

NOISES AND YOUR SLEEP

Noise does not have to be loud to be harmful, it could take as little 60 decibels (the level of a quiet air conditioner) - to prod us from deep to superficial sleep without our knowing it, interrupting R.E.M. Cycles and leaving us to face the day fatigued and unfocused.

Sleep deprivation from various noisy sources has been blamed for the thousands of highway and industrial accidents each year. The Hearing Clinic specializes in noise alleviating ear plugs, for more information please call today.

For more information feel free to call...

The Georgetown HEARING CLINIC

We care about your hearing!

Professional Arts Building 99 Sinclair Ave., Suite 210, Georgetown

905-873-6642

COMMUNITY CALENDAR theifp.ca

THURSDAY, NOVEMBER 3

Optimist Club Bingo: every Thurs-

Frank and Jane McDonald are very happy to announce the engagement of their son

Alex McDonald to Emily Kisch

Daughter of Lisa and John (Sault Ste. Marie)

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From everyone in the families.

day. Grand Prize \$250. Starts at 7 p.m.; doors open 6:30 p.m. The club is locat-



905-877-6463

ed on Hwy. 7 between Georgetown and Acton, just west of 22 Sideroad.

English Conversation Circle: 6:30 to 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@hmcconnections.com

Annual Limehouse Memorial Hall Beef Dinner: 5 p.m. and 6:30 p.m. Enjoy a delicious meal of roast beef, mashed potatoes & gravy, vegetables and homemade pie. Advance ticket sales only. Adults: \$20, children 6-12: \$10, children 5 and under: free, All proceeds to benefit Limehouse Memorial Hall.

For beef dinner tickets, contact Sandi Piccott: 905-877-1704 or email sandi@countrywonder.com

Fellowship Senior s Luncheon: p.m. at Norval United Church, 486 Guelph St. Everyone 55 or older is invited for a delicious lunch and euchre. The cost is \$5. To reserve your place at the table please RSVP to Bruce Cunnington 905-873-0729, www.norvalunited.ca

FRIDAY, NOVEMBER 4

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

Light Up The Hills: will be at the Georgetown Market Place from Nov. 4-6 from 10 a.m.-4 p.m. Please stop by our booth to say hello and purchase your memory balls and draw tickets for the 2016 Festival of Lights season.

SATURDAY, NOVEMBER 5

Bazaar: 10 a.m.-1 p.m. at Bethel Church, 365 Queen St. Acton. Wide assortment of tables: baking, crafts, books, grab barrel, penny table, white elephant table. Stay for a hot lunch, some food items have a Dutch flair!

Christmas Sale: 9 a.m.-1 p.m. at Ballinafad United Church, 14369 Trafalgar Rd., Ballinafad. Christmas decorations, gifts and bake sale.

Bazaar and Bake Sale: 11 a.m.-2 p.m. Nassagaweya Presbyterian Church W.A., 3097 15 Sideroad, Campbellville, just East of the Guelph Line. Enjoy a bazaar, lunch, bake sale, silent auction, and quilt draw. Everyone welcome.

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Lots of GREAT

Flavours!



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Toronto

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Hours: Tues - Sat 11am - 8 pm

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