NEW CLASSES ADDED!



Mary German

incredible difference to me. I wish I would -have done this a year-

"Pilates For All Bodies"

905-875-0075

MILTON

Bronte Corporate Centre 410- Bronte S., Suite 201, South Entrance OAKVILLE

2251 Westoak Trails Blvd., Unit 4 www.livingwellpilates.com

Living Well Pilates Date 11110

Wednesday Oct. 29

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 Deck drop-in centre, 200 Main St. E. (rear entrance), invites students from Grades 6 to 12 to stop by between 2:45 and 6 p.m. to

FUTURE SHOP CORRECTION NOTICE

Igloo FR180 1.7 cu. ft. Compact Fridge 10072028. On page 3 of the pop-up section of the October 24 flyer, this product was incorrectly advertised to be given away with all top-load laundry pairs. Please note the correct free item is the Igloo FR280 2.8 cu. ft. bar fridge, sku 10072029.

We sincerely apologize for any inconvenience this may have caused our valued customers. **FUTURE SHOP**

CORRECTION NOTICE Rogers BlackBerry Bold 9000 10109303. On page 13 of the October 24 flyer, this product was incorrectly advertised as \$279.99 save \$100. Please note that the correct price is \$279.99 save \$20, on a new 3-year voice. & data plan.

We sincerely apologize for any inconvenience this may have caused our valued customers.

play a game of pool or just hang out. For more information, visit www.thedeckmilton.com.

Southside Community Church, 2850 Derry Rd., continues its 12-session p.m. starting with a free meal, then a video and discussion. Childcare is provided. The course is an opportunity to explore the meaning of life in a relaxed, friendly setting. For more information, call Brian or April Ruxton at (905) 864e-mail 1824, aruxton@msn.com or visit

www.alphacanada.org. The Salvation Army Khi Community, 100 Nipissing Rd., unit 3, holds free weekly conversational English classes from 10:30 a.m. to noon, led by a certified ESL teacher. Starting at a beginner level, the class learns through games, activities and discussions.

The Halton Women's Centre in Hopedale Mall, 1515 Rebecca St., Suite 229 in Oakville, holds a separation and divorce support group weekly from 7 to 9 p.m. The cost is \$40. It also holds its free Abuse Support

Group from 5:30 to 7:30 p.m. To register for either program, call (905) 847-5520.

The Halton chapter of the MS Society begins its sixweek Adapted Exercise Alpha course from 6 to 8:15 Program from 1:30 to 3 p.m. at the Milton Leisure Centre, 1100 Main St. E. The cost is \$32 for members and \$45 for non-members. To register, call Robin at (905) 681-

> All activities of the Milton Seniors' Activity Centre, 500 Childs Dr., have been cancelled due to a water main break, except for the free flu shot clinic, whose location has moved to the Milton Sports Centre, 605 Santa Maria Blvd., in the banquet room. It runs from 10 a.m. to 2 p.m., with no appointment necessary.

Thursday Oct. 30

The Burlington Prostate Cancer Support Group, sponsored by the Canadian Cancer Society, meets at 7 p.m. at the unit office, 1251 Northside Burlington. It offers information and support for those newly diagnosed, those in ongoing treatment,

survivors, friends. For more information, call (905) 332-0060.

The Deck drop-in centre, 200 Main St. E. (rear entrance), invites students from Grades 6 to 9 to stop by between 3:30 and 6 p.m. to play a game of pool or just hang out. High school students are welcome between 7 and 10 p.m. For more information, visit www.thedeckmilton.com.

Moms Supporting Moms in Milton — a support group for mothers who are struggling with postpartum depression and/or anxiety meets at Halton Kids West Milton Hub at Our Lady of Victory School, 540 Commercial St., from 7 to 8:30 p.m. For more information, call Janet Siverns at (905) 825-6000, ext. 2927.

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.

Notices for Dateline should be e-mailed to editorial@miltoncanadianchampion.com.

DailyWeb TV.com

Oct 29th - Nov 4th

Be a Winner! Enter these DailyWebTV contests.



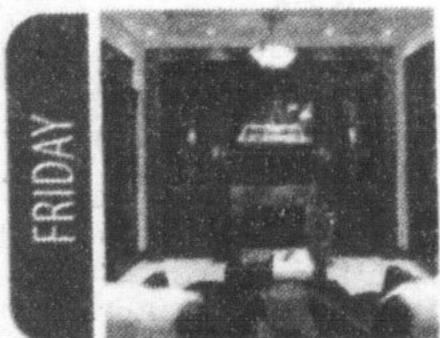
Home & Garden

The true essence of beauty may just exist in the beautiful and delicate petals of a bloomed rose.



In the Kitchen

This very easy recipe is just delicious! A tangy lemony centre is encased between two layers of sweetness.



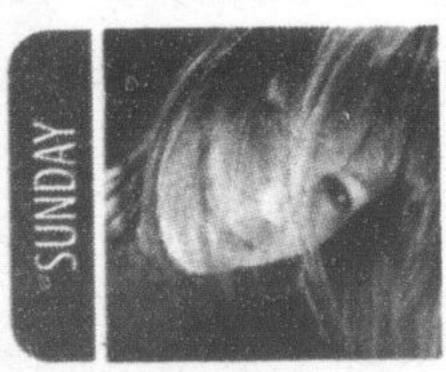
New Homes

Choosing the right finishing details for your new home can be overwhelming. Need help?



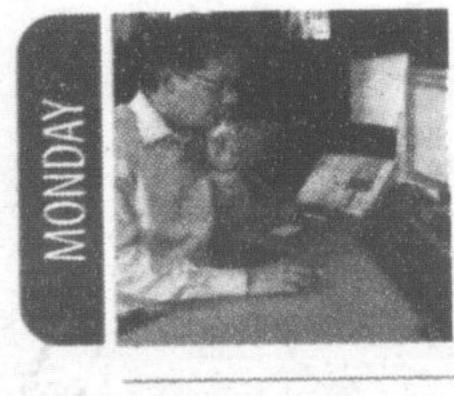
Real Estate

takes more to maintain your furnace than changing the air filters.



Health & Beauty From Hollywood

to your home...



In Motion

Finding financial protection can be stressful and many believe expensive.



Lifestyle & Leisure Provide a qualified student with learning opportunities while saving yourself

some money.





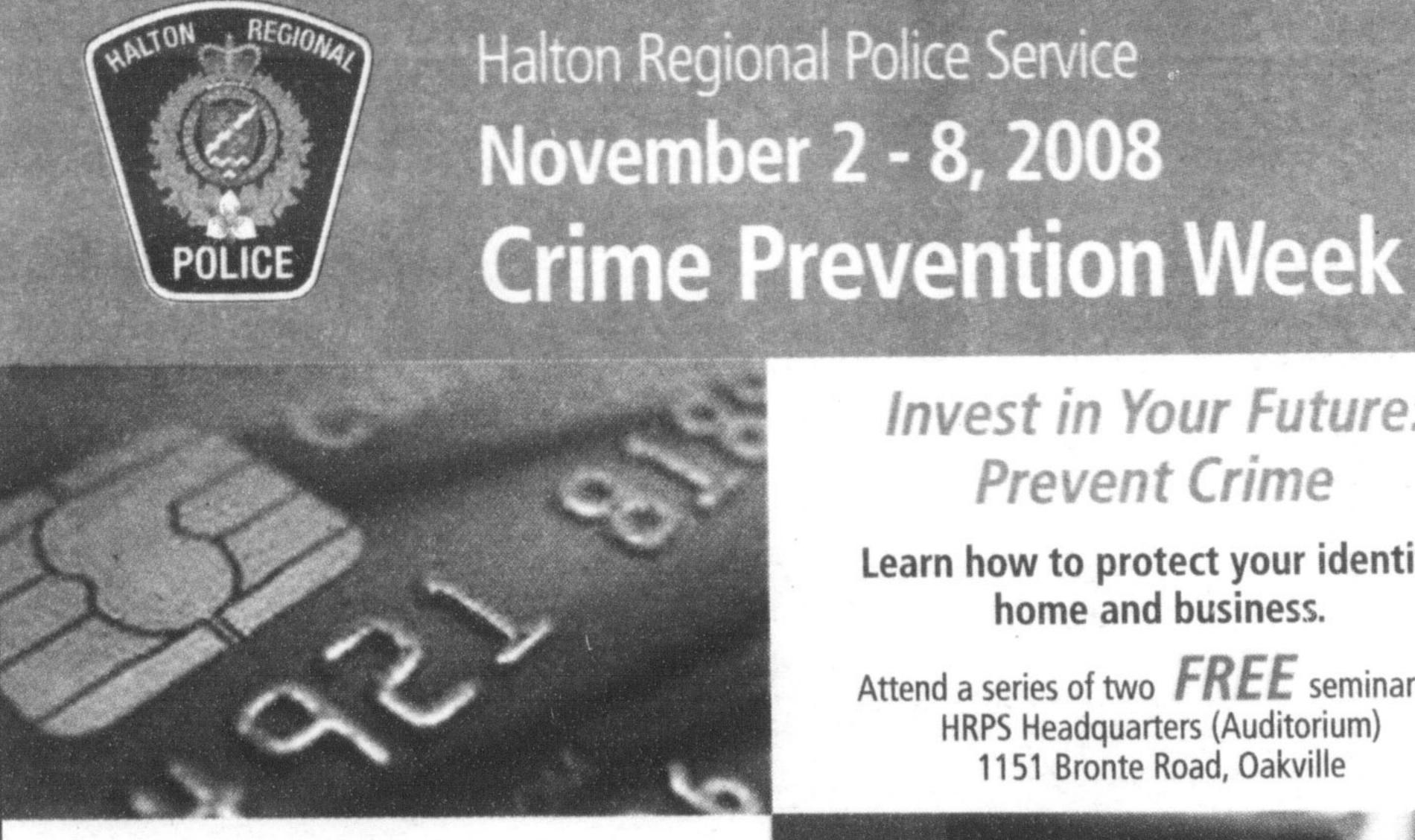




Sign Up and Win! \$100 gift certificate to Burlington's Pepperwood Restaurant



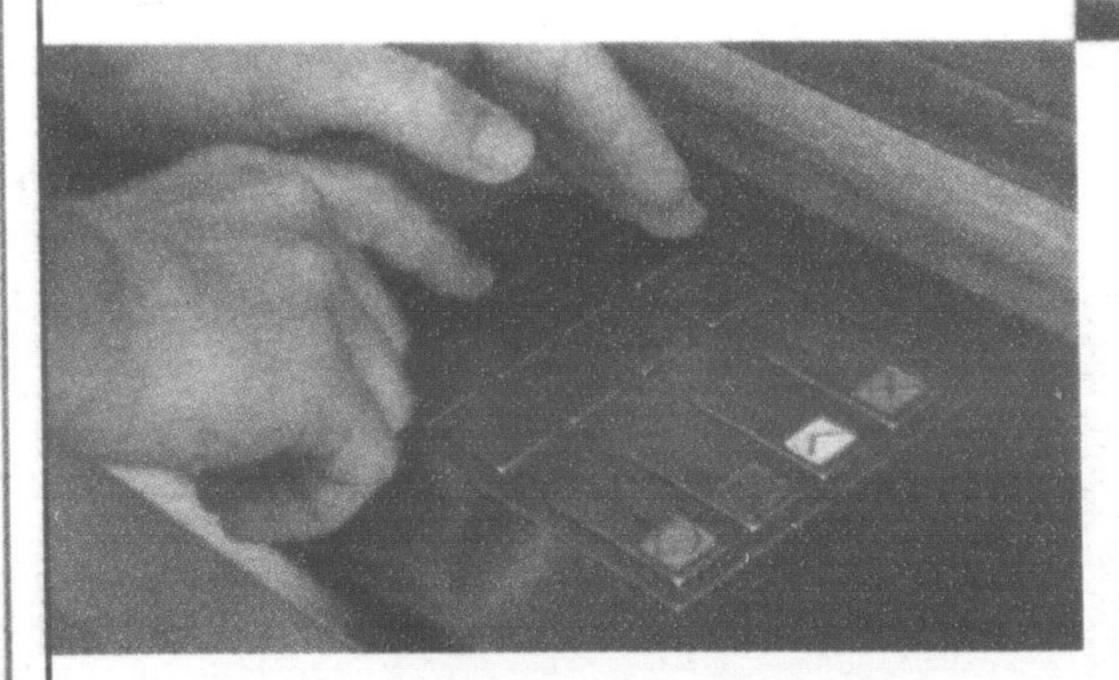




Crime Prevention Begins at Home Are your premises as safe as they can be?

Wednesday, November 5, 2008 7:00 p.m. - 9:00 p.m.

Leading-edge security technology Simple fixes to enhance your home security Protecting your business



Invest in Your Future:

Prevent Crime

Learn how to protect your identity,

home and business.

Attend a series of two FREE seminars at

HRPS Headquarters (Auditorium)

1151 Bronte Road, Oakville

Identity Theft, Scams & Frauds How can you safeguard your identity?

Thursday. November 6, 2008 7:00 p.m. - 9:00 p.m.

Gain new insights into identity theft, scams and frauds from members of the HPRS

Regional Fraud Unit and its community partners Seating available on a first-come, first-serve basis. For more information, contact Sergeant Peter Corner

Halton Regional Police Service 905-825-4747 ext. 4901

Progress Through Participation