

COMMUNITY CALENDAR

Friday, Jan. 17

Literacy North Halton Scrabble Tournament: to support adult literacy programs to be held on Monday, January 27 at 6 p.m. in Georgetown. For more info: go online at www.lnhadultlearningcentre.ca or call 905-873-2200 or e-mail lnh.alc.scrabble@gmail.com. Pre-registration required by January 17. Help support adults and families in improving literacy skills in the community

Rotary Club of Georgetown meets: 7:15 a.m. at Ares Restaurant with guest speaker Anna-Liisa Johanson who is our Youth Exchange Student from Estonia. She will be presenting on Estonia and her experiences in Canada. RSVP to Linda at president@rotarygeorgetown-on.ca. Info: www.rotarygeorgetown-on.ca.

Technology Help: 9:30-11:30 a.m. at the Georgetown Library. Info: 905-873-2681 x2511 or www.hhpl.on.ca.

Free swim night: Halton Hills Blue Fins hosts a Free Swim Night, open to any child with a physical disability, 5-6 p.m. at Gellert Community Centre, 10281 Eighth Line. Meet a nationally ranked Para swimmer and see why swimming is right for you. Blue Fins have a Para Swim Program. Info: 647-526-9380, adminpara@halton-hillsbluefins.ca or www.haltonhillsbluefins.ca.

Friday Night Supper: 6-7 p.m. at the Georgetown Legion. Menu: Meat Lasagna and caesar salad. Cost \$6/person, dessert \$1 extra.

Friday night euchre: 7 p.m. at the Georgetown Legion. Admission \$2. Everyone welcome.

Acton Legion euchre: 7:15-9:45 p.m. at the Acton Legion, 15 Wright Ave. Everyone is welcome. Admission \$2.

The Baby Bunch: 2-3:30 p.m. at St. Alban's - in Alban House, 537 Main St., Glen Williams. A drop-in parent and child interactive social group, open to the community, with the focus on children aged two and under; older siblings are welcome. First and third Fridays. Info: 905-877-8323.

Baby Talk: Do you have a new baby (newborn to mobile)? Come to a free drop-in to meet other parents with new babies to chat in an informal setting, Fridays, 10:30 a.m. to 12:30 p.m. at St. George's Anglican Church.

Saturday, Jan. 18

Georgetown Fair annual meeting: will be held at the Studio at the Public Library, 10 a.m. Lunch provided. New members are welcome.

North Halton Kitten Rescue young cats adoption: to approved homes, 11 a.m. to 2 p.m. at Pet Valu, 235 Guelph St. Georgetown. Adoption fee of \$160 includes: spay/neuter, first vaccinations, parasite treatment, microchip and a bag of food. Kittens for adoption can be previewed at www.NHKKR.ca or call Barb 905-873-8547.

Sidney Mon Ami ...A Tribute to Sidney Bechet: 8 p.m. at the John Elliott Theatre. A musical celebration of New Orleans jazz legend Sidney Bechet performed by the popular musician, composer, singer George Grosman & Bohemian Swing, www.georgegrosman.ca. Tickets are \$25 at 905-877-3700 or www.haltonhills.ca/theatre.

Technology Help: 9:30-11:30 a.m. at the Acton Library. Info: 905-873-2681 x2511 or www.hhpl.on.ca.

Euchre and Bid Euchre: every Saturday, 7-9:45 p.m.

at Georgetown Seniors Centre. Admission \$3.

Sunday, Jan. 19

Acton Unity Service: 10:30 a.m. at the Acton Legion, 15 Wright Ave. Guest speaker, Dr. John Bowen, director of the Wycliffe Institute of Evangelism on "Has Christ Been Divided?" There will be a corresponding children's unity service for children (JK to Grade 8). Preschool children may attend if accompanied by an adult.

Georgetown Unity Service: The Georgetown and District Ministerial Association is holding an Ecumenical worship service for the "Week of Prayer for Christian Unity" at St. Andrew's United Church at 7 p.m. Worship will include participation from many churches in the area. Service theme is "Has Christ Been Divided?". Guest speaker will be Pastor Terry Talbot from Georgetown Christian Fellowship with special music by the Salvation Army worship team and the St. Andrew's Choir. Info: 905-877-4482.

Free Sunday Public Skate: 2-3:20 p.m. at the Acton Arena & Community Centre. Sponsored by Ted Arnott, MPP Wellington-Halton. Info: www.haltonhills.ca/skate for full recreational skating schedule

Emotions Anonymous (EA): meets Sundays 7 p.m. at 39 John St. Acton. (beside St Joseph Church parking lot enter in front door.) No dues or fees required to attend. Emotions Anonymous offers a 12-step program to help people cope with stress. Info: Debbie, 519-853-8262, gardenluer@hotmail.com.

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Ask the Professionals DIRECTORY

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Christoph Summer
Owner/Administrator

Q: How can I be sure that the retirement home I am considering is a good one?

A: References from current residents or their family members can be reassuring. When inquiring, ask questions regarding the ownership and/or professional management, length of time the home has been in business while making a note as to whether the home is in good shape.

While no government body regulates retirement homes, there is an existing voluntary non-profit association called the Ontario Retirement Communities Association (ORCA). This association is committed to instilling and maintaining high industry standards ensuring quality living for its residents. Specially trained inspectors tour each member's facility for the purpose of surveying areas to ensure quality control in matters such as fire and general safety, food and laundry service, recreational and social programs, staff education and improvement programs, etc. Upon passing inspection ORCA will then issue an award assuring the public that the home has met these high standards. This award should be on display so be sure to look for it! It is the retirement home "Good Housekeeping Seal of Approval" so to speak.

For more information, their web site is:
www.orca-homes.com.

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Q: Can you please help me get over my Dental Anxiety?

A: It's a well-known fact in this country that large numbers of people are afraid of going to their dentists. Some people are so afraid that they neglect even the routine examinations and professional cleanings.

It doesn't have to be that way. Here are some tips to help reduce your anxiety.

First, see your dentist before treatment is needed. Get to know your dentist and get comfortable discussing your concerns with the dentist and staff. Set your appointments for a stress-free time of day, not on your lunch hour or immediately after work.

Second, have the dentist explain the dental treatment to you. Knowledge of the procedure should let you be more relaxed.

Third, let your dentist and hygienist know that you're scared. It's nothing to be ashamed of and you're most certainly not their first patient to feel that way.

Fourth, understand that times have changed. There are new methods of controlling and eliminating discomfort that weren't available until recently.

Don't let dental fears keep you from having a healthy mouth and teeth.

"We are made to persist. That's how we find out who we are." ~ Tobias Wolff
Read more at www.greatday.com