

# Dateline

Notices for Dateline should be e-mailed to [miltoned@halton-search.com](mailto:miltoned@halton-search.com). The final deadline is noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. Dateline items aren't accepted by telephone.

## Saturday July 14

The Salvation Army/Khi Community holds its Run Club at 8 a.m. with a one-hour run. For meeting location and route, call (905) 875-1022.

## Saturday July 14 - 20

Registration takes place for the free Child Car Seat Educational Seminar being held July 28 in the morning at

the Ontario Early Years Centre, 410 Bronte St. S. It provides a hands-on opportunity to learn how to install your child's car seat with OPP personnel facilitating. For more information or to register, call (905) 876-1244, ext. 10.

## Monday July 16

The Canadian Red Cross holds its First Aid for Kids course for those aged 10 and older from 8:30 a.m. to 12:30 p.m. at Holy Rosary School, 141 Martin St. The cost is \$30, which includes a booklet, wallet card and mini first aid kit. To register, call Catherine at (905) 877-4490.

The Salvation Army/Khi Community holds its Run Club at 5:30 p.m. with a 30-minute run. For meeting location and route, call (905) 875-1022.

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.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds duplicate bridge at 9:30 a.m., bid euchre at 1:30 p.m. and billiards from 9 a.m. to 9 p.m. The cost for each activity is \$2 for members and \$4 for non-members. For more information, call (905) 875-1681.

## Tuesday July 17

Help for Parents, a Halton parent support group, meets in the evening in the basement of St. Elizabeth's Church, 5324 Bromley Rd., 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 the Association of Parent Support Groups in Ontario. For more information, call 1-800-488-5666 or visit [www.apsgo.ca](http://www.apsgo.ca).

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 410 Bronte St. from 1:30 to 3:30 p.m. For more information, call (905) 825-6000, ext. 7299.

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.

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lactation consultant from 9:30 to

11:30 a.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds bingo at 1:30 p.m., its Downsizers Weight Loss Club at 10 a.m. and billiards from 9 a.m. to 9 p.m. The cost for each activity is \$2 for members and \$4 for non-members. It also holds Evening Euchre at 7:30 p.m. at a cost of \$2.50. For more information, call (905) 875-1681.

## Wednesday July 18

Milton Meals on Wheels holds its Wheels to Meals seniors' lunch at 11 a.m. at the apartment building at 80 Ontario St. For more information, call Kathryn Thomas at (905) 878-6699.

The Ontario Early Years Centre in Milton holds its Playtime in the Park from 9 to 10:30 a.m. at Melanie Park. Parents and their young kids are invited to explore the park and take part in simple activities. For more information, call (905) 876-1244, ext. 10.

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.

The Salvation Army/Khi Community holds its Run Club at 5:30 p.m. with a 30-minute run. For meeting location and route, call (905) 875-1022.

A group labyrinth walk takes place at 7 p.m. at Boston Presbyterian Church, 9185 Third Line/Boston Church Rd. Everyone's welcome.

The Deck youth centre, 200 Main St. (rear entrance), invites students in Grades 6 to 8 to drop by between noon and 5 p.m. to play a game of pool or just hang out.

The Women's International Network (WIN) holds a dinner meeting featuring psychotherapist and best-selling author Daniel Rutley from 7:30 to 10 p.m. at Rattlesnake Point Golf Club. Registration starts at 7 p.m. The cost is \$30 for members and \$40 for guests. A golf clinic takes place from 6:15 to 7:15 p.m., with registration at 6 p.m. The cost for the golf clinic and dinner meeting is \$55 for members and \$65 for non-members. To register, call (416) 226-3288 or e-mail [meetings@winwithresults.ca](mailto:meetings@winwithresults.ca) and type Milton/Oakville in the subject line.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds contract bridge at 9:30 a.m., Mexican train dominoes from 2 to 4 p.m. and billiards from 9 a.m. to 9 p.m. The cost for each activity is \$2 for members and \$4 for non-members. For more information, call (905) 875-1681.

La Leche League Milton meets from 7:15 to 9 p.m. at the Ontario Early Years Centre, 410 Bronte St. S. Discussion topics include how to avoid and/or overcome difficulties that may arise. Pregnant women and mothers interested in more information on breastfeeding are welcome, as are babies. For more information, call (905) 876-3322.

## TERRA Trends

GREENHOUSES

### Water Wisdom

With summer water restrictions becoming more frequent Xeriscaping or what is more commonly referred to as water wise gardening is something that we as gardeners are becoming more aware of and the topic of this week's TERRA Trend. There are a number of things that gardeners can do to keep on planting but limit the amount of water that is being used in the garden.

First of all when planting a garden try to keep plants together that like the same light and moisture conditions. Some great plants to try in hot, dry locations are lavender, thrift, sedums, spirea, and rose of sharon.

When watering your garden, be sure to do so in the morning or the evening when it's not as hot to help avoid evaporation. The best thing you can do to retain moisture is cover the soil with an organic mulch 2 to 3 inches deep, this will also help keep the weeds down.

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for more



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