

Dateline

Tuesday May 4

The Milton Fibromyalgia Support Group meets at St. Paul's United Church, 123 Main St. E., at 2 p.m. For further information, call Joanne at 878-4371 or Joan at 878-6096.

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts a trip to Casino-Rama in Orillia. The cost is \$7 for centre members and \$12 for non-members. Call 875-1681 to sign up.

Wednesday May 5

The Computer Club meets at 1:30 p.m. in the library/lounge of the Milton Seniors' Activity Centre, 500 Childs Dr. See what's new on e-mail and the Internet.

Community Living North Halton presents a seminar on long-term financial planning for caregivers of the disabled at the Milton police station on Childs Drive at 7:30 p.m. Admission is free.

Wednesday May 5 - 6

The Bishop Reding School Council holds intake days for used uniforms from 3 to 6 p.m. Items are

accepted on a consignment basis and the proceeds of their sale on May 12 and 13 are split 50/50 between the vendor and the school council. The council's portion of the proceeds will be used to offset the cost of uniforms for families who require financial assistance and/or support the school's extra curricular activities.

Thursday May 6

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 Milton Seniors' Activity Centre, 500 Childs Dr., hosts Seniors Cinemas at 1:30 p.m. Admission costs \$1. Call 875-1681 for the weekly featured movie showings.

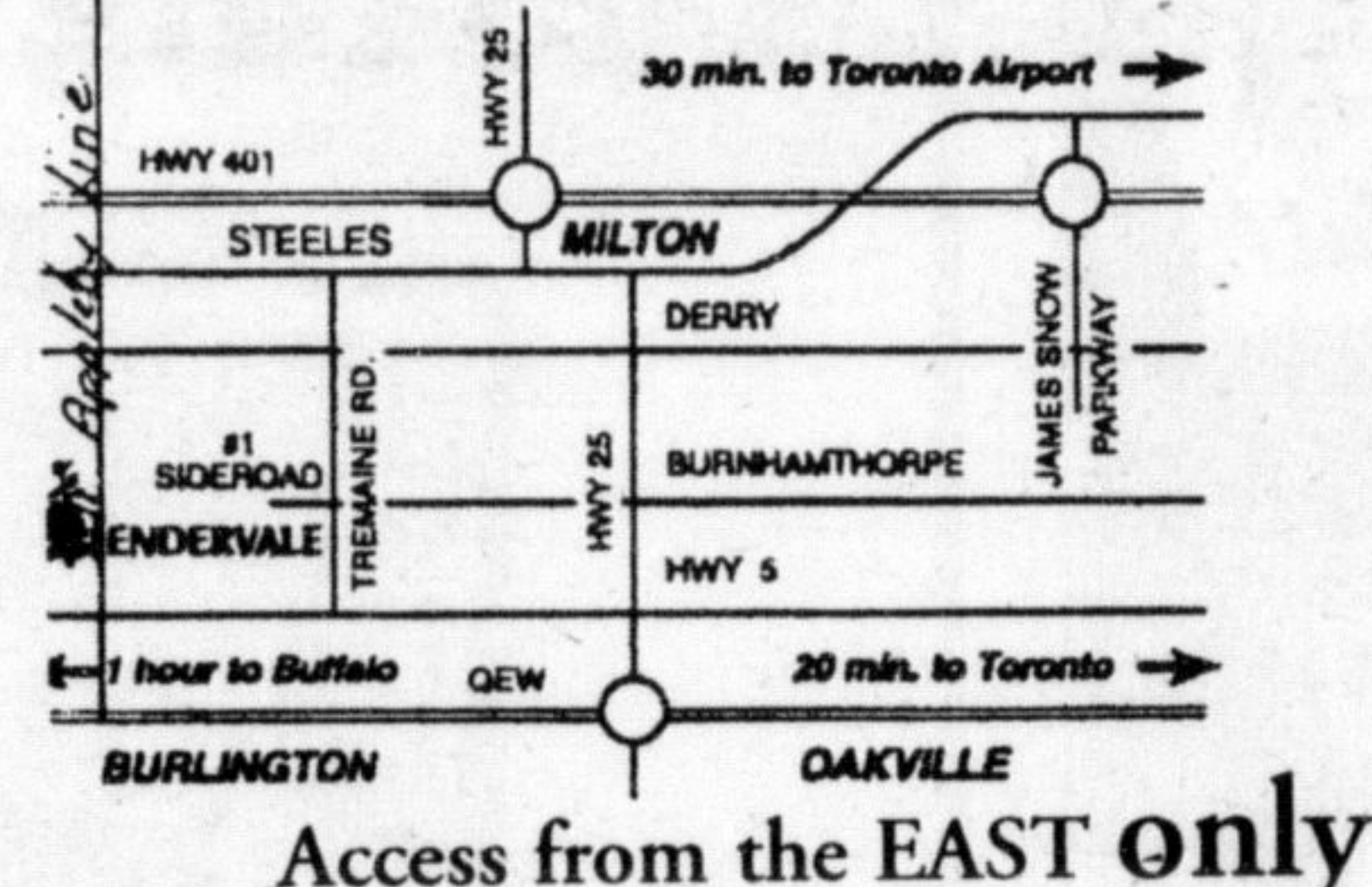
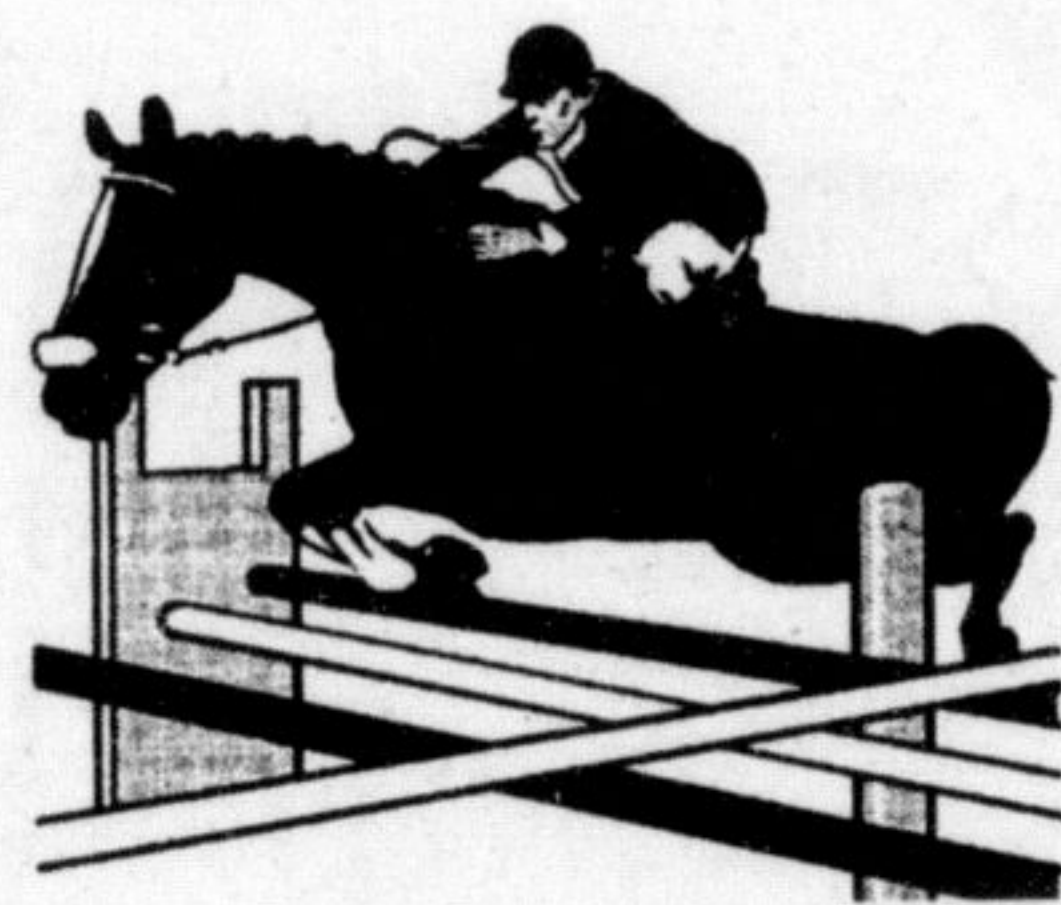
Friday May 7

It's Spa Day at the Milton Seniors' Activity Centre, 500 Childs Dr. The event includes a variety of relaxing activities and motivational speakers, a walk to Loblaws for spa meal cooking demo and lunch, and back to the centre for interactive displays of local business. Registration is limited. Sign up at the centre. The entry fee is \$8.



Active kids are healthy kids

HENDERVALE EQUESTRIAN COMPLEX
5244 #1 Sideroad, Burlington, Ont. (mailing address RR #6, Milton, L9T 2Y1)



OPEN HOUSE

Sat. May 8th and Sun. May 9th from
10 a.m. to 4 p.m. (rain or shine)

Bring your family and learn about the many different equestrian clubs, have a bite to eat and let the children have a pony ride - all for free.

LEARN ABOUT and see demonstrations of:

• Hunter/Jumpers - Hanovarians - Carriage Drivers - Reining horses - Quarterhorses - Peruvian horses - Arabians - Appaloosa

• Visit our website - www.hendervale.com

Hendervale Equestrian Complex is available to Service Clubs, Associations, Children's Groups, Churches, etc. to hold their own events at no additional costs. For further information please call 905-827-2234

**Fax
Dateline
event
info to
878-4943**

• see more DATELINE on page 12

BULL RIDING ■ SADDLE BRONC ■ BARE BACK RIDING

Ride 'em Cowboy!

**Dodge
RODEO
TOUR
1999**

Featuring North America's
Top Cowboys

Presented by
**B20
CHAM**

**MAY 21-23
JUST 3 SHOWS!**

SATURDAY
Check Nager Day
The Buckaroo Show
CBAM Video Party
FREE with tickets for all shows.

Friday, May 21st 8:00pm \$16.50
Saturday, May 22nd 3:00pm \$13.50
Sunday, May 23rd 2:00pm \$13.50

For tickets visit the centre's box office or call:
(416) 870-8000

7575 Kennedy Road South (between Steeles & Derry). Free parking.

**ALBERTA
PREMIUM
EYE**

Madras

Steeles

Milton

Derry

Burnhamthorpe

James Snow Parkway

Burlington

Oakville

30 min. to Toronto Airport

20 min. to Toronto

1 hour to Buffalo

TEAM ROPING ■ CALF ROPING ■ JR. STEER RIDING ■ MILTON BUSTIN ■ BULL RICKETS'S POWER

LADIES BREAKAWAY ROPING ■ LADIES BARREL RACING

Keep your **COOL**
Temperatures
are
RISING



Accredited
Repair Facility

Air Conditioning Check-up

- Diagnostic performance test
- Check belts & hoses
- System recharge

Service available for both
R12 & R134A systems

*PARTS & FREON EXTRA
OFFER EXPIRES MAY 31, 1999

\$29.95*

K&B AUTO SERVICE

715 Main Street E. Milton

876-3148



KEVIN BLACKLOCK

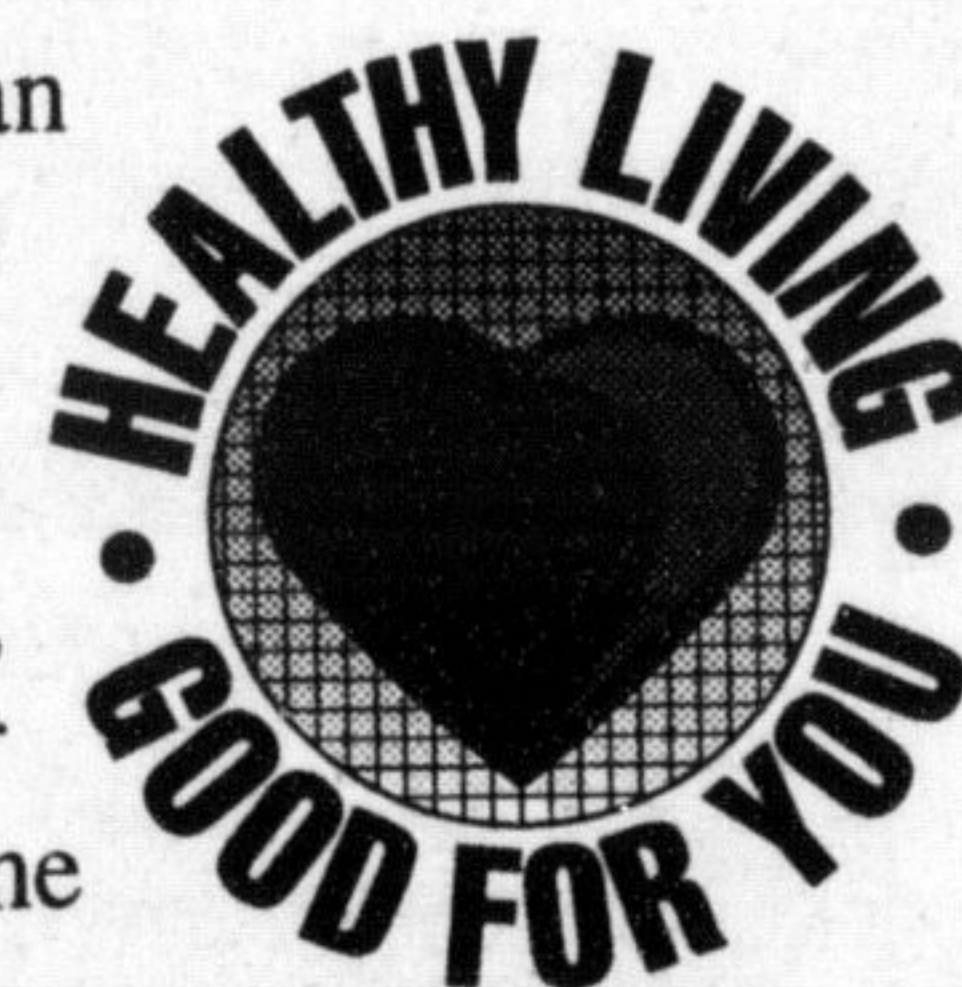
For goodness
sake . . .



A good health tip from
Milton District Hospital

Signs of a Heart Attack

The major signs of a heart attack can include an uncomfortable pressure, squeezing, fullness or discomfort in the centre of the chest behind the breastbone, which may spread to the shoulder, neck or arms (the pain may not be severe). Other signals include sweating, nausea, shortness of breath and a feeling of weakness. Contact your physician immediately or call 9-1-1 if these signs occur alone or combination.



"For goodness sake"
is brought to you courtesy of



Halton Healthcare
S.E.R.V.I.C.E.S

and
The Canadian Champion