



Water Depot

Christmas Special!

FREE
1,000 POUNDS OF WATER SOFTENER SALT



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OFFER VALID UNTILL DECEMBER 24/04

Water Depot

525 ONTARIO ST. SOUTH • MILTON

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"We Beat the Competition Every Time!"

Gift Certificates Available

FREE IN-HOME WATER ANALYSIS!

Hours:
Mon.-Fri. 8-8
Saturday 9-5
Sunday 11-4

Dateline

• from DATELINE on page 17
can be picked up at the centre or by calling (905) 876-1244, ext. 10.

Tuesday Dec. 14

A Cappella Showcase performs a free **Christmas concert** at the Milton Mall food court at 8 p.m.

The Women's Centre, 210-1515 Rebecca St. in Oakville, holds its **Social Group for Spanish Speaking Women** from 12:30 to 2:30 p.m. To register or for more information, call (905) 847-5520.

Wellspring Halton-Peel, a support network for cancer patients and their families, presents its **Ovarian Cancer Support Group** from 10:30 a.m. to noon at 2545 Sixth Line in Oakville. It also holds its **Caregiver Connection**, for the loved ones of a cancer patient, from 7 to 8:30 p.m. And **gentle yoga** takes place from 1:30 to 3 p.m. For more information, call (905) 257-1988.

The KHi Community of the Salvation Army, 100 Nipissing Rd., suite 3, holds **Busy Hands, Creative Minds**, a group for busy toddlers and their caregivers with crafts, songs, stories and field trips. It takes place from 9:30 to 11 a.m. For more information, call (289) 242-1432.

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 Halton parent support group, meets in the evening in the

basement of the church at 5720 New St. 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 more information, 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 Ontario Early Years Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 825-6000, ext. 7299.

Milton District Hospital holds a **breast-feeding 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 from 7 to 9 p.m. at the community centre in Norval. New volunteers are welcome. For more information, call (905) 877-7658.

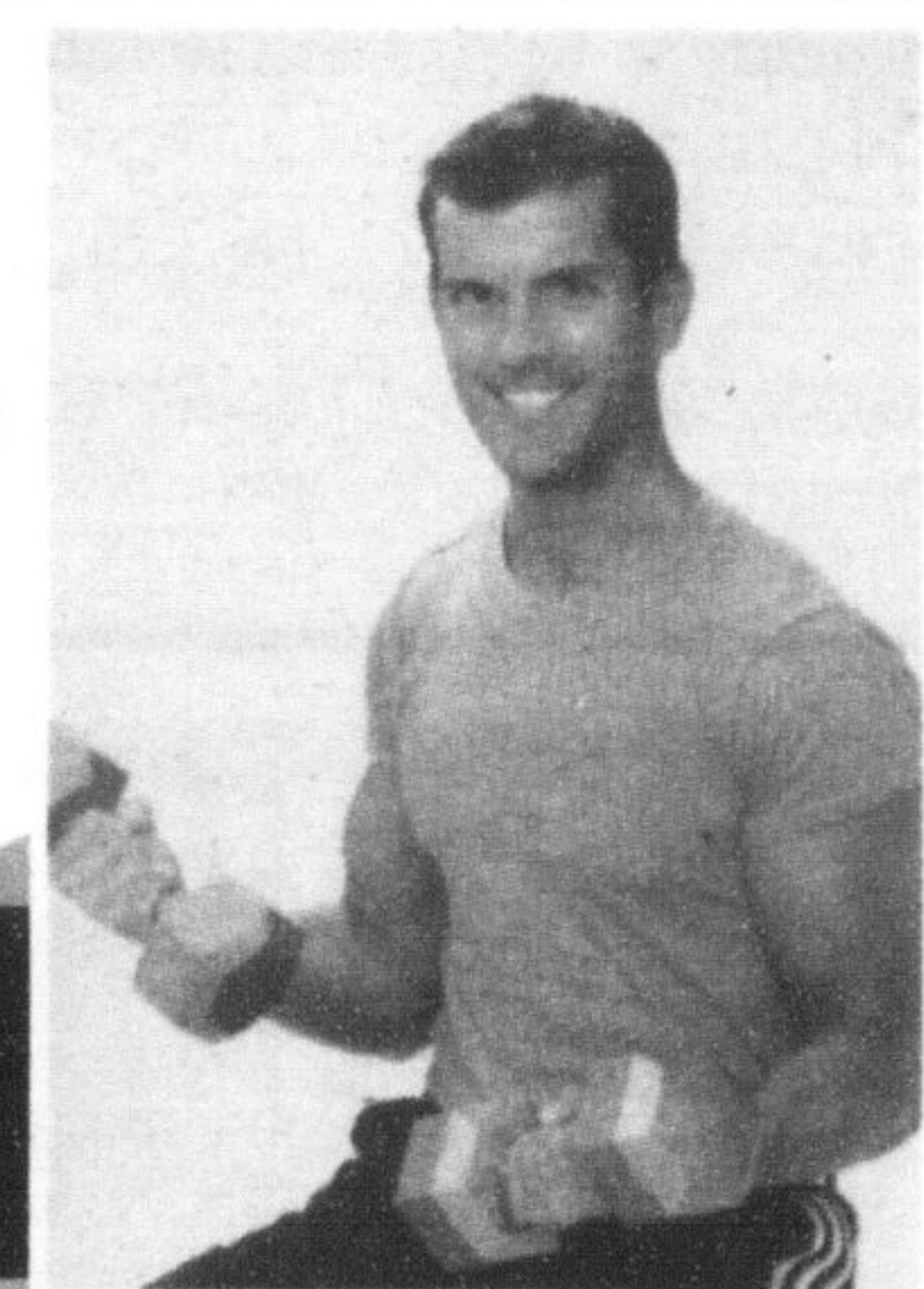
TOPS (Take Off Pounds Sensibly) meets at 6:15 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. This is a non-profit, non-commercial weight-loss support group that provides motivation, support and friendship. A minimal charge applies. For more information, call Nancy Nowak at (905) 878-4025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

The Milton Seniors' Activity Centre, 500
• see more DATELINE on page 19

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Certified Trainer



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- Reduce body fat • Increase muscle
- Increase energy and flexibility
- Decrease stress

For a Free at Home Consultation Call:
905-616-3117