

COMMUNITY

Hillsview Active Living Centre-Acton plans Halloween Party on Oct. 30

By Julie Conroy

Hillsview Active Living Centre- Acton

Tuesday, Sept. 22 was very busy at the Centre. In the morning 34 people enjoyed the Reach Out For Harvest breakfast and several returned in the afternoon to join other members and their guests who were celebrating being born in August or September. In the evening we had our first evening shuffleboard. Next Tuesday, Oct. 6 will be our second evening movie night and the movie featured will be *Age of Adaline*.

Thinking of movies, the monthly Tuesday afternoon movie on Oct. 13 will be *Cinderella* (not the animated version)

On Oct. 6 at 1:30 p.m. we have our Fall Fashion Show featuring fashions by Alia from Milton modeled by our lovely Hillsview members. Tickets are on sale at the Centre and at the door. Everyone is welcome!

Now October is here we can start talking about the great Halloween Party we have planned for Friday, Oct. 30 in our hall. Yes we will have beer and wine for sale, which will help with the merriment when we check out the various costumes people are wearing. This gives you lots of time to come

up with a costume. Don't like getting dressed up? No problem, just come and enjoy looking at other people's ingenuity when it comes to costumes. We have a great D.J. booked so I know there will be lots of dancing. Please note there is a misprint in the Sideroads magazine that was delivered to homes in Halton Hills last week. The date is Friday, Oct. 30 (not Oct. 31) which gives you lots of time to get ready for the little ones on Halloween day.

The Centre was very pleased to receive a call from Papillon Purification Systems that an anonymous person had donated 10 bottles of water to the Centre. What a kind gesture!

Our group of social dancers that meets every Thursday afternoon were invited to show off their steps at the Farmers Market on Thursday, Sept. 24 in the afternoon. It's a great way of showcasing the fact that we may be 55+ but we still have lots of "get up and go".

Lunch tomorrow (Friday, Oct. 2) is salad, chicken breast with noodles and veg plus, of course, dessert. On Oct. 9 it is the ever-popular soup and a variety of sandwiches plus dessert.

There was no winner in the weekly 50/50 this week, so next week the amount to be won should be around \$100.



SUPER LUBE **QUAKER STATE** **FRAM**
REAL DURABLE OIL.

DID YOU KNOW.....?
SUMMER is the BEST time to protect your vehicle!

with this coupon when you BOOK your appointment!

RUST CHECK
FAMILY OWNED & OPERATED
CHAMBER OF COMMERCE MEMBER

RUST CHECK SUMMER SPECIAL
SAVE \$10

5 ARMSTRONG AVE, GEORGETOWN MON-FRI: 8-6 SAT: 8-4
905.877.9394 www.superlubequakerstate.com

CHURCHES & TEMPLES

GEORGETOWN CHRISTIAN REFORMED CHURCH
welcomes you!

Reverend Tom van Milligen
Youth Pastor: Brian DeBoer

Sunday Worship Services:
10:00 am & 6:00 pm

11611 Trafalgar Road
(north of Maple Avenue)

905-877-4322
www.gcrc.on.ca

KNOX PRESBYTERIAN CHURCH
God's Word for Today's World.
www.knoxgeorgetown.ca

Rev. Steve Boose

116 Main St. S., Georgetown, ON
905-877-7585

Chair-lift access available.
'Sunday's Cool' youth ministry program
for ages 4 & up.

Service Dial-in: 905-702-1629

SUNDAY WORSHIP SERVICES: 11:00 A.M.

HALTON HILLS
Family House of WORSHIP
familyhouseofworship@start.ca

Services EVERY Sunday
16 Adamson Street,
South Norval,
Halton Hills

Services starting at 10am

Ask the Professionals



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

SEPARATION & DIVORCE MEDIATION



Professional Workplace and Family Services

www.pccs.ca

905-567-8858 REDUCE COST & CONFLICT

1-866-506-PCCS (7227)

DIVORCE WITH DIGNITY AND KEEP YOUR MONEY IN YOUR POCKET!

ACCREDITED MEDIATORS
GEORGETOWN, BRAMPTON,
BOLTON, MISSISSAUGA,
ORANGEVILLE
FLEXIBLE HOURS

MANON *Dulude* Ph.D., RP
COACHING AND COUNSELING SERVICES
905-873-9393
info@coachmanon.com



Q: How can Coaching help me better manage my career planning process?

A: Finding a new career or a new position can be an intimidating prospect. One of the important goals of the career decision-making process is finding options most compatible with your interests, skills and abilities.

Job searchers fall into 3 categories; the Hunter, the Explorer, and the Conqueror.

The Hunter has a targeted career goal and needs a personal marketing plan.

The Explorer tends to be vague about his career direction and needs assistance in discovering his interests. This personal discovery work is achieved through conversation and the use of assessment tools which provide clarity and unbiased information about the person's skills, interests, personal style, and career values. This information maximizes the client's confidence in designing and implementing a new career plan.

The Conqueror likes the work he is involved in and is motivated to move his career forward. In this case, coaching assists in identifying and developing key behavioral strengths necessary to secure a promotion. Coaching will assist him in mapping out a career plan to achieve his desired career destination.

Wherever you find yourself on your career path, working with a Coach will guide you through the discovery, career decision-making and marketing phases of your career management process. Coaches focus on helping clients to create career plans which are aligned with their strengths, values, interests and skills. Coaching will also assist you with implementing your plan and overcome obstacles as they are encountered. The outcome is expected to bring you personal success and overall life satisfaction.

Manon Dulude Ph.D. is a Professional Certified Coach with the International Coach Federation. She offers Executive, Leadership and Team Development Coaching as well as Career Coaching. To contact Manon, call 905 873- 9393

youngdentistry
SMILE CARE

Contact Us
324 Guelph St. Unit 8
Georgetown ON L7G 4B5
905.873.4800
youngdentistry.ca
smile@youngdentistry.ca



Q: My uncle Walter had a root canal and then two years later, bam!-they had to take the tooth out. What happened?

A: When I hear about uncles like Walter I usually ask "Well, did he get the tooth crowned too?". And the usual answer is "How should I know? I'm not his biographer". And then everyone has a good lol. Then when we track down uncle Walter and press him for details, he usually admits that he blew the crown money betting on the ponies. And we all shake our heads sadly.

A tooth that requires a root canal is likely already in rough shape. It may have suffered from a break or big cavity that has injured the nerve. Once completed, the tooth has an even deeper hole leading right down the roots. When filled in with a regular filling these teeth have a nasty habit of cracking under pressure. One almond or popcorn kernel and, bam!-they can break down to their roots. And dentists are good but we can't fix broken roots, so the tooth needs extraction.

A crown acts like a suit of armour for a tooth, covering up all the exposed areas and deflecting damaging forces. It looks natural and best of all, prevents breakage. A crown is an important part of successful root canal treatments. So that's why uncle Walter promised us that next time he will choose the wise investment and get the crown done instead.