



By Cory Soal R.H.A.D.

### ... Lend Me Your Ears

### TWO MORE REASONS TO QUIT!

Exposure to cigarette smoke may hasten hearing loss as you grow older. Monitoring more than 3,500 people between the ages 48 and 92 for 3 years, University of Wisconsin Medical School researchers found that smokers were almost twice as likely as non-smokers to have trouble hearing. Some scientists think cigarette smoke has a toxic effect on inner-ear cells, while others believe it may constrict blood flow to the inner ear. For more information on preserving your hearing please call

The Georgetown 

### HEARING CLINIC

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## COMMUNITY CALENDAR [theifp.ca](http://theifp.ca)

### THURSDAY, MARCH 16

**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.

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

**Adult Skating:** 11:30 a.m.-12:50 p.m. at Acton Arena. 11:30 a.m.-12:50 p.m. and again at 7:15-8:35 p.m. at Mold-Masters SportsPlex.

### FRIDAY, MARCH 17

**Adult Skating:** 11:30 a.m.-12:50 p.m. at Mold-Masters SportsPlex.  
**St. Patrick's Day Community**

**Table Supper:** 6 p.m. at St. Andrews United Church, 89 Mountainview Rd. S. This free meal is open to anyone who is hungry, lonely, seniors, families or others wanting a night out. Live entertainment by the Georgetown Seniors Band. For more information, call 905-877-4482.

### SATURDAY, MARCH 18

**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.

### SUNDAY, MARCH 19

**Public Skating:** 2-3:20 p.m. at Acton Arena. 2:15-3:35 p.m. at Mold-Masters SportsPlex. Family skating 12:30-1:50 p.m. at Mold-Masters SportsPlex.

**Bruce Trail Halton Hills Chapter Hike:** Medium Pace, moderate terrain, some poor footing, approx 8 km. Depart 10 a.m. from Georgetown Market Place parking lot south of the Medical Building. We will hike from Speyside to Vanderleek going north along rocky ridges and through open woodlands and a re-naturalized field. Drop-out points along the way. Dress for the weather, hiking boots required, bring adequate water/snacks/lunch. Ice cleats (icers) are recommended for icy conditions. Hike Leader: Sara Maedel 289-890-0439 saramaedel@hotmail.com.

### MONDAY, MARCH 20

**Cribbage:** Come out to the Hillsview 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.

### TUESDAY, MARCH 21

**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

### WEDNESDAY, MARCH 22

**Al-Anon Georgetown:** 10-11 a.m. every Wednesday morning at Knox Presbyterian Church, 116 Main 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, MARCH 23

**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@hmc-connections.com.

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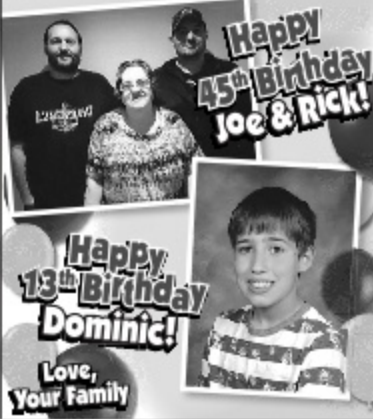
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MARCH 16, 2017

### HAPPY 70<sup>th</sup> BIRTHDAY MOM!



Happy 45<sup>th</sup> Birthday Joe & Rick!

Happy 13<sup>th</sup> Birthday Dominic!

Love, Your Family

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Gerry Ross  
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Can I trust the internet for health information?

Our clinic's website [www.rossphysio.com](http://www.rossphysio.com) has a clinical library with hundreds of great articles written by registered physiotherapists (including yours truly) often with the scientific references noted for the article. There is a body map and a folder system so you can find what you are interested in quickly. You can also choose areas that you are interested in and be notified when a new article is added to that section of the site. A word of caution though partner with a Physiotherapist during your rehab to avoid disappointing results or injury. Please take advantage of this information and stay well.



At the recent Georgetown Hockey Heritage dinner at the Acton Legion on Monday, March 6, 2017, the 50/50 ticket was not claimed.

If you attended Hockey Heritage and have an unclaimed ticket, please contact Ron Stiel at 647-233-5131.