

Dateline

Friday July 4

The Milton Seniors' Activity Centre, 500 Childs Dr., holds a **summer barbecue** from 11:30 a.m. to 12:45 p.m. The cost is \$5, which includes a hamburger or sausage, salad, dessert and a beverage. Call (905) 875-1681 for more information.

Tuesday July 8

Milton District Hospital holds a **breastfeeding clinic** with a certified lactation consultant from 9:30 to 11:30 a.m. at the hospital. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

Improve communication and leadership skills with the **Milton Toastmasters**. Everyone is welcome to attend the meeting at the Royal Canadian Legion, 21 Charles St. (upper level), at 7:30 p.m. For information, call Ross at (416) 953-9413.

The Art of Healthy Living holds a **parent support group** for parents of children who are dependent on drugs or alcohol. The group meets at 72-74 Mill St. in Georgetown from 7:30 to 9 p.m. For more information about the program, call (905) 702-7304.

Calling New Parents, a free program for parents and babies aged 6 months and younger, meets with a public health nurse to discuss parenting and infant care. The group meets at the Milton Community Resource Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 693-4242, ext. 7899.

Help for Parents, a parent support group, meets in Burlington. This non-denominational self-support group helps parents of children who are in trouble at home, at school or with the law or who are abusive or taking drugs. The group is a member of Association of Parent Support Groups in Ontario. For times and directions, call 1-800-488-5666 or visit www.apsgo.ca.

A Cappella Showcase, a four-part harmony chorus, invites women who like to sing to join them for their **Summer Sing program**, which is held from 7 to 10 p.m. at St. Volodymyr's Cultural Centre, on the south side of Dundas Street, between Third and Fourth lines in Oakville.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Lunch Bunch** program, which meets at Bump's Roadhouse on Main Street. The cost is the cost of your meal. If you'd like to attend, call the centre at (905) 875-1681. The centre also holds an **afternoon of cribbage** at 1 p.m. The cost is \$1.50 for members and \$2 for non-members. Call the above number for details.

Wednesday July 9

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Evening Euchre Party** at 7:30 p.m. The cost is \$2 per person.

Call the centre at (905) 875-1681 for more information.

Thursday July 10

The Burlington chapter of the **Schizophrenia Society of Ontario** holds its support group program at 7 p.m. in the library of Port Nelson United Church, 3132 South Dr. in Burlington. For more information, call (905) 634-6797.

Milton District Hospital holds a **breastfeeding clinic** with a certified lactation consultant from 7 to 9 p.m. at the hospital. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds a **public foot care clinic** by appointment from 1 to 4 p.m. To make an appointment, call (905) 875-1681. The centre also holds its **Seniors' Cinemas** at 1:30 p.m., featuring the drama Antwone Fisher. The cost is \$1, which includes refreshments. Call the above number for more information.

IMAGES

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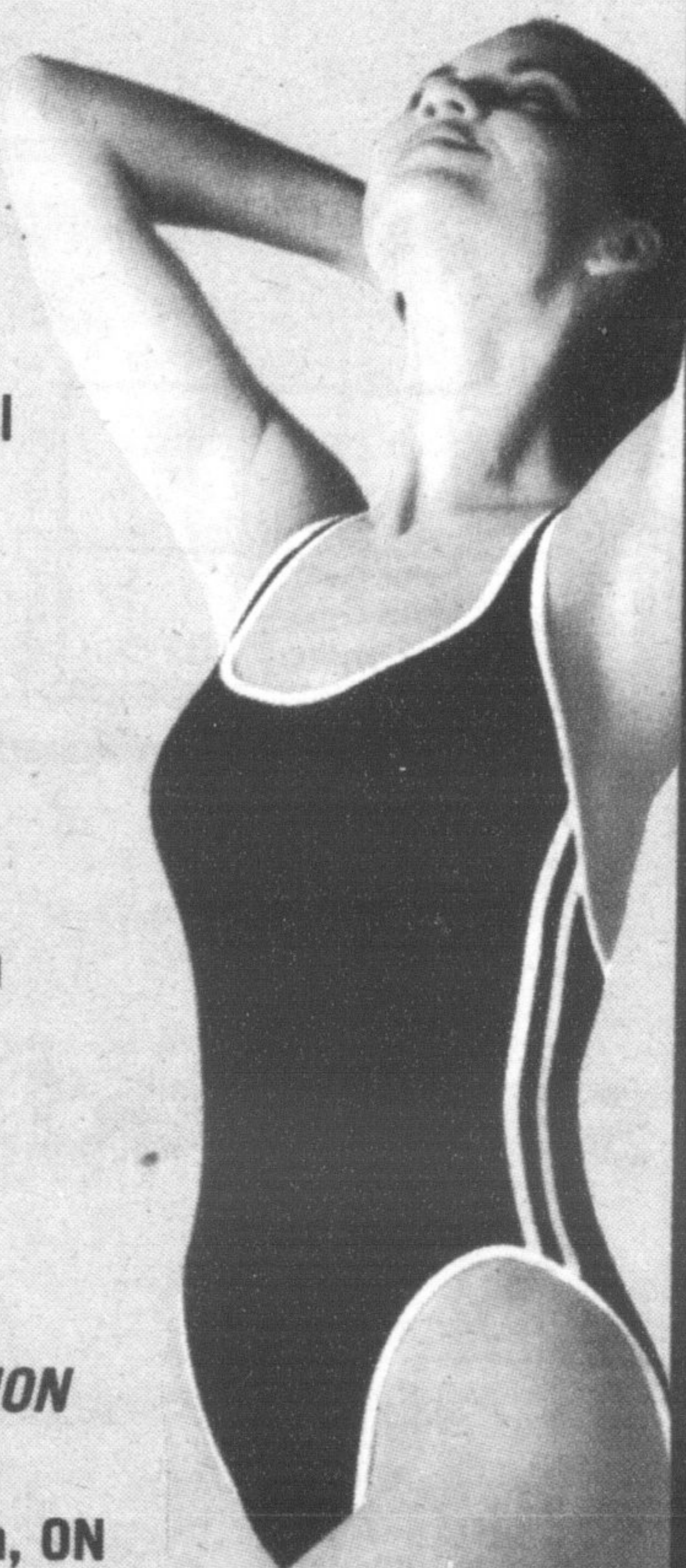
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13 Charles St. Milton, ON

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Nutro Natural Choice Dog Food Large Breed Adult, 30lb 2 for \$65.00 \$34.99 <small>Frequent Buyer Plan Applies</small>	Nutro Max Natural Dog Food 30lb \$25.99 <small>Frequent Buyer Plan Applies</small>	Eukanuba Dog Food Adult and Large Breed \$44.99 <small>Frequent Buyer Plan Applies</small>	Nutro Dog Biscuits 21oz or 60oz Buy 1, Get 1 FREE <small>FREE FREE FREE FREE</small>
Solid Gold Dog Food Adult, 33 lb \$44.99 <small>Frequent Buyer Plan Applies</small>	Nutro Natural Choice Cans 12 x 12.5oz cans per case \$14.79 case <small>SAVE \$5.00 PER CASE</small>	Darford Biscuits 20lb boxes, all flavours. Reg. \$34.99 \$23.99 per box <small>WHILE SUPPLIES LAST</small>	Technical Dog Food Adult, 15kg \$27.99
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Nutro Gourmet Classic Can 3oz can, reg. 72¢ each 42¢ each <small>GREAT SUMMER BUY</small>	Fancy Feast Cat Food 156g can, all flavours \$10.56 case 44¢ each	IAMs Chunks & Mini Chunks Lamb & Rice, Adult 40lb. \$29.99 <small>Frequent Buyer Plan Applies</small>	Black Oil Sunflower Seeds 50 lb \$17.99 <small>NOT JUST FOR THE BIRDS</small>
		Nyjer Seed for Finches 5kg \$16.99 <small>WOW</small>	Easy Clean Clumping Litter 4 for \$26.00 \$6.99 ea.
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