### **COMMUNITY CALENDAR theifp.ca**

#### THURSDAY, DECEMBER 22

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 Cir**cle: 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@hmcconnections.com

Skate with Santa: 6-7 p.m. at Acton Arena. Skate with the big man himself. All welcome. No charge.

#### FRIDAY, DECEMBER 23

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. All wel-

### SATURDAY, DECEMBER 24

Public Skating: 2:30-3:50 p.m., and again at 8:15-9:35 p.m. at Acton Arena. 2-3:20 p.m. and 7:45-9:05 p.m. at the Mold-Masters SportsPlex.

Christmas Eve Candlelight Service: 7 p.m. at Ballinafad United Church, Partake in carols, readings and cande-

Candlelight Christmas Eve: 7 p.m. at St. Johns Anglican Church in Stewarttown (corner of Trafalgar Rd. & 15 Sideroad.)

Norval United Church Christmas Eve for Families: 3, 4, 5, and 6 p.m. Enjoy 30-minute celebrations of the Christmas story, especially for kids. Christmas Candlelight Communion: gentle 45 minute services to feel what Christmas is all about, taking place at 7:30 and 9 p.m.

Christmas Eve Service: 7 p.m. at Union Presbyterian Church, 16789 22 Sideroad, Georgetown. Free will offering. All welcome.

### **SUNDAY, DECEMBER 25**

Public Skating: 2-3:30 p.m. at the Acton Arena. Family skating from 12:30-1:50 p.m. at the Mold-Masters SportsPlex. 2:15-3:35 p.m. at Mold-Masters SportsPlex.

Christmas Day Service: 11 a.m., at Bennett Centre, Extendicare, Mountainview Residence.

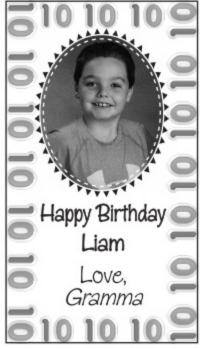
Christmas Morning Service: 10:30 a.m. at Union Presbyterian Church, 16789 22 Sideroad, Georgetown. All welcome.

### MONDAY, DECEMBER 26

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 meet-

ing free of charge bring a friend if you like. There s no obligation. Info: www.tops. org, 519-853-1189.

Cribbage: Come out to the Hillsview Active Living Centre-Georgetown, Guelph St. Mondays, 7-9 p.m. and play and have fun playing cribbage. Everyone welcome: \$2/member, \$4/ non-member.



Bruce Trail Halton Hills Chapter Hike: Medium Pace, moderate to strenuous terrain, some hills and/or some poor footing, approximately 10 km. We will depart at 1 p.m. from Georgetown MarketPlace. south of the Medical Building. From there we will carpool to the Credit Valley in Glen Williams and hike through the flood plain. Bring adequate water, snacks. Hike Leader: Angelika: 905-877-7805 or asgk.canada@sympatico.ca

### TUESDAY, DECEMBER 27

The Palette and Pencil Guild of Credit Valley Artisans: meets every Tuesday afternoon from 12:30 to 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@creditvalleyartisans.ca

## **DECEMBER 28**

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.

Acoustic Jam: at the Shepherds Crook on

# WEDNESDAY,

Georgetown Yarn

## **HOLIDAY CLOSURE** haltonhills.ca HALTON HILLS **HOLIDAY CLOSURE** 2016 MUNICIPAL HOLIDAY SCHEDULE CIVIC CENTRE - 905-873-2600

Wednesdays, 8 p.m. Players,

THURSDAY, DECEMBER 22

ery 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.

Optimist Club Bingo: ev-

singers of all levels welcome.

The Civic Centre will close for the

holidays Friday, December 23, 2016 at 12:00 p.m. and will re-open on Monday, January 2, 2017 at 8:30 a.m.

For a complete listing of our holiday schedule please visit our website at www.haltonhills.ca/holiday



By Cory Soal R.H.A.D.

## . . . Lend MeYour Ears

### CUSTOMER SERVICE IS A PRODUCT SLOWLY BECOMING EXTINCT.

My definition of quality customer service and goal is to provide continued, effective hearing for the patient. There are many issues and parts of this task - please do not think I am saying that I have succeeded in creating an A+ practice. It takes a lot of work, dedication and time to achieve excellence. Regardless of business, it all boils down to customer service. The product purchased - and this can relate to any device needs to be serviced regularly, the patient needs to understand and use their product properly. Wherever you shop, ask yourself this: Can I follow up with the same person who sold and serviced my product when I need them? Does the person who serviced you remember your name and needs? Will that person be there for me in the future?

As a local business person and proud lifelong resident of this community, I wish to thank all who have allowed me to serve the community since 1992.

The Georgetown



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905-873-6642

ring the community of Hulton Hills and surrounding areas since 1992

# Ask the Professionals

CORRECTION

In the Michaels ad starting on December

16, 2016, Frames starting at \$4.99 was

stated in error on page 2. Based on the

images shown in the ad, the statement

should have read Frames starting at \$9.99

We apologize for any inconvenience this may have caused



Find local professionals here every Thursday! For advertising information please call 905-234-1018 or email kkosonic@theifp.ca

## **SEPARATION & DIVORCE** EDIATION



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## Carolyn Dew

Acupuncture & Traditional Chinese Medicine @ HealthSpan Wellness

> 22 Guelph Street Georgetown 905-873-8729 www.healthspan.ca



BPHE, RAC RTCMP

Why does my health always fall apart at this time of year?

: The holiday season can be a very stressful time of year. A Being in a chronic state of fight or flight that began in September, can leave us pretty run down and tired by the end of the year. Add the Christmas obligations of financial stress, late nights, lots of social and family obligations, and too much alcohol and sweets into the mix to create the perfect storm for feeling extremely stressed out and run down and perhaps physically and/or mentally sick over the Christmas holidays.

Science demonstrates that acupuncture works to alleviate stress by releasing natural pain-killing chemicals in the brain called endorphins. In addition, acupuncture improves circulation of blood throughout the body by oxygenating the tissues and reducing cortisol. The calming nature of acupuncture also decreases the heart rate, lowers blood pressure and relaxes the muscles.

TCM (Traditional Chinese Medicine) including Acupuncture can help relieve tension headaches and high blood pressure, settle nervous digestive systems, reduce anxiety and depression, and build your immune system back up. Acupuncture is extremely effective at down-regulating an over-stimulated nervous system.

Start the New Year off right by incorporating stress management techniques like acupuncture and making your health a priority in 2017. Wishing you and your family a healthy and safe holiday season.