

Dateline

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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.

Pesticide Alternatives for Milton takes place at 7:30 p.m. Visitors and new members are welcome. For more information, call (905) 693-9837.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Downsizers Weight Loss Club** at 10 a.m. featuring discussions on healthy eating, exercise habits and losing weight safely in a supportive setting. The cost is \$2 for members and \$4 for non-

members. For more information, call (905) 875-1681.

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.

The **Milton Fibromyalgia Support Group** meets at 2 p.m. at St. Paul's United Church. For more information, call Jo Anne at (905) 878-4371.

The **Arthritis Pool Program** is accepting registrations for its new year sessions, which run Mondays and Wednesdays, Tuesdays and Thursdays, and Wednesdays and Fridays. All classes run from 11 a.m. to noon. The non-impact, gentle exercises are done in 85-degree water designed to increase strength, flexibility and range of motion. It's suitable for people with arthritis,

fibromyalgia and those with a limited range of motion as a result of an accident, injury or joint replacement. For more information, call (905) 878-7946.

Wednesday Jan. 5

Milton District Hospital and the Crohn's and Colitis Foundation of Canada hold a free seminar entitled '**Nutrition and Inflammatory Bowel Disease**' with displays and refreshments at 6:30 p.m. and the presentation at 7 p.m. Seating is limited. For more information or to pre-register, call (905) 338-4379.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **contract bridge** at 9:30 a.m. The cost is \$2 for members and \$4 for non-members. It holds its **Evening Clogging** at 6:45 p.m. for beginners and at 7:45 p.m. for intermediate cloggers. The cost is \$3.50 for members and \$5.50 for non-members. For more information on these activities, call (905) 875-1681.

Thursday Jan. 6

The Fine Arts Society of Milton's **Evening Group of Artists** meets from 7 to 10 p.m. The informal environment provides artists with an opportunity to exercise their drawing skills. For more information, call Janis at (905) 854-5753.

The **Canadian Federation of University Women, Milton and District**, meets at 7:30 p.m. at Hugh Foster Hall with Leslie Fitch, chief librarian, and Wendy Schau, councillor, discussing a new arts and entertainment centre and library. For more information, call (905) 876-4524 or (905) 878-2421.

Milton District Hospital holds a **breastfeeding clinic** 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 its **Seniors' Cinemas** at 1:30 p.m. featuring *Welcome to Mooseport*. The cost is \$2, which includes refreshments. It holds **bid euchre** at 1:30 p.m. The cost is \$2 for members and \$4 for non-members. **Contract bridge** is held at 1:30 p.m. at a cost of \$2 for members and \$4 for non-members. And a **foot care clinic** is held with a VON nurse in the afternoon, by appointment only. To book an appointment, or for more information on the other activities, call (905) 875-1681.

Friday Jan. 7

The Milton Community Resource Centre, 917 Nipissing Rd., holds a **childcare session** from 9:15 to 11:45 a.m. with fun and games for children up to six years old. The cost is \$13 for the first child and \$7 for each sibling. To pre-register for this weekly event, call (905) 876-1244, ext. 10.

The **Women of Note** chorus presents its 'Christmas With Our Friends' concert, which was rescheduled because of illness. The concert takes place at noon at Knox Presbyterian Church, 170 Main St. E. It's free, but donations will be collected for UNICEF, to aid its efforts in bringing relief to the children affected by the recent tsunami in South Asia. For more information, call Laura Jeffrey at (519) 856-0909.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its **Relaxation and Visualization group** from 11 a.m. to 12:30 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **euchre** at 1:30 p.m. **Contract bridge** takes place at 10 a.m., and its **Cyber-Café** takes place from 1 to 4 p.m. The cost for each activity is \$2 for members and \$4 for non-members. It holds its **Campbellville Evening Bid-Euchre Party** at the Lions hall in Campbellville at 7:30 p.m. The cost is \$2.50. For more information on any of these activities, call (905) 875-1681.

Saturday Jan. 8

The Milton Public Library holds its **Family Storytime** at Milton Mall at 10:30 a.m. in the Centre Court near the food court.

Euchre is held at 7:30 p.m. at the Hornby Co-operative Nursery School. Everyone is welcome.

Emerald Isle

Home Decor

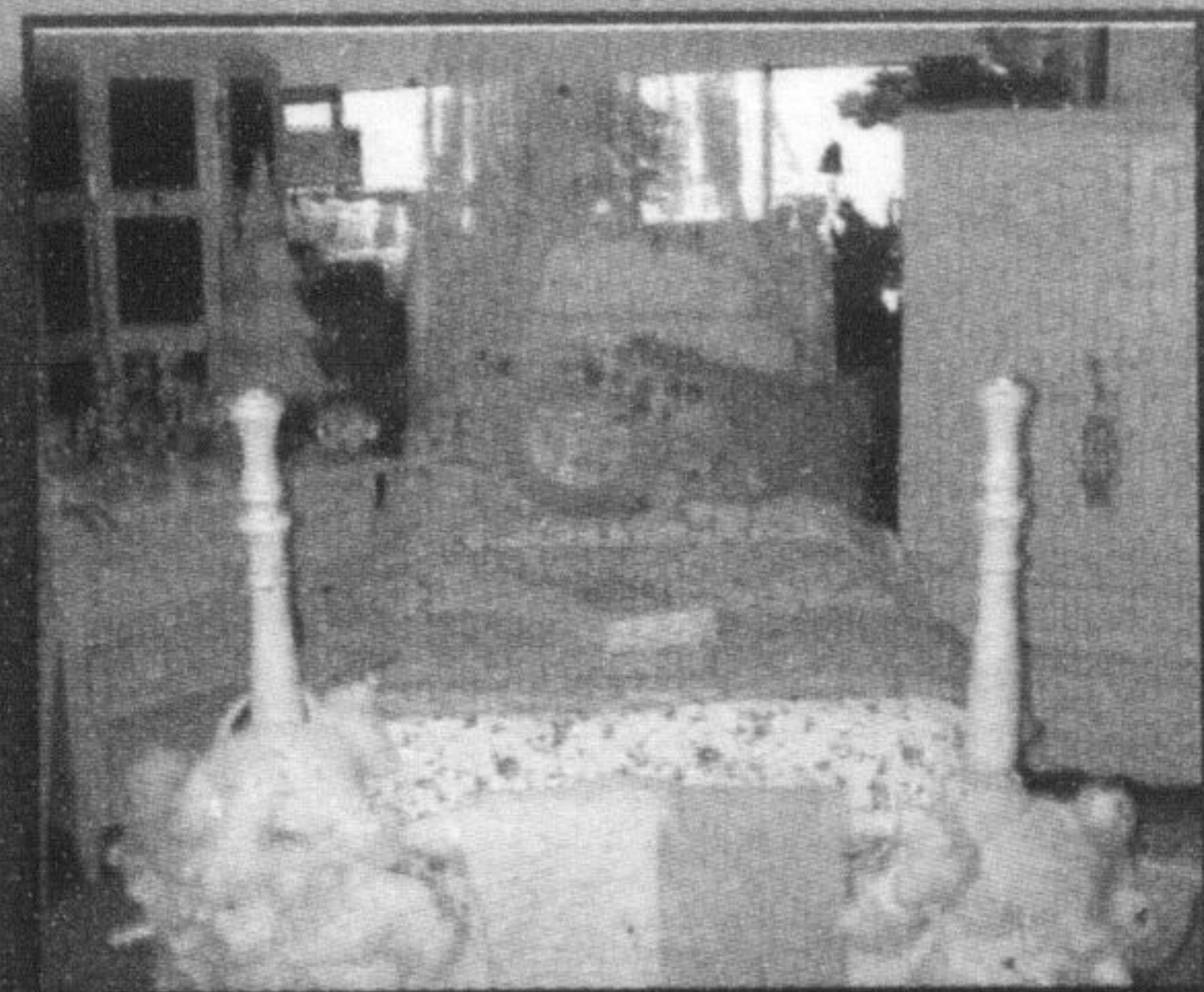
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