

Dateline

Dateline is a free listing of coming events only. The column is available to local community groups to assist in promoting their future events. Only charitable or non-profit community groups may use this service. We can only guarantee one issue of publicity closest to the date of the occurrence although more insertions are possible if demand is low.

Notices for Dateline should be handed in at the office of The Champion, 191 Main St. E., mailed to P.O. Box 248, Milton, Ont., L9T 4N9, or faxed to (905) 878-4943. The final deadline is noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. Dateline items will not be accepted by telephone.

Tuesday May 12

Members of the public are invited to attend a free seminar entitled 'Allergies: From Sniffles to Anaphalaxis' at the Oakville Town Hall. Local allergist Dr. Eric Leith provides a comprehensive overview of allergies, while Debra Wright of the CMHS provides current information on home allergens and practical tips on what you can do to allergy proof your home. Call 338-4379 to reserve a seat for the free seminar presented by the Lung Association and Oakville-Trafalgar Memorial Hospital.

The senior citizens' **Lunch Bunch** holds 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 the May location.

The **Employment Network** meets at the 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 cost is \$20. Tickets can be purchased by calling the Women's Information and

Support Centre at 847-5520.

Wednesday May 13

It's **Hot Meal Deal Day** at the Milton Seniors' Activity Centre, 500 Childs Dr., at 11:45 a.m. Seniors are invited to enjoy a hot meal and socialize.

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts the **Evening Euchre Party** at 7:30 p.m. The event features competition, prizes and a lively social atmosphere. The cost is \$2.

Do you feel like you're walking on egg shells? Constantly put down? Not sure what you did wrong? The Women's Information and Support Centre, 1515 Rebecca St., Suite 210, in Oakville hosts self-help group 'I deserve better' Wednesdays from 1 to 3 p.m. Participants share concerns and help each other.

Thursday May 14

The **Canadian Federation of University Women**, Milton and District, invites all university women graduates to its next general meeting. The guest speaker is Jan Murdock, who speaks about 'Girls in Math, Science and Technology'. The group meets at Hugh Foster Hall at 7:30 p.m. For information, call 336-5519.

The Canadian Mental Health Association hosts a six-week series entitled '**Anger Management**'. Many of us seem to be either too angry too often, or never angry even when anger would be a 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 participants understand these feelings and shows them how to manage them in a way 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 693-4270.

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 Niagara Falls. Participants visit greenhouses and garden areas. Lunch is included. Call the centre at 875-1681 for details.

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