

Dateline

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welcome. For more information, call (905) 875-2069.

Wellspring Halton-Peel, a support service for people with cancer and their families, holds its drop-in **graduate metastatic** support group from 10:30 a.m. to noon at 2545 Sixth Line in Oakville. It also holds its drop-in journaling program from 1 to 3 p.m. For more information, call (905) 257-1988.

Thursday Sept. 18

St. David's Presbyterian Church in Campbellville holds the **Alpha course**, which deals with the question 'Christianity: Boring, Untrue and Irrelevant?' through a video presentation and dinner from 6:30 to 9 p.m. The course continues each Thursday evening for 11 weeks. For more information or to reserve a seat for dinner, call Debbie at (905) 876-3976.

VON Alzheimer Services offers its monthly support group for caregivers of persons with Alzheimer's disease and related disorders from 2 to 3:30 p.m. in the community room in Loblaws, 75 Nipissing Rd. For more information, call (905) 847-9559.

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

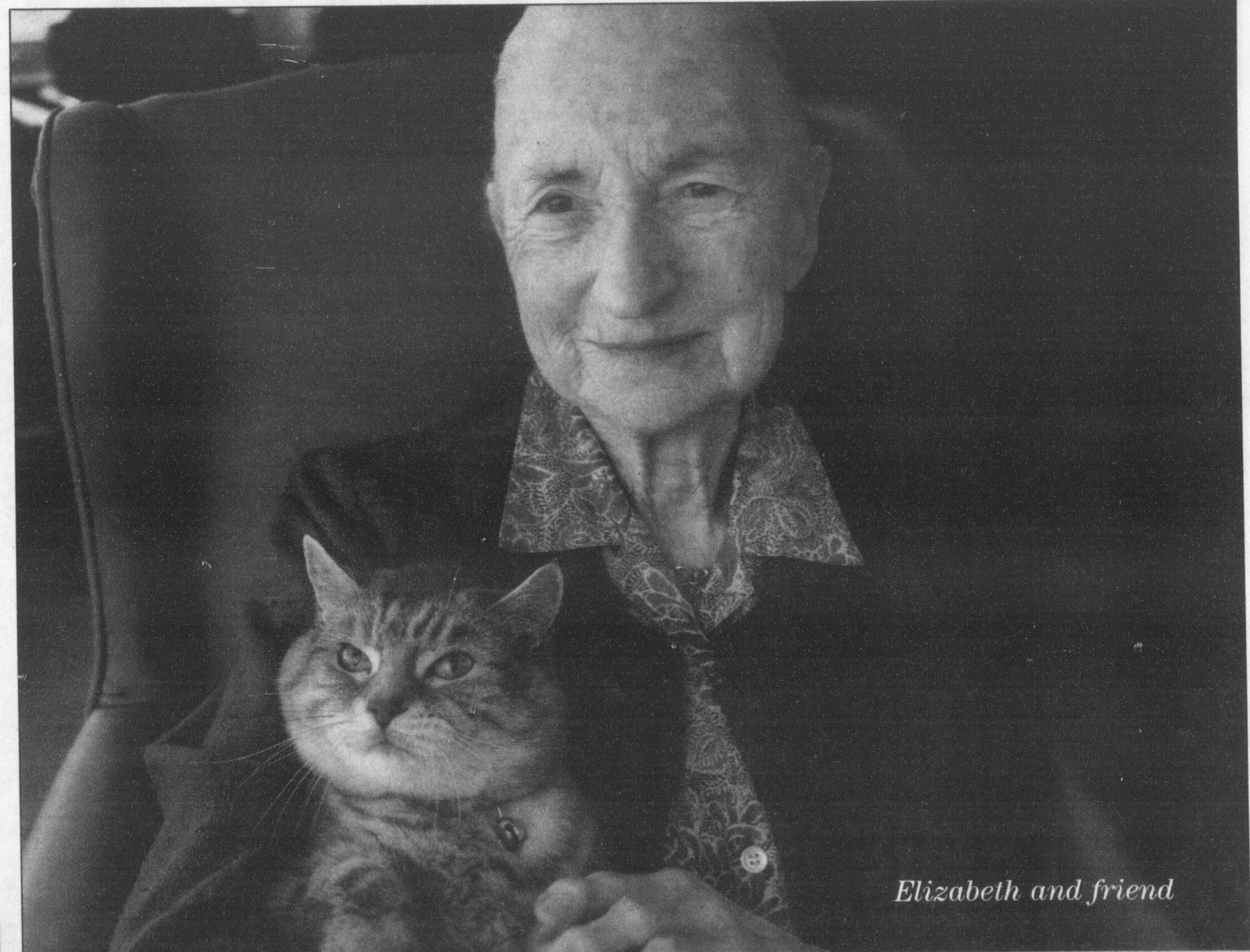
The Milton Seniors' Activity Centre, 500 Childs Dr., holds **contract bridge** at 1:30 p.m. The cost is \$1.50 for members and \$2 for non-members. It holds bid euchre at 1:30 p.m. The cost is \$2 for members and \$2.50 for non-members. New players are welcome. It holds its **Walking Club**, which meets at the centre at 10 a.m. and heads to a local conservation area or park for a leisurely two-hour walk. Car pooling is available and new members are welcome. It also holds its **Seniors' Cinemas** at 1:30 p.m. at the centre, featuring the musical Chicago. The \$1 cost includes refreshments. Grandchildren are welcome, too. Call the centre for details on these activities at (905) 875-1681.

A **foot care clinic** is offered at the Milton Seniors' Activity Centre, 500 Childs Dr. The service is performed by a VON nurse and is by appointment only. The fee, payable to the nurse, is \$20.

For an appointment or more information, call (905) 875-1681.

The **Milton Historical Society** holds its first meeting of the season at 7:30 p.m. at Hugh Foster Hall with editors Jim Dills and

Ken Lamb providing a glimpse of new publication, *Memories of Milton*. It's based on a series of historical Canadian Champion articles written by Mel Robinson.



Elizabeth and friend

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The fact is, our population is growing and aging, and Ontario is working to ensure that all seniors' long-term care

needs are met - now and for years to come.

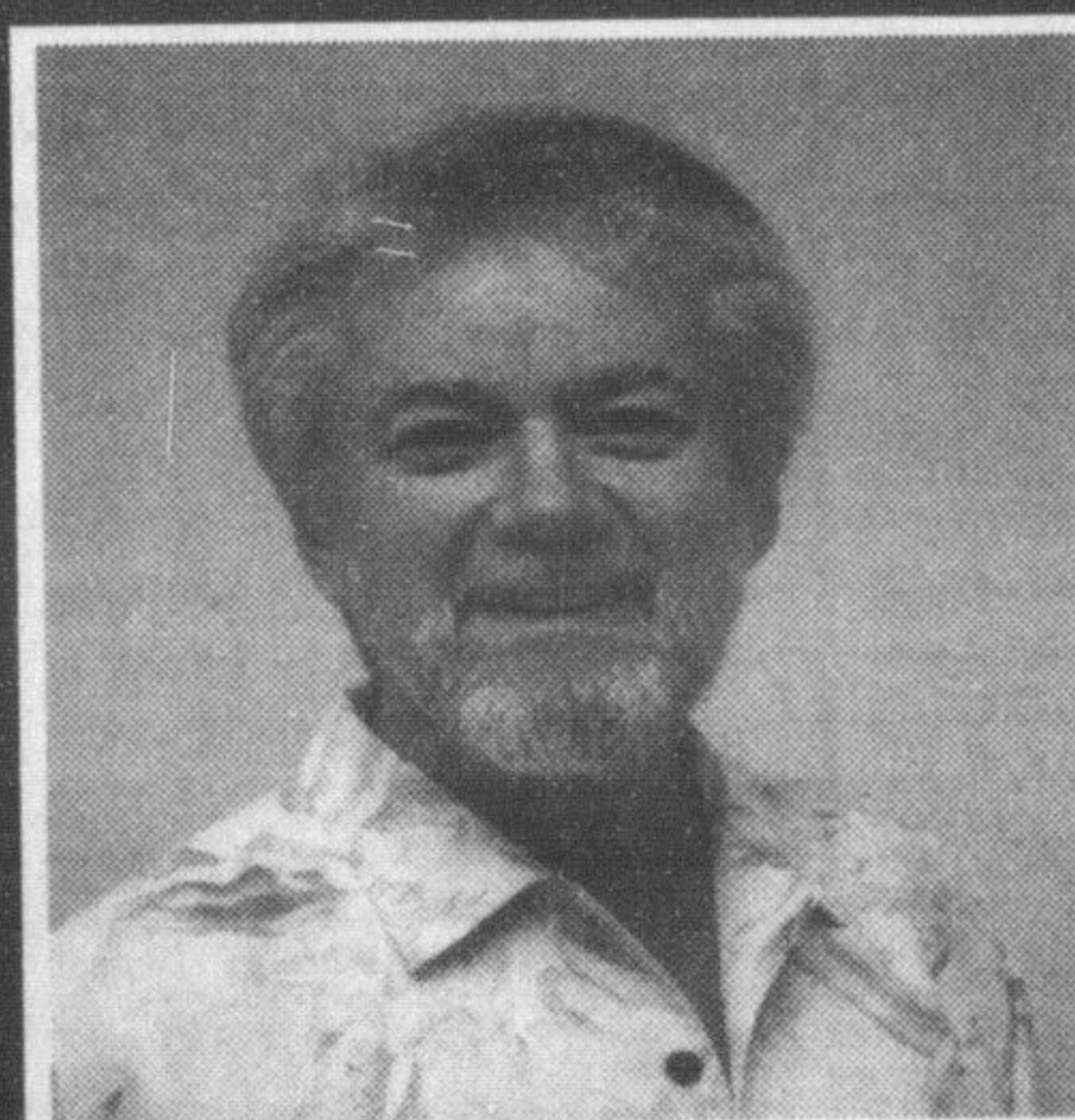
Find out more about long-term care in Ontario today. Call 1-877-234-4343 to get a free copy of our *Home and Community Care for Seniors* brochure. Or visit www.health.gov.on.ca and click on *Seniors' Care*.



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WEEKDAY MORNINGS 5:30 - 9:00