Dateline

from DATELINE on page 7

\$3.50 for members and \$5.50 for non-members. For more information, call (905) 875-1681.

Thursday Mar. 31

The Milton Fair Homecraft Euchre Party takes place at 7:30 p.m. at the Milton Fairgrounds in hall no. 1 with refreshments and prizes. Admission costs \$3.

Halton Healthcare Services and the Canadian Diabetes Association present a free seminar entitled 'Diabetes Without Complications: Myth or Reality?' at 7 p.m. at the Oakville-Trafalgar Memorial Hospital. The guest speaker is Dr. Grahame Owen, family physician and chairman of the Halton Diabetes Program. Displays can be viewed at 6:30 p.m. To reserve a seat, call (905) 338-4379 or e-mail elittle@haltonhealthcare.on.ca.

The Women's Centre, 210-1515 Rebecca St., in Oakville 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 Women's

Employment Network — for women who are unemployed, laid off or returning to the workforce — 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 Canadian Mental Health Association holds the first of a 10week program called Seminars for the Separated, which is held from 7 to 10 p.m. in Oakville. This program is for recently-separated men and women. Topics include stages of separation, legal aspects and co-parenting. The cost is \$100. To register or for more information, call (905) 693-4270.

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 Milton Seniors' Activity Centre, 500 Childs Dr., holds its Seniors' Cinemas at 1:30 p.m. featuring The Manchurian Candidate. 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 foot care clinic is held by a VON nurse by appointment only at a cost of \$22. To book an appointment, call the number below. Contract bridge takes place at 1:30 p.m. The cost is \$2 for members and \$4 for non-members. For more information on any of these activities, call (905) 875-1681.

Friday Apr. 1

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

The Khi Community of the Salvation Army, 100 Nipissing Rd., suite 3, holds Khi Youth, an evening of fun for 13- to 18-yearolds. For information, call (289) 242-1432 or e-mail bill@khicommunity.com.

The Milton Leisure Centre holds its Makeover Madness/Ice Hockey night for youths aged nine to 13 from 6:30 to 9 p.m. Bring your own make-up and hair accessories for Makeover Madness or ice skates and hockey stick for a walk to Milton Memorial Arena for ice hockey. The cost is \$4 per person, payable at the door. For more information, call (905) 878-7946.

Saturday Apr. 2

The Rotary Club of Milton presents 'Murder in Monte Carlo,' a murder mystery and dinner/dance plus silent auction at the Grand Chalet Banquet Hall. Tickets cost \$50 each. For reservations or more information, call Barb Saxby at (905) 319-3241.

Milton's Evening Star Rebekah Lodge no. 79 celebrates its 100th birthday at the Royal Canadian Legion on Charles Street. Everyone is invited to attend, with dinner at 6 p.m. and musical entertainment throughout the night. For tickets or more information, call (905) 878-9696 or (905) 878-7923.

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

The Salvation Army, 100 Nipissing Rd., unit 3, holds its yoga workout from 9:30 to 10:45 a.m. and its book club from 11 a.m. to noon. For more information, call (289) 242-1432 or e-mail jen@khicommunity.com.

Melissa L. Coulson, Chartered Accountant

A Professional Corporation

Melissa L. Coulson, C.A.

mlcoulson@cogeco.ca

35 Hugh Street, Milton

Ontario L9T 2C7

Tel: 905-876-4633

Fax: 905-876-2064

Toll Free: 1-877-289-2292

KUNG FU

IRISH STICK

FIGHTING

761 Main St. E Unit #3

Milton, ON

Classes Tues thru Sun



Guaranteed Weight Loss* (or your money back!)

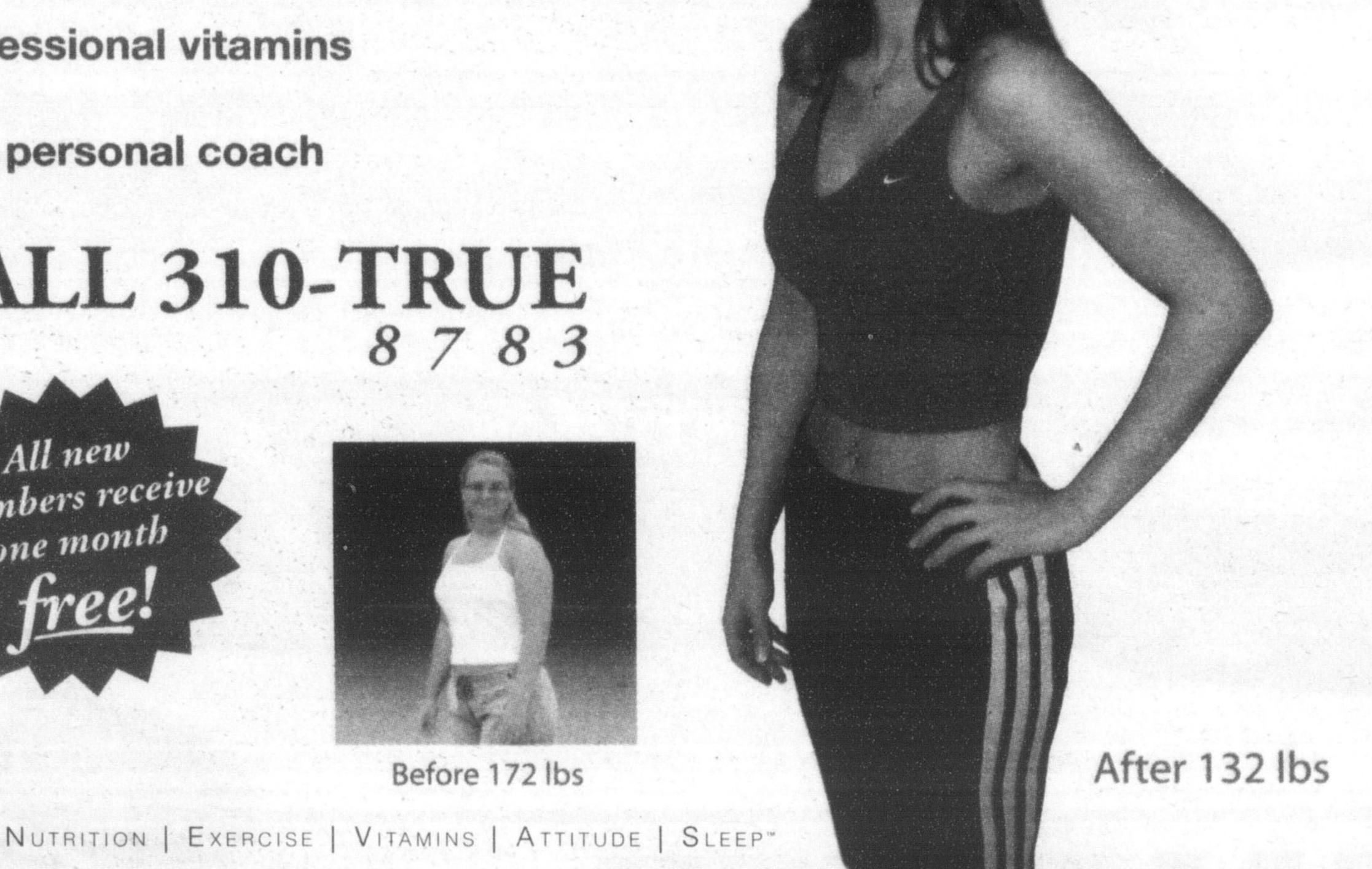
- · total health with 30-minute exercise
- nutritional counseling
- · professional weight loss supplements
- professional vitamins
- · free personal coach

CALL 310-TRUE





Before 172 lbs



"I lost 40 lbs

with Truestar

for Women."

Change your life forever!

Milton

575 Ontario Street (At Derry and Ontario)

www.truestar.com *Guarantee based upon following the Truestar for Women Weight Loss Program.

