers".

The Gone, But Not Forgotten

Buildings of Downtown Acton

Thursday, September 24th at 10:00am

FREE, sign up starts August 27th

Rain date: October 1st

Location: Tour starts outside the Acton Town Hall Centre, 19 Willow Street North

Join Vintage Acton's Scott Brooks as he takes you on a fascinating journey through Acton's past, exploring the many historic buildings that once graced the community's landscape. Discover the stories, people, and places that helped shape the town we know today.

Karaoke Night–Acton

Friday, October 16th at 6:30pm–9:30pm

\$5.00pp, Tickets on sale September 11th

Join Rob Puschelberg at the Centre for an evening filled with music, laughter, and community spirit! Whether you're ready to take the stage and sing your favourite songs or prefer to sit back, relax, and enjoy the entertainment, this karaoke night promises fun for everyone. No singing experience is required—just bring your enthusiasm and get ready for a memorable night!

An Introduction to Mindfulness Acton

6 week session. Fridays, September 11th – October 16th at 10:00am – 11:30am

Free. Sign up starting August 7th

In partnership with the Halton Family Health Team, An Introduction to Mindfulness is a 6-week workshop designed to introduce participants to mindfulness practice. 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 (18+) struggling with stress, anxiety, chronic pain or anyone seeking to promote improved well-being and healing.

This program is facilitated by the Mental Health Team.

Fun Food Events

Welcome Back Lunch-Georgetown

Wednesday, September 9th, 11:00am-12:00pm
\$5.00 (members only)

Summer is almost over, let's kick off September with some good eats and great company! Come by for a summer-inspired lunch featuring: Hot dogs, Corn on the cob and lemonade. Come hungry, leave happy, and bring your sunny vibes! Sign up at reception before August 28th.

Sponsored by the *Hillsvew Board of Directors*

Ladies Breakfast-Acton

Tuesday, September 15th at 9:30am

\$10.00 members \$13.00 non-members, Tickets on sale August 18th, Cut off: September 11th
Menu: Frittata, Bacon, Yogurt, Apple Muffins with Coffee, Tea and Juice
Presentation:

Tuesday, October 13th at 9:30am

\$10.00 members \$13.00 non-members, Tickets on sale September 15th, Cut off: October 9th
Menu: Scrambled Eggs, Sausages, Home Fries, Yogurt with Coffee, Tea and Juice
Presentation: Acton Food Share

Men's Breakfast-Acton

Tuesday, September 29th at 9:30am

\$10.00 members \$13.00 non-members, Tickets on sale August 25th. Cut off: September 25th
Menu: Frittata, Bacon, Yogurt, Apple Muffins with Coffee, Tea and Juice
Outing: TBD

Tuesday, October 27th at 9:30am

\$10.00 members \$13.00 non-members, Tickets on sale September 29th, Cut off: October 23rd
Menu: Scrambled Eggs, Sausages, Home Fries, Yogurt with Coffee, Tea and Juice
Outing: TBD

Spaghetti Dinner-Acton

Tuesday, September 29 at 6:00pm - 7:30pm
\$15.00pp, tickets on sale September 1st

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.

Men's & Women's Breakfast Georgetown

Wednesday, September 30th at 9:00am
Wednesday, October 28th at 9:00am

\$5.00 members / \$8.00 non members
Please sign up and pay at reception.

Menu: Scrambled eggs, bacon, sausage, hash browns, toast with tea/coffee. (subject to change)
Breakfast Proudly sponsored by: **Halton Audiometric**

BINGO Pre-order Lunch Georgetown

Sign up and preorder lunch and then stay for BINGO. Nothing more exciting the calling BINGO!

Monday, September 21st, 12:00 delivery

Order by Thursday, September 17th
Members \$15.00 dark, \$17.00 white meat
Menu: Swiss Chalet ¼ chicken, fries, roll & beverage

Monday, October 19th, 12:00 delivery

Order by Thursday, October 15th
Members \$15.00 dark, \$17.00 white meat
Menu: Swiss Chalet ¼ chicken, fries, roll & beverage

World Food Tour-Acton

China - Pork and Dill Dumplings

Monday, September 28th at 10:30am - 12:00pm
Sign up starting August 24th. \$2 per person.

Tender dumplings filled with seasoned pork and fragrant fresh dill, creating a comforting blend of savory and herbaceous flavours. Served warm, these traditional favourites are both hearty and delicious.

Corn Roast-Acton

Tuesday, September 8th at 6:00pm
\$15.00pp. Tickets on sale August 11th.

Menu: 2 pieces of corn, and choice of burger or sausage. Extra burger or sausage is \$5.00.

Warm buttery corn, and delicious burgers or sausage on a bun, can you think of a better way to celebrate the end of summer?

Hope to see you there!

FUNdraising

Euchre Tournament–Georgetown

Saturday, September 26th, 1:00pm–4:00pm
Tickets \$15.00, available at reception.

Join fellow euchre enthusiasts for an exciting afternoon of cards, camaraderie, and friendly competition! Whether you're a seasoned player or enjoy a casual game with friends, this tournament is a great opportunity to test your skills, meet new people, and enjoy a fun-filled social event.

Play your way through the tournament as you compete for prizes and bragging rights. Enjoy plenty of laughs, great company, and the thrill of every hand in a welcoming and supportive atmosphere. A 50/50 draw will add to the excitement, and beverages will be available for purchase throughout the afternoon. Doors open at 12:30 p.m. to allow time for check-in and seating before play begins.

Annual Book & Puzzle Sale–Acton

Saturday, September 26th from 9:00 AM – 2:00 PM

Browse an enormous selection of books and puzzles, perfect for curling up with on crisp autumn days. Whether you're searching for your next favourite read, a timeless classic, or a new brain-teasing challenge, you'll find plenty of treasures waiting to be discovered.

While you browse, treat yourself to a freshly grilled lunch hot off the barbecue:
Hamburgers – \$5 | Sausage – \$5 | Pop – \$1

All food is prepared on-site, so bring the family, enjoy a delicious bite to eat, and spend a relaxing day exploring great bargains, hidden gems, and community connections.

Euchre Tournament–Acton

Sunday, October 4th, 12:00pm–5:00pm
Entrance Fee \$15.00, Pre-register starting August 21st.
Registration: 12:00pm Games start at 1:00pm

Join fellow euchre enthusiasts for an afternoon of fun! Test your skills, enjoy great company, and maybe even take home a prize. Plus, there will be a 50/50 draw, raffle, sandwiches and refreshments available for purchase.

Branch Out to WIN Scratch Ticket Fundraiser *Returns*–Georgetown

Tuesday, October 13th–30th, \$5.00 per ticket

Try your luck with our exciting Scratch Ticket Tree, featuring \$100 worth of scratch tickets! One lucky winner will take home the entire tree and have the chance to scratch their way to even more winnings.

This popular fundraiser always creates a buzz of excitement, making it a fun opportunity for everyone to participate. Tickets also make a great gift for friends and family members (must be 18 years of age or older to claim prizes).

Don't miss your chance to win big. Purchase your tickets at reception and join in the fun! The winner will be drawn on **Friday, October 30 at 3:00 pm**
Good luck!

Cribbage Tournament Georgetown

Saturday, October 17th, 1:00pm–4:00pm
Tickets \$15.00, available at reception.

Join fellow cribbage enthusiasts for an exciting afternoon of friendly competition, great conversation, and community spirit at Hillview Active Living Centre–Georgetown. Whether you're a seasoned player or simply enjoy a good game of cards, this tournament is a wonderful opportunity to test your skills and connect with others who share your passion for cribbage.

Compete for bragging rights and prizes while enjoying a fun and welcoming atmosphere. A 50/50 draw will be available, and beverages can be purchased throughout the event.

Doors open at 12:30pm to allow time for registration and seating before play begins.

Spaces are limited, so be sure to purchase your ticket at reception and secure your spot!

Free Counselling Services-Both

****GRANT EXTENDED ****

Therapy Sessions with a CMHA Registered Psychotherapist



Canadian Mental Health Association-Halton's counselling services have been extended, due 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 18th
Friday, October 16th

Georgetown Dates:

Thursday, September 10th
Thursday, October 8th

Travel Acton & Georgetown

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

Grand River Boat Cruise

(SOLD OUT)

Wednesday, September 16th

Octoberfest: Concordia Club

Friday, October 16th

Coming soon...

Jonas & Barry in the Home

St. Jacobs Hildebrand Schoolhouse Theatre
Thursday, November 5th
lunch at Anna Mae's Bakery & Restaurant

Sounds of Christmas

Friday, December 4th
Lunch at Mandarin in Kitchener

Travel Desk Inquiries:

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

***Please note:** Your signature on the sign up sheet is your commitment to pay for the trip. **No exceptions** (as tickets are purchased once the minimum is met). Thank you for your understanding. Payment accepted at the Travel Desk, Cash, Cheque or Debit.

Casino Trips

Tuesday, October 27th
Tickets on Sale September 23rd in Georgetown & Acton

\$45.00 members/\$50.00 non-members

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

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.

Georgetown all games begin at 1:00pm

Next dates:

Saturday, September 19th

Saturday, October 3rd

August - NO BINGO

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 12th

Saturday, October 17th

All games begin at 2:00pm

Grant Recognition

We would like to thank the following ministries for funds:



Canada



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!

Hillview 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 Hillview Community!

Hillview 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.

Virtual Programming

What is Art Your Service?

Join virtually in art, fitness, active living, socials and so much more. Connect online or by telephone. FREE programming offered to all Hillsview members. See weekly sample schedule below.

Speak to a staff member to learn how to get registered.

 AYS Online Community Weekly Sample Schedule 					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15	Guided Meditation 25 mins	Gentle Yoga Stretch & Balance 45 mins	Tai Chi Fit Balance & Flow 45 mins	Virtual Hike Get Your Steps in Dublin 30 mins 	Guided Meditation 25 mins
10:30	Balls & Bands Resistance Training 45 mins	Walk & Weights Strength & Cardio 45 mins	Get Up and Move Cardio & Weights 45 mins	Pilates with Julia Resistance Training 45 mins	Fitness with Jill Cardio & Weights 45 mins
11.00					
12.00					
1pm	AYS Drama Club 1 hr	Virtual Hike Get Your Steps in London 30 mins 	Ukulele Jam 45 mins		
2pm		Digital Health with Saya 	Sharing Squares Conversation Hour	Creative Aging Books & Ideas: Anne of Green Gables Book Discussion	
4pm					

Important Numbers

Canadian Mental Health

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

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 April Graham 905-632-8168 ext. 2417 or email:

agraham@acclaimhealth.ca

Care Help Line 1-833-416-2273

Acton Book Club

Tuesday, September 8, October 6, 7:00—8:00 PM
Acton Branch, Community Room

Connect with fellow readers at our Acton Book Club! Enjoy lively discussion, discover new books, and share ideas in a relaxed and welcoming environment. Register at hhpl.events.mylibrary.digital. Free.

September: *The Calamity Club* by Kathryn Stockett
October: *The Cure for Drowning* by Logan Paylor

Book-to-Film Club – NEW!

Tuesday, September 15, 6:00—8:30 PM — *Emma*
Tuesday, October 13, 6:00—8:30 PM — *Frankenstein*
Georgetown Branch, Local History Room

Connect with other biblio- and cine-philas at our new “Book-to-Film Club.” Every month we read a classic or contemporary novel, then meet to watch and discuss a film adaptation of that book. Join us to discuss casting, plot changes, symbolism, costume design, and whether the old adage that “the book was better” rings true. Drop-in. Free.

Book a Librarian

Thursday, September 17, October 8, 1:30—3:30 PM
Hillsview Active Living Centre — Georgetown

Book a Librarian appointments are one-to-one help sessions with a knowledgeable librarian, focused on technology troubleshooting (e.g., cell phone, tablet, computer). Sign up at reception. Free.

Downtown Georgetown Walking Tour

Thursday, September 17, 6:00—7:00 PM
Tour departs and returns to the Georgetown Branch

Please join our esteemed local writer and historian Mark Rowe for a one-hour guided walking tour of historic downtown Georgetown. Participants will hear fascinating stories about the town’s history while admiring the beautiful architecture of homes and commercial buildings dating back to the mid-1800s. Drop-in. Free.

Stereographs of South Asia with the Royal Ontario Museum (ROM)

Saturday, September 19, 2:00—3:30 PM
Georgetown Branch, Helson Gallery

How do we photograph our travels? What do we want to remember, and why? This program, hosted by the Royal Ontario Museum, takes a close look at nineteenth century stereographs made in South Asia and the effect they’ve had on images of the region today. Register at hhpl.events.mylibrary.digital. Free.

Talking Short Stories with the Eden Mills Writers' Festival

Saturday, September 19, 2:30—4:00 PM
Acton Branch, Reading Deck

Bring your pen, paper or laptop and join award-winning author Pamela Mordecai as she demystifies the role of dialogue in short stories. Register at hhpl.events.mylibrary.digital. Free.

Crochet, Knitting & Needlecraft Circle

Monday, September 21, October 26, 5:30—7:30 PM
Georgetown Branch, Fireside Lounge

Calling all craft enthusiasts: we’ve expanded our crochet & knitting circle to include all things needlecraft! Whether you’re into embroidery and beading, cross-stitch or rug hooking, you’re invited to join us in the Fireside Lounge for a friendly evening of creativity and community. All skill levels welcome! Register at hhpl.events.mylibrary.digital. Free.

Unearthing Halton Hills: Relics of Our Past

Thursday, October 22, 6:00—7:00 PM
Acton Branch, Community Room

Explore the rich history of Halton Hills through a wealth of artifacts that chronicle the evolution of our community. Join us for an engaging presentation by our guest speaker, Scott Brooks, Local Historian from Vintage Acton! Scott will share his extensive expertise on the local artifacts collected over the years and discuss the vital ways our community’s history is being kept alive. Register at hhpl.events.mylibrary.digital. Free.



CULTURE DAYS

September 18 to October 4

Culture Days is back! The annual award-winning celebration of arts and culture returns to Halton Hills for another year of free and by-donation events.

See up to date Culture Days activities and details:
haltonhills.ca/CultureDays

2026 Activities include:

- Plein Air Painting Challenge, Sept 19 at the Acton Fall Fair
- Halton Hills History Fair, Sep 26 from 10 a.m. – 2 p.m. at the Library & Cultural Centre
- Georgetown Pipeband Performance & Lesson, Sept 26 at 10 a.m. at the Georgetown Farmer's Market
- Worth A Look! Art Appraisals with Mandy Salter, Sept 26 from 9:30 a.m. – 5 p.m. at the Library & Cultural Centre
- Music in the Helson Gallery with Barry Mulcahy, Sept 26 from 1 – 3 p.m.
- Music in the Helson Gallery with Don Ablett, Oct 3 from 1 – 3 p.m.
- Be an Artist at Norval Studios & Gallery, October 3 from 1 – 4 p.m.
- Always Imagine Wire Art Workshop with Jim Paterson, Oct 3, various times
- Discover open studios throughout Halton Hills Oct 3 & 4

HELSON GALLERY EXHIBITIONS

Learn more about exhibitions and programs:
haltonhills.ca/gallery

Twisted Wire: The Recent Art of Jim Paterson

September 16 – November 8 in the Helson Gallery

Explore the imaginative wire artworks of Jim Paterson in this interactive exhibition. Each piece is created entirely from wire, with some sculptures that can even be gently turned, bringing different parts of the work to life through motion. This unique exhibition encourages visitors to engage with the stories he's created through swirling forms and moving elements.

Join us on Thursday, September 24, from 6 to 8 p.m. in the Helson Gallery for the opening reception to meet the artist and learn about his creative process.

Elements: Credit Valley Artisans

September 1 – September 27 in the Upper and Lower Sisnett Lobby

Experience the beauty and power of the four elements, Earth, Water, Air, and Fire through the eyes of the talented Credit Valley Artisans. From richly textured fibre art and expressive paintings to handcrafted pottery, sculpture, and luminous stained glass, each piece explores the natural forces shaping our world.

Presented by Credit Valley Artisans, this exhibition features artists from CVA member guilds, the Heritage Handweavers and Spinners, Palette and Pencil Plus, Potters and Sculptors, and Stained-Glass Artisans.

Georgetown Rug Hooking Guild

September 29 – November 1 in the Upper Sisnett Lobby

Active in the community for over 50 years, the Georgetown Rug Hooking Guild is dedicated to celebrating and preserving the craft of rug hooking. The Guild not only showcases the artistry involved in rug hooking but also fosters a deeper appreciation for this time-honored craft.

Halton Hills Plein Air Artists

September 29 – November 1 in the Lower Sisnett Lobby

Explore paintings of local and regional landscapes created by the talented Halton Hills Plein Air Artists (HHCAA). Featuring works by Monica Burnside, Carol Hughes, Sheila Mitchell, Beatrice Roche, Rose Scully, and Susan Ying, this collection showcases the beauty of Halton Hills.

ONSCREEN AT THE JET

To learn more, visit haltonhills.ca/theatre and click on 'JET Box Office' or visit the box office in person

Siksikakowant the Blackfoot Man

Friday, September 25 at 7 p.m.

Tickets are FREE

Sons, fathers, brothers, riders, racers, dancers, dreamers... Sinakson Trevor Solway introduces us to the many lives, identities and stories of the boys and men of the historic Blackfoot Confederacy. Presented in partnership with HHPL & the National Film Board.

You Had to Be There

Friday, October 16 at 7 p.m.

Tickets are \$10

This intimate and hilarious documentary explores the 1972 Toronto production of Godspell, which launched the careers of Eugene Levy, Paul Shaffer, Victor Garber, Martin Short, and others – igniting a comedy revolution that spawned shows like SCTV and SNL. Presented in partnership with HHPL & TIFF Film Circuit.

Program/Resources

Foot & Hearing Clinic Information

Please call Foot Care Clinics directly for an appointment. Acton hearing clinics, call clinic directly; Georgetown has monthly sign up sheet at reception.

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.**

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 <https://alzda.ca/> or share this link with anyone that you think may find this useful.

Health811

Call 811 or visit [Ontario.ca/health811](https://ontario.ca/health811)
Health811 is a free, confidential, 24/7 provincial service offering quick access to health advice from registered nurses, evidence-based health information, and referrals to community services. Residents can use Health811 to:

- Speak with a nurse any time of day for non-emergency guidance
- Get help determining whether to visit a doctor, urgent care, or emergency department
- Access multilingual support
- Learn about symptoms, medications, chronic conditions, mental health concerns, and more
- Find local health and community resources

Health811 is particularly useful outside regular clinic hours and helps reduce unnecessary emergency department visits.

Halton Hills Parkinson's Support Group

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

Upcoming dates:

Monday, September 21st

Monday, October 19th

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



Acclaim Health Dementia Support

Staff from Acclaim Health will be at Hillview Georgetown 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. Pre-booking required. 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 April Graham 905-632-8168 ext. 2417 or through email at agraham@acclaimhealth.ca

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

CCHOHT Navigation Line

1-844-806-3093

This Navigation Line connects community members directly to the right health, social, and community supports, all through one number. It offers a simplified, human-centered approach to navigating services that can otherwise feel overwhelming. You can call for support with palliative care, mental health and addictions, senior services, caregiver support, disability services, cold/flu/COVID questions, and more. You are guided to the most appropriate next step, whether that's a transfer to the right support line, a health or social service program, or a community resource.

Grant Recognition

We would like to thank the following ministries for funds:



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

Please note that the March 20th class will be in H/W

Georgetown Schedule

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

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

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 trip 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 & 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 both Hillsvieview Centres for \$40.00 a sheet. ActiVan runs 7 days per week.

NEW

Monday-Friday from 7:00am-9:00pm.

Saturday-Sunday 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.

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.

Georgetown Taxi: 905-873-2222

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.

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: Hillsvieview1

Password: hillsvieview

Acton

Network: Acton Senior Center - Guest

Password: TOHHGuest4219!

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.



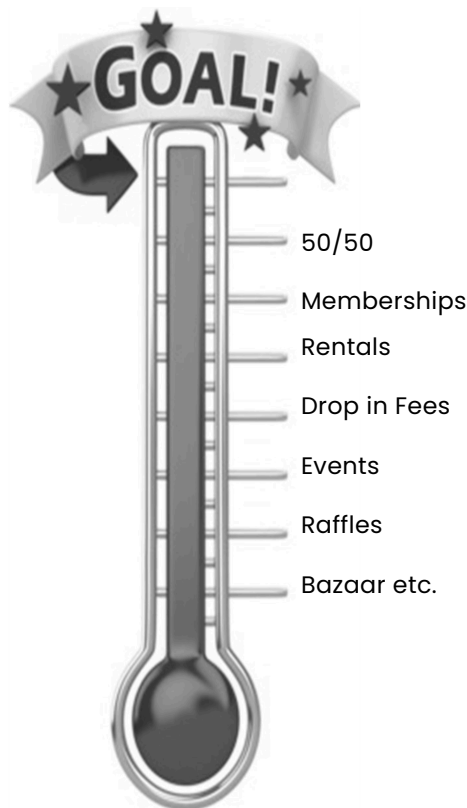
For a donation of \$300.00 or more, your loved one(s) who you wish to celebrate, will be prominently and permanently recognized on the donor "Wall of Honor", located in the main hallway area of the Centre. Their plaque will have their name and a personal message placed on it.

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 Centres 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 one's 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 30.

Active Living Programmers

For more information on the Walk Fit Pass, please contact Sandy Rahn at sandyr@haltonhills.ca or call (365)-355-7341. For general Active Living program queries, please contact Kyrstin Barkley at kbarkley@haltonhills.ca.

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 \$67.50, 30 classes \$187.50.

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

WalkFit
Active easy! **Pass**



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 haltonhills.ca/passes

We're spreading the word about WalkFit! Tell a friend or look for our displays and banners at arenas.



TRY A DAY FOR FREE!

Try before you buy at our open house days!

SEPTEMBER:

MSP: Tuesday, Sept. 1, 10:15-11:15 a.m.

ACC: Tuesday, Sept. 22, 10:20-11:20 a.m.

MSP: Tuesday, Sept. 29, 10:15-11:15 a.m.

OCTOBER:

ACC: Tuesday, Oct. 6, 10:20-11:20 a.m.

MSP: Tuesday, Oct. 13, 10:15-11:15 a.m.

ACC: Tuesday, Oct. 20, 10:20-11:20 a.m.

MSP: Tuesday, Oct. 27, 10:15-11:15 a.m.

For more info e-mail: sandyr@haltonhills.ca

ACC = Acton Arena & Community Centre

MSP = Mold-Masters SportsPlex Arena

Active Living Classes Fall 2026

REMINDER: Registration for Fall classes opens Tuesday, September 1st at 7:00am

Active Living Team

Stephanie Barrington – Active Living Coordinator

✉ sbarrington@haltonhills.ca

☎ 905-873-2600 ext. 2360

Sandy Rahn – Active Living Programmer

✉ sandyr@haltonhills.ca

☎ 365-355-7341

Kyrstin Barkley – Active Living Programmer

✉ kbarkley@haltonhills.ca

☎ 289-924-0265

Class Cancellations

- Monday, October 12: **ALL CLASSES**
- Thursday, October 22: Tai Chi Fit (HVA) 12:30pm
- Thursday, October 22: Tai Chi Fit (HVG) 2:00pm
- Monday, October 26: Cardio & Strength 9am, Circuit Training 12:30pm, Bone Builder 1:30pm, Line Dance 1 2:30pm (HVA)
- Wednesday, December 9: **ALL HVG CLASSES**
- Thursday December 10: **ALL HVG CLASSES**

Locations

- GPP** = Gellert Pathway at Gellert Community Park, 10241 8 Line, Georgetown
- GWP** = Glen Williams Park, 509 Main St, Georgetown

Locations

- HVA** = Hillsview Active Living Centre Acton, 415 Queen St. East, Acton
- HVG** = Hillsview Active Living Centre Georgetown, 318 Guelph St – Unit 9, Georgetown

Acton Classes	Day	Location	Time	Dates	Member	Non-Member
Cardio & Strength	Mon	HVA	9:00–9:50am	Sept 21 to Dec 21	\$108.41	\$144.55
Circuit Training 1	Mon	HVA	12:30–1:20pm	Sept 21 to Dec 21	\$108.41	\$144.55
Bone Builder	Mon	HVA	1:30–2:20pm	Sept 21 to Dec 21	\$108.41	\$144.55
NEW Line Dance 1	Mon	HVA	2:30–3:20pm	Sept 21 to Dec 21	\$110.55	\$147.40
Core & Floor	Tues	HVA	9:00–9:50am	Sept 22 to Dec 8	\$110.55	\$147.40
Yoga – Chair	Tues	HVA	10:00–10:50am	Sept 22 to Dec 8	\$110.55	\$147.40
Balance & Stretch	Wed	HVA	9:30–10:20am	Sept 23 to Dec 9	\$108.41	\$144.55
Dance Fitness	Wed	HVA	10:30–11:20am	Sept 23 to Dec 9	\$110.55	\$147.40
Bone Builder	Thurs	HVA	9:00–9:50am	Sept 24 to Dec 10	\$108.41	\$144.55
Yoga – Chair	Thurs	HVA	10:00–10:50am	Sept 24 to Dec 10	\$110.55	\$147.40
NEW Ageless Pilates	Thurs	HVA	11:00–11:50am	Sept 24 to Dec 10	\$110.55	\$147.40
Circuit Training 1	Thurs	HVA	12:30–1:20pm	Sept 24 to Dec 10	\$108.41	\$144.55
NEW Tai Chi Fit	Thurs	HVA	12:30–1:20pm	Sept 24 to Dec 10	\$101.34	\$135.11
Cardio & Strength	Fri	ACC	10:00–10:50am	Sept 25 to Dec 11	\$108.41	\$144.55

Walking Programs	Day	Location	Time	Dates	Cost
Walk This Way (Outdoor/Indoor)	Wed	GPP	9:00–9:50am	Sept 23 to Dec 9	\$40.68
Walk & Talk	Thurs	GPP	11:00–11:50am	Sept 24 to Nov 12	\$27.12

Active Living Classes Fall 2026

Georgetown Classes	Day	Location	Time	Dates	Member	Non-Member
NEW Bone Builder	Mon	HVG	9:00-9:50am	Sept 21 to Dec 14	\$108.41	\$144.55
TIME	Mon/Thurs	HVG	9:15-10:15am	Sept 21 to Nov 23	\$65.54	\$65.54
NEW Dance Fitness	Mon	HVG	10:00-10:50am	Sept 21 to Dec 14	\$110.55	\$147.40
Yoga - Chair	Mon	HVG	10:00-10:50am	Sept 21 to Dec 14	\$110.55	\$147.40
Cardio & Strength	Mon	HVG	11:00-11:50am	Sept 21 to Dec 14	\$108.41	\$144.55
Qi Gong	Mon	HVG	11:00-11:50am	Sept 21 to Dec 14	\$110.55	\$147.40
Easy Does It	Tues	HVG	9:00-9:50am	Sept 22 to Dec 8	\$108.41	\$144.55
NEW Line Dancing 3	Tues	HVG	10:00-10:50am	Sept 22 to Dec 8	\$110.55	\$147.40
Line Dancing 2	Tues	HVG	11:00-11:50am	Sept 22 to Dec 8	\$110.55	\$147.40
Balance & Stretch	Tues	HVG	12:00-12:50pm	Sept 22 to Dec 8	\$108.41	\$144.55
Line Dancing 1	Tues	HVG	New 1:00-1:50pm	Sept 22 to Dec 8	\$110.55	\$147.40
Mindful Meditation	Tues	HVG	2:00-2:50pm	Sept 22 to Dec 8	\$108.41	\$144.55
Yoga-Chair	Wed	HVG	9:00-9:50am	Sept 23 to Oct 21	\$46.06	\$61.42
Dance Fitness	Wed	HVG	9:00-9:50am	Sept 23 to Dec 16	\$110.55	\$147.40
Tai Chi 2 (Outdoors)	Wed	GWP	9:30-10:20am	Sept 23 to Oct 28	\$55.27	\$73.70
Tai Chi 2 (Indoors)	Wed	HVG	10:00-10:50am	Nov 4 to Dec 16	\$55.27	\$73.70
Tai Chi 1	Wed	HVG	11:00-11:50am	Sept 23 to Dec 16	\$110.55	\$147.40
Cardio & Strength	Thurs	HVG	9:00-9:50am	Sept 24 to Dec 17	\$108.41	\$144.55
Bone Builder	Thurs	HVG	10:00-10:50am	Sept 24 to Dec 17	\$108.41	\$144.55
Bone Builder	Thurs	HVG	11:00-11:50am	Sept 24 to Dec 17	\$108.41	\$144.55
Core & Floor	Thurs	HVG	12:00-12:50pm	Sept 24 to Dec 17	\$110.55	\$147.40
Circuit Training 1	Thurs	HVG	1:00-1:50pm	Sept 24 to Dec 3	\$99.38	\$132.50
Tai Chi Fit	Thurs	HVG	2:00-2:50pm	Sept 24 to Dec 3	\$92.12	\$122.83
Ageless Yoga	Thurs	HVG	3:00-3:50pm	Sept 24 to Dec 3	\$101.34	\$135.11
Tai Chi 1	Thurs	HVG	7:00-7:50pm	Sept 24 to Dec 17	\$110.55	\$147.40
Yoga - Chair	Fri	HVG	10:00-10:50am	Sept 25 to Oct 23	\$46.06	\$61.42

Winter Active Living Registration

Mark your calendar!

Online registration for Winter classes opens

Tuesday, December 1st at 7:00am

Registration forms can be dropped off in Acton & Georgetown for manual registration starting

Monday, November 16th.

Registering ONLINE?

BRAVO, remember to make sure your Hillview membership is active and on your registration account!

If you are not sure, check with STAFF.

Active Living Class Descriptions

Ageless Yoga

Yoga targeting active agers! This class is designed to improve flexibility, strength, and overall wellbeing through breath training, meditation and postures. **Yoga mats are available if required.**

Ageless Pilates

This gentle Pilates class is designed for active agers and focuses on improving strength, flexibility, balance, and overall well-being. Most exercises are in the laying down position.

Balance & Stretch

Balance is a key element of everyday movement and fall prevention. Join us for a class dedicated to developing stationary and functional balance through seated core work and stretching.

Bone Builder

A resistance training class focused on strengthening the spine and hips for those with osteoporosis.

Cardio & Strength

This class addresses daily functional fitness (strength, flexibility and balance) and includes a 20-minute focus on critical cardiovascular conditioning/stamina exercises.

Circuit Training 1

In this class, aerobic and strength exercises are performed in a time-based circuit to target different muscle groups.

Core & Floor

Learn safe and effective ways to get up and down from the floor. This class lays the foundation for safe movement and a strong body through core strengthening (abdominals, back, and glutes) and posture improvement. **Please bring a towel. A mat will be provided as most exercises are in the laying down position.**

Dance Fitness

This program combines different dance styles that are easy to follow and fun to do. Get strong and have fun while doing it!

Easy Does It

This class offers a gentle combo of chair exercises, walking, stretching and circulatory exercise.

Line Dance 1, 2, & 3

Enjoy a fun, energetic workout while learning line dances in a welcoming environment.

Programs are offered for beginner, experienced, and intermediate dancers.

No partner required.

Wear soft-soled shoes.

Mindful Meditation

This seated class focuses on yogic breath, thoughtful meditation and simple body movements to open the major joints and relax muscles.

Qi Gong

This healing Chinese practice employs coordinated, gentle breathing and a slow repetition of fluid movement to create a calm, mindful state of awareness through exercise.

Tai Chi Fit

A newer class blending traditional Tai Chi flow movements and modern fitness for improved balance, strength and energy. Suitable for all levels.

Tai Chi 1, & Tai Chi 2

Try Tai Chi 1 to learn a sequence of slow, graceful movements which may improve circulation, coordination, balance and concentration. Try Tai Chi 2 if you're a seasoned participant.

Yoga Chair

This is a modified form of yoga that is practiced sitting in a chair and/or standing using a chair to make traditional poses more accessible. The focus of this class is building strength and flexibility while improving balance.

Walk & Talk

Join others in walking once a week on a variety of local trails and paths in Acton and Georgetown! Designed for light/moderate activity with walks lasting 1 hour.

WalkFit

An indoor self guided walking program for all seasons. Both arenas are fully accessible. For more information contact Sandy Rahn at 365-355-7341 or email at sandyr@haltonhills.ca

Walk This Way

Join this instructor led program for a moderate paced cardio pumping walk that's good for your muscles, your mind, and your mood!

Returning Fall 2026!

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.

Be the difference – **VOLUNTEER!**

Meet the needs of the community,
meet a friend! Volunteering is
rewarding for everyone. Visit your
local centre to learn more!

HILLSVIEW
Active Living Centre



— MEAL PROGRAM —

Delivers nutritious meals to your home,
offering more than food.
It's care, connection, and peace of mind.

- Affordable
- Friendly volunteer delivery
- Supports independent living

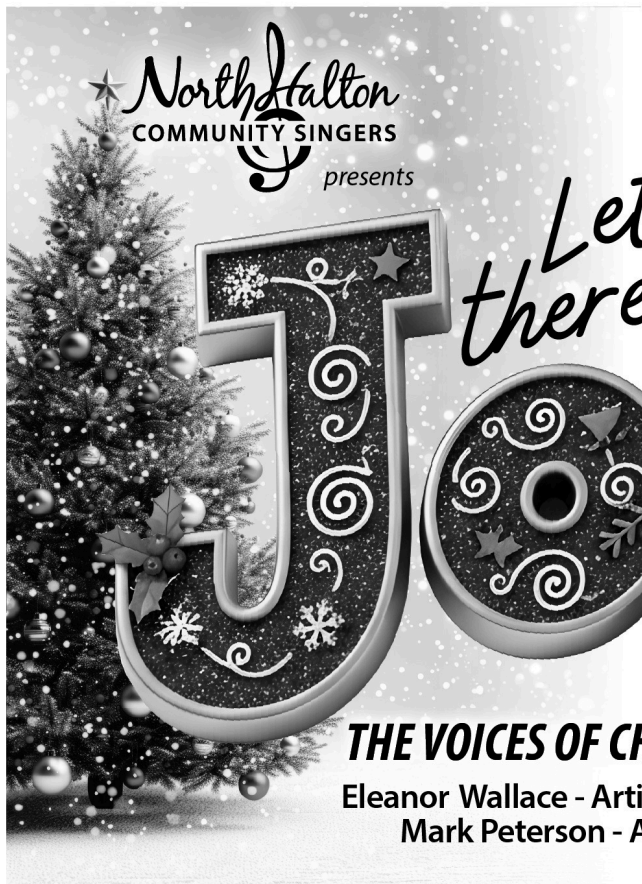
Georgetown, ON
Acton, ON

905-873-6502

info@links2care.ca



www.links2care.ca



THE VOICES OF CHRISTMAS

Eleanor Wallace - Artistic Director
Mark Peterson - Accompanist

**Saturday, December 5th
at 7:00 pm**

(Doors open at 6:30 pm)

**Bethel Christian Reformed Church
365 Queen Street, Acton ON**

Tickets : Adults - \$30 (\$35 cash at the Door)

Children under 18 - \$15

Family of 4 - \$80 (2 adults, 2 children)

Each additional child - \$15

Tickets available at our ticket outlets:

JV Clothing (Georgetown Marketplace),

Foodstuffs (89 Main Street South, Georgetown),

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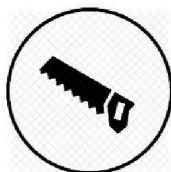
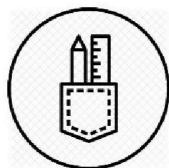


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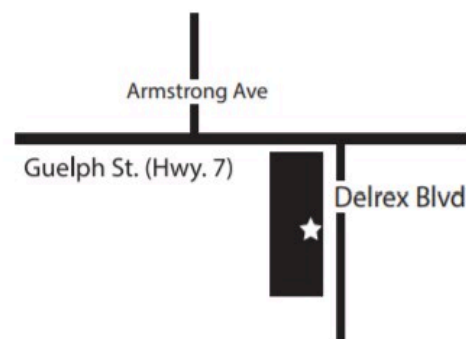
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