

Georgetown Seniors Centre to host fundraising Antique Appraisal show on Oct. 24

By **FLORENCE RIEHL**
Georgetown Seniors Centre

Please bear with me! The correct date for the day trip to the "Geritol Follies" is Friday, December 6.

Tickets are now available for or Fall Fashion Show, October 28 at 1:30 p.m. Fashions will be supplied by our Georgetown Alia/Tan Jay Store. Tickets, \$5, may be purchased from our Reception Desk or the Alia Store. Advance tickets only. Come early and enjoy the music of Steve Melville and his classic guitar.

Thursdays, 9:30 a.m. to 12:30 p.m., October 3 to November 7, we will be offering computer

classes, in Internet for Intermediate Users, Protecting your computer #1 and #2, Shopping online, Photo Editing and Organizing. Please sign up at Reception with your name and telephone number.

Find out if your prize possession is an antique and its value at our Antique Appraisal session on Thursday, October

24 from 3-5 p.m. Cost is Members, \$2 to register and \$5 per item appraised. Non-members \$3 to register and \$5 per item appraised. You will need to sign up to make an appointment time, 905-877-6444.

I know you have always wanted to speak French and we are offering you the opportunity for a beginner class in

Conversational French starting the end of October. The cost is \$30/member and \$40/non-member for eight-week course. If interested please register at Reception.

Tuesday sandwich days have resumed. Lunches are now being provided on Tuesdays,

Wednesdays and Thursdays. There is still room to sign up to exercise in the Latin Mix exercise class. Come on out and shake your booty as you learn to move to the salsa, meringue, cha cha and more. Not only will you exercise but you will have fun!

BINGO

OPTIMIST CLUB of HALTON HILLS
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Every Thursday at 7 pm
October 3, 10, 17, 24, 31

Price \$5.00 per Five Game Session (3 Sessions)

CASH PRIZES

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Q: I've been getting a lot of heartburn lately. What can I do?

Julia Fountain,
BSc, ND

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A: Your first lines of treatment are lifestyle-based. These include eating less at each meal, eating slower, minimizing trigger foods and losing weight. Heartburn often occurs when the "clamp" between the esophagus and stomach doesn't close properly. This results in stomach acid travelling into the esophagus. Certain foods are known to relax this clamp. Studies show that limiting caffeine and alcohol will improve heartburn in up to 30% of people. Combined with a low carbohydrate diet, up to 70% of people improve. Weight loss, even as few as 3-4 pounds, can decrease pressure on the stomach which can help. Food intolerances can be a common cause and are tested as part of a naturopathic treatment plan. A Naturopathic Doctor can help you develop an organized, step-by-step treatment plan to get to the root of the problem.


Visit www.healthspan.ca

Q: I have been separated from my husband for several months but we still live in the same house. I want to buy another house but someone told me my husband could claim one-half of it? Is this true?

A: If you and your husband have decided to separate you would be considered to be living separate and apart in the matrimonial home. Any assets you acquire after your separation are your assets and your husband can not claim an interest in them.

The new house would be your asset. Be careful though, as you will likely not be able to obtain a mortgage unless you have a Separation Agreement and have divided your property and settled other financial issues such as support. The bank will require a copy of your Separation Agreement before they will advance you the money for your new house.

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