

For  
goodness  
sake . . .



A good health  
tip from  
Milton District  
Hospital

### Why Blood Matters...

Blood transports the necessities of life to every cell in your body:

- Red blood cells - carry oxygen to tissues
- Platelets - are used in the process of coagulation or clotting
- Plasma - is essential to maintaining both blood volume and blood pressure as well as preventing infections and excessive bleeding
- White blood cells - fight infection



"For goodness sake"  
is brought to you courtesy of



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

and  
**The Canadian Champion**

# 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.

### Friday Aug. 20

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts **Barbecue Day** at noon. Senior citizens are invited to enjoy hamburgers, hot dogs, sausages and salads.

The Milton Community Resource Centre is accepting applications for their **summer day camp program** next week. The cost is \$75 and includes swimming, cooking classes at Loblaw's and a trip to the Metro Toronto Zoo. Registrations are being accepted for the zoo trip for \$20. To sign up, or for more information, call 876-1244, ext. 18.

### Saturday Aug. 21

The Milton Seniors' Activity, 500 Childs Dr.,

holds the **Super Garage Sale and Fundraiser**. Doors open at 9 a.m.

### Sunday Aug. 22

Participants in **Classic Cars in Motion** will cruise from 5:30 to 6 p.m. from Thompson Road along Woodward Avenue to Martin Street and up to the Car Cruise in the Canadian Tire parking lot, weather permitting.

### Monday Aug. 23

The Milton Seniors' Activity Centre hosts a **bus excursion to Casino-Rama** in Orillia. The cost, which includes transportation and lunch, is \$7 for members or \$12 for non-members. Call 875-1681 to sign up.

The Milton Resource Centre, 310 Main St. E., holds a **free resume writing workshop** in conjunction with Sheridan College at 9:30 a.m. For more information, call 876-9828.

The Milton Resource Centre, 310 Main St. E., presents workshop **'Hidden Job Market/Labour Market Trends'** in conjunction with Sheridan College at 1 p.m. For more information, call 876-9828.

The Milton Community Resource Centre, 917 Nipissing Rd., holds a **drop-in** — a time for children to play and socialize with others. The cost is \$2 with a membership. For more information, call 876-1244, ext. 10.

A **two-day leadership training session** for 12 to 14 year olds takes place from 9:30 a.m. to 3:30 p.m. The session continues August 25. The cost is \$5. For more information, call public health nurse Lynn Franklin at 693-4242, ext. 7197.

The Milton Community Resource Centre accepts applications for its fall programs. Courses include CPR, First Aid, Surviving the Toddler Years, Family Time Management and Winning At Parenting. Call 876-1244, ext. 12 for more information

### Monday Aug. 23 - 27

The Milton Community Resource Centre, 917 Nipissing Rd., hosts the week-long **Summer Day Camp**. Activities include arts, crafts, co-op games, sports, cooking, movies and swimming. The cost is \$75. Call 876-1244, ext. 18 to register.

### Tuesday Aug. 24

The **Parent Support Group** meets every Tuesday at 7:30 p.m. at Pinelands Presbyterian Church, 5270 New St., in Burlington. The non-denominational, self-support group with trained leaders helps parents of children who're in trouble at home, at school or with the law, or are abusive or taking drugs. Call 1-800-488-5666.

### Wednesday Aug. 25

The **Peer Information/Support Group for Anxiety/Panic** is hosted by T.E.A.C.H. at 225 Main St., Unit 8, Wednesday evenings from 7 to 9 p.m. There is no fee. Call 693-8771 for more information.

The Milton Community Resource Centre, 917 Nipissing Rd., holds a **drop-in** — a time for children to play and socialize with others. The cost is \$2 with a membership. For more information, call 876-1244, ext. 10.

• more DATELINE on page 12

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