

COMMUNITY CALENDAR

Continued from page 34

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://halton-hillstm.toastmastersclubs.org> or contact-5260@toastmastersclubs.org.

Georgetown Yarn Monday Morning Drop-In: Every Monday from 10 a.m. to 12 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 morning of coffee, stitching and socializing. Always free. 170 Guelph Street.

TUESDAY, JUNE 21

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.

The Palette and Pencil Guild of Credit Valley Artists: meets every Tuesday afternoon from 12:30-3:30 p.m. for Open Studio and once a month on the last Tuesday evening of the month at 7 p.m., at The Cottage in The Cedarvale Park, Georgetown. Come and paint in your favourite medium with other local artists. For more information please email: sheila@creditvalleyartists.ca

WEDNESDAY, JUNE 22

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 Hillsview Active Living Centre, 318 Guelph St., Georgetown. Please sign-up at Centre.

Georgetown Yarn Sip N Stitch: Every Wednesday from 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. 170 Guelph St.

THURSDAY, JUNE 23

Optimist Club Bingo: every Thursday. 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.

English Conversation Circle: 6:30-8:30 p.m. at the Hillsview Active Living Centre, #9-318 Guelph St., Georgetown. For Syrian refugees to practice english, meet new friends, learn about programs and services and find volunteer opportunities. For more information, please contact Shinobu Yajima at (905) 842-2486 ext. 241 or email syajima@hmconnections.com

Euchre: 7:30 p.m. at the Ballinacree Community Centre. Cost is \$3 per person. Coffee and tea will be served. Everyone welcome.

PickleBall: 7-9 p.m. at Emmerson Park, Carruthers Rd., Georgetown. Come and learn the game of PickleBall, Florida's most popular sport. Will run for the summer months of June, July and August. For more information, please contact Mitch at 905-703-4340 or email mitch3m77@hotmail.com

FRIDAY, JUNE 24

Play Euchre: at the Acton Legion on Fridays: 7:15-9:45 p.m. (is all year round)

Euchre: at the Georgetown Legion on Fridays. \$2. (does not usually play during the summer)

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DR. ANOOP SAYAL

Q: Are my children at risk for Gum Disease?

A: It's a sad fact. Children are affected by gum disease just as adults are. For some, it's a matter of neglecting proper care of the teeth. For others, it's a matter of the parents not understanding the importance of oral hygiene in their children. Gum, or periodontal, disease is a serious business. It's made even more dangerous by the fact that it is often painless. It is caused by plaque. This sticky film produces toxins which can damage the gums. As a parent, you should make it a point to check your children's teeth periodically for the signs of gum disease. Look for redness, tenderness and swelling at the gumline. Diseased gums bleed easily and may lead to persistent bad breath and loose teeth. Encourage your child to brush at least twice daily. Flavoured children's toothpaste can help encourage this habit. Teach your children to floss regularly, it's possible even at young ages. Model a good diet by balancing it with a broad variety of foods and placing limits on sweets and between meal snacks.