

For
goodness
sake . . .



A good health
tip from
Milton District
Hospital

**Stressed
Out &
Loving It!!!**

Seminar with
Sharron Stasuik
Tuesday, November 28
7:00 pm
Milton

To reserve a seat or
obtain more
information, please call
(905) 338-4379.
Seating is limited.

“For goodness sake”
is brought to you courtesy of



and
The Canadian Champion

Please
fax
Dateline
info to
878-
4943
in
plenty
of time
before
the
event
is to
take
place.

Dateline

• from **DATELINE** on page 11
Loblaws from 7 to 9 p.m. for an evening of social knitting, sharing and support. For details call 878-7990.

Developmentally challenged learners who are independent to the extent that they can profit from instruction can learn **English, math and independence skills** from 6:30 to 8:30 p.m. at Bishop Reding Secondary School, 1600 Main St. E. For details call Helen at 257-3688.

Home Alone prepares children nine and older how to stay home by themselves. The course runs Tuesday evenings until November 7. The cost is \$30. For details call 876-1244, ext. 18.

The **Bishop Reding School Council** meets at 7:30 p.m. at the Main Street high school at 7:30 p.m. Everyone is invited to

attend. For more information call 875-0124.

Wednesday Oct. 11

Register now for the Milton Community Resource Centre's **Social Skills Program**, which runs Wednesdays from 4 to 5:30 until November 15 at 917 Nipissing Rd. The program is designed to build a child's self esteem through group activities, cooperative games and crafts. Topics include controlling anger, coping with feelings and communication. The cost is \$35. Call 876-1244, ext. 18, for further details.

The **Evening Euchre Party** begins at 7:30 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. Enjoy keen competition and great conversations for just a dollar. Prizes are awarded.

Pesticide Alternatives for Milton meets at 7:30 p.m. New members are always welcome. For location or more information on the group, call 693-9837.

The Milton Seniors' Activity Centre offers the **Fall Colour Tour** of St. Mary's. The tour includes the baseball hall of fame, a buffet lunch at Damiens then a stop at McCully's Farm on the way home. Call 875-1681 to sign up.

Everyone is invited to a free seminar entitled **'Understanding Depression'** at 7 p.m. at Oakville-Trafalgar Memorial Hospital. The speaker is Dr. Sydney Kennedy, psychiatrist. To reserve a seat call 338-4379.

Wellspring Halton-Peel, 2545 Sixth Line, in Oakville offers a **drop-in peer support group** from 10 a.m. to 2 p.m., **drop-in introduction to yoga** from 10:30 a.m. to noon and **body-mind mediation** from 1 to 2:30 p.m. For details call 257-1988.

Pesticide Alternatives for Milton meets at 7:30 p.m. Join the group in its goal of making the town pesticide-free. New members are welcome. Call 693-9837 for more information.

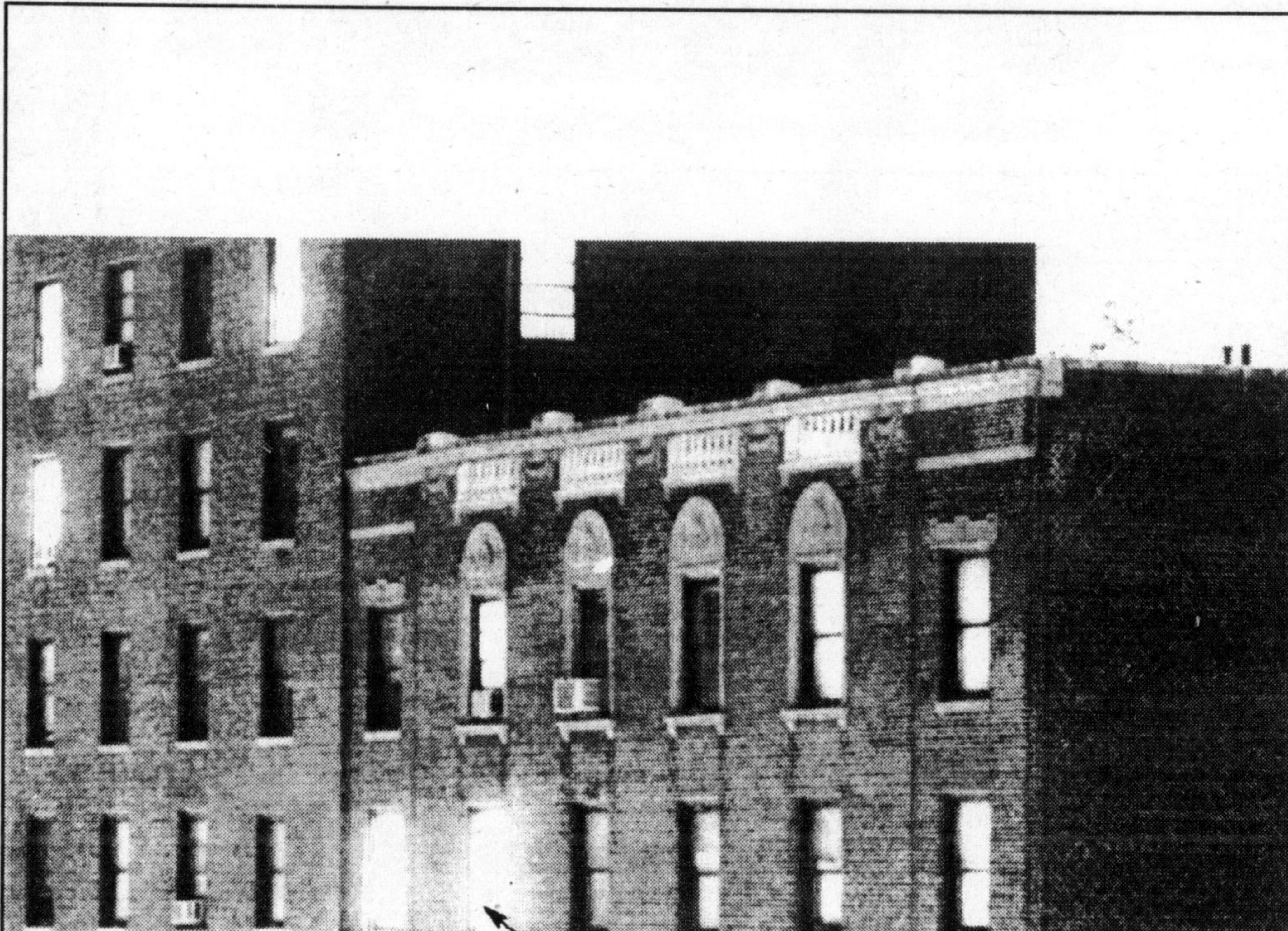
Thursday Oct. 12

The Victorian Order of Nurses offers a **foot care clinic** at the Milton Seniors' Activity Centre, 500 Childs Dr., from 1 to 4 p.m. To reserve a spot call 875-1681.

The **Toronto Parent Finders**, a search a support group for adult adoptees and birth relatives, meet at 7:30 p.m. at Huron Park Community Centre, second floor, 830 Paisley Blvd. W., in Mississauga. For details call (416) 465-8434.

The Victorian Order of Nurses Alzheimer Services offers a **support group for family caregivers** in the Community Room at Loblaws from 1 to 3 p.m. For more information call 847-9559 or 1-800-387-7127.

The **Halton Hands in Motion Knitting and Crocheting Guild** invites all yarn enthusiasts to its monthly meeting from 7 to 9 p.m. at Georgetown High School in the staff dining room. The group shares ideas and techniques with fellow members of all skill levels. Yearly membership is \$20. The non-member fee is \$5. Call Diane at Georgetown Yarn and Crafts at 877-1521 for details.



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**THE BIBLE IS NOT REAL, IT IS
JUST WRITTEN BY MAN.**
**THE BIBLE DOES NOT HAVE THE
ANSWERS TO TODAY'S PROBLEMS.**
**THE BIBLE IS A HARD BOOK TO
UNDERSTAND SO WHY STUDY IT.**

Have these thoughts ever run past your mind? You may have been to Bible studies that left you empty.

Maybe church has not helped you in the past. I want to encourage you to give our Wednesday Bible study a try. If you don't like it, then you do not have to come back. This study is geared to answer life's most difficult questions and give you a working knowledge of the Bible.

Bible Study Wednesdays
Milton Leisure Centre Boardroom
(7:00 - 8:00 p.m.)
(child care provided)

Pastor Charles Boyce
(905) 875-2162

Email: cboyce@interhop.net