

## EVENTS

### FRIDAY, JULY 27

#### 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.

#### 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 **COST:** All 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/ **COST:** 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.

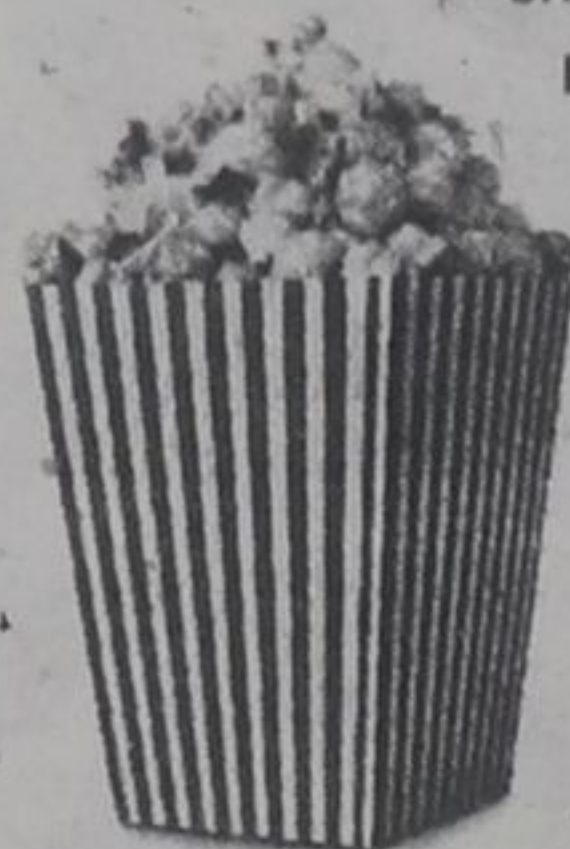
#### Re:Soul Youth Centre

**WHEN:** 3:00 p.m. - 9:00 p.m. **WHERE:** Re:Soul Youth Centre, 900 Nipissing Rd.,

Milton **CONTACT:** (905) 876-0368, info@yfcimilton.com **COST:** Drop-in for high school students in grades 9 to 12. For more information, visit Re:Soul on Facebook, Twitter and Instagram.

#### Outdoor Movie Night

**WHEN:** 8:45 p.m. - 11:00 p.m. **WHERE:** Brookville Park, 11241 Guelph Line, Milton **CONTACT:** Campbellville Community Association **COST:** Hosted by the Campbellville Community Association. Bring blanket or lawn chairs for feature film, Ferdinand, under the stars. Supported by the Milton Community Fund.



### SATURDAY, JULY 28

**Try it series: rock climbing**  
**WHEN:** 9:00 a.m. - 12:00 p.m. **WHERE:** Rattlesnake Point, 7200 Appleby Line, Milton

**CONTACT:** web@hrca.on.ca **COST:** \$120 Introductory rock climbing course. Half-day course at the cliff with instruction on safety, equipment use and care, basic knots and climbing techniques. No previous experience necessary. Equipment provided. Pre-registration required.

#### Meditation Hike

**WHEN:** 9:00 a.m. - 11:30 a.m. **WHERE:** Robert Edmondson, 10027 First Line, Milton **CONTACT:** web@hrca.on.ca **COST:** \$18 Includes series of short exercises and meditations. No experience necessary.

Hiking difficulty level: easy to moderate. Wear appropriate footwear, bring water bottle. Pre-registration required. Halton Park members receive 15% discount.

#### St. Abanoub Festival

**WHEN:** 11:00 a.m. - 3:00 p.m. **WHERE:** Church of St. George and St. Abanoub, 820 Nipissing Rd., Milton **CONTACT:** 416-268-4906 **COST:** \$5 per family before July 15 St. George and St. Abanoub Coptic Orthodox Church hosts an outdoor family festival in commemoration and celebration of the 12-year Saint, who the church is named after. The family fun day will feature food and activities for all ages. For more information or to register, visit abanoubfestival.ca.

### SUNDAY, JULY 29

#### 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.shaolinkung-fumilton.com/tai-chi.

### MONDAY, JULY 30

#### Yoga for Seniors

**WHEN:** 10:00 a.m. - 11:00 a.m. **WHERE:** St. David's Presbyterian Church, 130 Main Street North, Camp-

bellville, Milton **CONTACT:** Roseann, 905-854-0245, roseannfelsbourg@gmail.com **COST:** Drop in: \$15 / 4 lessons for \$45 Yoga classes. All welcome.

#### 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.

#### 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.

#### 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 for details.



#### Legal Clinic - Family Law @ The Women's Centre

**WHEN:** 6:30 p.m. - 8:30 p.m. **WHERE:** The Women's Centre, 225 Main Street, Unit 7, Milton **CONTACT:** The Women's Centre of Halton, 289-878-1943, milton@haltonwomenscentre.org, thewomenscentreofhalton.com/

Mondays from 6:30-8:30pm. Free family law legal guidance & advice. First come first serve. Women only. Call for more information: 289-878-1943

### TUESDAY, JULY 31

#### 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 **COST:** All welcome.

## EVENTS

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