

EVENTS

FRIDAY, AUGUST 10

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
All welcome.

Guided Lavender Farm Tours at Terre Bleu

WHEN: 11:00 a.m. – 5:00 p.m. **WHERE:** Terre Bleu Lavender Farm, 2501 Sideroad 25, Milton **CONTACT:** Bridget Gore, 5195120522, events@terrebleu.ca, https://terrebleu.ca **COST:** visit website for admission information

Take a guided walking tour of the farm, included in admission, provided by our knowledgeable staff members who share our passion for lavender. Learn about the intricacies of growing and maintaining lavender, visit our distillery and discover the ancient distillation process we employ for the production of our premium essential oil, and much more!



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.

SUNDAY, AUGUST 12

3rd Annual Art-in-the-Park-Arts and Agri-culture FIESTA

WHEN: 10:00 a.m. – 5:00 p.m. **WHERE:** Country Heritage Park, 8560 Tremaine Rd., Milton, Milton **CONTACT:** Susan Powell, arts@country-heritagepark.com, www.countryheritagepark.com **COST:** \$5.00

Art-in-the-Park is a one-day outdoor/indoor juried, art show and sale featuring high caliber, original, art work by 21 local and regional artists in the Park's unique facilities and settings. NEW! Arts and Agri-Culture FIESTA. Engage your senses! Food, art and agriculture. Uniting Arts and Agri-Culture.

Public Workshop at Muse Studio and Market

WHEN: 1:30 p.m. – 4:30 p.m. **WHERE:** Hugh Foster Hall, 141 King Street, Milton **CONTACT:** 905-878-7222, info@musestudioandmarket.ca
Time to let your creativity shine! Muse Studio and Market will help you to design and make whichever creative project best suits you! As they would say at Muse, "if you can imagine it, together we can

create it.

MONDAY, AUGUST 13

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: roseannfels-bourg@gmail.com **COST:** Drop in: \$15 / 4 lessons for \$45
Yoga classes. All welcome.

TUESDAY, AUGUST 14

Seniors Pilates

WHEN: 10:00 a.m. – 11:00 a.m. **WHERE:** Campbellville Church Hall, 132 Main St. North, Campbellville, Milton **CONTACT:** zhanna.pilates@gmail.com
All welcome.

Tutoring program for adults

WHEN: 12:00 p.m. – 1:00 p.m. **WHERE:** Adult Learning Centre, 550 Ontario Street South, Milton **CONTACT:** 905-873-2200
Want to improve your reading, writing, basic math or basic computer skills? The Adult Learning Centre can help. Call the centre for more information or visit www.lnhadultlearning.ca.

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.

Taste and Learn: Grilled Fruit

WHEN: 6:00 p.m. – 7:00 p.m. **WHERE:** Sobeys Extra Milton, Community Room, 1035 Bronte Street South **CONTACT:** Rebecca King, RD, 905-636-8141
This 60 minute class with our Registered Dietitian will inspire you to try a brand new food or a favorite food prepared in a new way. You will learn basic cooking skills, try samples and take recipes home.

Little Tricksters Magic Club at Ice Cream Lab

WHEN: 6:30 p.m. – 8:00 p.m. **WHERE:** Ice Cream Lab, 212 Main Street East, Milton **CONTACT:** 905-876-2522, info@icecreamlab.ca **COST:** 20
Every Tuesday this summer from 6:30 p.m. to 8:00 p.m., join Tyler Fergus in Ice Cream Lab's community room for a little magic. The cost is \$20 per person, and this will cover a 90 minute lesson, supplies, and ice cream. The event is for ages 6 – 12.

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/OntarioSupportGroups.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.

EVENTS

SIGN UP FOR OUR WEEKLY NEWSLETTER AT INSIDEHALTON.COM

Your Invitation to Worship

Putting the Pieces of the World Together

A father wanted to read the newspaper but was constantly being interrupted by his kindergarten aged daughter. Finally, he tore a sheet out of one of his magazines, on which was printed the map of the world. Tearing it into small pieces, he gave it to her, and said, "Go to the table and see if you can put this together."

After a few minutes, the young girl returned and asked Dad to come see that she had put the map together correctly. Astonished at how quickly she was able to finish, the father asked her how she had done it.

"Oh," she said, "I didn't know how I would do it at first but then I realized that on the other side of the paper was a picture of Jesus. So I finished His picture and when I got Jesus in His place, then the world came out all right too."

How true! Learn more - visit a local place of worship this week. Meeting times and locations are published for you in the attached Religious Directory.

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

To Advertise in the Worship Directory Please Call Fiona 289-293-0691



NEW LIFE CHURCH FOR GENERATIONS TO COME

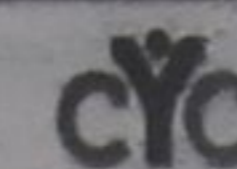
Everyone Welcome

Two Sunday Morning Services
9am & 10am

Revelation Sermon Series

The 144,000

Revelation 14:1-5



Children's & Youth Centre

Pastor Dan Rogge
824 Thompson Road South

905 878 3358 newlifemilton.com

SAINT BENEDICT ROMAN CATHOLIC PARISH ----- DIOCESE OF HAMILTON -----

WEEKEND MASS SCHEDULE

- Saturday afternoons at 5:00
- Sunday mornings at 9:00 and 11:00
- All Masses held at Our Lady of Fatima Catholic Elementary School
709 Bolingbroke Drive in Milton

For more information
289-678-3118
www.sfbenedictparish.ca



The House of David, Milton
Welcomes You To Our Services!

348 Bronte Street S, Unit 6, Milton ON

Day	Time	Service
Tuesday	7PM	Digging Deep
Friday	10PM	Prayer Night Vigil (2 nd Friday of every month)
Sunday	10AM	In His Presence

Children service and care center are available
For information and ride to any of our services please call 647 999 3562

www.thehouseofdauid.ca

Live a Meaningful Life • Make a Difference