



Dateline

Friday May 20

The Milton and District Horticultural Society holds its annual **plant sale** in hall one at the Milton Fair Grounds at 6:30 p.m.

Saturday May 21

Euchre takes place at 7:30 p.m. at the Hornby co-operative nursery school. Everyone's welcome.

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.

Monday May 23

Southside Community Church, 2850 Derry Rd., holds the Long Weekend Celebration of fireworks and banana splits at 8 p.m. Everyone is welcome.

Tuesday May 24

St. John Ambulance meets from 7 to 9 p.m. at the community centre on Mary Street in Norval. New members are welcome. For more information, call (905) 877-7658.

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 breastfeeding 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.

The Salvation Army, 100

Nipissing Rd., suite 3, holds a scrapbooking group from 7 to 9:30 p.m. Bring along photos and a scrapbook. Basic supplies are provided at no cost. It also holds its Busy Hands, Creative Minds group from 9:30 to 11 a.m., with games, crafts, songs and stories for parents and their pre-schoolers. For more information, call (289) 242-1432 or e-mail debra@khicommunity.com.

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.

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.

· see more DATELINE page 19



People who take first aid training reduce their personal injuries by up to 30%.

Canadian Red Cross

NATUROPATHIC CLINIC

Naturopathic Medicine involves a comprehensive assessment of each patient, treating the whole person through natural methods such as:

- Acupuncture Nutrition
- Lifestyle Counseling
- Botanical and Homeopathic Medicine

Kate Rheaume B.Sc., N.D. K.C. Bateman B.Sc., N.D.

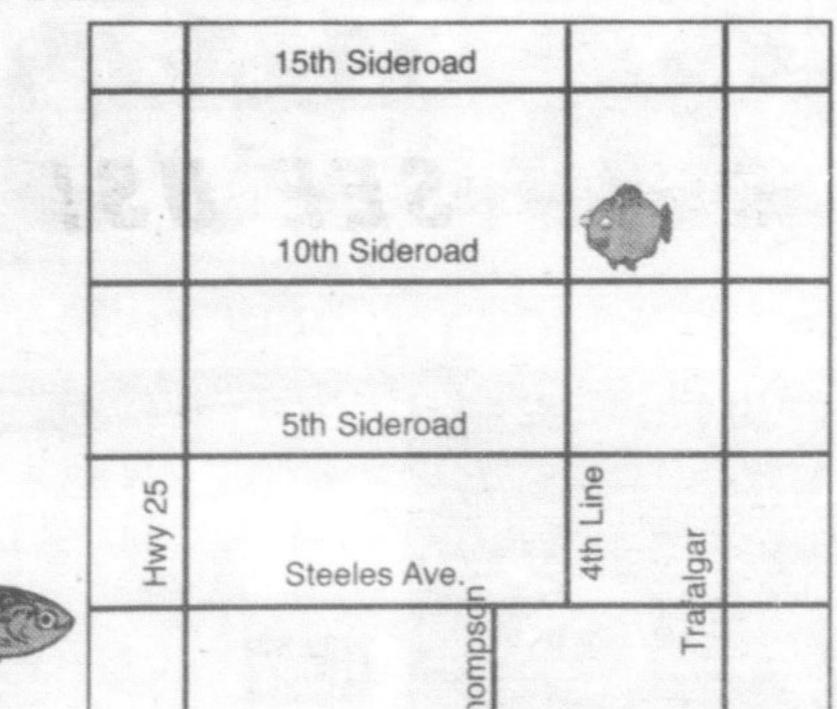
www.miltonclinic.ca

Now Accepting 335 Mai

335 Main Street East, Milton 905.693.1993



OPEN THIS WEEKEND! We will clean your fish, all you have to do is catch them!



10541 Fourth Line Milton (Esquesing Line)

Between 10th and 15th Sideroad

905-873-6900

• Public Fishing for Rainbow Trout

- 2 spring fed ponds
- No fishing licence required
- · No limits cash only
- · Rental rods available
- \$3.00 admission
- · You must keep what you catch \$6.00 per pound

Call for directions HOURS: Sat. Sun. & Monday 8-6

