

COMMUNITY CALENDAR

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MONDAY, APRIL 25

Road closure: A portion of Church St. in Acton will be closed from April 25 to 29 for needed roadwork. The road closure will be in effect from 7 a.m. April 25 to no later than 7 p.m. April 29. The portion of Church St. impacted is between Fellows St. and Eastern Ave.

Adult Learning Centre: Do you need to upgrade your skills in reading, writing, math or workplace computers? The Adult Learning Centre is holding an information session, 1:30 p.m. at 72 Mill St. in Georgetown, suite 206. Info/ to register, call 905-873-2200.

Open Grief Support Group: If you are dealing with grief, be it recent or long term, you are invited to attend this open twice monthly meeting, 7-8:30 p.m. at Norval United Church, 486 Guelph St. Learn about grief, find ways of dealing with grief, hear the stories of others. Info: Paul Ivany, 905-877-6122, paul@norvalunited.ca, www.norvalunited.ca. Also: May 9, June 13, June 27.

TOPS (Take Off Pounds Sensibly): 6:15-7:15 p.m. St. Joseph Church, (back entrance), 64 Church St E, Acton. TOPS offers tools and programs for healthy living and weight management, with group fellowship and encouragement at a low cost. You're welcome to attend your first meeting free of charge — bring a friend if you like. There's no obligation. Info: www.tops.org, 519-853-1189.

Halton Hills Toastmasters: meets every Monday (excluding holidays), 7:30 p.m. at St. Alban's Church in Glen Williams. Info: <http://haltonhillstm.toastmastersclubs.org> or contact-5260@toastmastersclubs.org.

TUESDAY, APRIL 26

Community Soup & Sandwich lunch: 12 p.m. at Ebenezer United Church, 12274 Guelph Line, (just north of 20 Sideroad). Suitable for seniors or those self-employed or just driving by.

Cards and games following. Free will offering. Info: 519-763-7707.

Lego at the Library: Lego maniacs of all ages can meet weekly at the Library. We'll supply the Lego and you bring the ideas. No registration required, just drop in. All ages welcome, but children under 6 must be accompanied by a grown-up. Georgetown Branch: Tuesdays, until May 31, 3-5 p.m., Acton Branch: Thursdays, until June 2, 4-7 p.m.

Family Storytime: Families with young children are invited to join Halton Hills Public Library staff for Family Storytime! We'll keep the preschool crowd entertained with stories, music and lots of fun. Various locations and days, until June 4. Free, drop-in. Info: www.hhpl.on.ca

Bruno Groening Circle of Friends: meets in Terra Cotta every three weeks for help and healing on the Spiritual Path. Info: www.info@bruno-groening.org and/or phone Verna, 905-877-8930.

WEDNESDAY, APRIL 27

Acoustic Jam: at the Shepherd's Crook on Wednesdays, 8 p.m. Players, singers of all levels welcome.

Laughing Yoga: 10 a.m. with Mary Haggarty at Hillsideview Active Living Centre, 318 Guelph St., Georgetown. Please sign-up at Centre.

Georgetown Yarn Sip 'N Stitch: Every Wednesday, 1-3 p.m. we have a drop in social. This is open to yarn crafters of all skill levels. Bring your current project and come for a fun afternoon of stitching and socializing. Always free at 170 Guelph St.

Walking Through Grief Support Group: The pain of losing a loved one is perhaps the most difficult pain to bear. If you have recently lost a loved one or have been grieving for some time, you are invited to attend this group starting April 27, 7-8:30 p.m. at Norval United Church. The group will run for nine weeks and will be led by Rev. Paul Ivany.

Info: Norval United Church, 905-877-6122 or email office@norvalunited.ca.

Put spring into a container: 7-9 p.m. at the Georgetown library. Award-winning container and floral designer Nancy Wilson will lead a workshop, sponsored by the Halton Hills Library and the Georgetown Horticultural Society. Learn what plants to use to get your containers off to a great start. Register at the library's service desk or call 905-873-2681, ext. 2511.

Equilibrium-Georgetown: a mental health support group for those affected by depression or bipolar disorder meets 7:30 p.m. (doors open at 7 p.m.) at Norval United Church, 486 Guelph St. This month: Healthy Eating on a Budget: good nutrition is important to maintaining mental health— find out how to stretch your dollars with Jennifer Viscek, Wellbeing Counsellor, Sobey's. Free admission. Info: georgetown@equilibrium-oakville.com or CMHA, 905-693-4270.

THURSDAY, APRIL 28

Optimist Club Bingo: every Thurs-

day. Grand Prize \$250. Starts at 7 p.m.; doors open 6:30 p.m. The club is located on Hwy. 7 between Georgetown and Acton, just west of 22 Sideroad.

Quiet Reflection: St. John's Anglican Church in Stewarttown will be opening its doors to welcome people wishing to spend quiet time remembering people who have been affected by cancer. Come, light a candle between 2 and 7 p.m.

Ballinafad Euchre: Ballinafad Hall Board hosts euchre at the Ballinafad Community Centre, 7:30 p.m. sharp. Cost \$3/player.

Celebrate Mother Earth Week: See *DIRT: A Story with Heart and Soil*, at 7:30 p.m. at the John Elliott Theatre,

Georgetown. Guest Speaker: Mark Eastman, M.Sc. Credit Valley Conservation: Best practices for preparing your garden soil. Tickets \$5 (\$2 students) available at the Box Office open before the show. Info: www.haltonhills.ca/theatre; www.powerhalton.ca

English Conversation Circle: Practice English and learn about services for newcomers on Thursdays until June 30, 6:30-8 p.m. at Hillsideview Active Living Centre-Georgetown. Info/to register: Shinobu Yajima, 905-842-2486, ext. 241, syajima@hmcconnections.com.

Best Buy CORRECTION NOTICE

NEWSPAPER RETRACTION FOR THE BEST BUY APRIL 15 CORPORATE FLYER. In the April 15 flyer, page 12, the Philips Avance Pasta Maker (WebCode: 10363939) was advertised with the incorrect price of \$199.99 with a savings of \$50. The correct price is \$249.99 with savings of \$50. Please see a Product Specialist in-store for complete details.

We sincerely apologize for any inconvenience this may have caused our valued customers.



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

GETTING USED TO NEW HEARING INSTRUMENTS Part 1

A patient who has never worn hearing instruments before, or is wearing a new type or circuit may go through a period of adjustment. The following are suggestions to help you through that adjustment period:

Don't get discouraged. It may take time to realize the benefit of your hearing instruments. You have been hearing through a damaged system that has delivered distorted signals to your brain. Now the sounds you are being exposed to are louder and different than what you are used to. In time, your brain will adjust to the new signals it is receiving.

When you first start wearing the hearing instruments, you will suddenly hear sounds you were previously unaware of. Many you will recognize as sounds you used to hear before you had a hearing loss, and others will have to be identified for you. These sounds will seem bothersome at first because you are not used to hearing them. In time, like those with normal hearing, you will unconsciously block out these daily sounds.

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HAPPY 14TH BIRTHDAY BRODY



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