

# Living Well Pilates

**NEW CLASSES ADDED!**



Mary German

*"Such an incredible difference to me. I wish I would have done this a year ago." SM*

## "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](http://www.livingwellpilates.com)

# Dateline

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](http://www.thedeckmilton.com).

Southside Community Church, 2850 Derry Rd., continues its 12-session Alpha course from 6 to 8:15 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) 864-1824, e-mail [aruxton@msn.com](mailto:aruxton@msn.com) or visit [www.alphacanada.org](http://www.alphacanada.org).

The Salvation Army Khe 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 six-week Adapted Exercise 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) 681-1166.

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 Rd., in Burlington. It offers information and support for those newly diagnosed, those in ongoing treatment,

survivors, family and 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](http://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](mailto:editorial@miltoncanadianchampion.com).

## DailyWeb TV.com

Oct 29<sup>th</sup> - Nov 4<sup>th</sup>

Be a Winner!  
 Enter these DailyWebTV contests.

**WEDNESDAY**  
**Home & Garden**  
 The true essence of beauty may just exist in the beautiful and delicate petals of a bloomed rose.

**THURSDAY**  
**In the Kitchen**  
 This very easy recipe is just delicious! A tangy lemony centre is encased between two layers of sweetness.

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

**SATURDAY**  
**Real Estate**  
 It takes more to maintain your furnace than changing the air filters.

**SUNDAY**  
**Health & Beauty**  
 From Hollywood to your home...

**MONDAY**  
**In Motion**  
 Finding financial protection can be stressful and many believe expensive.

**TUESDAY**  
**Lifestyle & Leisure**  
 Provide a qualified student with learning opportunities while saving yourself some money.

Enter to Win  
**3 Bags of Artificial Mulch**

Win a **\$200**  
 Gift Voucher from Autopark

Win a **\$50**  
 Gift Certificate  
**CONNOR NURSERIES**

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

Win a \$300 Gift Basket for a  
**Girls Night Out!**

Visit [DailyWebTV.com](http://DailyWebTV.com) to Win!



## Halton Regional Police Service November 2 - 8, 2008 Crime Prevention Week

Invest in Your Future:  
 Prevent Crime

Learn how to protect your identity, home and business.

Attend a series of two **FREE** seminars at HPRS Headquarters (Auditorium) 1151 Bronte Road, Oakville

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

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

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

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

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

Topics: 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