



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

LEARNING NEW STRATEGIES

A diminished social life is one of the most difficult aspects of age related hearing loss. Many people avoid drawing attention to their hearing loss by having fewer social contacts when it becomes difficult understanding what is being said. The result is an altered and lonely existence that family and friends may mistake for dementia.

Learning new strategies to cope with hearing loss could go a long way to restoring confidence and improving communication. The Hearing Clinic recommends the following: Inform people of the hearing loss so they may modify their speech; eliminate background noise; watch the speaker carefully and sharpen natural lip-reading abilities; ask the speaker to repeat what was said if necessary, and above all else; have your hearing thoroughly tested and properly fit with one of today's modern hearing instruments. Contact The Hearing Clinic if you or someone you know needs assistance.

The Georgetown



HEARING CLINIC

We care about your hearing!

Professional Arts Building
99 Sinclair Ave., Suite 210, Georgetown
905-873-6642

Serving the community of Halton Hills and surrounding areas since 1992

OPINION

MORE ACTIVITY SET TO START AT HILLSVIEW GEORGETOWN

FITNESS AND COMPUTER WORKSHOPS AVAILABLE AT CENTRE, WRITES FLORENCE RIEHL

How quickly November is creeping up on us. And with it will come the arrival of increased activity at Hillsview Georgetown.

We have had to say farewell to another of our Active Living instructors. Liz, who taught Easy Does It for the last 20 years, has moved on. We wish her well in her new place of residence.

We welcome Sandy as our new instructor for Easy



FLORENCE RIEHL

Column

Does It. Sandy is well known at the centre, teaching other exercise classes.

Computer workshops are being offered in November on Mondays, from Nov. 1 to Nov. 29 (no class on Nov. 8), from 9:30 to 11:30 a.m. The cost is \$5 per class for members and \$7 per class for non-members. Each class has a maximum of seven participants.

Topics to be covered are

intro to computers, using the internet, email, e-readers, tablets, iPads and smartphones.

You can bring your own laptop or share one of the centre's. Please call the centre to sign up. Payment must be dropped off prior to the start of class.

We have brought back three card programs. All three programs are following provincial guidelines, including proof of vaccination and screening.

There is a limited number of participants and all programs have a two-hour time slot. You are required to call the centre to reserve a spot.

The schedule is as follows: Monday, Rummikub and Canasta 1 to 3 p.m.

(eight participants, four per table); euchre, Wednesday, 1 to 3 p.m. (12 participants, four per table), cribbage 1 to 3 p.m. (eight participants, four per table).

The carpet bowlers tell me that they have room most days for a couple more bowlers. They meet Monday and Friday mornings from 9 to 11 a.m. They will gladly teach you how to play if you are new to the game.

Once again we are holding a Christmas silent auction, beginning Monday, Nov. 1 and running until Friday, Dec. 10. Drop in, place your bid on those items you must have, then remember to check every so often and up your bid.

And watch for news on our upcoming Christmas dinner.

Florence Riehl is an active member of the Hillsview Active Living Centre in Georgetown. She can be reached at freeflo@sympatico.ca.



CHRISTINA BRAS **JENNY BRAS**
Sales Representative Sales Representative
647.200.0261 647.459.7892

info@brasgroup.ca



34 BARRACLOUGH BLVD, HALTON HILLS, ON
\$1,988,000.00



20 SHORE BREEZE, DR. PH 02, TORONTO, ON
\$1,700,000.00



82 WRIGHT CRES, BOLTON, ON
\$920,000.00



25 ORANGEVILLE, ST. ERIN, ON
\$1,300,000.00

Thinking about selling?

Now is the perfect time, the real estate market is hot! Let us take care of all your real estate needs

Call us today!



www.brasgroup.ca