

Dateline

Saturday Nov. 11

Euchre takes place at the Hornby Co-operative Nursery School at 7:30 p.m. Everyone's welcome.

The Milton branch of the Royal Canadian Legion, 21 Charles St., holds a meat roll in the clubroom at 4 p.m.

Canadian Blood Services holds a donor clinic from 9 a.m. to 1 p.m. at the Milton Sports Centre, 605 Santa Maria Blvd. To make an appointment, call 1-888-2-DONATE.

Khi Community Church holds its Khi Extreme Sports (not for young children) from 10 to 11:30 a.m. at 8300 Trafalgar Rd. For more information, call (905) 875-1022.

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds a three-session workshop entitled **Building Self Esteem** from 11 a.m. to 1 p.m. The cost is \$35. It also holds a one-day workshop called **Finding Balance in Your Life** from 10 a.m. to noon at a cost of \$15. For more information, call (905) 847-5520 or visit www.haltonwomenscentre.org.

Sunday Nov. 12

The North American Fulong Dharma Centre hosts its **Intensive Meditation Retreat** at Serenity Valley Studios, 2640 No. 8 Sideroad, in Milton from 10 a.m. to 6 p.m. featuring Master Shi Haikong, creator of a meditation practice geared to fast-paced, modern living. The cost is \$135, which includes lunch. For more information or to register, call Jemma Fong at (416) 451-2063, e-mail jemma@haikong.ca or visit www.haikong.ca.

Monday Nov. 13

The Lighthouse Program for Grieving Children in Oakville holds its peer support group from 6 to 7:30 p.m. for children and teens aged three to 18 who've lost a parent or sibling. For more information or to register, call (905) 337-2333 or e-mail lighthouseprogram@bellnet.ca.

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 Jill Hicks at (905) 878-2383, ext. 7610.

Khi Community Church holds its Alpha course, for people wanting to learn about God, Jesus and the Holy Spirit, from 7:30 to 9:30 p.m. at 100 Nipissing Rd., unit 3. For more information, call (905) 875-1022.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds duplicate bridge at 9:30 p.m. and bid euchre at 1:30 p.m. Its

Cyber Café takes place from 1 to 3:30 p.m. The cost for each activity is \$2 for members and \$4 for non-members. And its 99-cent breakfast is held from 9 a.m. to noon. To reserve a spot, call (905) 875-1681.

The Oakville Osteoporosis Group meets at 1:30 p.m. at St. Michael's Church, 181 Sewell Dr., in Oakville with a doctor discussing Vitamin D and its effects on osteoporosis and other diseases. To reserve a seat, call (905) 829-4863.

Tuesday Nov. 14

The Blank Pages book club meets, and new members are welcome. For more information, call Leanne Rancourt at (905) 693-9405.

Equilibrium, a mental health support group for people with depression or bipolar disorder, holds a panel discussion with a psychiatric case manager, a family member, a person with bipolar disorder and a person with depression talking about coping skills. It takes place at 7:30 p.m. in the auditorium of St. Dominic's Catholic Church, 2415 Rebecca St., in Oakville. For more information, call the Canadian Mental Health Association at (905) 693-4270.

The Milton Al-Anon group meets at 8 p.m. at St. Paul's United Church, 123 Main St. E., for family and friends of alcoholics.

Calling New Parents, a free drop-in 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 new Ontario Early Years Centre at 40 Bronte St. from 1:30 to 3:30 p.m. For more information, call (905) 825-6000, ext. 7299.

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. For more information, call 1-800-488-5666.

• see more DATELINE on page B18

Impact Chiropractic and Rehabilitation Centre is proud to introduce....

Megan Bradshaw

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- Trigger Point Therapy
- Lymphatic Drainage
- Relaxation Massage
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- Myofascial Release
- General Swedish Massage
- Deep Tissue Massage
- Breast Massage

CAN TREAT:

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- Back/Neck Pain
- Frozen Shoulder
- Tendonitis/Bursitis
- Whiplash
- Strains & Sprains



IMPACT
Chiropractic and Rehabilitation Centre



917 Nipissing Road, Milton
(Corner of Thompson & Nipissing)
905-693-0003

Halloween Coloring Contest!

CONGRATULATIONS

TO OUR HALLOWEEN SAFETY TIP COLOURING CONTEST WINNERS!

Kathryn Moks /Campbellville
Taylor Payne/Milton
Samantha & Josh Ben/Milton

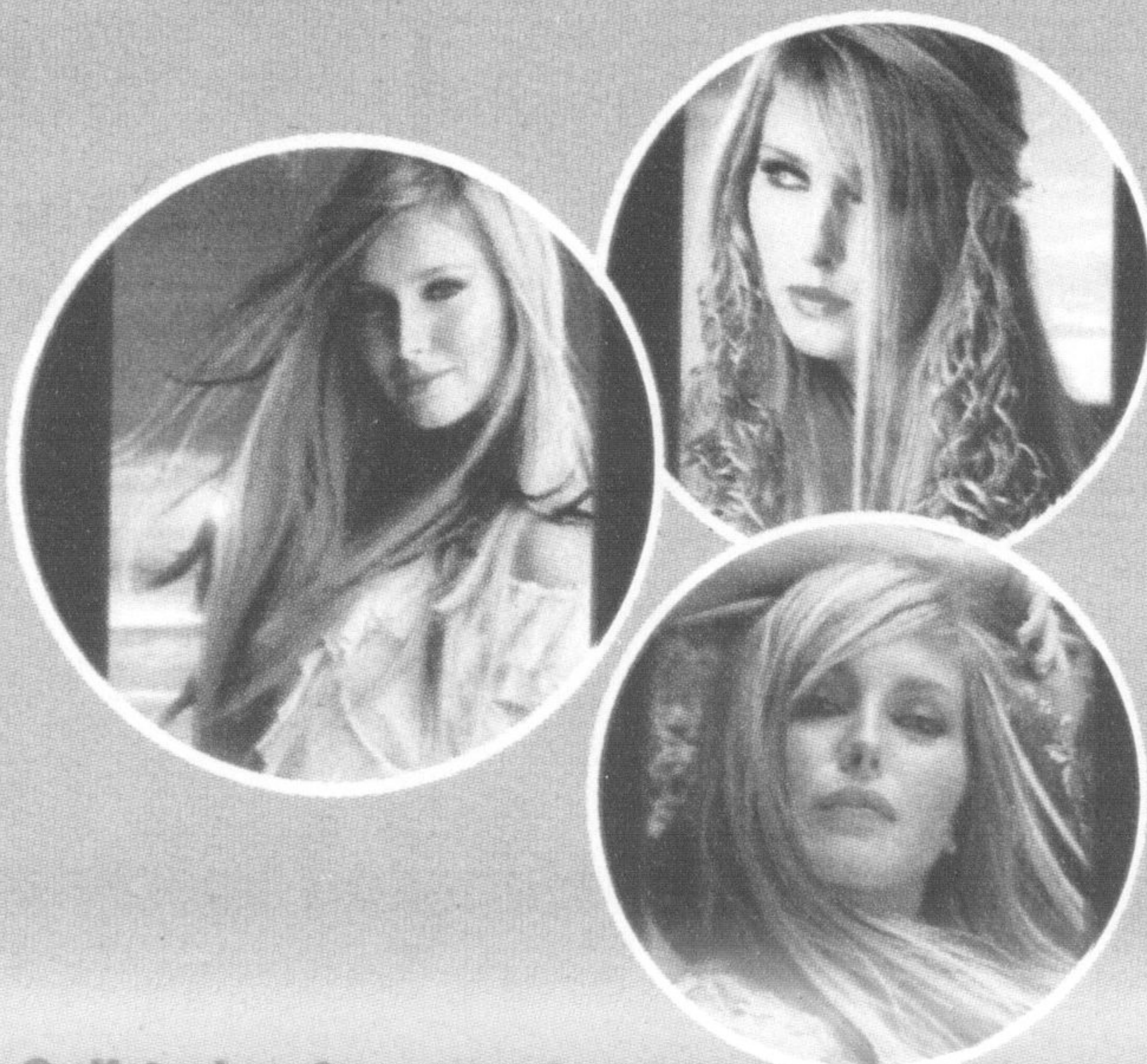


Thank You to all the other children who participated. We had an overwhelming response.



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Our system has been used by: The Los Angeles Kings, New York Rangers, New York Islanders, New Jersey Devils, Hartford Whalers, And National Teams throughout Europe.