

We believe... in helping. Anyone. Anywhere.



PLEASE GIVE 905-875-1022

Dateline

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 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 with breastfeeding. Pregnant women and mothers interested in more information on breastfeeding are welcome, as are babies. For more information, call (905) 876-3322.

Wednesday July 18 - 20

Registration takes place for the free Child Car Seat Educational Seminar 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.

Thursday July 19

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lactation consultant from 7 to 9 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 bid euchre and contract bridge at 1:30 p.m. and billiards from 9 a.m. to 9 p.m. The cost is \$2 for members and \$4 for non-members. It also holds its Thursday Afternoon Movie at 1:30 p.m. featuring Miss Potter. The cost is \$2. For more information, call (905) 875-1681.



The Regional Municipality of Halton
www.halton.ca

ODD/EVEN WATER RESTRICTIONS IN PLACE

Halton Region has implemented a mandatory odd/even water restriction on outdoor water use. Odd-numbered municipal (or street) addresses can water on odd numbered calendar days and even-numbered municipal addresses can water on even numbered calendar days. Watering is permitted only between the hours of 6:00 a.m. to 9:00 a.m. and 6:00 p.m. to 9:00 p.m.

This restriction includes the watering of lawns, flower/vegetable gardens, trees and shrubs. Vehicle washing is also included in the odd/even restrictions.

Please refer to Halton's website (www.halton.ca) for specific details on exemptions/restrictions or contact Halton Region at 1-866-4HALTON.

PLEASE AVOID ANY UNNECESSARY WATER USE WHENEVER POSSIBLE

1151 Bronte Road, Oakville, Ontario L6M 3L1
Tel: 905-825-6000 • Toll Free: 1-866-4HALTON • TTY: 905-827-9833

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HearSay Team

Hearing loss is the 3rd most prevalent chronic disability among older adults and is superseded only by arthritis and hypertension. There has been great advancements in hearing aid technology and statistics show that 80% of clients are satisfied with their hearing aids when appropriately counseled. It is critical to identify and treat speech, language and hearing disorders as early as possible as these impact social, emotional and cognitive development.



311 Commercial St., Suite 109, Milton
Tel: (905) 875-3345
www.hearsay.ca

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- Counseling and Aural Rehabilitation
- WSIB, DVA, ADP Authorized Dispensary
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Say More.

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