Dateline

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welcome. For more information, call Gail Turner at (905) 637-2279 or e-mail her at gbunty@cogeco.ca.

Sunday Sept. 19

The **Milton Terry Fox Run** takes place at E.C. Drury High School on Ontario Street from 10 a.m. to 3 p.m. Everyone is welcome to run, walk, bike or rollerblade. For more information, visit www.miltonterryfoxrun.com.

Monday Sept. 20

The Milton and District Horticultural Society meets with Sean James discussing trees — care, pruning and great varieties for all sizes of gardens. The group meets at 7:30 p.m. at the Royal Canadian Legion, 21 Charles St. For more information, visit

ENHANCING QUALITY OF LIFE

www.halinet.on.ca/miltonhort.

A meeting is held at Sam Sherratt Public School, 649 Laurier Ave., from 7 to 8:30 p.m. for parental input regarding special education programs offered by the Halton District School Board in north Halton schools.

Tuesday Sept. 21

Take Off Pounds Sensibly (TOPS) meets at 6:15 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. This is a non-profit, non-commercial weight loss support group. There is a minimal charge. For more information, call Nancy Nowak at (905) 878-4025 or visit www.tops.org.

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 Allan Lahue at (905) 877-3441.

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.

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.

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

St. John Ambulance meets at the community centre in Norval from 7 to 9 p.m. New volunteers are welcome. For more information, call (905) 877-7658.

The Canadian Mental Health Association, Halton branch, holds its **annual general meeting** at 6:30 p.m. in the loft room at the Halton Region Museum on Tremaine Road. For more information, call (905) 693-4270.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in **Gentle Yoga** class from 1:30 to 3 p.m. at 2545 Sixth Line in Oakville. It also holds a special presentation entitled **'Lung Cancer: Symptom Management'** from 7 to 8:30 p.m. For more information or to register for the seminar, call (905) 257-1988.

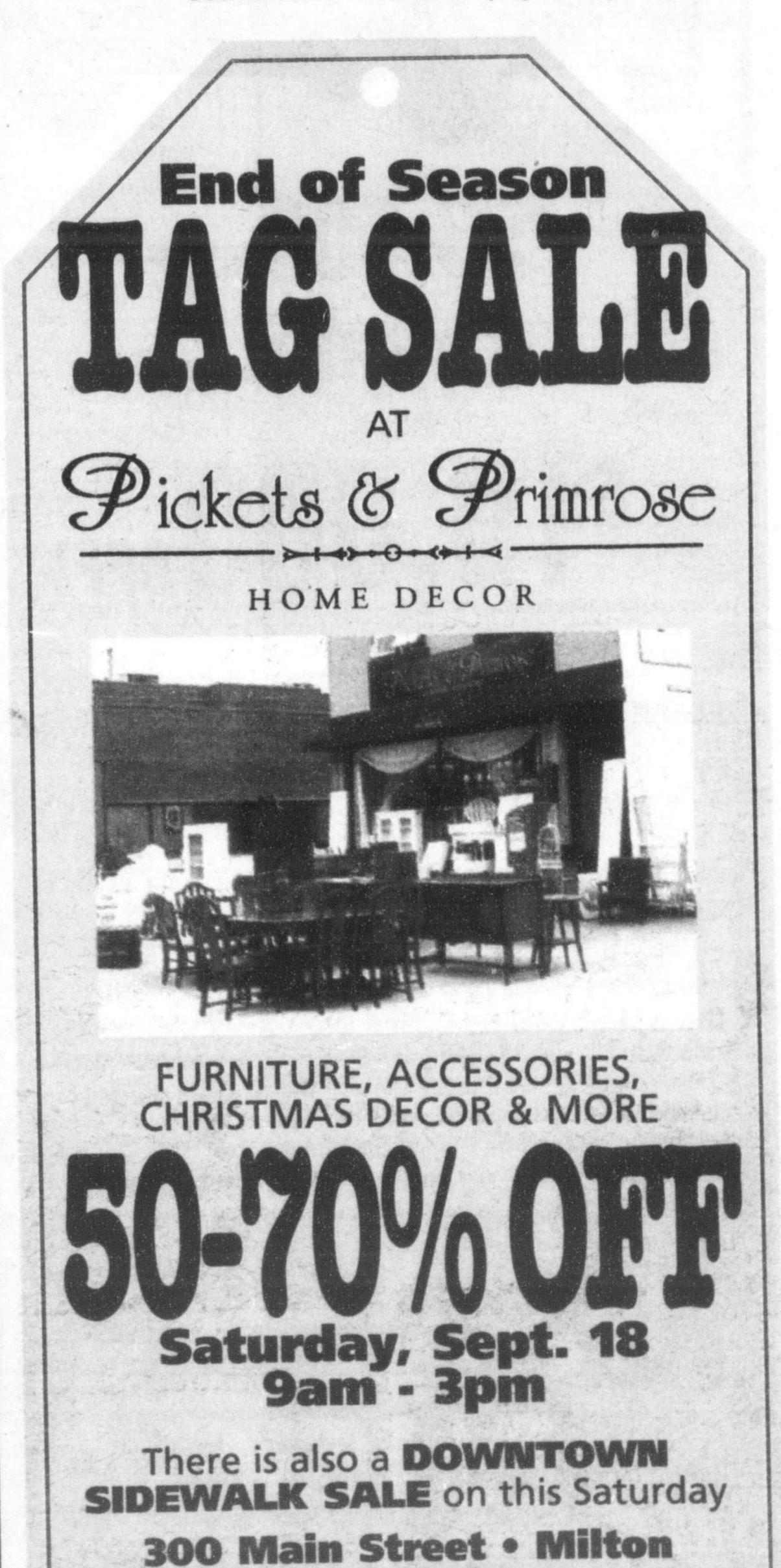
The Milton Seniors' Activity Centre, 500 Childs Dr., holds intermediate line dancing from 7:30 to 9 p.m. The cost is \$3.50 for members and \$5.50 for non-members. It also holds its Evening Euchre Party at 7:30 p.m. And its Downsizers Weight Loss Club meets at 10 a.m. The cost is \$2 for members and \$4 for non-members. For more information, call (905) 875-1681.

The Nelson Women's Institute meets at 1 p.m. New members are welcome. Members will be collecting articles for the Milton Fall Fair's 'Dairy Days'. For more information including the location, call Maisie at (905) 878-5133 or Mavis at (905) 336-0031.

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Thursday & Friday 10am-8pm, Saturday 10am-6pm, Sunday 11am-5pm



905-878-4747