

For
goodness
sake . . .



A good health
tip from
Milton District
Hospital

STRESS!!!

Now that the carefree days of summer have become the more structured days of back to school, children may need help in making the adjustment. Encourage routines for bedtime, getting up, meals, homework and recreation. Restrict the amount of time spent watching TV, videos and playing video games. If signs of stress appear, provide a quiet time to listen to them and share their feelings.



"For goodness sake"
is brought to you courtesy of

Halton Healthcare
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The Canadian Champion

Dateline is available to non-profit groups to promote their events.

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 Sept. 14

The senior citizens' **Lunch Bunch** holds its monthly get-together at a local restaurant at noon. Seniors are invited to enjoy food, fellowship and the latest news. Call the Milton Seniors' Activity Centre at 875-1681 for the September location.

It's the **Diners Club** evening for local senior citizens. Participants meet at a nearby eatery at 6 p.m. Call the Milton Seniors' Activity Centre at 875-1681 to sign up or to arrange car pooling.

The **Milton Breast Cancer Support Group** meets at 7:30 p.m. For further information, call Joan Gervais at 878-2573 or Carol Kerklaan at 878-0655.

The Milton Seniors' Activity Centre hosts the **Extravaganza North** bus excursion to the International Centre in Toronto. The event features seminars, workshops, Internet cafe, entertainment and a health

and wellness fair. Call the centre at 875-1681 for more information.

The **Milton Masters Aquatic Club** holds its first swim session of the season from 7 to 8:30 p.m. at the Milton Leisure Centre. The club is open to adults over the age of 20 years wishing to swim for fitness or at competitive levels. It features professional coaching, regular social events and preferred swim times four times a week. For those wishing to try club workouts, two swims for a toonie are offered. Call Gloria Hewitt at 854-0746 to book trial swims. More information on swim times and the club's three sessions throughout the year is also available by calling Gloria, or Lee-Anne Greer at 878-8556.

The Milton Community Resource Centre, 917 Nipissing Rd., presents course **Infant and Child CPR**, led by St. John's Ambulance. Participants achieve their Infant Child CPR Certificates. Child care is available. For more information, call 876-1244, ext. 10 or 12.

Wednesday Sept. 15

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts its **annual general meeting**. Members are invited to enjoy a free lunch followed by a guest speaker from Halton Regional Police. Then the 1999-2000 Advisory Board election takes place.

Halton Healthcare Services and the Arthritis Society present a free seminar on **osteoarthritis and rheumatoid arthritis** at St. Paul's United Church, 123 Main St. E. Dr. Arthur Bookman, rheumatologist, and Dr. Mitchell Winemaker, orthopedic surgeon, speak about the surgical and non-surgical options available to those suffering from arthritis. Displays open at 6:30 p.m. followed by the seminar at 7 p.m. To reserve a seat, call 338-4379.

The Milton Community Resource Centre, 540 Childs Dr., presents **Jumpin' and Jammin'** from 9:15 to 10:30 a.m. The program for children aged 3 to 5 years features music, games, songs and exercises. Call 876-1244, ext. 10 or 12, for more information.

Program **Earth and Me** is hosted by the Milton Community Resource Centre for children aged 3-and-a-half to five years old. The program is designed to spark participants' imaginations and creativity through different media. Call 876-1244, ext. 10 or 12, for more information.

Women interested in **breastfeeding information** are welcome to attend the meeting of the Milton La Leche League. Group discussion is led by local leaders accredited by the La Leche League International. Call 878-6387, 876-3322 or 876-0772 for more information. The group meets at CHERISH Family Resource Centre, 540 Childs Dr., at 8 p.m.

Milton Wheels to Meals hosts a luncheon in the Loblaws Community Room. Transportation and assistance can be arranged for those who require it. The cost
• see more **DATeline** on page 16

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Sale in effect Aug. 30-Sept. 18/99. Most items available in most stores. Look for the red sale tags. No special orders. Please note: In some locations some items may be sold at a price lower than our regular chain-store price. Where this 'competitive pricing' occurs, the advertised savings will be off our regular chain-store price.

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