Dateline

Dateline is a free listing of coming Support Centre at 847-5520. events only. The column is available to Wednesday May 13 local community groups to assist in It's Hot Meal Deal Day at the Milton promoting their future events. Only Seniors' Activity Centre, 500 Childs Dr., charitable or non-profit community at 11:45 a.m. Seniors are invited to enjoy a groups may use this service. We can only guarantee one issue of publicity closest to the date of the occurrence 500 Childs Dr., hosts the Evening Euchre although more insertions are possible Party at 7:30 p.m. The event features if demand is low.

Notices for Dateline should be hand- atmosphere. The cost is \$2. ed in at the office of The Champion, Do you feel like you're walking on egg 191 Main St. E., mailed to P.O. Box shells? Constantly put down? Not sure 248, Milton, Ont., L9T 4N9, or faxed to what you did wrong? The Women's (905) 878-4943. The final deadline is Information and Support Centre, 1515 noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. self-help group 'I deserve better' Dateline items will not be accepted by telephone.

Tuesday May 12

Members of the public are invited to attend a free seminar entitled 'Allergies: University Women, Milton and District, From Sniffles to Anaphalaxis' at the Oakville Town Hall. Local allergist Dr. its next general meeting. The guest speaker Eric Leith provides a comprehensive is Jan Murdock, who speaks about 'Girls overview of allergies, while Debra Wright in Math, Science and Technology'. The of the CMHS provides current information group meets at Hugh Foster Hall at 7:30 on home allergens and practical tips on p.m. For for information, call 336-5519. what you can do to allergy proof your home. Call 338-4379 to reserve a seat for Association hosts a six-week series entithe free seminar presented by the Lung Memorial Hospital.

its monthly get-together at a local eatery at 11:30 a.m. The event features friends, food and the latest news. Call the Milton Seniors' Activity Centre at 875-1681 for participants understand these feelings and the May location.

Women's Information and Support Centre, 1515 Rebecca St., Suite 210, in Oakville from 9:30 to 11:30 a.m. Participants meet with other women to network and hear guest speakers discuss employment-related topics. No pre-registration is required.

The Women of the Year Award reception takes place in the duMaurier Room at the Glen Abbey Golf and Country Club. The guest speaker is Homemaker's Magazine editor Sally Armstrong. The Niagara Falls. Participants visit greenhouscost is \$20. Tickets can be purchased by es and garden areas. Lunch is included. calling the Women's Information and Call the centre at 875-1681 for details.

hot meal and socialize.

The Milton Seniors' Activity Centre, competition, prizes and a lively social

Rebecca St., Suite 210, in Oakville hosts Wednesdays from 1 to 3 p.m. Participants share concerns and help each other.

Thursday May 14

The Canadian Federation of invites all university women graduates to

The Canadian Mental Health tled 'Anger Mangement'. Many of us Association and Oakville-Trafalgar seem to be either too angry too often, or never angry even when anger would be a The senior citizens' Lunch Bunch holds reasonable response. Anger is a difficult emotion and few people are taught how to acknowledge, understand and integrate these feelings of anger. The series helps shows them how to manage them in a way The Employment Network meets at the that is safe and respectful to everyone. The course is offered Thursdays until June 18 from 7 to 9 p.m. at 217 Main St. E. To register or for more information, call 693-

Friday May 15

It's Hot Meal Deal Day at the Milton Seniors' Activity Centre, 500 Childs Dr., at 11:45 a.m.

The Milton Seniors' Activity Centre hosts the Blossom Time bus excursion to

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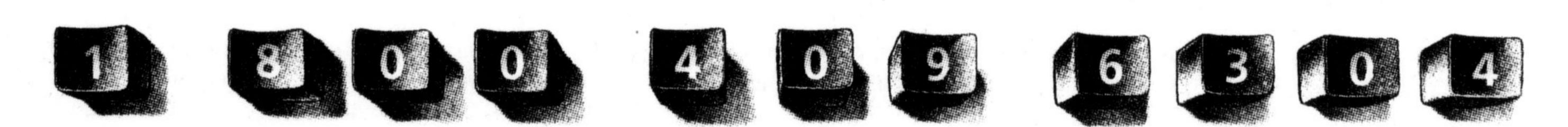
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