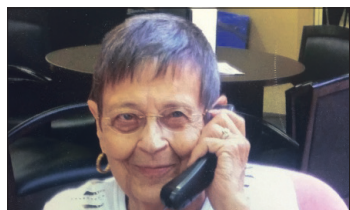


# A RETURN TO NORMALCY AT HILLSVIEW

**CENTRE IS GETTING BUSIER ALL THE TIME, WRITES FLORENCE RIEHL**



**FLORENCE RIEHL**  
Column

The sap is flowing, and life is beginning to flow back into the Hillsview Active Living Centres.

As things begin to open up again, the centre is getting busier and we are excited to welcome more members back.

We are looking for kitchen volunteers as we continue to

open up.

Please purchase a beverage card. They are \$5 and give you six drinks per card. Make arrangements to meet a friend some morning at the centre for a coffee and get caught up on what's going on and what's coming up.

Many of you have been inquiring about travel. The good news is that we are now open and are in the process of setting up our first trip.

There are a few changes you will want to check and you can do this when you come for a coffee. The travel desk will continue to be monitored Monday to Friday, 9 a.m. to 1 p.m. Please drop by and say hello.

We are excited to be getting 'back on the road' again.

If you are interested in learning to play bid euchre or just sprucing up your game, you will be pleased to note that lessons are being provid-

ed. Glenda Penney is quite willing to set up a time to teach you, or help you refresh your playing. Please call the centre at 905-877-6444.

Drive-thru lunches are finished the last Wednesday of March. Thank you to everyone who participated. Their popularity was evident by the fact they were sold out each week. Thanks to Sherry and Kaitlyn for organizing this.

On Monday, April 4 at 11 a.m. a new program is being offered — "Make a Life of Our Own." Many things happen in our lives that make us have to adapt to changes in our everyday lives. This program will address this.

Let's get together and talk about changes, making a life for ourselves by ourselves. This will be an informal open discussion group — just friends in the same boat. Any topic you all choose will be welcome.

At press time we were waiting to hear an update on the mask mandate from Halton council. If you feel more comfortable and safe, by all means wear your mask. Please call the centre for an update.

In April we welcome back the Easter bunny. It seems like forever since he (or she) has been around. Chocolate! Chocolate! Chocolate! I must remember — a moment on the lips, a lifetime on the hips.

*Florence Riehl is an active member of the Hillsview Active Living Centre in Georgetown. She can be reached at [freeflo@sympatico.ca](mailto:freeflo@sympatico.ca).*

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**Q: What do I do for a Dental Emergency?**

**A: Toothache**  
First call your dentist. Explain your symptoms and ask to be seen as soon as possible. Then ease the pain. Take an over-the-counter pain medicine that works for you, but do not put the pills on your sore tooth. Hold an ice pack against your face at the spot of the sore tooth.

Do not put a heating pad, a hot water bottle, or any other source of heat on your jaw. Heat will make things worse instead of better.

**Chipped or broken tooth**

Broken teeth can almost always be saved. Call your dentist and explain what happened. He or she will see you right away. If it's a small break, your dentist may use a white filling to fix the tooth. If the break is serious, a root canal may be needed. Your tooth may also need a crown also called a cap.

**Knocked out tooth**

If the knocked-out tooth is an adult (or permanent) tooth, your dentist may be able to put it back. You must act quickly. If the tooth is put back in place within 10 minutes, it has a fair chance of taking root again. After 2 hours, the chances are poor.

If the tooth looks clean, put it back in its place (its socket). If this is not possible, or if there's a chance that the tooth might be swallowed, put it in a container of cold milk. Go to your dentist, or to the nearest dentist right away. If you get help within ten minutes, there is a fair chance that tooth will take root again.