

COMMUNITY CALENDAR

FRIDAY, JAN. 16

Optimist Texas Hold'Em: every third Friday of the month. Registration 6:30 p.m., game 7 p.m. sharp at the Optimist Hall, Hwy. 7, past 22 Sideroad. Tickets \$50. Call John, 905-877-2931.

Acton Legion euchre: 7:15-9:45 p.m. Admission \$2.

Georgetown Legion euchre: 7 p.m. Admission \$2.

Georgetown Musictown Open Mic: 8:30 p.m. Fridays, at The Silvercreek Cafe, 112 Main St. S. in Georgetown. Come one, come all for a chance to share your musical talents. Live PA available. Solo, duo, trio, instruments and prerecorded backing welcome. Info: www.GeorgetownMusictown.com

SATURDAY, JAN. 17

St John Ambulance Standard First Aid and CPR +AED course: This two-day course (8:30 a.m. to 4:30 p.m. both days) offers comprehensive first aid & CPR training for workplaces and home & is suited for workplaces with five or more employees per shift. Meets WSIB and Canada Labour Code requirements: Jan 17/18, Feb 18/19 March 7/8, April 15/16, May 9/10 & June 18/19 at Georgetown Superstore, Community Room, 171 Guelph St Georgetown. Cost: Please call 905-469-9325 to register.

St John Ambulance Emergency First Aid and CPR + AED course: A popular choice for workplaces with less than five employees. This one-day course is designed to provide basic first aid training and includes CPR for adults and automated external defibrillation (AED) Provincially recognized certificate which meets WSIB and Canadian Labour Code

certification on Jan 17, Feb 18, Mar 7, Apr 15, May 9, June 18 at Georgetown Superstore, Community Room, 171 Guelph St Georgetown, 8:30-4:30 Cost: Please call 905-469-9325 to register.

Bruce Trail Halton Hills Chapter hike: Hungry Hollow, Georgetown Leisurely paced, easy terrain. This hike is perfect for beginners or those who enjoy slower paced and shorter hikes. A great chance to introduce your children, grandchildren and other young family members to the fun of hiking in winter. Join Janet and friends as they hike through Hungry Hollow. Children must be accompanied by an adult on the hike. Please dress for the weather - hats, mittens and appropriate footwear as it could be slippery in spots. Bring water and a snack. Depart 1:30 p.m. from the Georgetown Market Place parking lot, south of Professional Arts building, east of Walmart. Leader: Janet Le Lievre, 519-853-1285.

NHHR adoptions: Kittens are available 11 a.m. to 2 p.m. at Pet Valu, 235 Guelph St. Young cat adoptions, 1-4 p.m. at Pet Valu, 269 Mountainview Rd. Info: Barb, 905-873-8547, www.nhkr.ca

SUNDAY, JAN. 18

Free Sunday Skate: 2-3:20 p.m. at the Acton Arena. Also on Jan. 25,

2:15-3:35 p.m. at the Mold-Masters SportsPlex. Sponsored by MPP Ted Arnett.

Emotions Anonymous (EA): meets Sundays 7 p.m. at 39 John St. Acton. (beside St. Joseph Church parking lot enter in front door.) Info: Debbie, 519-853-8262.

Be Still & Know God Candlelight Church: 7:30 p.m. every Sunday at St. Alban's Church, 537 Main St., Glen Williams. This beautiful old church, lit only by candles, provides an atmosphere of reverence and peace and wonder. Scripture, chanted psalms, slow prayer. Nothing for the congregation to say or do or read— only to enter and receive and experience. Open to all.

Halton Hills Sports Museum & Resource Centre: will be open Saturdays, 6-9 p.m., until March 28 except March 14 and Sundays, 1-4 p.m., until March 29.

MONDAY, JAN. 19

Adults, do you need to upgrade your skills in reading, writing, math or basic computers? Need help preparing for high school credit, GED, college entrance or apprenticeship? Information sessions are held on Mondays at 1:30 p.m. at 72 Mill St. Suite 207 in Georgetown or call The Adult Learning Centre

at 905-873-2200 for more information.

Come Cook With Me!: 1:30-2:30 p.m. Come Cook with Me offers a fun, free cooking activity with staff instruction for children under six years and their adult. This program is offered through the Ontario Early Years, Georgetown Satellite, 8 James St. Info: Jennifer, 905-873-2960.

Halton Hills Toastmasters: Mondays (except holidays), 7:30-9:30 p.m. at St. Alban's Parish Hall, 537 Main St., Glen Williams. Info: contacts-5260@toastmastersclubs.org or http://halton-hillstm.toastmastersclubs.org

Nordic Pole Walking Groups: Acton— Mon., Wed. and Fri., 10-11 a.m. at Dufferin Centre; Georgetown— Wednesdays, 6:30-7:30 p.m. at the Gellert Centre parking lot and Saturdays, 9-10 a.m. at Creature Comfort Co., Main St. Poles available to try. Info: Ginger, 905-691-9122, ginger.quinn@sympatico.ca

Drop into Dufferin Morning Program: Dufferin Community Centre's indoor sportsfield in Prospect Park will be available for walking, running and pre-school play on Monday-Friday (Jan. to May), 9 a.m. till noon. Admission: \$2 adults, free children.

Continued on page 36

Happy 75th Birthday Elaine Zilio



With love from your family Xoxo

MANON Dulude Ph.D.

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By Cory Soal R.H.A.D.


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The best thing you can do whether you are wearing hearing instruments or not is to use effective listening strategies. Even people with normal hearing have difficulty in some situations. Don't get discouraged. The following are some effective listening strategies you can implement easily:

- Make sure the person you are communicating with is facing you and not turned away or in another room.
- Make sure the background noise is kept to a minimum when trying to communicate.
- Have people try to get your attention before they start to speak to you.

For more information call...

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