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GET DEFENSIVE ABOUT BIKING.



Protect yourself when biking this season: wear a helmet every time you ride, don't weave in and out of traffic, and follow local laws and guidelines for riding. If you're driving, watch for bicyclists riding in the road.

We can all share the road this summer.

Dateline

• from DATELINE on page B5
Wednesday June 28

The Schizophrenia Society of Ontario holds its Early Years of Recovery Family Support Group for family members and friends of someone who experienced their first psychotic episode within the past five years. It takes place in the second floor boardroom at Milton Mall at 7 p.m. For more information, call (905) 876-1647.

Khi Community offers a spiritual gifts course for adults called 'Body Building — Flexing your Spiritual Muscles' until August 30 from 7 to 8:30 p.m. There's also a peacemaking course for youth and a program for kids. For information, call (905) 875-1022 or visit www.khicomunity.com.

The 2006 Milton Santa Claus Parade Committee meets at 8 p.m. at Troy's Diner, 295 Main St. E. Anyone interested in volunteering is invited to attend.

The Town of Milton celebrates Seniors Month by offering free bus rides to residents 65 years and older. Information about Milton Transit is available at www.milton.ca or by calling (905) 815-2020.

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lactation consultant from 1:30 to 3 p.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its Teen Space program from 6:30 to 8:30 p.m. at 2545 Sixth Line in Oakville. It also holds its Parenting Your Teen program at the same time. For more information, call (905) 257-1988.

Ebenezer United Church, 12274 Guelph Line, holds its Wednesday Evening Worship from 7 to 8 p.m. For more information, call Pastor Mark Rutledge at (905) 854-2423 or (519) 824-7303.

The Town of Milton invites the public to a second community open house to view and comment on revised concept diagrams for Clarke Neighbourhood Park, Coates Neighbourhood Park and Manaman District Park. It takes place at the Milton Leisure Centre, 1100 Main St. E., from 6:30 to 8:30 p.m. with formal presentations at 7 p.m. Concept diagrams are available at www.milton.ca as of June 29. For more information, call (905) 878-7252, ext. 2211.

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 also holds its Weekly Lunch Counter featuring a hot meal for \$6. Sign up at the reception desk or phone in your order by Monday.

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