

10 THINGS TO DO IN HALTON THIS WEEKEND

Here are 10 things to do in Halton this weekend.

1. STANDARD FIRST AID COURSE

When: Saturday, Jan. 5 and Sunday Jan. 6, 9 a.m.-5 p.m.

Where: First Training, 158 Main St. E., Milton

More info: Standard first aid training, full course. \$160. Register by Jan. 4, info@firsttraining.ca

2. TIM HORTONS FREE SKATE

When: Saturday, Jan. 5

Where: River Oaks Community Centre, 2400 Sixth Line, Oakville, 1-2:30 p.m.

Glen Abbey Community Centre, 1415 Third Line, Oakville, 2-3:30 p.m., 7:30-9 p.m.

Maple Grove Arena, 2237 Devon Rd., Oakville, 3-4:30 p.m.

Sixteen Mile Sports Complex, 3070 Neyagawa Blvd., Oakville, 7:15-8:45 p.m.

More info: Tim Hortons restaurant owners are proudly offering com-

plementary skating.

3. SINGALONG - A SOUND OF MUSIC

When: Saturday, Jan. 5, 2-7 p.m.

Where: Oakville Centre for the Performing Arts, 130 Navy St., Oakville

More info: It's your chance to singalong to the most successful movie musical of all time. It is not just a chance to see the classic movie on the big screen in magnificent Technicolor and glorious CinemaScope, it's a major audience participation event with subtitles for the songs.

4. BOTANICAL TRAIN DISPLAY

When: Sunday, Jan. 6, 10:30-5 p.m.

Where: Royal Botanical Gardens, 680 Plains Rd. W., Burlington

More info: Constructed from over seven tons of cedar slabs, 3,000 pounds of rock and 250 feet of track, the Botanical Train Show features model trains among famous Canadian landmarks from coast to



Graham Paine/Metroland

Tim Hortons is offering a free skate at four Oakville arenas on Saturday.

coast.

5. E2 YOUNG ENGINEERS JUNIOR BRICKS CHALLENGE

When: Sunday, Jan. 6, 11-11:45 a.m.

Where: Milton Mall, 55 Ontario St. South, Milton

More info: The Junior Bricks Challenge is a fun and unique program is for young kids, age 4-6, in preschool, daycare and kindergarten. (11-11:45 a.m.).

The Bricks Challenge program introduces elementary schoolchildren (ages six-10) to the basic principles of science, technology, engineering and mathematics. (noon-1:15 p.m.). Program investigates mechanical systems from a real engineer's point of view. The Galileo Technic program focuses on finding solutions using team-

work in order to build complex machines. (1:30-2:45 p.m.) \$56.

6. MINDFUL EATING IN THE NEW YEAR

When: Sunday, Jan. 6, 11 a.m.-noon

Where: The Elliott Sports Medicine Clinic, 1100 Walkers Line, Burlington

More info: Learn to listen to your body and develop simple strategies to implement into your daily eating habits. Minimum \$10 donation benefitting Food4Kids Halton. Register, elliottsportsmed@gmail.com.

7. RIDE THE RBG EXPRESS

When: Sunday, Jan. 6, 11 a.m.-3 p.m.

Where: Royal Botanical Gardens, 680 Plains Rd. West, Burlington

More info: Take a ride on the RBG Express through the winter beauty of Hendrie Park.

8. M.P. KARINA GOULD'S FOURTH ANNUAL NEW YEAR'S LEVEE

When: Sunday, Jan. 6, 1-4 p.m.

Where: Art Gallery of Burlington, 1333 Lakeshore Rd., Burlington

More info: All are welcome to join M.P. Karina Gould at the fourth annual New Year's Levee at the Art Gallery of Burlington.

9. OAKVILLE TOWN COUNCIL'S ANNUAL NEW YEAR'S LEVEE

When: Sunday, Jan. 6, 1-3 p.m.

Where: Oakville Town Hall, 1225 Trafalgar Rd., Oakville

More info: Mayor Rob Burton and members of council invite you to the annual New Year's Levee, featuring musical performances from the Oakville Children Choir and the Wind Quintet.

10. M POWER GIRLS EMPOWERMENT HEALTHY FOODS WORKSHOP

When: Sunday, Jan. 6, 2-4 p.m.

Where: Real Canadian Superstore, 171 Guelph St., Georgetown

More info: A youth workshop that will include two hours of healthy food activities, dispelling fad diet myths and reading food labels.

This will be followed by a two-hour private food prep and cooking class by President's Choice. \$45.

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JANUARY 18



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