

### New Location

69 Main St. E., Unit 9, Milton Medical Arts Bldg, Side Entrance 905-864-0000

# celebration of the 10th Anniversally

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Wednesday Nov. 15

The Mississauga/Oakville Prostate Cancer Support Group meets from 7 to 9 p.m. at Wellspring, 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

Canadian Society holds its Ovarian Support Group from 3:30 to 5 p.m. at The Church of St. Matthew on-the-Plain, 126 Plains Rd. E., in Burlington. For more information, call (905) 332-0060.

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.

Adult drop-in volleyball with no skill necessary — takes place at the Milton Leisure Centre from 2 to 3 p.m. The cost is \$3.50 for the hour.

The free Milton Christian Ladies Coffee Hour takes place from 9:30 to 11 a.m. at Milton Gospel Hall, 306 Ontario St., featuring 'Dollar Daze' by Ruth Morrison and guest speaker Nancy DeGreaf. For more information or transportation, call Alma at (905) 878-6345.

Halton Healthcare Services

holds a free seminar entitled 'Laugh Your Stress Away: The Power of Laughter and Play' with a stress specialist at 7 p.m. at Le Dome Banquet Hall, 1173 North Service Rd. E., in Oakville. To reserve a seat, call (905) 338-4379.

The Halton Industry by calling (905) 875-1681. Education Council presents its Breakfast With the Mayors event from 7:30 to 10 a.m. at Granite Ridge Golf Club featuring keynote speaker Tim Rutledge speaking about 'Getting Engaged: The New Workplace Loyalty'. Tickets cost \$30 each and are available by calling (905) 634-2575, ext. 22 or visiting www.hiec.on.ca.

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds its Abuse Support Group from 6 to 8 p.m. For more information, call (905) 847-5520 or visit www.haltonwomenscentre.org.

Khi Community Church, 100 Nipissing Rd., unit 3, holds its 'Body Building' programs from 7 to 8:30 p.m. with a relationship course for singles and couples, a youth program and a children's class for ages one to eight. For more information, call (905) 875-1022.

The Milton Seniors' Activity

Centre, 500 Childs Dr., holds contract bridge at 9:30 a.m. and shuffleboard at 1:30 p.m. The cost for each activity is \$2 for members and \$4 for non-members. Its Weekly Lunch Counter featuring a hot meal for \$6 also takes place. Sign up in advance

La Leche League Milton meets from 7:15 to 9 p.m. at the Ontario Early Years Centre, 410 Bronte St., for an informal discussion on avoiding difficulties with breastfeeding and solving questions that may arise. Pregnant women, mothers and women interested in information on breastfeeding are welcome, as are babies. For more information, call (905) 876-3322.

#### Thursday Nov. 16

VON Alzheimer Services holds its monthly support group for caregivers of people with dementia and related disorders in the community room in Loblaws, 75 Nipissing Rd., from 2 to 3:30 p.m. New members are welcome. For more information, call (905) 847-9559.

The Milton District Hospital Auxiliary holds its 'Taste of the Season' Christmas luncheon and gift shop open house from 11 a.m. to 2 p.m. featuring a • see more DATELINE on page A18

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