

Spring Nights

LIVE MUSIC SERIES

- April 13: Jake Chisholm
- April 27: Pepper Shakers
- May 11: John Pebble
- May 25: Hawk Nest Band
- June 8: Monty Greig Crooner
- June 22: Gordon Lightfoot Tribute

What are you doing on Friday?

Hillsview Active Living Centre is proud to present the Spring Nights Live Music Series. Doors open at 7 p.m. and entertainment begins at 8. Refreshments available.

Event hosted at the Ballinafad Community Centre.

For tickets call HALC in Acton (519-853-5951) or Georgetown (905-877-6444).

Visit haltonhills.ca/50plus.



HILLSVIEW
Active Living Centre



Eastern Meadowlark, Cheepshot, 2015

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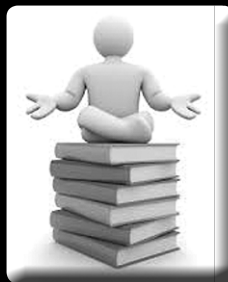


Q: My uncle Walter had a root canal and then two years later, bam!-they had to take the tooth out. What happened?

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.

Ask the Professionals



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Leadership Qualities You Didn't Know You Had

People aren't usually born leaders. They grow into the role by building skills and a mindset that inspire others. Regardless of your role at work and in your personal life, consider fine tuning these skills to develop the leader in you. Even if they aren't readily obvious to you, these qualities may already be simmering under the surface. With mindfulness, you can enhance them.

1. **Focus**– Stay organized and plan ahead. Develop a game plan and remain flexible to address the unpredictability of life.
2. **Confidence** – Formulate opinions based on facts. When proven wrong, quickly reevaluate.
3. **Integrity** – Embrace the values of honesty, effort and reliability. Remain transparent.
4. **Passion**- Bring your passion and commitment to any activity you are involved in.
5. **Decisiveness** –Make the best decision you can with the facts available to you at that moment. If it does not turn out to be the right one, adjust your course and make a new decision.
6. **Empowering** – Be willing to empower others, show people that you want to assist them in their success.
7. **Accountability** – Take responsibility for your performance. Own your mistakes and seek new solutions.

Every time you practice the qualities listed above, you are acting in a leader-like manner and that can positively impact your life and the life of others around you.