

Dateline

• from DATELINE on page 16

tico.ca.

Halton Healthcare Services and the Heart and Stroke Foundation of Ontario hold a free seminar entitled **'Know Your Numbers: Understanding, Preventing and Controlling Hypertension'** at 7 p.m. at the 707 Galaxy Banquet Hall in Oakville. To reserve a seat, call (905) 338-4379 or e-mail elite@haltonhealthcare.on.ca.

CARP, Canada's Association for the Fifty Plus, Halton chapter, meets at 7:30 p.m. at the Burlington Seniors' Centre, 2285 New St., with an OPP officer presenting 'Drive Wise'. For more information, call Harry at (905) 335-5717.

The Oakville Distress Centre holds its new **Senior to Senior Morning** from 9 a.m. to noon with seniors available to listen, providing a confidential, anonymous call-in service. The phone number is (905) 849-4541.

The Women's Centre, 210-1515 Rebecca St., in Oakville holds its free **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 **contract bridge** at 9:30 a.m. The cost is \$2 for members and \$4 for non-members. It holds its **hot lunch** from 11:30 a.m. to 12:45 p.m. The cost is \$6, which includes salad, an entrée, dessert and a beverage. Reserve at the reception desk or call the number below by Monday. And, it holds **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, call (905) 875-1681.

Thursday Feb. 24

The Canadian Club of Halton/Peel holds a **dinner event** at the Oakville Conference Centre, 2515 Wyecroft Rd., in Oakville featuring biographer Rae Fleming as guest speaker. A cash bar opens at 6 p.m., and dinner is at 7 p.m. Tickets cost \$15 for students, \$30 for members and \$40 for non-members. For tickets or more information, call (905) 845-2862.

This is the last day to reserve a spot for the **Oakville Christian Women's Club's meeting** February 28 at the Holiday Inn, Oakville Centre, at 7 p.m. The evening is entitled 'Face the New Year with a Brand New Face' and features a makeover from Mary Kay Cosmetics, music and Cheryl Fisher speaking. The cost is \$26. Call (905) 849-1435.

The Homecraft Division of the Milton Fair holds a **euchre party** at 7:30 p.m. in hall no. 1 at the Milton Fair Grounds. Admission costs \$3. Everyone's welcome.

The Halton branch of the Schizophrenia Society of Ontario holds its drop-in **Family Support Group** — for friends and family members affected by schizophrenia and other serious mental illnesses — in the second-floor boardroom at Milton Mall. It starts at 7 p.m. For more information, call (905) 876-1647.

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

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in **Graduate Patient Support Group** from 7 to 8:30 p.m. For more information, call (905) 257-1988.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds a public **foot care clinic** from 1 to 4 p.m. by appointment only. The cost is \$22. For an appointment, call (905) 875-1681.

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.

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 Women's Centre, 210-1515 Rebecca St., in Oakville holds its **Parent Coaching Workshop** from 7 to 9 p.m. The cost is \$10. It also holds free **peer counselling** in-person or over the phone from 10 a.m. to 3 p.m. by volunteers for women facing abuse, grief/loss and relationship issues. No appointment is necessary. Its free **Social Group For Spanish Speaking Women** takes place from 12:30 to 2:30 p.m. Its **Women's Employment Network** — for women who are unemployed, laid off or returning to the work-

force — takes place from 9:30 to 11:30 a.m. And, its **Women's Caring and Sharing Circle** takes place from 1 to 3 p.m. For more information or to register, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Seniors' Cinemas** at 1:30 p.m. featuring *Man on Fire*. The cost is \$2, which includes refreshments. **Bid euchre** takes place at 1:30 p.m. The cost is \$2 for members and \$4 for non-members. A **public foot care clinic** takes place in the afternoon with a VON nurse, by appointment only. The cost is \$22. To book an appointment, call the number below. Also, **contract bridge** takes place at 1:30 p.m. The cost is \$2 for members and \$4 for non-members. For more information, call (905) 875-1681.

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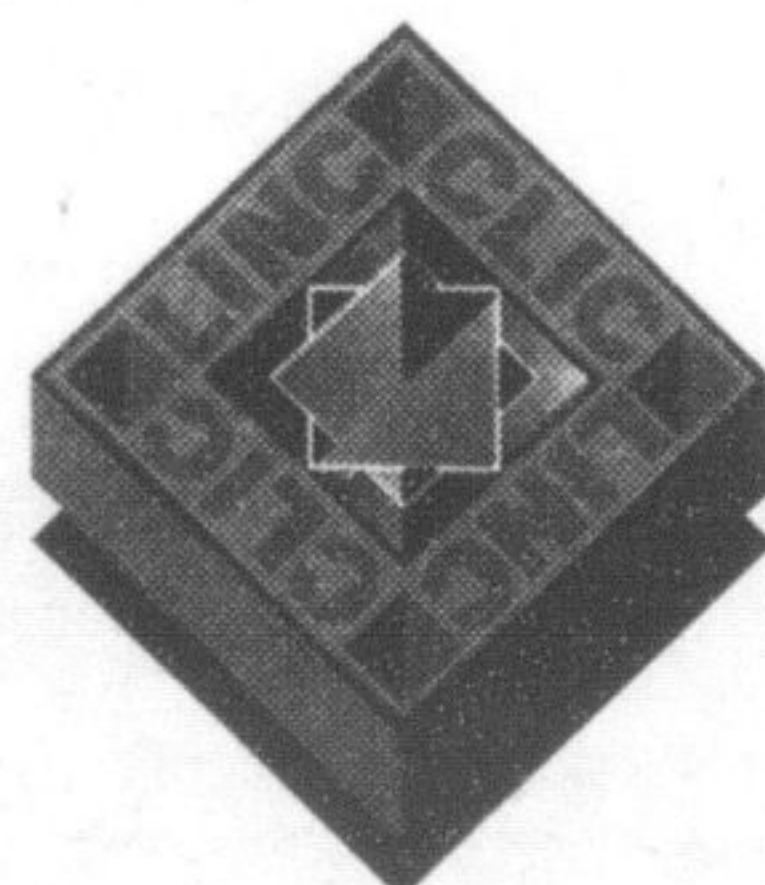
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