

EVENTS

● Friday, July 6

Tai Chi
WHEN: 10:00 a.m. - 11:00 a.m.
WHERE: St. David's Presbyterian Church, 130 Main Street North, Campbellville, Milton **CONTACT:** Roseann, 905-854-0245, roseannfelsbourg@gmail.com **COST:** Drop-in \$8, \$30 for 6 lessons Tai Chi. Drop in. All levels welcome.

Self Care Group @ The Women's Centre

WHEN: 12:30 p.m. - 1:30 p.m.
WHERE: The Women's Centre, 225 Main Street, Unit 7, Milton **CONTACT:** 289-878-1943, admin@thewomenscentreofhalton.com, thewomenscentreofhalton.com/

If you tend to take care of everyone else and leave little time and energy for yourself, join us for our self-care group. Teaching women to take time to focus on themselves. Every Thursday and Friday from 12:30pm to 1:30pm. Call to register.

Re:Soul Youth Centre

WHEN: 3:00 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

● GET CONNECTED

Visit insidehalton.com/events to submit your own community events for online publishing.

information, visit Re:Soul on Facebook, Twitter and Instagram.

● Sunday, July 8

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/tai-chi.

● Monday, July 9

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 **COST:** All welcome.

Breastfeeding Clinic

WHEN: 10:00 a.m. - 1:00 p.m.
WHERE: Milton District Hospital, 725 Bronte Street South, Milton **CONTACT:** 905-878-2383 **COST:** OHIP-covered one-on-one breastfeeding clinic with a certified

lactation consultant.

Yoga for Seniors

WHEN: 10:00 a.m. - 11:00 a.m.
WHERE: St. David's Presbyterian Church, 130 Main Street North, Campbellville, Milton **CONTACT:** Roseann, 905-854-0245, roseannfelsbourg@gmail.com **COST:** Drop in: \$15 / 4 lessons for \$45 Yoga classes. 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.miltonrotary-club.com for details.

● Tuesday, July 10

Breastfeeding Clinic
WHEN: 9:30 a.m. - 12:30 p.m.
WHERE: Milton District Hospital, 725 Bronte Street South, Milton **CONTACT:** 905-878-2383 **COST:** OHIP-covered one-on-one breastfeeding clinic with a certified lactation consultant.



Toastmasters International photo

Toastmasters teaches people how to be better speakers.

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.

Pickleball

WHEN: 12:45 p.m. - 2:45 p.m.
WHERE: Milton Leisure Centre, 1100 Main St. E., Milton **CONTACT:** 905-878-7946 **COST:** \$3.75/65 years + \$5/18-64 years
 Pickleball also runs Saturdays and Sundays from 6 until 8 p.m.

Indoor Lawn Bowling

WHEN: 1:00 p.m. - 4:00 p.m.
WHERE: Milton Soccer Centre, 821 Main St. East, Milton **CONTACT:** 289-971-9208 **COST:** \$7
 Instructions and bowls are provided for novices. Pay as you go.

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 Stroke Recovery Club

WHEN: 7:00 p.m. - 8:30 p.m.
WHERE: Allendale Long Term Care Facility, 185 Ontario St S, Milton **CONTACT:** Devon Evershed, 1 (888) 540 6666, devershed@marchofdimes.ca, <https://www.marchofdimes.ca/EN/programs/src/supportgroups/Pages/OntarioSupport-Groups.aspx>

A community based support, social and information group for stroke survivors and caregivers to help make the road to recovery a little easier and make a difference in quality of life. Meet and talk with other stroke survivors with similar experiences and share information about post-stroke concerns. Features community guest speaker.

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>.

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HAS AN IMPAIRED DRIVING ARREST OCCURRED IN YOUR NEIGHBOURHOOD?

See our June map of where the arrests were made and details about the incident

bit.ly/2y5mPMX



EVENTS

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