

Dateline

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The Salvation Army, 100 Nipissing Rd., unit 3, holds its **volunteer drop-in** from noon to 1 p.m. to help sort and pack food at the food bank or help prepare for other community programs. For more information, call (905) 875-1022 or e-mail rob@khicommunity.com.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **billiards** from 9 a.m. to 9 p.m., **duplicate bridge** from 9:15 a.m. to noon, its **Cyber Café** from 1 to 3 p.m., **tap dancing** from 2 to 2:45 p.m. and **table tennis** from 7 to 9 p.m. The cost for each activity is \$2 for members and \$4 for non-members. **Bid euchre** is held from 1:30 to 4 p.m. The cost is \$2.50 for members and \$4.50 for non-members. For more information, call (905) 875-1681.

Tuesday May 5

Halton Healthcare Services presents a free **seminar** entitled 'Osteoporosis

Therapy in 2009: What You Need to Know' at 7 p.m. (displays from 6:30 to 7 p.m.) at Southside Community Church, 2850 Derry Rd. E. To reserve a seat, call (905) 338-4379 or e-mail elittle@haltonhealthcare.on.ca.

Milton District Hospital holds a one-on-one **breast-feeding clinic** with a certified lactation consultant from 9:30 a.m. to 2 p.m. To make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

Calling New Parents, a free drop-in program for parents and babies aged six months and younger, meets at the Ontario Early Years Centre, 410 Bronte St., from 1:30 to 3:30 p.m. Call (905) 825-6000, ext. 7299.

The **Milton Toastmasters** meets at 7:30 p.m. at the Legion, 21 Charles St. Call Margaret Barrie at (905) 878-6478.

The Salvation Army, 100 Nipissing Rd., unit 3, holds its free **Busy Hands**,

Creative Minds drop-in from 9:30 to 11 a.m. for kids aged newborn to five years old and their parents or caregivers. Visit www.khicommunity.com or call (905) 875-1022.

The Town of Milton holds a **public input session** to view and comment on the final draft report of the 2009-2013 Strategic Plan for Transit Services. It takes place at the Milton Seniors' Activity Centre, 500 Childs Dr., with two identical sessions from 2 to 4 p.m. with a presentation at 2:30 p.m. and from 6:30 to 8:30 p.m. with a presentation at 7 p.m. Call (416) 229-4647, ext. 2465 or visit www.milton.ca.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **billiards** from 9 a.m. to 9 p.m., its **Downsizers Weight Loss Club** from 10 to 11 a.m., drop-in **conversational French** from 11:30 a.m. to 1 p.m., **cribbage** from 1 to 3

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Ensure your home insurance is updated after you buy valuable items

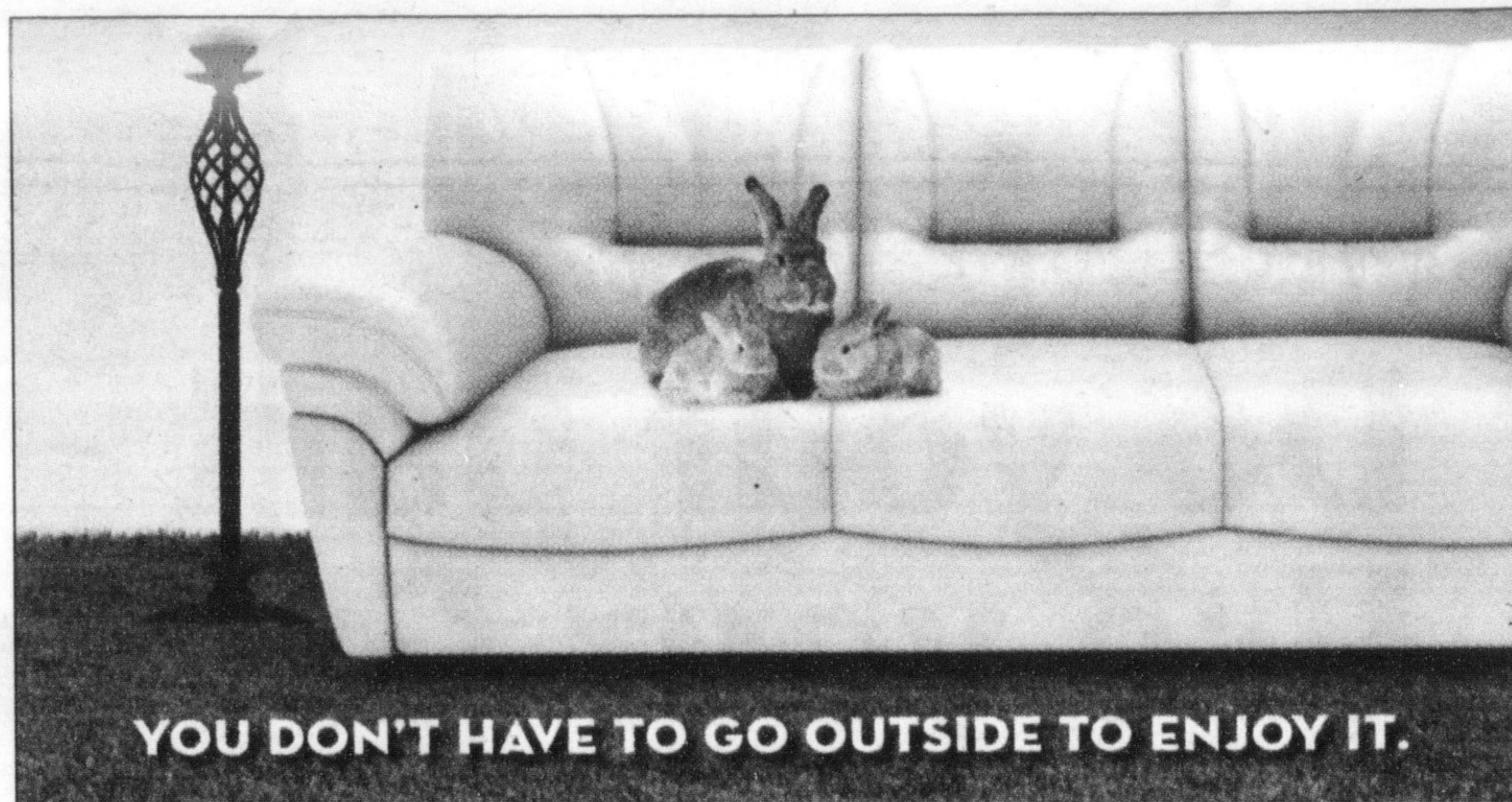
According to a recent RBC Insurance / Ipsos Reid survey, only 38 per cent of those Canadians who bought or acquired something of value, such as jewelry, updated their home insurance coverage.

"Most people assume their home insurance policy will cover the total value of all of their contents for any type of loss, but there can be limits," said Francois Boulanger, president and CEO of RBC General Insurance Company. "Their insurance advisor should be able to assist them in assessing their belongings, including jewelry, in order to help determine the right type and amount of insurance coverage for their needs."

For example, an average home insurance policy provides up to \$5,000 in coverage for jewelry; however, a diamond ring alone can easily exceed that amount. In fact, that same policy may only cover the replacement of certain types of losses, such as theft, not for unexplained losses such as the diamond falling out of a ring.

To ensure valuable jewelry is fully insured, policy holders can purchase additional coverage, known as a "rider", on individual items to recover the full replacement cost, for any type of loss. These types of additions can be purchased at any time and usually do not require a deductible amount to be paid.

For more information, call or visit your local RBC Insurance® branch, or go online to www.rbcinsurance.com.



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