

**Forward announcements of non-profit local events for Community Update to The Oakville Beaver, 467 Speers Rd., Oakville, ON L6K 3S4; e-mail dkurek@oakvillebeaver.com or call 905-845-3824, ext. 446. Free.**

## BULLETIN

**Halton Jazz Choir, adult mixed voices ensemble, is looking for male singers** (particularly tenors and baritones/basses). The group rehearses every second Monday in Bronte. Next rehearsal is Monday, April 8, 7-9 p.m. Contact haltonjazzchoir@gmail.com, subject line "attention Darcea", stating your singing range, choir experiences and why you wish to join.

**Breast Cancer Support Services offers peer support groups** at 695 Brant St. in Burlington. The Young Women's Breast Cancer Group is held every second Tuesday of the month at 7 p.m. The Newly Diagnosed Women's Cancers group is every third Tuesday of the month at 7 p.m. The Life & Laughter for Metastatic Women's Cancers is every third Wednesday of the month at 1 p.m. The Gynecologic Cancers Support group is on the fourth Tuesday of the month at 7 p.m. Contact 905-634-2333.

## WEDNESDAY APRIL 3

**Blood donor clinic** at St. Volodymyr Cultural Centre, 1280 Dundas St. W., 5-8 p.m., contact 1-888-2-DONATE or www.blood.ca.

## THURSDAY APRIL 4

**Annual Daffodil Tea and Fashion Show** at Queens Avenue Retirement Residence, 1056 Queens Ave., 1-3 p.m., cost \$5, RSVP with Elizabeth or Lindsay at 905-815-0862.

**Spaghetti Dinner to support ShelterBox Canada** at Munn's United Church, 5 Dundas St. E., 6:30 p.m., cost \$15/adult, \$10/child, reservations at interact.ridge@gmail.com.

**Developmental Early Identification Prevention Program free consultation clinic** at

Oakville Parent-Child Centre, 1500 Sixth Line, 9-11 a.m., first come first served.

**Halton FASD Leadership Team presents two-day Fetal Alcohol Spectrum Disorders presentation** with speaker Diane Malbin at St. Joseph's Ukrainian Catholic Church, 300 River Oaks Blvd. E., 8:30 a.m.-4:30 p.m. Saturday and Sunday, cost \$50/parents, \$100/professionals, to register contact Alberta at 905-825-6000, ext. 6000.

**Building Blocks for Self Esteem** three-week series begins at The Women's Centre, 1515 Rebecca St., Suite 229, 10 a.m.-noon, cost \$40, register at 905-847-5520.

**Poverty Reduction Forum** in Halton from 9 a.m.-3 p.m., contact Anna Kiani at anna@haltonpovertyroundtable.com or 905-635-3131, ext. 302 to register and for location details.

**Hospice volunteer orientation begins** (30 hours of training over 10 Thursdays) at Acclaim Health office, 2370 Speers Rd., 1-4 p.m., contact 905-827-8800 and ask for Brenda Sales, ext. 2318, or Dee Kearns, ext. 2313.

## FRIDAY APRIL 5

**St. Michael's Catholic Women's League Spring Euchre Party** at St. Michael school gym, 165 Sewell Dr., 7:30 p.m., cost \$7.

**Fun with Microsoft Kinect** for those aged 55-plus at the Centre for Education and Training, 171 Speers Rd., suite 20, 1-3 p.m., contact 905-875-3851, ext. 5008.

**Dancing with Parkinson's workshop** at Maple Grove United Church, 346 Maple Grove Dr., 2 p.m., caregivers welcome, register at 905-845-5721.

**Oakville Opera Guild's Tea with Opera**, 8 p.m., topic: Handel's Giulio Cesare, cost \$10, contact Margaret at 905-631-6273.

**Wing Night at Oakville Legion** Branch 114,

36 Upper Middle Rd. E., 5-8 p.m., 75 cents/wing, contact www.oakvillelegion114.ca or 905-845-6271.

**Bronte Legion Friday Night Karaoke**, 7-11 p.m., Club Room, 79 Jones St., contact 905-827-4722 or www.brontelegion.com.

## SATURDAY APRIL 6

**Parents Without Partners Dance** at Burnhamthorpe Community Centre, 1500 Gulliden Dr., 8:30 p.m.-1 a.m., cost \$15, contact 905-278-0111.

**Halton Eco Festival** at Glen Abbey Community Centre, 1415 Third Line, 10 a.m.-5 p.m., contact www.oakvillepeacecentre.org/haltonecofest or 905-849-5501.

**Health and Lifestyle Network Group meets** at Timothy's, 321 Lakeshore Rd. E., 9:30-11:30 a.m., cost \$15, all welcome.

## SUNDAY APRIL 7

**Canadian Celiac Association, Halton Peel chapter, meets** at Munn's United Church, 5 Dundas St. E., 2-4 p.m., topic: hints on staying

gluten free, contact www.celiac.ca.

## MONDAY APRIL 8

**Oakville Osteoporosis Group meets** at St. Michael's Church, 181 Sewell Dr., 1:30 p.m., cost \$4, contact 905-829-4863.

**Support group for spouses of persons with dementia** meets at St. Paul's United Church, 454 Rebecca St., 1:30-3:30 p.m., contact Acclaim Health Alzheimer Services at 905-847-5995.

**Family Law Legal Clinic** at The Women's Centre, 1515 Rebecca St., Suite 229, 6:30-8:30 p.m., free, first come first served, women only, contact 905-847-5520.

**Tots and Us** for parents and grandparents taking care of a preschooler meets at St. Paul's United Church, 454 Rebecca St., 10-11 a.m.

**Health and Lifestyle Network Group meets** at Timothy's, 321 Lakeshore Rd. E., 9:30-11:30 a.m., cost \$15, all welcome.

## TUESDAY APRIL 9

Learn about Sheridan's English Language

SAVE! SAVE! SAVE! PUT ON YOUR FRIDGE! SAVE! SAVE! SAVE!

## FREE FAMILY PASS!

This pass will allow your family free admission (max. 2 adults and 2 children) to the  
**24th Annual Oakville Lifestyle Home Show, April 12-14, 2013**  
at the Glen Abbey Recreation Centre, 1415 Third Line just North of the Q.E.W.

2 arenas and the auditorium full of savings!

Regular Admission \$3 each

### You will see

- hundreds of new products and services for your home
- terrific, one time Home Show Specials
- lots of prizes & free draws
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- great selection, great quality, great prices - all under one roof
  - one stop shopping for quotes
- You'll see sunrooms, decks, blinds, air conditioners, garage doors, countertops, artwork, awnings, spas, replacement windows & doors, builders, renovators, deck refinishers, water purifiers, cookware, resorts, furniture, painters, flooring, plus much more!

**Show Hours:**  
Friday 1 pm to 9 pm  
Saturday 11 am to 5 pm  
Sunday 11 am to 5 pm

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## Advertorial

# Fruits and vegetables make you more attractive

(NC)—You are what you eat. Fruits and vegetables have properties that will, in essence, make you more attractive. Along with the health benefits of eating fresh produce, you may notice that your skin has that bright glow, making you more attractive to others.

To reap the beauty benefits of consuming fruits and vegetables, stick with ones that are high in carotenoids. On the Reboot with Joe website (rebootwithjoe.com), juicing experts tell us that, "carotenoids are made by the plant and once we have ingested these nutrients, they travel into the bloodstream and are distributed into the skin and other organs. These nutrients concentrate in the skin, giving us a lovely skin tone and offer protection from the damaging effects of UV radiation."

Fruits and vegetables that contain carotenoids including beta-carotenes and lycopenes, the anti-oxidants credited with putting a glow on the skin, are: carrots, mango, sweet potato, pumpkin, red and yellow peppers, tomato, watermelon, pink grapefruit, apricots, peaches, spinach, and papaya. A fast and effective way to consume an abundance of fruits and vegetables is through juicing.

Juicing extracts key nutrients from the vegetables and fruit into an easy-to-consume form, making them easy to absorb. If you need some guidance on purchasing the equipment, retailers point to the popular Breville Juice Fountain Plus. It's a dual-speed juicer with a specialized disc that extracts more nutrients than other choices.

Along with increasing your natural glow, juicing and consuming more carotenoids will also bring benefits to your vision health, may prevent cataracts, support a healthy immune system, keep mucus membranes of your respiratory tract healthy, and reduce the risk for some cancers.

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**Raffles** — Enter to WIN!!!!  
**Demos** & More  
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**HOT SPECIALS**  
— ONE DAY EVENT