

### Tooth Chatter



by  
**ALEX  
TRENTON  
DENTURIST**

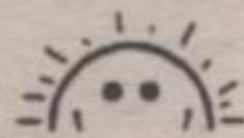
#### LEARNING TO LIVE WITH DENTURES

Learning to live with dentures often requires a period of adjustment. This time can be shortened if the patient adopts a good mental attitude and is patient and determined to wear his or her dentures. It doesn't matter how much difficulty one experiences at first, as you will gradually learn to use false teeth. A few denture wearers do not assume the right mental attitude, and without giving their new teeth a fair trial, begin to think their case is hopeless. These few people will never learn to wear dentures unless they make up their minds to conquer their difficulty. Remember, it takes about four times longer to master a lower denture than an upper denture.

Also, it is important to remember that it isn't always the person with the smallest quantity of gum or ridges that is the hardest to fit, and who apparently would have the most problems. These people usually realize that their case is more difficult, and knowing this, are prepared for anything. When they get their dentures, they find that denture wearing isn't as bad as they feared. Many people have accepted the challenge of wearing dentures, and won. You can too! Don't hesitate to call our office for information you might need regarding your dentures. Consultations are always free!

You do not need a referral, simply call our office direct.

#### We Care About Your Smile!



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Denturist  
Georgetown Denture Clinic,  
18 Church Street,  
Georgetown, Ontario  
(905) 877-2359

(Across from the Library and Cultural Centre)



### Guide to the Outdoors

Julie Pomeroy

CONSERVATION JOURNEYS is a new guidebook published by The Conservation Foundation. It describes 24 local trails and Conservation Areas including Terra Cotta, Belfountain, Rattray Marsh, the Elora Cataract Trail and a few places I was pleased to find out about in the Nottawasaga Valley and Lake Simcoe region. Each natural area has a brief over all description, highlights, trail details such as length, difficulty and surface type, open times, facilities available and directions to get there. Symbols show what activities the area supports for bicycling, skiing, fishing, swimming, campgrounds, paddling, wheelchair accessibility and more. Great reference and easy to use. \$19.95



Winston Churchill Blvd. 1 blk. N. of #7 in Norval  
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www.canoe-country.com

Please note: we cannot take community notices over the phone. We accept only faxed (873-0398) or written notices for non-profit groups. We cannot guarantee that a notice will get in the newspaper. Please keep notices brief — we reserve the right to edit the notice for space. All notices, must be accompanied by name and telephone number.

#### Seniors euchre

The Georgetown Seniors Centre will hold Tuesday night euchre at the centre at 7 p.m. beginning Sept. 7. Cost is \$2 per person. Other dates for the coming year are: Sept. 21; Oct. 5, 19; Nov. 2, 16; Dec. 7, 21; Jan. 4, 18; Feb. 1, 15; Mar. 7, 21; Apr. 4, 18; May 2, 16; June 6, 20; July 4, 18 and Aug. 1, 15.

#### Cemetery tour

The Esquesing Historical Society will hold a walking tour of Greenwood Cemetery with Elaine Bertrand at this month's meeting Sept. 8. The tour will start at 7 p.m. at Greenwood Cemetery in Georgetown. In case of rain the meeting will be held at Knox Presbyterian Church, 116 Main St. S.

#### Glen social

You are invited to the Glen Williams Seniors Drop-in Sept. 8 from 12-3 p.m. for pot luck dessert and a social afternoon at St. Alban's Parish Hall. For info call Peggy at 873-7603.

#### Badminton anyone?

The East Enders Badminton Club invites players to join them Friday evenings beginning this month. Badminton offers fun and fitness for adults young and old. For info call Karen Vito at 877-0903.

#### Volleyball anyone?

Mixed, non-competitive volleyball is

### COMMUNITY CALENDAR

offered Fridays at McKenzie-Smith Bennett School in Acton between 8-10 p.m. For more information call Bonnie at 873-7125 or Margaret at 854-0755.

#### Auditions open

Georgetown Little Theatre will be holding auditions from their upcoming production of Opening Night Wednesday, Sept. 8 and Thursday, Sept. 9. Auditions will be held at 36 Armstrong Ave. beginning at 8 p.m. Everyone is welcome. Opening Night is a comedy by Norm Price and is directed by Steve Prevost.

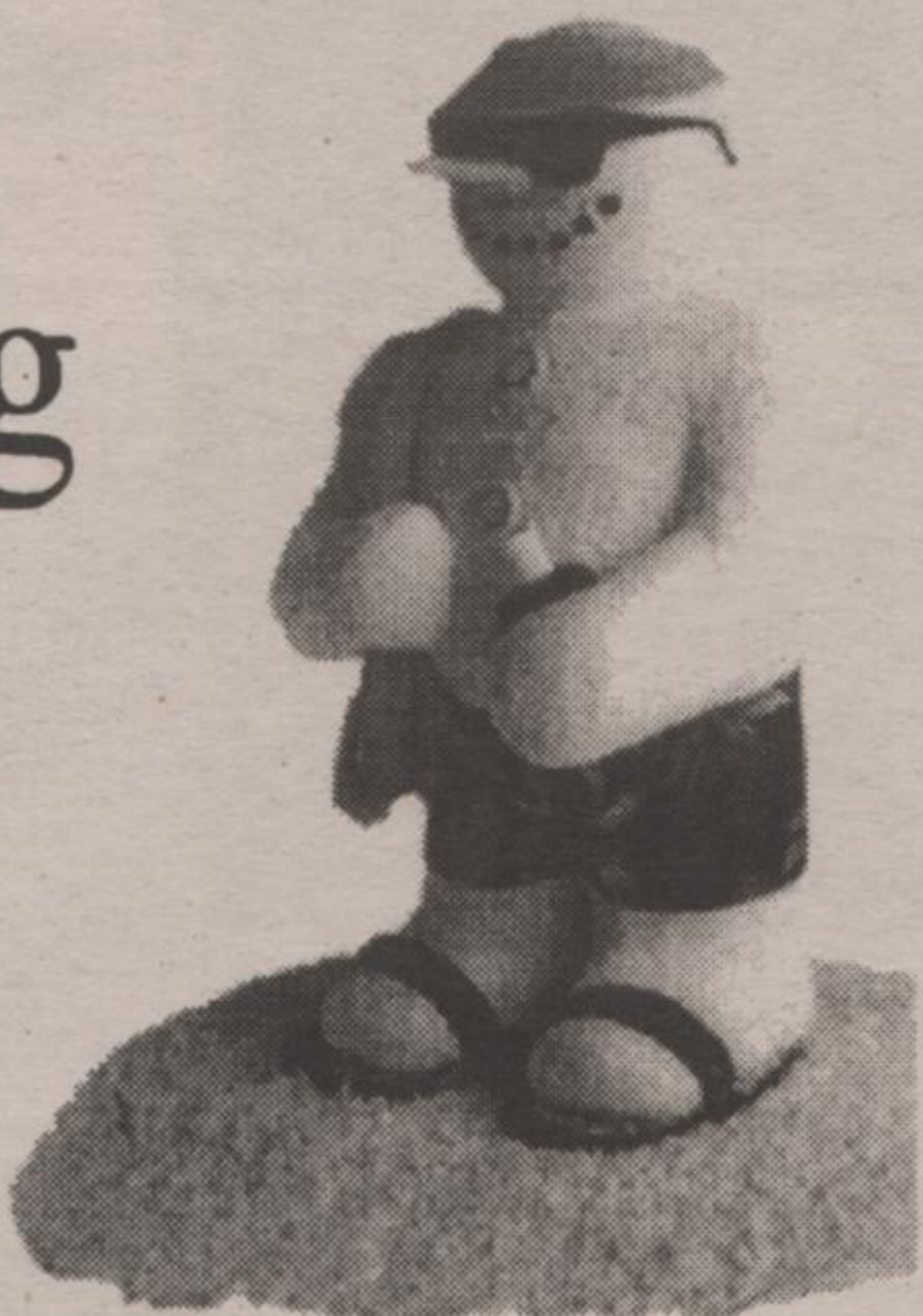
#### Infant/child CPR

Registrations are being accepted until Sept. 10 for the infant/child CPR class to be held at Georgetown Hospital, Sept. 14 and 21, 7-9:30 p.m. Cost is \$25. Learn the techniques necessary to help a baby or child who is choking or who requires CPR. To register call 873-0111, ext. 243.

#### Tai chi lessons

Are you interested in improving your balance, memory, co-ordination and flexibility? Try tai chi. Fall sessions for all experience levels begin Sept. 8 with instructor George Lee. A 12-week course in Erin. Info: Elaine Graham at EWAG (East Wellington Advisory Group), 833-9696 or 833-4420.

## Free pool winterizing seminar.



Come to our FREE BioGuard Educational Evening. We'll show you how to close your pool the right way so you can relax next spring.

September 13, 1999

North Halton Golf & Country Club

7:30-9:30 pm

(Lower Level Banquet Room)

Mike and the staff look forward to seeing you there!



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