

# Dateline

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Milton District Hospital hosts a volunteer recruitment open house for the emergency department from 6:30 to 8:30 p.m., with parking passes available. For more information, call Janice at (905) 878-2383, ext. 7740.

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

Milton Toastmasters meets at 7:30 p.m. at the Royal Canadian Legion, 21 Charles St., in the upper hall. For more information, visit <http://milton.freetoasthost.info>.

Wednesday Dec. 5

The Deck youth centre, 200 Main St. (rear entrance), invites high school students to drop by between 2:30 and 6 p.m. to play a game of pool or just hang out.

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 contract bridge at 9:15 a.m., Mexican train dominoes from 1:30 to 4 p.m. and darts and billiards from 9 a.m. to 9 p.m. The cost is \$2 for members and \$4 for non-members. Its Weekly Lunch Counter featuring a hot meal is also held, at a cost of \$6. Sign up in advance. For more information, call (905) 875-1681.

Fun Volleyball is held at the Milton Leisure Centre on Main Street from 1:30 to 2:30 p.m. for men and women of all ages and skill levels. For more information, call (905) 878-7946.

Thursday Dec. 6

The Lydia Snow branch of Retired Women Teachers of

Ontario holds its annual Christmas luncheon at 11 a.m. at the Stonecroft Inn, 5331 Trafalgar Rd. N., in Erin. Please bring an unwrapped gift for a teenager to be donated to Halton Women's Place or an item for the raffle table. All retired women teachers are welcome to attend.

The Ontario Early Years Centre hosts a parent group for parents of children with special needs, offering the opportunity to network and build upon your knowledge and resources. It takes place at the Milton Community Resource Centre, 410 Bronte St. S., from 7 to 9 p.m. For more information, call (905) 876-1244, ext. 22.

The Deck youth centre, 200 Main St. (rear entrance), invites students in Grades 6 to 8 to drop by between 3:30 and 6:15 p.m. to play a game of pool or just hang out. High school students are welcome from 7 to 10 p.m.

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 Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds its Caring and Sharing Circle from 1 to 3 p.m. For more information, call (905) 847-5520 or visit [www.haltonwomenscentre.org](http://www.haltonwomenscentre.org).

The Milton Seniors' Activity Centre, 500 Childs Dr., holds contract bridge at 1:30 p.m. and darts and billiards from 9 a.m. to 9 p.m. The cost is \$2 for members and \$4 for non-

members. Its Thursday Afternoon Movie is held at 1:30 p.m. featuring Ratatouille. The cost is \$2. And bid euchre takes place at 1:30 p.m. at a cost of \$2.50 for members and \$4.50 for non-members. For more information, call (905) 875-1681.

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Dr. Vinay Garg

**Packing Made Easy**

Moving is synonymous with stress. Keep it sane! Pack one room at a time. Label each box, listing its contents and location (kitchen, bedroom, etc.). Don't overpack boxes -- you don't want them to be too heavy to carry. Pack heavy items in small boxes.

Use this checklist to make sure you pack your belongings properly.

**HOUSEHOLD ITEMS**

- clothing: hang clothes from closets in wardrobe boxes; fill empty space with lightweight items like lamp shades covered in bubble wrap; use clothing as packing material in other boxes for bedroom; pack some clothing from bureaus in boxes or suitcases so the bureaus won't be too heavy.
- books: use small boxes or specially made book boxes; pack flat, alternating bindings with packing paper or bubble wrap.
- dishes: individually wrap each in packing paper or bubble wrap; cups and bowls can be placed inside each other and then wrapped (you can first wrap in a plastic bag so you don't have to wash later).
- kitchenware: stack pots, pans, etc. in a box with packing paper between them, don't make the box too heavy.
- glasses: wrap each separately in packing paper or bubble wrap (you can first wrap in a plastic bag so you don't have to wash later).
- small appliances: pack in the original container or a box cushioned with packing paper (do not use shredded paper as that can clog the appliance).
- washing machine: stuff towels between machine sides; pad exterior well; disconnect hoses and put in plastic bag.
- freezers and refrigerators: empty contents, defrost and dry interiors well one to two days before moving; remove all pans, trays, crispers and shelves and wrap individually.

To advertise in this feature please contact **DIANE WOLSTENHOLME** at 905-878-2341 ext. 212  
email: [dianew@miltoncanadianchampion.com](mailto:dianew@miltoncanadianchampion.com).