

# HILLSVIEW

## Active Living Centre

50+ Senior Centre in Acton & Georgetown

June, July and August 2026



[www.haltonhills.ca/50plus](http://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: Wednesday July 1<sup>st</sup>, Monday August 3<sup>rd</sup>, Monday September 7**





## 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://www.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.

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

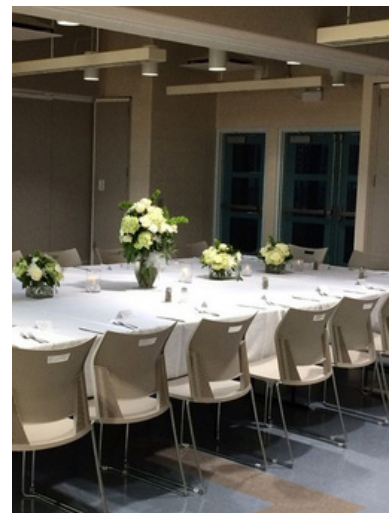
**Special feature:** Table linens, dishes, cutlery & coffee machines available for rent. Please note that confetti, sparklers, open flame and balloons are not permitted at these venues.



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](mailto:info@ashleyoaksretirement.com)

 [www.ashleyoaksretirement.com](http://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



## 2025/26 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 (Off July / August)	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 (Off July / August)	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
	Uno	H/W	10:00am-12:00pm	\$1.00
	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
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
	Inquiring Minds Ted Talk (1 <sup>st</sup> & 3 <sup>rd</sup> Wed)	H/W	1:00pm-2:30pm	\$1.00
	Who Done It (2 <sup>nd</sup> & 4 <sup>th</sup> Wed)	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	10:30am-12:00pm	\$1.00
	Gab and Stitch	Hall A	10:30am-12:00pm	\$1.00
	Canasta	H/W	1:00pm-3:30pm	\$1.00
	Social Line Dancing (Off July / August)	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	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
	Carpet Bowling	AUD	9:00am	\$2.00
	Bridge	LIB	9:00am	\$2.00
	Reiki (1st and 3rd Monday)	HW	Appointment	\$2.00 +exchange
	Bid Euchre	VAR	1:00pm	\$2.00
	Drop-in Table Games (paused till Sept)	LIB	1:00pm	\$2.00
	<b>BINGO</b> -1st & 3rd Monday of month	AUD	<b>NEW 1:30pm</b>	\$6.00 (unlimited)
	Cribbage	VAR	6:30pm	\$2.00/M \$4.00 NM
Monday	Mah Jong	LIB	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	RR	1:00pm	\$2.00
	Mah Jong	LIB	12:30pm	\$2.00
	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
	Summer Euchre (July 3-August 28)	AUD	6:30pm	\$2.00/m \$4.00 NM
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	

# June 2026

Program	Dates	Location	Time	Page Info
June Is...Seniors Month FREE Coffee	Monday, June 1	Georgetown	9:00am-12:00pm	pg 13
Monday BINGO	Monday, June 1	Georgetown	1:30pm-3:30pm	pg 7
June Is...Seniors Month LUNCH #1	Tuesday, June 2	Georgetown	12:00pm-2:00pm	pg 13
Spiritual Medium Session	Tuesday, June 2	Acton	1:00pm - 2:30pm	pg 14
Reflexology	Wednesday, June 3	Acton	By Appointment	pg 15
Green Care Farm Presentation	Thursday, June 4	Georgetown	11:00am-12:30pm	pg 14
June is ... Seniors Month Lunch # 1	Thursday, June 4	Acton	12:00pm-1:30pm	pg 13
Twin Valley Zoo Trip	Friday, June 5	Both	All Day	pg 21
Hearing Clinic	Friday, June 5	Georgetown	By Appointment	pg 7
Saturday BINGO	Saturday, June 6	Georgetown	1:00pm-3:00pm	pg 22
Euchre Tournament	Sunday, June 7	Acton	12:00pm-5:00pm	pg 21
Art Studio Izza Workshop: Cyanotype	Monday, June 8	Georgetown	10:00am-11:30am	pg 18
June is ... Seniors Month Lunch # 2	Monday, June 8	Acton	12:00pm-1:30pm	pg 13
June is ... Seniors Month Lunch # 3	Tuesday, June 9	Acton	12:00pm-1:30pm	pg 13
Wellness Workshop: Pelvic Health	Tuesday, June 9	Georgetown	1:30pm-3:00pm	pg 15
Book a Librarian	Thursday, June 11	Georgetown	1:30pm-3:00pm	pg 23
CMHA Counselling	Thursday, June 11	Georgetown	By Appointment	pg 20
Reflexology	Friday, June 12	Georgetown	By Appointment	pg 15
Saturday Bingo	Saturday, June 13	Acton	2:00pm-4:00pm	pg 22
Parkinson's Support Group	Monday, June 15	Acton	10:30am-12:00pm	pg 25
Monday BINGO	Monday, June 15	Georgetown	1:30pm-3:30pm	pg 7
Monday Pre-Order LUNCH	Monday, June 15	Georgetown	12:00 delivery	pg 19
Reike	Monday, June 15	Georgetown	Book Appointment	pg 15
Ladies Breakfast	Tuesday, June 16	Acton	9:30am-11:00am	pg 19
Crime Prevention with Officer Torry	Tuesday, June 16	Georgetown	10:00am-11:30am	pg 15
Protect Your Devices Presentation	Tuesday, June 16	Acton	1:00pm-3:00pm	pg 14
Links2Care/Band Event	Tuesday, June 16	Georgetown	2:00pm-3:00pm	pg 17
Reiki / Reflexology	Wednesday, June 17	Acton	By Appointment	pg 15
Travel Bus Trip: Sorry...I'm Not Sorry	Wednesday, June 17	BOTH	All Day	pg 21
CMHA Counselling	Friday, June 19	Acton	By Appointment	pg 20
Blue Jays Watch Party	Friday, June 19	Georgetown	2:00pm-4:30pm	pg 20

## June 2026 continued

Program	Dates	Location	Time	Page Info
Tuesday Movie	Tuesday, June 23	Acton	10:00am-12:00pm	pg 20
Flower Show	Tuesday, June 23	Acton	1:00pm - 3:30pm	pg 18
Seniors Month Social Dinner & Dance	Tuesday, June 23	Acton	6:00pm-9:00pm	pg 13
Strawberry Social	Tuesday, June 23	Georgetown	2:00pm-3:30pm	pg 13
Men's & Women's Breakfast	Wednesday, June 24	Georgetown	9:00am	pg 19
Reflexology	Wednesday, June 24	Acton	By Appointment	pg 15
Reflexology	Friday, June 26	Georgetown	By Appointment	pg 15
Canada Day Lunch & Trivia	Friday, June 26	Acton	12:00pm-3:00pm	pg 13
Royal Botanical Garden Trip	Monday, June 29	Both	All Day	pg 21
World Food Tour	Monday, June 29	Acton	10:30am-12:00pm	pg 19
June Is...Seniors Month LUNCH #2	Monday, June 29	Georgetown	12:00pm-2:00pm	pg 13
CLOTHING SALE Fundraiser-Drop off	Tuesday, June 30	Georgetown	9:00am-4:00pm	pg 17
June Is...FREE COFFEE	Tuesday, June 30	Georgetown	9:00am-12:00pm	pg 13
Casino Bus Trip	Tuesday, June 30	BOTH	All Day	pg 21
Trivia Afternoon	Tuesday, June 30	Acton	1:00pm-3:00pm	pg 18
Men's Breakfast	Tuesday, June 30	Acton	9:30am-11:00am	pg 19

## July 2026

Program	Dates	Location	Time	Page Info
Canada Day - CLOSED	Wednesday, July 1	BOTH	CLOSED	
2 <sup>nd</sup> Chance Clothing Sale Begins	Thursday, July 2	Georgetown	9:00am-3:30pm	pg 17
Mobile Dental Clinic Presentation	Thursday, July 2	Acton	2:00pm-3:30pm	pg 14
Reflexology	Friday, July 3	Acton	By Appointment	pg 15
Hearing Clinic	Friday, July 3	Georgetown	By Appointment	pg 7
Saturday BINGO	Saturday, July 4	Georgetown	1:00pm-3:00pm	pg 22
Monday, BINGO	Monday, July 6	Georgetown	1:30pm-3:30pm	pg 7
Reiki	Monday, July 6	Georgetown	By Appointment	pg 15
Hike with Camp	Tuesday, July 7	Acton	11:00am - 12:00pm	pg 18
Crime Prevention Through Design	Tuesday, July 7	Acton	1:00pm - 2:30pm	pg 15
Art Therapy (5 weeks)	Wed July 8-August 5	Georgetown	1:00pm-3:00pm	pg 16
Reflective Life Wellness Series	Wed July 8-August 5	Acton	1:00pm-2:30pm	pg 16
Book a Librarian	Thursday, July 9	Georgetown	1:30pm-3:00pm	pg 23

## July 2026 continued

Program	Dates	Location	Time	Page Info
CMHA Counselling	Thursday, July 9	Georgetown	By Appointment	pg 20
Dementia Support & Respite Pres	Thursday, July 9	Acton	1:00pm-3:00pm	pg 17
Reflexology	Friday, July 10	Georgetown	By Appointment	pg 15
Saturday Bingo	Saturday, July 11	Acton	2:00pm-4:00pm	pg 22
Mini Putt with Camp	Monday, July 13	Acton	10:30am-12:00pm	pg 18
Wellness Workshop: Memory, Forgetfulness and Aging	Monday, July 13	Georgetown	1:30pm-3:30pm	pg 16
Ladies Breakfast	Tuesday, July 14	Acton	9:30am-11:00am	pg 19
Cupcake Decorating	Tuesday, July 14	Acton	1:00pm-3:00pm	pg 19
Greeting Cards with Brenda	Tuesday, July 14	Georgetown	1:00pm-3:30pm	pg 17
Travel: Return to Grace	Thursday, July 16	BOTH	All Day	pg 21
CMHA Counselling	Friday, July 17	Acton	By Appointment	pg 20
Reiki / Reflexology	Friday, July 17	Acton	By Appointment	pg 15
Parkinson's Support Group	Monday, July 20	Acton	10:30am - 12:00pm	pg 25
Brain Health & Dementia Session	Monday, July 20	Acton	1:00pm - 2:30pm	pg 14
MONDAY BINGO	Monday, July 20	Georgetown	1:30pm-3:30pm	pg 7
Reiki	Monday, July 20	Georgetown	By Appointment	pg 15
Tuesday Movie	Tuesday, July 21	Acton	10:00am-12:00pm	pg 20
Bollywood Dance Session	Tuesday, July 21	Acton	1:00pm-2:30pm	pg 18
ActiVan Presentation	Tuesday, July 21	Georgetown	1:30pm-3:00pm	pg 16
Art with Camp	Wednesday, July 22	Acton	1:00pm-3:00pm	pg 18
Reflexology	Friday, July 24	Georgetown	By Appointment	pg 15
Men's Breakfast	Tuesday, July 28	Acton	9:30am-11:00am	pg 19
Trivia Afternoon	Tuesday, July 28	Acton	1:00pm-3:00pm	pg 18
Floral Arrangement-Elevation	Tuesday, July 28	Georgetown	1:30pm-3:30pm	pg 14
Men's & Women's Breakfast	Wednesday, July 29	Georgetown	9:00am	pg 19
Card Making Workshop	Wednesday, July 29	Acton	1:00pm-3:30pm	pg 17
Paint Workshop	Friday, July 31	Georgetown	1:00pm-3:30pm	pg 18
Reflexology	Friday, July 31	Acton	By Appointment	pg 15

## August 2026

Program	Dates	Location	Time	Page Info
Civic Holiday CLOSED	Monday, August 3	BOTH	CLOSED	
Tuesday Movie	Tuesday, August 4th	Acton	10:00am - 12:00pm	pg 20
Art Therapy (Last class)	Wednesday, August 5	Georgetown	1:00pm-3:00pm	pg 16

# August 2026

Program	Dates	Location	Time	Page Info
Blue Jays Watch Party	Wednesday, August 5	Georgetown	2:00pm-4:30pm	pg 20
Book a Librarian	Thursday, August 6	Geogetown	1:30pm-3:00pm	pg 23
Reflexology	Friday, August 7	Acton	By Appointment	pg 15
Hearing Clinic	Friday, August 7	Georgetown	By Appointment	pg 7
Saturday Bingo	Saturday, August 8	Acton	2:00pm - 4:00pm	pg 22
Manual Fall Registration Form Drop off	Monday, August 10	BOTH	9:00am-4:00pm	pg 31/32
Pelvic Health Lunch & Learn	Tuesday, August 11	Acton	12:30pm - 3:00pm	pg 15
Hike with Camp	Tuesday, August 11	Acton	11:00am - 12:00pm	pg 18
Wellness Workshop: Osteoarthritis	Tuesday, August 11	Georgetown	1:30pm-3:00pm	pg 16
CMHA Counselling	Thursday, August 13	Georgetown	By Appointment	pg 20
Reflexology	Friday, August 14	Georgetown	Book Appointment	pg 15
Reiki	Monday, August 17	Georgetown	Book Appointment	pg 15
Parkinson's Support Group	Monday, August 17	Acton	10:30am - 12:00pm	pg 25
Bingo with Camp	Monday, August 17	Acton	10:30am - 12:00pm	pg 18
Healthy Legs Presentation	Tuesday, August 18	Acton	1:00pm - 2:30pm	pg 18
Ladies Breakfast	Tuesday, August 18	Acton	9:30am - 11:00am	pg 19
Travel: Sexy Laundry	Thursday, August 20	BOTH	All Day	pg 21
CMHA Counselling	Friday, August 21	Acton	By Appointment	pg 20
Reiki / Reflexology	Friday, August 21	Acton	By Appointment	pg 15
XPLOR Registration Training	Friday, August 21	Georgetown	2:30pm-3:30pm	pg 15
World Food Tour - Korea	Monday, August 24	Acton	10:30am - 12:00pm	pg 19
Mini Putt with Camp	Monday, August 24	Acton	10:30am - 12:00pm	pg 18
Men's Breakfast	Tuesday, August 25	Acton	9:30am - 11:00am	pg 19
Afternoon Trivia	Tuesday, August 25	Acton	1:00pm - 3:00pm	pg 18
Fall Active Living Registration	Tuesday, August 25	BOTH	7:00am begins	pg 31/32
Casino Trip	Tuesday, August 25	BOTH	All Day	pg 21
Men's & Women's Breakfast	Wednesday, August 26	Georgetown	9:00am	pg 19
Wellness Workshop: Music and the Brain	Friday, August 28	Georgetown	2:00pm-3:30pm	pg 17
Reflexology	Friday, August 28	Georgetown	By Appointment	pg 15
Bingo with Camp	Monday, August 31	Acton	10:30am - 12:00pm	pg 18
<b>Hillsview Georgetown Facility Closure</b>	<b>Mon. Aug. 31-Fri. Sept. 4</b>	<b>Georgetown</b>	<b>CLOSED</b>	pg 20

# Are you on the Voters List?

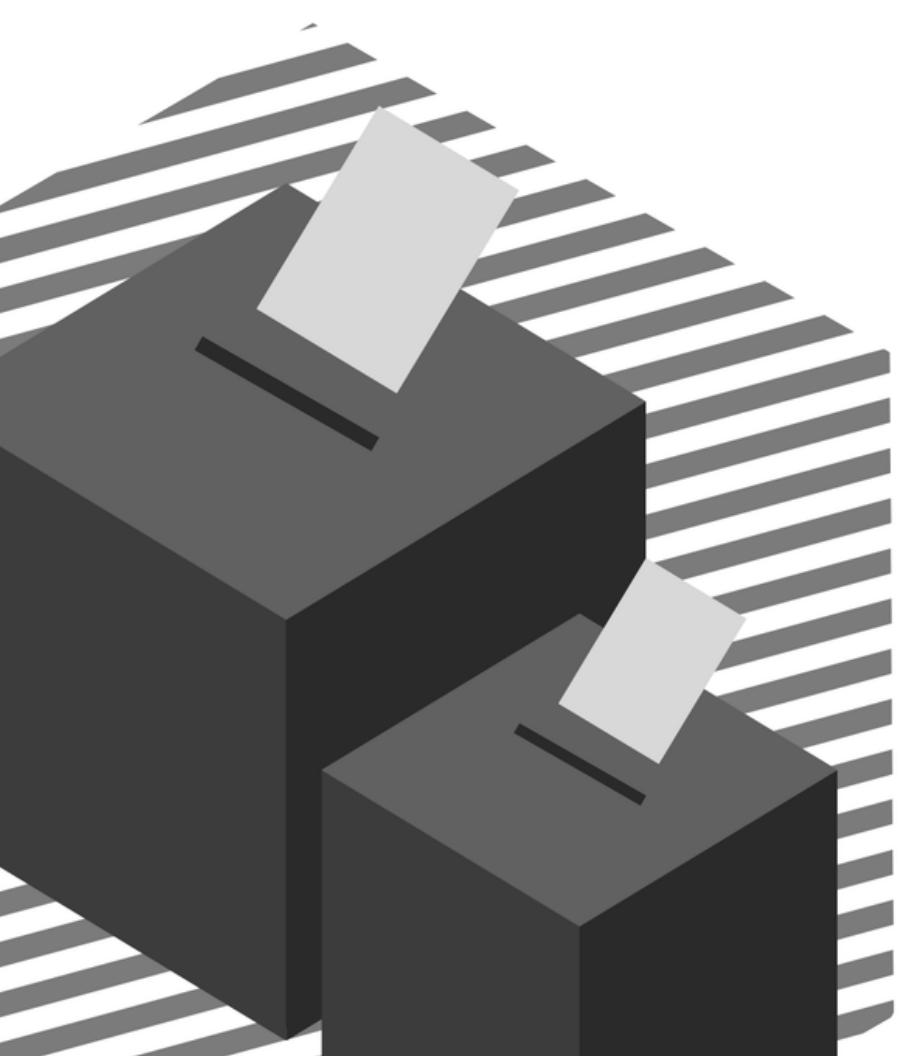
Municipal Election Day is

**Monday, October 26, 2026**

Online Advanced Voting available

**October 9 -24, 2026**

For more information, visit  
[haltonhills.ca/election](http://haltonhills.ca/election)



**Make your vote count  
Halton Hills**

# June is Seniors Month

## June is Seniors Month Lunches Acton

Please only sign up for 1 sitting. Members Only

- **Thursday, June 4th 12:00pm-1:30pm**
- **Monday, June 8th 12:00pm-1:30pm**
- **Tuesday, June 9th 12:00pm-1:30pm**

**FREE** sign up starts May 7th **CUT OFF May 28th**

**Menu:** Lasagna, Garlic Bread, Caesar Salad, Dessert

Celebrate June is Seniors Month with good food and great company. Free lunches are generously sponsored by the Hillsvie Board, with dessert sponsored by Robin King at Desjardin Insurance. The delicious meals will be catered by Tanners Restaurant. We hope to see you there!



## Seniors Month Social Dinner-Acton

Tuesday, June 23rd at 6:00pm-9:00pm  
\$25.00 per person.

**Menu:** Choice of Glazed Salmon or Glazed Chicken, Roasted Potatoes, Garden Salad, & Dessert.

**Entertainment:** Elio

Tickets on sale Tuesday, May 12th  
Cutoff: Tuesday, June 16th

Celebrate Seniors Month with a great dinner & dance. Receptionist of the Year will be awarded.

No Socials in July & August

## Canada Day Celebration Lunch Acton

Friday, June 26th 12:00pm - 3:00pm  
\$15.00 pp, tickets on sale May 29th

**Menu:**

Peameal Bacon on a Bun, Potato Salad, Garden Salad, and Dessert

Meals are catered by Tanners Restaurant.

Join us for a fantastic afternoon of great food and all things Canada! Dress in your best Red and White and be sure to check out our Canada Day themed photo booth. After the meal be sure to stick around for our Canada Day Trivia hosted by the Quizzard.

## June is Seniors Month Lunches Georgetown

Please sign up for only 1 lunch per member.  
For Members Only, cost is \$5.00

**Tuesday, June 2nd 12:00pm-2:00pm or  
Monday, June 29th 12:00pm-2:00pm**

Come celebrate June is Seniors Month with great food, friends and music from the Hillsvie Band. Lunch is sponsored by our amazing sponsor Halton Audiometric. Dessert sponsored by AMICA Georgetown and Mountainview Residence.

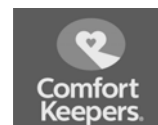
**Menu:** of Chicken souvlaki skewer with tzaziki, rice, and greek salad. Vegetarian option available (must pre-order). Catered by Tanners Restaurant. Sign up at Reception.



## FREE Sponsored Coffee Georgetown

Monday, June 1st at 9:00am-12:00pm  
Tuesday, June 30th at 9:00am-12:00pm

Enjoy a FREE hot cup of java or steaming tea with cookies of course! We are launching June Is Seniors Month with free coffee sponsored by Comfort Keepers. Then finishing off the month of celebrating you with free coffee/tea sponsored by Home Instead! We are very fortunate to have such amazing support for our centre, please be sure to express your THANKS when at they are here!



## Strawberry Social-Georgetown

Tuesday, June 23rd at 2:00pm-3:30pm  
Members \$5.00, Non-Members \$8.00

As Canada Day quickly approaches, why not share one of Canada's amazing summer time treats. Come enjoy some fresh Ontario strawberries with your Hillsvie friends. There is sure to be some fun activities included. Pay and Sign up at Reception

# Workshops

## **Spiritual Medium Session–Acton**

Tuesday, June 2nd 1:00pm–2:30pm  
\$5.00pp tickets on sale May 5th

Join spiritual medium Jackie Kavanagh for an afternoon focused on connection, healing, and spiritual insight. During this program, Jackie connects with loved ones who have passed on, sharing messages of love, reassurance, and guidance. Her work is rooted in unconditional love and the belief that the spiritual and physical worlds are closely connected.

This program offers a compassionate space for reflection, healing, and deeper understanding of the continued bonds between ourselves and those who have passed.

## **Green Care Farms–Respite Program Dementia Workshop–Georgetown**

Thursday, June 4th at 11:00am–12:30pm  
\$2.00 drop in fee

There are many pain points for people with dementia, and their families. Respite options are few and almost no outdoor programs. What is a nature lover with dementia to do? This session will introduce Green Care Farms, Canada's first care farm for dementia. Helping people with dementia be active outdoors while caregivers get a much needed break! This presentation will discuss the experiences of people involved in Green Care Farms: people with dementia, caregivers, staff, volunteers & community partnerships. Emphasis on our half-acre Sensory Garden at Andrews Farm.

## **Protect Your Devices & Privacy Online Acton**

Tuesday, June 16th 1:00pm–3:00pm  
\$1.00 drop in fee, sign up starts May 12th

This hands-on session is designed for older adults who use smartphones, tablets, or computers and want to feel safer and more confident online. Led by Tech Coaches, they will cover online safety in plain language with real-life examples and easy demonstrations. Learn how to protect your accounts, spot phishing scams, adjust privacy settings, and reduce online tracking—plus get time for questions and one-on-one help. No experience required, and no question is too small.

## **Mobile Dental Clinic Presentation Acton**

Thursday, July 2nd 2:00pm–3:30pm  
\$1.00 drop-in fee, sign up and pay starting June 4th

Join us for an informative presentation by the Halton Mobile Dental Clinic to learn about the dental services they provide right here in our community. This session will outline who is eligible, the types of oral health services available, and how the mobile clinic helps reduce barriers to dental care for seniors and others who may have difficulty accessing traditional dental offices. There will also be time to ask questions and learn how to connect with their services.

## **Brain Health & Dementia Risk Reduction Presentation–Acton**

Monday, July 20th 1:00pm – 2:30pm  
\$1.00 drop in fee. Sign up starting June 15th

This session, presented by The Alzheimer Society, explores practical, everyday strategies to support brain health and reduce the risk of dementia. We will discuss the role of physical activity, nutrition, social connection, and cognitive engagement, along with simple ways to incorporate these into daily life. Participants will leave with a better understanding of modifiable risk factors and realistic steps they can take to support their overall brain health.

## **Floral Arrangement–Georgetown Sponsored by Elevation Church**

Tuesday, July 28th, 1:30pm–3:30pm  
\$5.00 members / \$35.00 non-members

Enjoy this hands-on flower arranging class led by Lil, our talented florist from the Georgetown Horticultural Society. Create your own vibrant arrangement to take home and enjoy as the season blooms. All materials are provided, and no experience is needed—just bring your creativity and a touch of summer time cheer. Huge thanks to Elevation Church for sponsoring this amazing workshop, and thanks to their volunteers for making it special. Sign up at reception.

# Workshops

## Wellness Workshop: Pelvic Health

### Georgetown

Tuesday, June 9th, 1:30pm-3:00pm  
\$2.00 drop in fee

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 & pelvic pain, & practical strategies to support strength, mobility, & 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), EPA Acton & Georgetown Clinical Director.

## Crime Prevention Through Environmental Design-BOTH

**Georgetown** - Tuesday, June 16th, 10:00am-11:30am  
\$2.00 drop in fee. Sign up at reception.

**Acton** - Tuesday, July 7th 1:00pm-2:30pm  
\$1.00 drop in fee. Sign up and pay starting June 9th

Join our Community Officer, Torry Wentzel, and learn how small changes around your home and property can make a big difference in preventing crime. This short, practical presentation introduces Crime Prevention Through Environmental Design (CPTED)—an approach that focuses on reducing crimes of opportunity, such as break-ins, through smart home-security habits and thoughtful landscaping. Participants will learn simple tips and tricks to improve visibility, secure entry points, and design outdoor spaces in ways that help deter unwanted activity before it happens. This presentation is especially helpful for homeowners looking for low-cost, proactive ways to feel safer and more confident at home.

## XPLOR Active Living Registration Training-Georgetown

Friday, August 21st, 2:30pm-3:30pm

**FREE**

Tired of being waitlisted for your favorite fitness class, come learn how easy it is to register ONLINE.

## Reiki Sessions-BOTH

### Georgetown

Donna Reiki professional available for personal Reiki session: **June 15th, July 6th & 20th, August 17th** between 10:00am-11:30am

\$2.00 drop in fee +\$20.00 minimum energy exchange. (cash only to Reiki professional)  
Sign up at Georgetown Reception desk.

### Acton-Marie Reiki Professional

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

**Next Date: June 17th, July 17th, August 21st**

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

## Reflexology Sessions-BOTH

### Georgetown-Marie Reflexology Professional

**Friday June 12th & 26th, July 10th & 17th, August 14th & 28th** between 1:00pm-3:00pm

\$2.00 drop in +\$20.00 energy exchange (cash only to Reflexology professional)  
Sign up at Georgetown Reception

### Acton-Marie Reflexology Professional.

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

**Next Dates: June 3rd, June 17th, June 24th, July 3rd, July 17th, July 31st, August 7th, August 21st (Cash Only).**

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.

## Pelvic Health Lunch & Learn-Acton

Tuesday, August 11th 12:30pm-3:00pm

\$2.00pp. Grant subsidized. Tickets on sale July 7th  
Menu: Assorted Pitas, Salad, and Dessert

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 and even improved. In this presentation, Meryl will discuss how pelvic health for men and women evolves with age, common concerns such as incontinence, prolapse and pelvic pain, and practical strategies to support strength, mobility, and overall well-being.

# Workshops

## Art Therapy–Georgetown

Wednesday, July 8th – August 5th (5 weeks)  
1:00pm–3:00pm, \$10.00 members

Aditee is returning with this well received Art Therapy program. This program is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. This class is designed to assist participants in expressing oneself artistically. It will help people resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness. You do not need to be creative or an artist to receive the benefits. Join us for creative art projects involving various mediums including music, collage, painting, pastels, markers and more! Sign up at Reception.

## Wellness Workshop: Memory, Forgetfulness & Aging–Georgetown

Monday, July 13th, 1:30pm–3:30pm  
\$2.00 drop in fee (sign up at reception)

*The Alzheimer's Society* will be leading this wellness workshop on Memory, Forgetfulness and Aging. Learn about changes in memory associated with aging, warning signs for dementia, and what to do if you are concerned about memory changes.

It is also an opportunity to learn about the programs and services provided by the Alzheimer Society.

## ActiVan Presentation–Georgetown

Tuesday, July 21st, 1:30pm–3:00pm

**FREE**

Interested in what ActiVan has in store for new transit updates here in Halton Hills? The scheduled public information centres for the Transit Implementation Plan (TIP) have been completed. This phase will identify "quick wins" for transit services in Halton Hills.

An overview of current ActiVan services and what is available to riders now will be provided. Looking forward to seeing you there!

Sign up at reception.

## Reflective Life: Community Wellness Series–Acton

Four part series. Wednesdays July 8th, July 15th, July 29th, August 5th (Note, no session July 22nd)  
1:00pm – 2:30pm

**Free.** Sign up starting June 10th.

A four-part workshop series supporting individuals through life's transitions with reflection, conversation, and practical coping tools.

Participants will build resilience, self-awareness, and meaningful connections.

Workshop Topics Include:

- **Grief & Loss** – Understanding grief, processing emotions, and finding pathways to healing
- **Aging & Coping** – Navigating emotional changes with strength, gratitude, and self-compassion
- **Life's Transitions** – Building resilience and confidence during times of change
- **Community Connections** – Strengthening relationships and reducing isolation

## Wellness Workshop: Osteoarthritis Georgetown

Tuesday, August 11th, 1:30pm–3:00pm  
\$2.00 drop in fee

Join Meryl Da Costa, Registered Physiotherapist at Eramosa Physiotherapy Associates, for an informative and practical talk on osteoarthritis. This session will break down what osteoarthritis is, how it impacts joints and daily function, and why it's more than just "wear and tear."

You'll walk away with evidence-based strategies to better manage symptoms, including how movement and exercise can reduce pain and improve mobility. We'll also cover simple lifestyle changes you can start right away to support joint health and stay active with confidence. Whether you're newly diagnosed or have been managing osteoarthritis for years, this talk will give you tools to take control of your joint health.

Sign up at reception

# Workshops

## Wellness Workshop: Music & the Brain-Georgetown

Friday, August 28th, 2:00pm-3:30pm  
\$2.00 drop in fee, sign up at reception

The Alzheimer Society will be leading this wellness workshop on Music and the Brain. This session will explore how music can stimulate memory, improve mood, and enhance connection for people living with dementia. It will also focus on how music can be used as a simple and meaningful tool in the care partnering journey, with practical strategies that can be incorporated into everyday routines.

## Dementia Support and Respite: What's Available and How to Find It Acton

Thursday, July 9th 1:00 - 2:30 pm  
FREE, sign up starting June 11th

Caring for someone living with dementia can bring many questions. Knowing where to turn for help can make a real difference.

Join Acclaim Health for a free information session about local dementia supports, respite services, and community programs. You'll hear about services available in the community, who they are for, and how to access them.

This session is open to caregivers, family members, friends, and anyone who would like to better understand the supports available close to home.

## Second Chance Clothing Sale-Georgetown

Drop off begins Tuesday, June 30th  
No sooner please, as the space & volunteers need to get ready!  
Sale starts Thursday, July 2nd

This much anticipated clothing fundraiser is back! Hillsview Georgetown will be accepting your clean and gently used men's and women's clothing, accessories (shoes, purses, scarves, jewelry), starting June 30th. If you have items you no longer need or want, give them a second chance! There is someone else who may LOVE them! Drop them off & clean out your closet! Bonus, make room for MORE and purchase from this amazing fundraiser and 2nd chance clothing sale! These items will be organized by item and size and displayed in the hallway.

Keep coming back to check, as each day new items will be displayed.

# Fun & Creative Events

## Hillsview Band Playing Georgetown

Tuesday, June 16th at 2:00pm-3:00pm FREE

Come to Hillsview and listen to the great sounds of the Hillsview Band. In collaboration with Links2Care Durham street residents will be invited to share in the joy! WELCOME.

## 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, July 14th, 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, July 29th 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 June 30th.

## Summer Euchre-Georgetown

\$2.00 drop in/\$4.00 for non members

Starting Friday, July 3 until Friday, August 22nd  
We will be hosting Friday evening euchre. We are please to offer this temporary evening program as the Georgetown Legion takes a break for summer. Everyone is welcome!



# Fun & Creative Events

## Art Studio Izza–Georgetown

Monday, June 8th, 10:00am–11:30am  
Members \$5.00, Non-members \$8.00

Join us for a fun, hands-on art class where you'll create a one-of-a-kind greeting card using cyanotype paper. Cyanotype is a photographic printing process that uses light-sensitive paper to create beautiful images. Simply place objects like leaves, flowers, or stencils on the paper, expose it to sunlight, then rinse with water to reveal a vibrant blue design—no experience needed! Lead by Visual Artist Art Studio Izza.

## Trivia Afternoon–Acton

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

- **Tuesday, June 30th, 1:00pm–3:00pm**

Sign up at reception starting May 26th

- **Tuesday, July 28th, 1:00pm–3:00pm**

Sign up at reception starting June 30th

- **Tuesday, August 25th, 1:00pm–3:00pm**

Sign up at reception starting July 28th

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 Session–Acton

Tuesday, July 21st 1:00pm – 2:30pm  
\$2.00 per person, tickets on sale June 16th

Experience the colour, energy, and excitement of Bollywood dance in this fun, beginner-friendly session taught by Bollywood West.

Participants will learn easy-to-follow choreography inspired by popular Bollywood music, with a focus on rhythm, expression, and joyful movement. No experience is required—just bring your energy and enthusiasm!

## Healthy Legs Presentation–Acton

Tuesday, August 18th 1:00pm – 2:30pm  
\$1.00 drop-in fee, Sign up starts July 21

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.

## June Flower Show–Acton

**Tuesday**, June 23rd 1:00pm–3:30pm  
Registration for competition starts May 25th

Show off your hard work and creativity in our June Flower Show! We're inviting members to enter their home-grown blooms that are shining in mid to late June. Categories to Enter:

1. **Best Rose** (any variety)
2. **Best Peony**
3. **Best Iris**
4. **Best Perennial Bloom** (any non-rose perennial)
5. **Best Flower Arrangement** (cut flowers, any mix)
6. **Most Unique or Unusual Bloom**

Prizes for 1st place in each category. Extra prize for Best in Show.

All members are encouraged to come out, admire the spectacular flowers, and vote for your favourite in each category.

## Intergenerational Programs with Summer Camp–Acton

Come out and help create lasting memories for the participants in the Halton Hills Summer Camp Program. We are looking for 2-3 volunteers to assist with the following events:

- Tuesday, July 7th** at 11am – Hike
- Monday, July 13th** at 10:30am–Mini Putt
- Wednesday, July 22nd** at 1pm – Art
- Monday, July 27th** at 10:30am–Bingo
- Tuesday, August 11th** at 11am–Hike
- Monday, August 17th** at 10:30am–Bingo
- Monday, August 24th** at 10:30am – Mini-Putt
- Monday, August 31st** at 10:30am–Bingo

## Paint Workshop–Georgetown

Friday, July 31st, 1:00pm–3:30pm  
\$5.00 members/\$20.00 non-members  
**Sponsored by Elevation Church**

Join Aditee for a relaxing and enjoyable paint therapy workshop. Spend a calm and creative afternoon with easy, step-by-step guidance in a warm and friendly setting. No experience is needed, and all art supplies will be provided, just come and enjoy painting together.

# Food Fun

## Ladies Breakfast-Acton

**Tuesday, June 16th at 9:30am**

\$10.00 members \$13.00 non-members, Tickets on sale May 19th, Cut off: June 12th

Menu: Pancakes, Ham, Strudel, Yogurt, Coffee, Tea, & Juice

Presentation: Scott Brooks

**Tuesday, July 14th at 9:30am**

\$10.00 members \$13.00 non-members, Tickets on sale June 16th, Cut off: July 10th

Menu: Quiche, Cinnamon Buns, Tater Tots, Sausage, Coffee, Tea, & Juice.

Presentation: TBD

**Tuesday, August 18th at 9:30am**

\$10.00 members \$13.00 non-members, Tickets on sale July 14th, Cut off: August 14th

Menu: French Toast, Peameal Bacon, Scones and Jam, Yogurt, Coffee, Tea, & Juice.

Presentation: TBD

## Men's Breakfast-Acton

**Tuesday, June 30th at 9:30am**

\$10.00 members \$13.00 non-members, Tickets on sale May 26th. Cut off: June 26th

Menu: Pancakes, Ham, Strudel, Yogurt, Coffee, Tea, & Juice

Outing: TBD

**Tuesday, July 28th at 9:30am**

\$10.00 members \$13.00 non-members, Tickets on sale June 30th, Cut off: July 24th

Menu: Quiche, Cinnamon Buns, Tater Tots, Sausage, Coffee, Tea, & Juice.

Outing: TBD

**Tuesday, August 25th at 9:30am**

\$10.00 members \$13.00 non-members, Tickets on sale July 28th, Cut off: August 21st

Menu: French Toast, Peameal Bacon, Scones and Jam, Yogurt, Coffee, Tea, & Juice.

Outing: TBD

## Men's & Ladies Breakfast Georgetown

Wednesday, June 24th at 9:00am

Wednesday, July 29th at 9:00am

Wednesday, August 26th 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

Monday, June 15th, 12:00 delivery

Order by Thursday, June 11th

Members \$15.00, Non-members \$18.00

Sign up and preorder lunch and then stay for BINGO.

Nothing more exciting than calling BINGO!

Menu: Harvey's Hamburger & Fries with Drink

## World Food Tour-Acton

### Fresh Rolls- Vietnam

Monday, June 29th at 10:30am – 12:00pm

Sign up starting May 25th. \$2 per person.

Light and refreshing rice paper rolls packed with vermicelli, fresh herbs, and shrimp or pork, served with a savoury dipping sauce.

### Bibimbap -Korea

Monday, August 24th at 10:30am – 12:00pm

Sign up starting July 27th. \$2 per person.

A vibrant mixed rice bowl topped with assorted vegetables, protein, and a fried egg, finished with spicy-sweet gochujang sauce.

## Cupcake Decorating - Acton

Tuesday, July 14th 1:00pm – 3:00pm

\$5.00 pp tickets on sale June 9th. Cut off July 7th.

Tammy from Tada is back! Learn the basics of cupcake decorating while experimenting with colors, piping, and toppings. This fun session is perfect for budding bakers who love to get creative and messy!

# Free Counselling

## Services–Both

**\*\*GRANT EXTENDED \*\***

**Therapy Sessions with a CMHA Registered  
Psychotherapist**



**Canadian Mental  
Health Association**  
Halton Region Branch  
*Mental health for all*

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, June 19<sup>th</sup>

Friday, July 17<sup>th</sup>

Friday, August 21<sup>st</sup>

**Georgetown Dates:**

Thursday, June 11th

Thursday, July 9th

Thursday, August 13th

# Fun Events

## Tuesday Movie–Acton

### Remarkably Bright Creatures

Tuesday, June 23rd at 10:00am



A grieving widow forms an unexpected friendship with a remarkably intelligent octopus at a seaside aquarium, uncovering long-buried truths as both help each other heal. It’s a warm, quietly magical story about loss, connection, and second chances.

## Project Hail Mary

Tuesday, July 21st at 10:00am



An amnesiac astronaut wakes up alone on a spacecraft and must piece together his past to save humanity from an extinction-level threat. What begins as a survival story becomes an unforgettable tale of science, ingenuity, and unexpected friendship.

## Michael

Tuesday, August 4th at 10:00am



This biographical drama chronicles the rise of Michael Jackson from his childhood in the Jackson 5 to his emergence as the King of Pop, highlighting both his extraordinary talent and the pressures of global fame.

## Blue Jays Watch Party–Georgetown

**Friday, June 19th at 2:00pm–4:30pm**

Toronto s vs. Chicago CUBS

**Wednesday, August 5th at 2:00PM–4:30pm**

Toronto s vs. Houston ASTROS

\$2.00 drop in,

\$8.00 1 hot dog, popcorn & pop or

\$10.00 2 hot dogs, popcorn & pop.

## Hillsview Georgetown–Temporay Facility Closure for Maintenance

**Monday, August 31<sup>st</sup> – Friday, September 4<sup>th</sup>, 2026. Re-opening Tuesday, September 8.**

Hillsview Active Living Centre – Georgetown will be temporarily closed to complete important facility maintenance, including deep cleaning, painting, and necessary repairs. As a result, all daytime and evening programs will be cancelled during this closure.

Food for Life will be distributed outside. Please note the centre will not be accessible for ANY reason during food for life. **i.e. the washrooms will not be available.**

Thank you for your understanding as we take this time to care for and improve our space.

# Fundraising

## Euchre Tournament-Acton

Sunday, June 7th, 12:00pm-5:00pm  
Entrance Fee \$15.00, Pre-register starting May 1.  
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.

## Short Trip Travel

Both Georgetown and Acton may sign up and pay at the Acton location. Bus pickup is at Hillsvie Acton (Acton Arena and Community Centre).

**Transportation is via School Bus**

## Brantford Twin Valley Zoo

Friday, June 5th  
Bus leaves at 9:00am and returns 3:20pm  
\$43.00 pp members / \$48.00 pp non-members  
Cut Off May 29th

Join us for an unforgettable day at Brantford Twin Valley Zoo, a family-run gem just minutes from the city! Set on 25 acres of scenic trails, the zoo is home to over 400 animals representing 70+ species, from lions and wolves to exotic birds, reptiles, and a popular petting area with goats. Explore at your own pace and enjoy shaded paths, picnic areas, and grab a treat from the on-site food stands.

## Royal Botanical Gardens-Hendrie Park & Mediterranean Garden

Monday, June 29th  
Bus leaves at 8:45am and returns 2:45pm  
\$43.00 pp members / \$48.00 pp non-members  
Cut off June 22nd

Spend a beautiful early-summer day at Royal Botanical Gardens – Hendrie Park, RBG's largest and most celebrated cultivated garden. Late June is peak season for the iconic Rose Garden, where thousands of roses are in spectacular full bloom, filling the air with colour and fragrance. Then step inside the Mediterranean Garden conservatory to explore lush plants from warm-climate regions.

# Travel Acton & Georgetown

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

## Sorry...I'm Not Sorry Wednesday, June 17th

Hildebrand Schoolhouse Theatre, St. Jacob's.  
Dinner to follow at Anna Mae's.

## Return to Grace Thursday, July 16th

St. Jacob's Country Playhouse. Lunch on your own at the St. Jacob's Market.

## Sexy Laundry Thursday, August 20th

Drayton Festival Theatre. Lunch at Jack's Family Restaurant.

Coming soon...

## Grand River Boat Cruise Wednesday, September 16th (tentative date)

**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, June 30th  
\$40.00 members/\$45.00 non-members  
**\*Tickets on sale May 27 Acton & Georgetown\***

Tuesday, August 25th  
\$40.00 members/\$45.00 non-members  
**\*Tickets on sale July 21st in Acton & Georgetown\***

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



Links2Wellbeing  
social prescribing for older adults

## 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, June 6<sup>th</sup>

Saturday, July 4<sup>th</sup>

**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, June 13<sup>th</sup>

Saturday, July 11<sup>th</sup>

Saturday, August 8<sup>th</sup>

**All games begin at 2:00pm**

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.**

## 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.

Ask Staff how to connect.



### **Family History Writer's Circle**

Tuesday, June 9, July 14, August 11, 10 a.m. – 12:00 p.m.

Georgetown Branch, Cultural Centre Studio

Interested in telling your family's history or your own story? No writing experience is needed. Monthly meetings with themes and prompts.

### **Acton Book Club**

Thursday, June 11, July 9, August 8, 7:00 – 8:30 p.m.

Acton Branch, Community Room

Connect with fellow readers at our Community Book Club! Enjoy lively discussion, discover new books, and share ideas in a relaxed and welcoming environment June: Julie Chan Is Dead by Liann Zhang July: Oxford Soju Club by Jinwoo Park August: OBOHH

### **Understanding Scams in the Age of AI**

Tuesday, June 16, 2:00 – 3:30 p.m.

Georgetown Branch, Cultural Centre Studio

AI is helping scammers create fake voices, realistic messages, and imitation websites that look legitimate. But every scam, whether by phone, text, or email, still shares the same tell-tale warning signs. In this hands-on session, you'll learn how to strengthen your digital defenses.

Register at [hhpl.events.mylibrary.digital](http://hhpl.events.mylibrary.digital).

### **Book a Librarian-Georgetown**

Thurs, June 11, 1:30pm-3:30pm

Thurs, July 9, 1:30pm-3:30pm

Thurs, August 6, 1:30pm-3:00pm

Book a Librarian is one to one time with a knowledgeable librarian to assist you with any technology (cell phone, ipad, tablet & computer) Sign up at reception , Free

### **'The 'Art' of Ornament in South Asia with ROM South Asian History Workshop**

Saturday, June 20, 1:00 – 3:00 p.m.

Georgetown Branch, Cultural Centre Studio

Drawing inspiration from South Asia objects at ROM including miniature painting and textiles, we will examine how ornamentation was utilized across history and geography and discuss its varied meanings. Participants will also be guided through drawing exercises that will deconstruct a few designs. These activities are accessible to all and designed to spark curiosity about how designs evolve and function. Register at [hhpl.events.mylibrary.digital](http://hhpl.events.mylibrary.digital).

### **Creative Hive**

Tuesday, June 23, July 7, 2:00 – 4:00 p.m.

Georgetown Branch, Local History Room

Join multimedia artist Melissa Lawson for a calming and creative art experience that blends mindfulness, close observation, and printmaking. During each session, participants will use dried botanicals as inspiration to explore natural shapes, textures, and patterns as they create their own botanical print. Each session also includes a short mindfulness practice to help relax the mind and body. No previous art experience is needed. Register at [hhpl.events.mylibrary.digital](http://hhpl.events.mylibrary.digital).

Resistance stories from five Afghan women come together to showcase the defiance, sisterhood, and enduring fight for women's freedom in Afghanistan.

### **Community Book Club**

Thursday, June 25, July 23, August 27, 7:00 – 8:30 p.m.

Acton Branch, Community Room, Georgetown Branch, Homecoming Room

Connect with fellow readers at our Community Book Club! Enjoy lively discussion, discover new books, and share ideas in a relaxed and welcoming environment. June:Oxford Soju Club by Jinwoo Park (Acton Branch) July: OBOHH (Georgetown Branch) August: Em by Kim Thuy (Acton Branch)



## Indigenous History Month

Library and Cultural Centre

June is National Indigenous History Month. Participate in free programs offered by the Town of Halton Hills and the Halton Hills Public Library that acknowledge the history, diversity, and creativity of Indigenous peoples in Canada.

Learn More at

<https://www.haltonhills.ca/en/explore-and-play/indigenous-history-month.aspx>

## Too Many Pictures, Not Enough Walls: The Art Collection of Dale and Dave Cox

Wednesday, May 13 - Sunday, July 12, Helson Gallery  
Reception: Saturday, July 4, 2:00 - 4:00 pm, Helson Gallery

Explore the art collection of Halton Hills residents, Dale and Dave Cox. Shaped by their careers in animation, the collection reflects their passion for storytelling and their strong support of the local arts community. Learn more at [haltonhills.ca/gallery](http://haltonhills.ca/gallery).

## Halton Equity & Diversity Roundtable IDEA Leadership Conference

Wednesday, June 3, Library and Cultural Centre  
Thursday, June 4, Library and Cultural Centre

Engage in a two-day conference presented by the Halton Equity and Diversity Roundtable (HEDR) and hosted by the Town of Halton Hills and the Halton Hills Public Library. This year's 11<sup>th</sup> annual HEDR Inclusion, Diversity, Equity and Accessibility (IDEA) Leadership conference is coming to Halton Hills for the first time! Engage with community leaders, practitioners, researchers, artists, & changemakers to explore this year's theme, **Small Town, Big Ideas: Intersectional Paths to Equity in Urban and Rural Communities**. Learn more at

<https://www.hedroundtable.com/ideaconference>

**Halton Hills residents: Use code "haltonhills" at registration for a 50% discount**

## Plein Air Painting Challenge at the Downtown Georgetown Farmers Market

Saturday, June 13, 8:00 am - 1:00 pm, Library and Cultural Centre, Helson Gallery

Register in advance for our first plein air challenge of the year at the Downtown Georgetown Farmers Market! Artists will paint within the lively market or explore the surrounding side streets and nearby parks. Downtown Georgetown offers a wide variety of subjects to inspire. The Helson Gallery presents this event in partnership with Norval Studios & Gallery, Credit Valley Artisans, and the Downtown Georgetown Farmers Market.

Reserve a spot at <https://www.eventbrite.ca/e/plein-air-painting-challenge-at-the-downtown-georgetown-farmers-market-tickets-1987338340474>

## North End Art Girls

Tuesday, July 6 - Monday, August 2, Upper and Lower Sisnett Lobby, Library and Cultural Centre

Enjoy a selection of artwork by the North End Art Girls, a collective of female artists with a shared mission to promote and support the work of women artists across Ontario. Brought together by a spirit of collaboration and community, the group creates opportunities for visibility, connection, and creative exchange through exhibitions and events that strengthen the regional arts community.

Learn more at [haltonhills.ca/gallery](http://haltonhills.ca/gallery).

## Halton Black History Awareness Society: Emancipation Art Exhibition

Wednesday, July 15, - Sunday, September 13, Helson Gallery

For this year's ninth annual Emancipation Art Exhibition, artists were invited to submit works that reflect the experiences of Black Canadian artists in our community. This exhibition celebrates the voices and artistic expressions of African diasporic artists, highlighting the richness of Black identity, history, and culture through a diverse range of artistic media.

Learn more at [haltonhills.ca/gallery](http://haltonhills.ca/gallery).

Scan the QR Code to subscribe to the **Create Halton Hills Newsletter** or learn more at: [haltonhills.ca/culture](http://haltonhills.ca/culture)



# 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 Hillsvie 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 Hillsvie Georgetown the first Friday of the month. Sign up at reception

## North Halton Hearing Clinic

FREE testing at Hillsvie 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 Hillsvie Acton  
10:30am-12:00pm

Upcoming dates:

Monday, June 15<sup>th</sup>

Monday, July 20<sup>th</sup>

Monday, August 17<sup>th</sup>

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 Hillsvie 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](mailto:agraham@acclaimhealth.ca)

Hillsvie 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:



Canada



# 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.

## 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: Acton Senior Center - Guest  
Password: TOHHGuest4219!

## Transportation in Halton Hills

For ActiVan and TaxiScrip Program, you must register at either Centre or visit [www.haltonhills.ca/50plus](http://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 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 both HillsvieW Centres 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.

### 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.

### 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.

# Hillsview Active Living Centre

## **COMING SOON!**

### Food for Life Market Registration



We're pleased to share that, in partnership with the **Hillsview Active Living Centre-Georgetown**, we will be registering members for our weekly Food for Life program on: **Tuesday, June 16 & Thursday, June 18**

## **KEY DETAILS**

- During registration, each member will receive a **unique Food for Life number**. **Please bring this number with you each week** when you come to shop. It helps us ensure we bring enough food to support everyone.
- **Why register?** Registration allows us to track how many people we are serving and the volume of food needed at our location. These numbers are important because, just like Hillsview, we use this information to apply for grants and funding that support our centre, our membership, and the wider community. Your willingness to register directly helps us keep this program strong and sustainable.
- **Please note:** This registration **does not replace our current number system**. You will still need to pick up a number from reception each week to hold your place in line.
- Your Food for Life number also allows us to contact you directly if there are important updates—such as program changes, schedule adjustments, or food-related notices. From time to time, we may also reach out for your feedback to help us improve the program.
- Your comfort and privacy matter to us. Any personal information you share will be kept confidential and will never be shared outside our organization. We may use general, non-identifying information to help secure funding so we can continue offering this program at Hillsview.
- **We truly appreciate your participation and your support. We look forward to seeing you at the market.**

### **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

### **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 April

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

agraham@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.



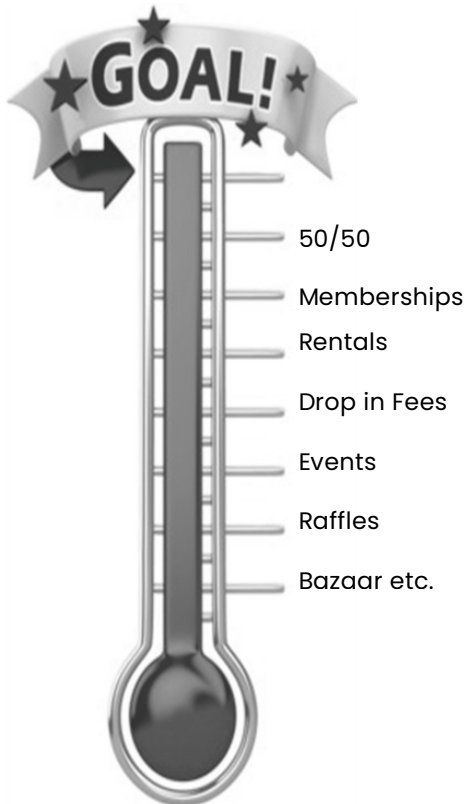
For a donation of \$300.00 or more, your loved one(s) who you wish to celebrate, will be prominently and permanently recognized on the donor "Wall of Honor", located in the main hallway area of the Centre. Their plaque will have their name and a personal message placed on it.

## 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 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](http://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](http://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 \$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

**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](http://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!

### JUNE

ACC: Tuesday June 2, 10:20-11:20am  
MSP: Tuesday June 9, 10:15-11:15am  
ACC: Tuesday June 16, 10:20-11:20am  
MSP: Tuesday June 23, 10:15-11:15am  
ACC: Tuesday June 30, 10:20-11:20am

### JULY

MSP: Tuesday July 7, 10:15a-11:15am  
ACC: Tuesday July 14, 10:20-11:20am  
MSP: Tuesday July 21, 10:15-11:15am  
ACC: Tuesday July 28, 10:20-11:20am

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

# Active Living Classes Summer 2026

**REMINDER:** Online registration for summer classes opens **Tuesday, May 26th at 7:00am!** Manual registration forms can be dropped off in Georgetown on Monday, May 11th.

## Locations

- **GPP** = Gellert Pathway at Gellert Community Park, 10241 8 Line, Georgetown
- **GWP** = Glen Williams Park, 509 Main St, Georgetown
- **HVA** = Hillsview Active Living Centre Acton, 415 Queen St. East, Acton
- **HVG** = Hillsview Active Living Centre Georgetown, 318 Guelph St - Unit 9, Georgetown

## 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, July 13: Tai Chi 3, 1:15-2:15pm
- Wednesday, July 15: Tai Chi 2 (Outdoors), 9:30-10:20am / Tai Chi 1, 11:00-11:50am
- Thursday, July 16: Tai Chi 1, 7:00-7:50pm
- Monday, August 3: **ALL CLASSES**

Acton Classes	Day	Location	Time	Dates	Member	Non-Member
Cardio & Strength	Mon	HVA	9:00-9:50am	July 6 - August 24	\$61.40	\$81.87
Circuit Training	Mon	HVA	12:30-1:20pm	July 6 - August 24	\$61.40	\$81.87
Bone Builder	Mon	HVA	1:30-2:20pm	July 6 - August 24	\$61.40	\$81.87
Core & Floor	Tues	HVA	9:00-9:50am	July 7 - August 25	\$70.17	\$93.56
Yoga - Chair	Tues	HVA	10:00-10:50am	July 7 - August 25	\$72.21	\$96.28
Balance & Stretch	Wed	HVA	9:30-10:20am	July 8 - August 26	\$70.17	\$93.56
Dance Fitness	Wed	HVA	10:30-11:20am	July 8 - August 26	\$72.21	\$96.28
Bone Builder	Thurs	HVA	9:00-9:50am	July 9 - August 27	\$70.17	\$93.56
Yoga - Chair	Thurs	HVA	10:00-10:50am	July 9 - August 27	\$72.21	\$96.28
Circuit Training	Thurs	HVA	12:30-1:20pm	July 9 - August 27	\$70.17	\$93.56

Walking Programs	Day	Location	Time	Dates	Cost
Walk This Way (Outdoor)	Wed	GPP	9:00-9:50am	July 8 - August 26	\$27.12
Walk & Talk	Thurs	GPP	9:30-10:20am	July 9 - August 27	\$27.12

Georgetown Classes	Day	Location	Time	Dates	Member	Non-Member
Yoga - Chair	Mon	HVG	10:00-10:50am	July 6 - August 24	\$63.18	\$84.24
Cardio & Strength	Mon	HVG	11:00-11:50am	July 6 - August 24	\$61.40	\$81.87
Qi Gong	Mon	HVG	11:00-11:50am	July 6 - August 24	\$54.16	\$72.21
Bone Builder	Mon	HVG	12:00-12:50pm	July 6 - August 24	\$61.40	\$81.87
Tai Chi 3	Mon	HVG	1:15-2:15pm	July 6 - August 24	\$36.11	\$48.14
Easy Does It	Tues	HVG	9:00-9:50am	July 7 - August 25	\$70.17	\$93.56
Line Dancing	Tues	HVG	10:00-10:50am	July 7 - August 25	\$72.21	\$96.28
Intro to Line Dancing	Tues	HVG	11:00-11:50am	July 7 - August 25	\$72.21	\$96.28
Balance & Stretch	Tues	HVG	12:00-12:50pm	July 7 - August 25	\$70.17	\$93.56
Mindful Meditation	Tues	HVG	2:00-2:50pm	July 7 - August 25	\$70.17	\$93.56
Dance Fitness	Wed	HVG	9:00-9:50am	July 8 - August 26	\$72.21	\$96.28
Tai Chi 1	Wed	HVG	11:00-11:50am	July 8 - August 26	\$63.18	\$84.24
Tai Chi 2 (Outdoors)	Wed	GWP	9:30-10:20am	July 8 - August 26	\$63.18	\$84.24
Cardio & Strength	Thurs	HVG	9:00-9:50am	July 9 - August 27	\$70.17	\$93.56
Bone Builder	Thurs	HVG	10:00-10:50am	July 9 - August 27	\$70.17	\$93.56
Bone Builder	Thurs	HVG	11:00-11:50am	July 9 - August 27	\$70.17	\$93.56
Core & Floor	Thurs	HVG	12:00-12:50pm	July 9 - August 27	\$70.17	\$93.56
Circuit Training	Thurs	HVG	1:00-1:50pm	July 9 - August 27	\$70.17	\$93.56
Tai Chi Fit	Thurs	HVG	2:00-2:50pm	July 9 - August 27	\$72.21	\$96.28
Ageless Yoga	Thurs	HVG	3:00-3:50pm	July 9 - August 27	\$72.21	\$96.28
Tai Chi 1	Thurs	HVG	7:00-7:50pm	July 9 - August 27	\$63.18	\$84.24
Yoga - Chair	Fri	HVG	10:00-10:50am	July 10 - August 28	\$72.21	\$96.28

## Fall Active Living Registration

### Mark your calendar!

- Online registration for fall classes opens **Tuesday, August 25th at 7:00am.**
- Registration forms can be dropped off in Acton & Georgetown for manual registration starting **Monday, August 10th.**

# 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.**

## 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

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/Intro to Line Dance

Choose Line Dance if you're a seasoned participant, or Intro to Line Dance to give it a try!

**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 & Tai Chi 3

Try Tai Chi 1 to learn a sequence of slow, graceful movements which may improve circulation, coordination, balance and concentration. Try Tai Chi 2 & 3 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 [sandyrah@haltonhills.ca](mailto:sandyrah@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.



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- Affordable
- Friendly volunteer delivery
- Supports independent living

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- Flexible schedule
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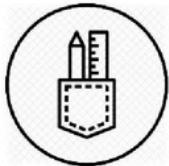
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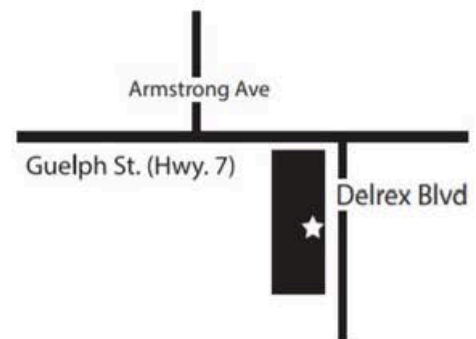
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