

EVENTS

**Thursday, May 10**  
**Breastfeeding Clinic**  
**WHEN:** 6:00 p.m - 8:30 p.m  
**WHERE:** Milton District Hospital, 70 Bronte Street South, Milton  
**CONTACT:** 905-878-2383  
 OHIP-covered one-on-one breast feeding clinic with a certified lactation consultant.

**Re:Soul Youth Centre**  
**WHEN:** 6:00 p.m - 9:00 p.m  
**WHERE:** Re:Soul Youth Centre, 900 Nipissing Rd., Milton  
**CONTACT:** 905-876-0368, info@yfc-milton.com  
 Drop-in for high school students in grades 9 to 12. For more information, visit Re:Soul on Facebook, Twitter and Instagram.

**Friday, May 11**  
**Tai Chi**  
**WHEN:** 10:00 a.m - 11:00 a.m  
**WHERE:** Campbellville Church Hall, 132 Main St. North, Campbellville, Milton  
**CONTACT:** Mary, 905-854-0314, mrhansell@hotmail.com  
 All welcome.

**Saturday, May 12**  
**Annual Plant and Bake Sale**  
**WHEN:** 8:30 a.m - 1:00 p.m  
**WHERE:** St. John's Anglican Church, 10009 Guelph Line, Nassagaweya, Milton  
**CONTACT:** 905-854-0785

**GET CONNECTED**  
 Visit [insidehalton.com/events](http://insidehalton.com/events) to submit your own community events for online publishing.

Featuring plants, vegetables, perennials and hanging baskets, home baked goods and back bacon on a bun.

**Kung Fu Classes for Kids**  
**WHEN:** 2:00 p.m - 3:00 p.m  
**WHERE:** Milton Sports Centre, 605 Santa Maria Blvd., Milton  
**CONTACT:** Instructor Mark, 905-699-5811, shaolinkungfumilton@gmail.com, <https://www.shaolinkungfumilton.com/shaolinkidsregform>  
**COST:** New Students can try a class for free!  
 Suitable for kids ages 4 to 16. Participate in authentic and traditional-Shaolin Temple Kung Fu. Classes held in the Fitness Studio.

**Sunday, May 13**  
**Adult Tai Chi Class**  
**WHEN:** 10:15 a.m - 11:15 a.m  
**WHERE:** Milton Sports Centre, 605 Santa Maria Blvd., Milton  
**CONTACT:** Mark, 905-699-5811  
**COST:** \$10 drop-in, \$80 for 8 classes  
 Drop-in or register for eight classes. For more information, visit [www.shaolinkungfumilton.com/](http://www.shaolinkungfumilton.com/)

tai-chi.  
**Monday, May 14**  
**Yoga for Seniors**  
**WHEN:** 10:00 a.m - 11:00 a.m  
**WHERE:** Campbellville Church Hall, 132 Main St. North, Campbellville, Milton  
**CONTACT:** Jesse, 519-829-0983, jd.willow-ray@gmail.com  
 All welcome.

**Milton Rotary Club**  
**WHEN:** 6:30 p.m - 8:00 p.m  
**WHERE:** Community Living North Halton Meeting Room, 917 Nipissing Road, Milton, ON, Milton  
**CONTACT:** kirsti.fry@gmail.com  
 Weekly meeting of the Milton Rotary Club.  
 This is not a dinner meeting. Visit [www.miltonrotaryclub.com](http://www.miltonrotaryclub.com) for details.

**The 15th Annual Grate Groan-Up Spelling Bee**  
**WHEN:** 7:30 p.m - 10:00 p.m  
**WHERE:** Milton Centre for the Arts - MinMax Hall, 1010 Main St. E., Milton  
**CONTACT:** Kim Sopinka, 905-866-4052, kim.sopinka@sympatico.ca  
**COST:** Tickets \$15 available at FirstOntario



Metro Creative photo

**Green thumbs, delight! On May 12, St. John's Anglican Church hosts its annual plant and bake sale, featuring plants, vegetables, perennials and hanging baskets, as well as home baked goods and back bacon on a bun.**

Milton Centre for the Arts. Our 15th Annual Grate Groan-Up Spelling Bee pits teams of adults against each other in a battle for Spelling Supremacy! Despite tough competition on stage, the audience is friendly and the cause is a good one.

This event is a fundraiser for Literacy North Halton which promotes adult literacy in our community.

**Tuesday, May 15**  
**Seniors Pilates**  
**WHEN:** 10:00 a.m - 11:00 a.m

**WHERE:** Campbellville Church Hall, 132 Main St. North, Campbellville, Milton  
**CONTACT:** Zhanna, 905-220-9768, zhanna-pilates@gmail.com  
 All welcome.

**Dancers with Parkinsons**  
**WHEN:** 1:00 p.m - 3:00 p.m  
**WHERE:** The Dance Class, 8750 Regional Road 25, Milton  
**CONTACT:** Linda or Ken Green, 289-851-8655  
**COST:** \$5  
 The Parkinson's Support Group of Milton hosts Dancers with PD. Dance or move (some done while sitting in chairs) for the first hour followed by an hour-long social get-together.  
 Class is open to anyone with mild to moderate movement issues who wants to keep moving.

**Milton Toastmasters meet**  
**WHEN:** 7:30 p.m - 9:30 p.m  
**WHERE:** Royal Canadian Legion - Upper Hall, 21 Charles St., Milton  
**CONTACT:** contactus-form-4778@toastmastersclubs.org  
 Please arrive at 7:15 p.m. Guests are always welcome. For more information, visit <https://milton.toastmastersclubs.org>.

Your Invitation to...  
**Worship!**  
 To Advertise in the Worship Directory please call  
**FIONA RUDDER**  
 289-293-0691  
[frudder@miltoncanadianchampion.com](mailto:frudder@miltoncanadianchampion.com)

**NEW LIFE CHURCH**  
 FOR GENERATIONS TO COME  
**Two Sunday Services**  
 Worship in English, Spanish or ASL  
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**MOM - WOW**  
 Gift for Each Mother in Attendance  
 Free Photo Booth  
 Get a pic for Mom  
 XOXO  
  
 Pastor Dan Rogge  
 824 Thompson Road South  
 905 878 3358 [newlifemilton.com](http://newlifemilton.com)

**MOM, WHAT WOULD WE DO WITHOUT YOU?**  
 A young preacher was shocked to hear a well-known evangelist utter the true confession: "I have spent some of the happiest moments of my life in the arms of another man's wife. Some may be alarmed, but it is a true!" Then, following a dramatic pause, the evangelist added, "By the way, that woman was my mother!"  
 The audience roared with laughter. "I've got to use that!" the young pastor thought.  
 A few weeks later, as he was speaking to his congregation and the story came to mind. He exclaimed, "I have spent some of the happiest days of my life in the arms of another man's wife." Congregants were shocked. And after a long pause, the young man muttered meekly, "But for the life of me, I can't remember who she was."  
 Talk about a joke gone bad!!  
 There is absolutely no doubt that mothers have a powerful influence on our lives. A child's character is initially formed in the tender arms of a loving mother. I wonder: Mom, what would we do without you?!

Mom, you make a difference in our lives! This Sunday, we value you and your contributions to our lives personally and societally! You are special!

Join us at a local house of worship, as we honour you and your efforts this Sunday. Please see the attached directory for a schedule of times and locations.

Submitted by Pastor Dan Rogge of Milton's New Life Church

ASK THE PROFESSIONALS

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**Lemon Water and Teeth**  
 Many people drink lemon in water upon waking as part of a diet, detoxification or to simply stimulate the digestive enzymes. While drinking lemon water in the morning is quite fashionable, did you know its causing irreversible damage to your teeth? Erosion is the loss of tooth enamel caused most commonly by an acid attack. Lemons are highly acidic and are referred to as citric acid. Over time, routine consumption of lemon juice washing over your teeth will cause the enamel to erode, eventually exposing the under layer called dentine. Dentine is closer to the pulp chamber where the blood and nerve supply lie.  
**What impact does Erosion have on your teeth?**  
**Darker teeth** - As your teeth erode, your enamel will become thinner and the yellow dentine will become more visible giving your teeth a darker appearance.  
**Sensitivity** - You may also experience tooth sensitivity to cold food, beverages and sometimes even air.  
**Decay Risk** - Teeth that are compromised by erosion are generally more susceptible to decay.  
**Things you can do to prevent Erosion.**

1. After drinking the acidic lemon drink, rinse your mouth straight away with tap water. This will wash the acid away from the oral cavity and will help to return the normal pH balance in the saliva.
2. Do not brush your teeth straight after drinking lemon water. You should allow your teeth to re-mineralize for 1hour before brushing. Brushing your teeth under an acid attack will erode teeth even faster due to chemical wear from the acid softening the enamel, in conjunction with mechanical wear from brushing.
3. Another way to fight the acid attack is to chew sugar free gum after drinking lemon water. This will increase salivation which neutralizes the acidic environment in your mouth.
4. Always use a soft bristle toothbrush, avoid using a scrubbing back and forward motion. Instead take a gentle approach, pointing the brush head at a 45-degree angle towards the gum line and massage carefully from tooth to tooth.
5. Drink lemon water through a straw to bypass acid on your teeth.
6. Use a fluoridated toothpaste and drink tap water to help strengthen the enamel.
7. If you already have enamel erosion and would like to hear further options, consult with your dental professional.