

# Dateline

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Activity Centre, 500 Childs Dr. This is a non-profit, non-commercial weight-loss support group that provides motivation, support and friendship. A minimal charge applies. For more information, call Nancy Nowak at (905) 878-4025 or visit [www.tops.org](http://www.tops.org).

The Fine Arts Society of Milton holds its **annual general meeting** at 7 p.m. at the Milton police station on Childs Drive (park at the mall). The guest speaker is Regina Haggio, art critic and writer, who discusses landscape painting. All are welcome.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in **Gentle Yoga** program from 1:30 to 3 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Seniors' Activity Centre, 500 Childs Dr., holds **intermediate line dancing** from 7 to 8:30 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. The cost is \$2.50. 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.

Wednesday Oct. 20

Hillcrest United Church, at Trafalgar Road and No. 5 Sideroad, holds a **beef barbecue** from 5 to 7:30 p.m. Tickets cost \$12 for adults and \$6 for children under 12. For tickets, call (905) 702-5322.

VON Alzheimer Services holds a **support group** for caregivers of people with Alzheimer's disease and related disorders in the community room at Loblaws, 75 Nipissing Rd. from 2 to 3:30 p.m. For more information, call (905) 847-9559. New members are welcome.

The **Milton Christian Ladies Coffee Hour** meets from 9:30 to 11 a.m. at Milton Gospel Hall, 306 Ontario St., with a special feature on music for young children. Admission is free. For information or transportation, call Nancy at (905) 876-0831.

Halton Healthcare Services and the Thyroid Foundation of Canada present a free seminar at 7 p.m. entitled **'Hypothyroidism: What You Need to Know'** at 7 p.m. at the 707 Galaxy Hall, 475 North Service Rd. E. in Oakville. To register or for more information, call (905) 338-4379 or e-mail [elit@haltonhealthcare.on.ca](mailto:elit@haltonhealthcare.on.ca).

The **Halton-Peel Chartered Accountants Association** holds a dinner meeting at the Mississauga Golf and Country Club with guest speaker George Kempff, vice president of finance at Stuart Energy Systems. Cocktails are at 6 p.m., dinner's at 7 p.m. and the speaker presents at 8 p.m. Tickets cost \$40 for members and \$50 for non-members. Advance registration is required. For more information, call Alan Munro at (905) 607-1915.

Ebenezer United Church holds a book study on **'The Jesus I Never Knew'** by Philip Yancey from 7:30 to 9 p.m. For more information, call Mark Rutledge at (905) 854-2423 or (519) 856-7303 or e-mail [mark.rutledge@sympatico.ca](mailto:mark.rutledge@sympatico.ca).

The Halton branch of the Canadian Mental Health Association holds **Seminars for the Separated**, a program for men and women going through a separation or divorce, in Burlington from 7 to 10 p.m. each week. The cost is \$100. To

register or for more information, call (905) 693-4270.

**La Leche League Milton** meets at 7:30 p.m. at the Ontario Early Years Centre, 917 Nipissing Rd. Women interested in breastfeeding information and support are welcome, as are nursing babies. For more information, call (905) 876-3322.

The Women's Centre, 210-1515 Rebecca St. in Oakville, holds its **Abuse Support Group** from 6 to 8 p.m. To register or for more information, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Hot Lunch** program from 11:30 a.m. to 12:45 p.m. The cost is \$6, which includes salad, an entrée, dessert and a beverage. Sign up at the reception or phone in your order by Monday. It holds **Evening Clogging** for beginners from 6:45 to 7:45 p.m. and intermediate from 7:45 to 9:15 p.m. The cost is \$3.50 for members and \$5.50 for non-members. **Contract bridge** takes

• see more DATELINE on page 20

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Halton Hills 905-873-2993

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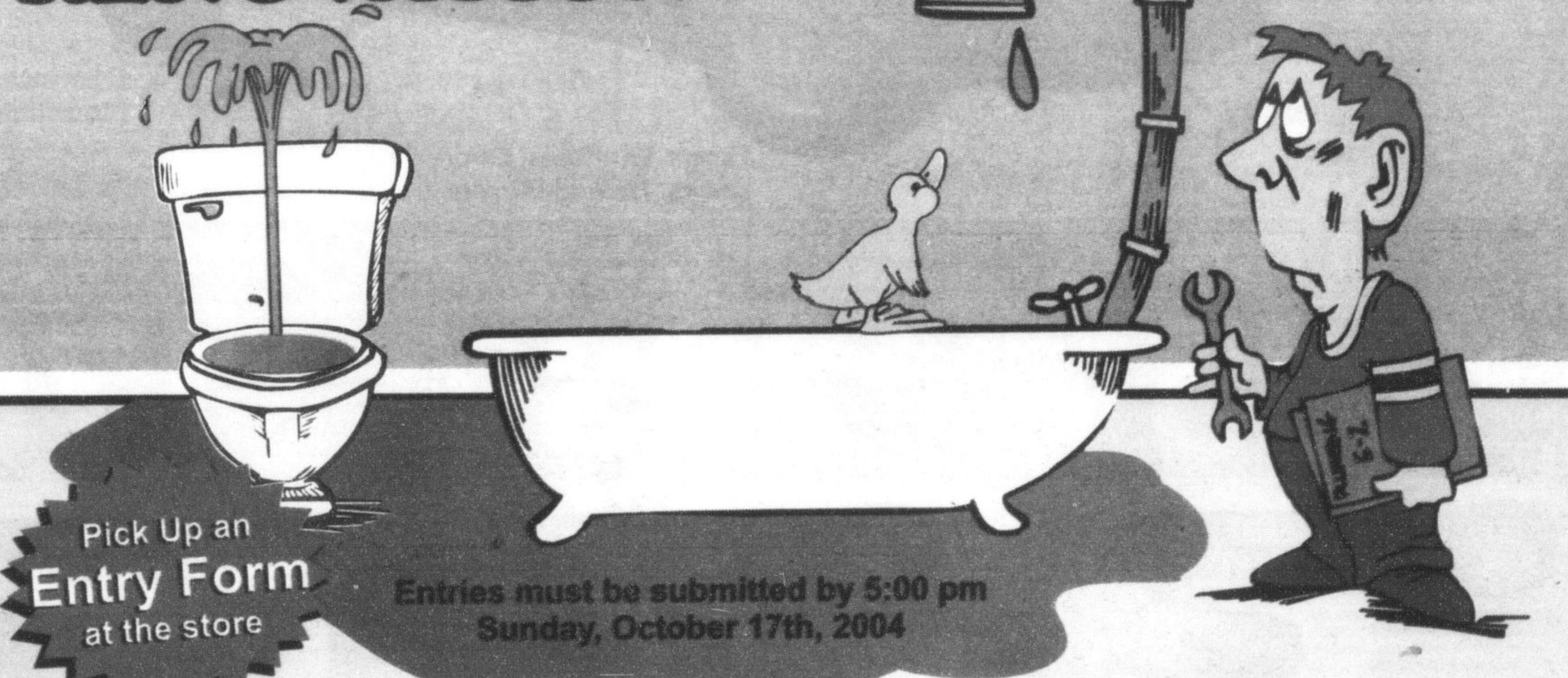
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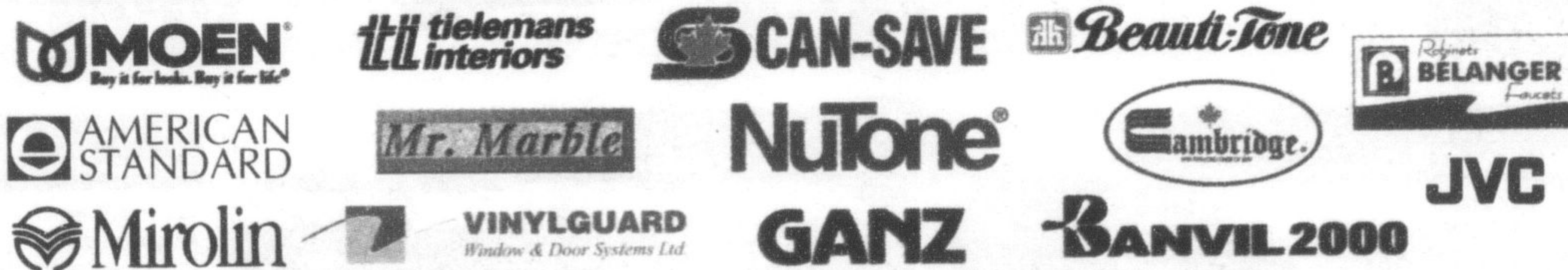
# Rescue My Bathroom Contest

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Pick Up an Entry Form at the store

Entries must be submitted by 5:00 pm Sunday, October 17th, 2004



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HOURS: Mon-Fri 8:00 am-9:00 pm, Sat 8:00am-6:00pm, Sun 10:00am-5:00pm