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VALID UNTIL THURSDAY, OCTOBER 23, 1997

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 Great for tossing, tugging and teething. All varieties.
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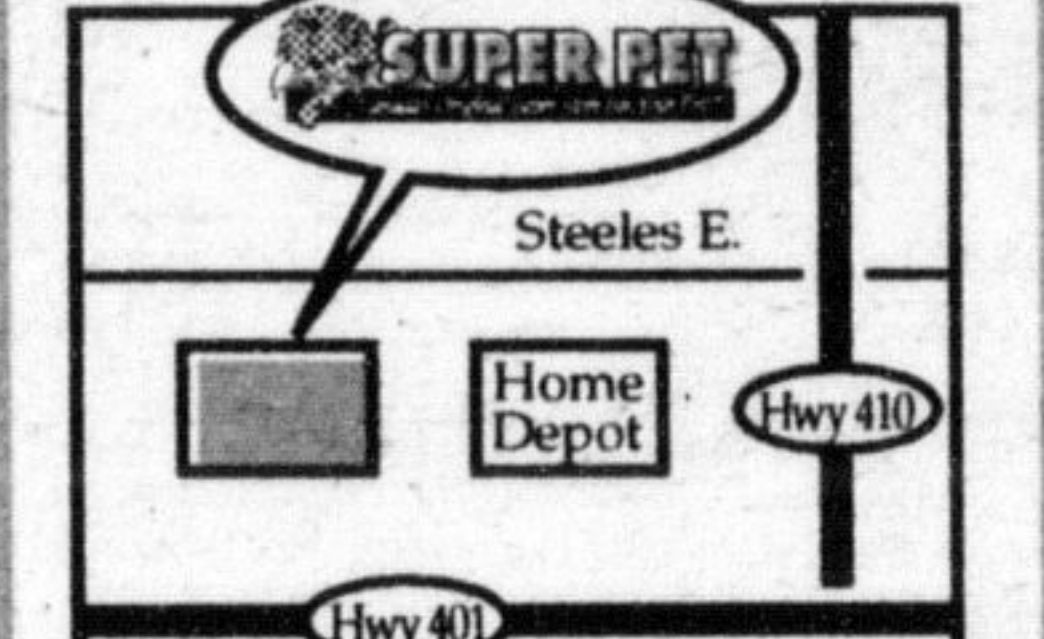
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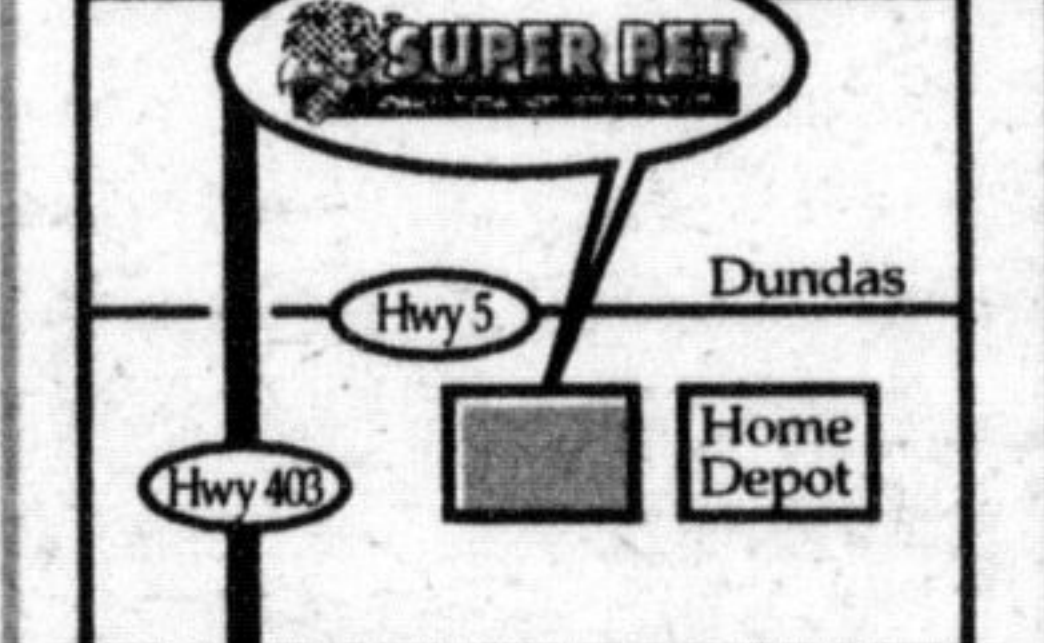
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Burlington: October 18
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Dateline

• from DATELINE on page 23
 Bruce Apartments, 40 Ontario St., from 1:30 to 4 p.m. The cost is \$15. For further information or an appointment, call 827-8800. Foot care clinics are by appointment only.

The Halton Women's Centre begins 'Just As I Am' Mondays from 1 to 3 p.m. until November 17. The workshop addresses concepts and skills needed to build a positive self-esteem. The cost is \$25 for members and \$30 for non-members. The centre is located at 1515 Rebecca St., Suite 210, in Oakville. To register, call 847-5520.

The Milton and District Horticultural Society meets at 7:30 p.m. at the Royal Canadian Legion, 21 Charles St. The guest speaker is Frank Kershaw, recipient of the Garden Club of Toronto's Award of Honour, speaks on growing carolinian.

The Osteoporosis Support Group meets at St. Michael's Church, 181 Sewell Dr., in Oakville at 1:30 p.m. The topic is psycho-social aspects of osteoporosis. The church is located north of the QEW, off McCraney. For more information, contact Kay Duncan at 827-6750.

The Milton Children and Youth Centre holds after-school programs for children and youth. The programs teach participants how to handle everyday challenges like what to do if they are teased or bullied, how to deal with anger, building friendships and how to build self-esteem. The next session runs from October 20 to December 12. For details, call 876-1244.

Monday Oct. 20 - 22

The Holy Rosary Church Jubilee 2000 Parish Mission 'Toward the Year 2000' features gatherings with Father Mark Gatto and other guest speakers at 9 a.m. and 7:30 p.m.

Tuesday Oct. 21

The Twins Plus Association, a self-help group for parents and expectant parents of twins and triplets, holds Mom's Night Out. For details, call Grace at 455-0700.

The Peel North Branch of the Ontario Association of Superannuated Women Teachers, a group for retired women teachers, meets at St. John's United Church, 11 Guelph St., in Georgetown at 10:30 a.m. The event includes a presentation by Louise Giffin on depression glass.

Unemployed? Looking for work? The Women's Employment Network meets at the Halton Women's Centre at Hopedale Mall, 1515 Rebecca St., Suite 210, in Oakville from 9:30 to 11:30 a.m. Participants take interest and aptitude testing. Call 847-5520 for more information.

Wednesday Oct. 22

It's Hot Meal Deal Day at the Milton Seniors' Activity Centre, 500 Childs Dr., at 11:45 a.m. The event features a hot lunch and fellowship.

Hillcrest United Church hosts the Turkey Supper with sittings at 5 and 6:30 p.m. The cost is \$10 for adults and \$5 for children aged 5 to 12 years. For tickets, call 878-3884.

The Halton Women's Centre starts the Family Matters Series — Blended Families. The series of workshop held Wednesdays from 7 to 9 p.m. until November 17 focuses on the family and how to improve relationships with each other. The centre is located at Hopedale Mall, 1515 Rebecca St., Suite 210, in Oakville. The cost is \$5 for members and \$6 for non-members. To register, call 847-5520.

The Halton Women's Centre presents Enterprising Women with Andrina Lever, president of Lever Enterprises.

Lever specializes in training, promotion and advocacy for women entrepreneurs world-wide. The event takes place at the Quality Hotel, 754 Bronte Rd., in Oakville from 7 to 9 p.m. The cost is \$10 or \$50 for the series. To register, call 847-9104.

The Halton branch of the Canadian Mental Health Association begins a six-week education series on 'Uplifting Self-Esteem'. The course helps participants understand how their views of their self-worth affects their well-being, relationships and life in general. The program runs Wednesdays from 6:30 to 8 p.m. until November 26 in Oakville. The cost is \$65 for all six sessions. To register or for more information, call 845-5044.

The Halton branch of the Canadian Mental Health Association begins a six-week education series on 'Enhancing Your Interpersonal Communication Skills'. The course helps participants learn to identify their communication styles and how they have an impact on their beliefs versus actual experiences. Through newly learned skills, participants realize they have new choices. The program runs Wednesdays from 8 to 9:30 p.m. until November 26 in Oakville. The cost is \$65 for all six sessions. To register or for more information, call 845-5044.

Thursday Oct. 23

The Victorian Order of Nurses holds a foot care clinic at the Milton Seniors' Activity Centre, 500 Childs Dr., from 1 to 4 p.m. The cost is \$15. For further information or an appointment, call 875-1681. Foot care clinics are by appointment only.

The Bishop Reding School Community holds its annual Academic Awards Evening at 7:30 p.m. The school is located at 1600 Main St. E. in Milton. For more information, call the school at 875-0124.

The Milton Seniors' Activity Centre hosts the 'Spirit of Nova Scotia' excursion.

Participants visit the Canadian Warplane Heritage Museum in Hamilton followed by a buffet luncheon. A Spirit of Nova Scotia dance presentation along with Cape Breton's tenor Tom Leadbeater is also included. Seating is limited. Call 875-1681 for tickets and more information.

The seniors citizens' monthly Diners Club gathers to enjoy gourmet food and fun.

A car pool leaves the Milton Seniors' Activity Centre, 500 Childs Dr., at 5:30 p.m., or participants can meet at the restaurant at 6 p.m. Call 875-1681 for the October location.

Chronic fatigue syndrome sufferers meet at 1 p.m. For further details, call 876-3713.

The Halton Women's Centre presents Shiatsu — Relax and Rejuvenate Thursdays from 7 to 9 p.m. until October 30. Participants sample different methods of relaxation. The cost is \$5 for members and \$6 for non-members. The centre is located at Hopedale Mall, 1515 Rebecca St., Suite 210, in Oakville. To register, call 847-5520.

The Halton Women's Centre presents 'Choosing and Using a Lawyer'. The presentation from 7 to 9 p.m. features a lawyer lending her expertise and help explaining the legal aspects of divorce and separation. The centre is located at Hopedale Mall, 1515 Rebecca St., Suite 210, in Oakville. The cost is \$5 for members and \$6 for non-members. To register, call 847-5520.

The North Halton Cultural Awareness Council meets at the Georgetown police station at 7 p.m. The guest speaker is Lisa Jeffs, who discusses homophobia. The public is welcome.