

Many new programs for kids this fall at Centre

There's lots new at the Milton Children and Youth Centre this fall. Carol Behn, director of the Nipissing Road parent-child centre, says the facility offers a variety of family programs — most of which get underway this week.

Preschool Fun, she says, is a specially designed program for 3 to 5-year-old children in which they develop their abilities to explore possibilities.

"They'll experience a wide range of creative activities, dramatic and

social play and a circle time with songs, stories and games."

The program is held Monday afternoons from 1 to 3 p.m. and costs \$50 per child for an eight-week session. Enrolment is limited, but there's still space available.

Meanwhile, says Ms Behn, Caregivers' Drop In runs Thursday afternoons from 1-3 p.m. This special time offers opportunities for caregivers and their children to relax and play in a well-equipped playroom, meet new people, exchange ideas and participate in workshops.

Nursery facilities are available for wee ones. It's a pay-as-you-use service for \$3 per visit.

Saturday Drop In runs from 9 to 11 a.m. Mom and dads are encouraged to leave their hectic weekday schedules behind and come out and enjoy a fun-filled morning of play activities with their preschoolers.

Infants are welcome, too. The playroom is equipped with a nursery, change tables, baby seats, rocking chair and a play yard with toys. The cost is \$3 per visit.

A special clinic will be held at the centre next week, says Ms Behn. A free children's skills consultation and clinic will take place Tuesday, Sept. 28 from 9 to 11 a.m.

The centre has linked Milton District Hospital and the Children's Assessment and Treatment Centre (CATC) to provide service to parents of infants, toddlers and pre-school children who have concerns about

their children's cognitive, communication, motor, social-emotional and self-help skills.

"No appointments are needed, so come by and have your questions answered," says Ms Behn.

She adds that theme kits are available at the centre on a rental basis to caregivers looking to enhance their home child care business.

Each kit contains a wide selection of toys, books, puzzles, games and tapes as well as ideas for crafts, stories, snacks, field trips and dramatic play on a variety of topics — dinosaurs, teddy bears, seasons, birds, community people, colour family, zoo, circus and more.

That's not all. The Milton Children and Youth Centre offers an After School Program for 6 to 16 year olds.

"Essentially, the program is designed to support children and

youth in their efforts to cope with issues such as bullying, teasing, stress and peer pressure," says Ms Behn.

"The atmosphere created provides the opportunity for the participants to experience success in forming positive relations with other group members, engaging in new activities and develop skills regarding communication and leadership through co-operative type programming."

The program runs Mondays from 4 to 5:30 p.m. for 6 to 8 year olds, Tuesdays from 4 to 5:30 p.m. for 8 to 10 year olds, and Thursdays from 6:30 to 8 p.m. for 10 to 12 year olds.

A teen group will start October 12 — every Tuesday from 6:30 to 8:30 p.m., says Ms Behn. Additional groups may start from 4 to 5:30 p.m.

Other programs available at the centre include Family Time, Drop In, and Your Time (adult programming). Call 876-1244.

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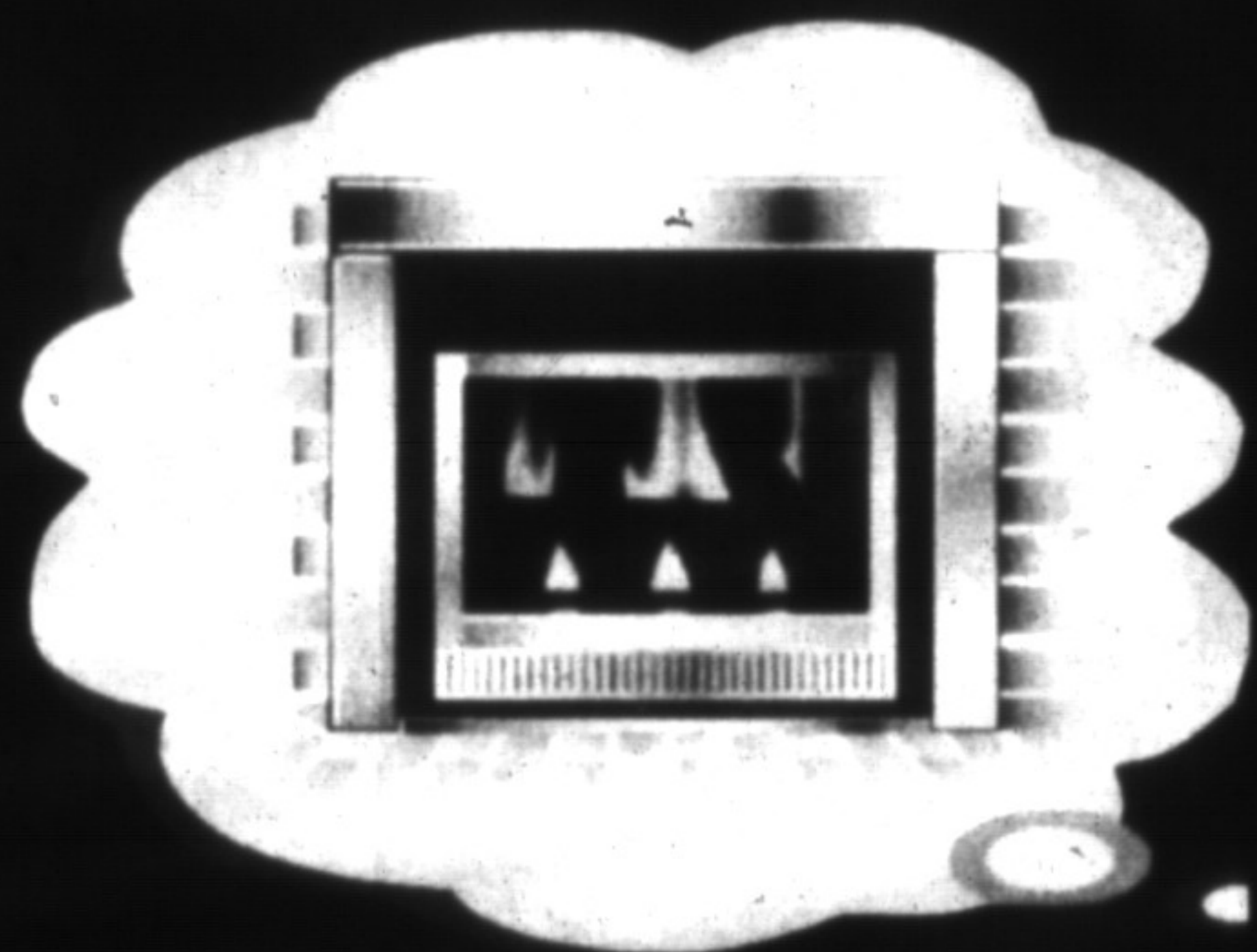
TERRY FOX'S QUEST

As a participant in the "Terry Fox Run" I would like to thank my colleagues at RE/MAX, clients and friends who pledged over \$800. for cancer research on the completion of a 20 Km ride on my bicycle.

Thank you sincerely,
BETTY INGLE

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- SATURDAY 1:30-4:30 PM**
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\$144,900
Joan G. Hollings in attendance
REALTY WORLD (W. J. McCRUDDEN R.E.)
876-1133
- SATURDAY 2-4 PM**
8375 MacArthur Dr., Campbellville
\$401,000
Ross Runnalls in attendance
ROYAL LEPAGE R.E. SERVICES
878-8101
- SUNDAY 2-4 PM**
11469 Guelph Line N. (Brookville)
\$319,900
Florence Walter in attendance
COUNTRYWIDE C-VILLE REALTY
854-2294
- SUNDAY 2-4 PM**
115 Town Line
\$179,900
Sales Rep in attendance
ROYAL LEPAGE R.E. SERVICES
878-8101
- SUNDAY 2-4 PM**
235 Bronte #78
\$127,900
Ross Runnalls in attendance
ROYAL LEPAGE R.E. SERVICES
878-8101
- SUNDAY 2-4 PM**
657 Roseheath Drive
\$155,900
Barbara Ramsden in attendance
ROYAL LEPAGE R.E. SERVICES
878-8101
- SUNDAY 2-4 PM**
576 Roseheath Dr.
\$159,900
Barb Lafèche in attendance
ROYAL LEPAGE R.E. SERVICES
878-8101
- SUNDAY 2-4 PM**
418 Valleyview Cres.
\$224,900
Barb Crowe in attendance
ROYAL LEPAGE R.E. SERVICES
878-8101
- SUNDAY 2-4 PM**
577 Roseheath
\$169,900
Joyce Hagevik in attendance
ROYAL LEPAGE R.E. SERVICES
878-8101
- SUNDAY 12-2 PM**
4323 Britannia (west of Appleby)
Audrey Newell in attendance
ADVANTAGE PLUS NEWELL
878-4444
- SUNDAY 2:30-4:30 PM**
803 Secord Court
Audrey Newell in attendance
ADVANTAGE PLUS NEWELL
878-4444
- SUNDAY 2-4 PM**
422 Gowland Cres.
\$239,900
Helen Hardy in attendance
REALTY WORLD (W.J. McCRUDDEN) R.E.
876-1133

RECIPE FILE



Tangy and satisfying best describes Foodland Ontario's hearty Warm Broccoli and Winter Squash Salad that's ready in 15 minutes from start to finish.

Warm broccoli and winter squash salad

This hearty vegetable salad has a tangy, sweet-sour dressing with contrasting textures of just-tender squash and lightly cooked crunchy broccoli. It's also an excellent source of beta carotene and vitamin C.

- 1 (about 1 lb/500g) half medium size Ontario Squash;
- 1/2 cup (125 ml) apple juice;
- 1 piece (1 inch/2.5 cm) fresh ginger root coarsely chopped;
- 1 clove garlic, coarsely chopped;
- 1 tsp (15 ml) vegetable oil;
- Dressing:
- 1/4 cup (50 ml) apple juice;
- 2 tsp (25 ml) cider vinegar;
- 2 tsp (25 ml) minced onion;
- 2 tsp (10 ml) Dijon-style mustard;
- 1 tsp (5 ml) honey or brown sugar;
- 1 tsp (5 ml) minced fresh ginger root;
- Salt & Pepper;

Directions: Dressing: In small dish, whisk together apple juice, vinegar, onion, mustard, honey, ginger, and salt and pepper to taste; set aside.

Cut main stalks from broccoli and reserve for another purpose. Break or cut broccoli heads into long slender florets (for even cooking, make long cut in any thicker stalks). Set aside. Place squash cut side down on work surface and cut along natural indentations; peel and cut into chunks.

Heat oiled nonstick skillet for about 1 min. at medium-high. Add squash; cook, turning, until flecked with brown on all sides, about 2 min. Add apple juice, ginger root and garlic; bring to simmer. Cover and cook over medium heat for 3 min. or until squash is partly cooked. Place broccoli on top; cook, covered, for 2 min. or until color brightens and broccoli is just tender-crisp. Do not overcook. Remove from heat.

With tongs or slotted spoon, remove broccoli to shallow bowl; toss with oil. Add squash, discarding pieces of ginger and garlic. Add dressing. Toss gently. Serve immediately. Serves 4.

Preparation time: 15 min.
Cooking time: 7 to 9 min.