

THURSDAY, JANUARY 26

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 Hillview 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

FRIDAY, JANUARY 27

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 welcome.

SATURDAY, JANUARY 28

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.

Men with Spatulas Community Breakfast: 8-10:30 a.m. St. Alban the Martyr Anglican Church, 537 Main Street, Glen Williams.

SUNDAY, JANUARY 29

Bruce Trail Halton Hills Chapter Hike: Leisurely pace, easy moderate terrain. Depart 10 a.m. from the Georgetown Market Place parking lot south of the Medical Building. We will car pool to start and finish at the intersection of Fallbrook Rd. and 27 Sideroad. The exact route will be determined based on trail conditions and weather. Most likely we will include the Roberts Side Trail. Bring a snack and please dress for the weather. Hike Leader: Heinz Rusche 905-877-3298.

Beef Dinner: Home United Church hosts a beef dinner at Al-Loa Public School, 12287 Mississauga Rd. Tickets are \$25. For information, call Bill 905-843-2315.

MONDAY, JANUARY 30

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 encourage-

ment at a low cost. You are welcome to attend your first meeting free of charge bring a friend if you like. There is no obligation. Info: www.tops.org or call 519-853-1189.

Cribbage: Come out to the Hillview Active Living Centre-Georgetown, 318 Guelph St. Mondays, 7-9 p.m. and play and have fun playing cribbage. Everyone welcome: \$2/member, \$4/non-member.

Adult Learning Centre: is holding an information session for their programs at 1:30 p.m. at 72 Mill St., Georgetown, in Suite 206. Adults, do you need to upgrade your skills in reading, writing, or math? Do you need computer skills for the workplace or to help you find a job? Register for an information session online at www.inhadultlearning.ca or call us at (905) 873-2200

TUESDAY, JANUARY 31

The Palette and Pencil Guild of Credit Valley Artisans: 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 email: sheila@creditvalleyartisans.ca

TOPS: Take Off Pounds Sensibly will host their weekly meeting at 6:30 p.m. at St. Andrews United Church, 89 Mountainview Rd. S., Georgetown. Info: www.tops.org

The Adult Learning Centre: offers six-week Basic and Intermediate classes for Workplace Computer Training on Tuesday mornings and Wednesday

evenings in Georgetown. Do you need help with your computer skills at work or to find employment? Register for an information session online at www.inhadultlearning.ca or call us at (905) 873-2200

WEDNESDAY, FEBRUARY 1

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.

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

Halton Hills Men's Basketball League: offers both competitive and recreational play every Wednesday at 7 p.m. and at 8:30 p.m. at Christ the King Secondary School in Georgetown until April. Minimum age is 21. Cost is \$60. For more information contact Victor Estevan at 905-873-8188.

THURSDAY, FEBRUARY 2

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Family Church & Dinner: 5:30-6:30 p.m. at St. Alban the Martyr Anglican Church, 537 Main St., Glen Williams.

FRIDAY, FEBRUARY 3

Camp Nassagaweya: is held on PA Day from 9 a.m.-3 p.m. at Nassagaweya Presbyterian Church, 3097 - 15 Sideroad, east of Guelph Line. Games, stories, crafts, singing and more for children 4 to 12 years. For details and to register your children, info@nassagaweya.com or call 905-854-1055.



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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DR. ANOOP SAYAL
905-877-CARE (2273)
Q: What do I do for a Dental Emergency?
A: **Toothache**
First call your dentist. Explain your symptoms and ask to be seen as soon as possible. Then ease the pain. Take an over-the-counter pain medicine that works for you, but do not put the pills on your sore tooth. Hold an ice pack against your face at the spot of the sore tooth. Do not put a heating pad, a hot water bottle, or any other source of heat on your jaw. Heat will make things worse instead of better.
Chipped or broken tooth
Broken teeth can almost always be saved. Call your dentist and explain what happened. He or she will see you right away. If it's a small break, your dentist may use a white filling to fix the tooth. If the break is serious, a root canal may be needed. Your tooth may also need a crown also called a cap.
Knocked out tooth
If the knocked-out tooth is an adult (or permanent) tooth, your dentist may be able to put it back. You must act quickly. If the tooth is put back in place within 10 minutes, it has a fair chance of taking root again. After 2 hours, the chances are poor.
If the tooth looks clean, put it back in its place (its socket). If this is not possible, or if there is a chance that the tooth might be swallowed, put it in a container of cold milk. Go to your dentist, or to the nearest dentist, right away. If you get help within ten minutes, there is a fair chance that the tooth will take root again.