

March is Canada's Nutrition Month



Away From Home

Look For — **Nutritious**
Ask For — **Choices**
Enjoy —



**Halton Healthy
Lifestyles Coalition**

For more information call
825-6060 ext. 7802

Dateline

Friday Mar. 1

Miltonians are invited to share in the 1996 World Day of Prayer Service at Knox Presbyterian Church on Main Street at 7:30 p.m. The ecumenical service focuses on Haiti under the theme, "God Calls us to Respond." The church is wheelchair accessible and offers signing for the hearing impaired. For more information about the service, transportation arrangements or Knox facilities, call 876-6066.

Saturday Mar. 2

Registration for Nassagaweya's Men's Masters Slo-Pitch League takes place at the Mohawk Inn from 2 to 4 p.m. The fee

is \$110. All players must be 35 years old as of Dec. 31, 1996.

As part of Harmony Awareness Week (Mar. 3-11), A Cappella Showcase and quartet Ovation perform at Milton Mall at 11:45 a.m. and 1:15 p.m.

The Milton Stamp Fair takes place at the Milton Seniors' Activity Centre, 500 Childs Dr., from 10 a.m. to 5 p.m. The event, hosted by the Milton Stamp Club, features a 14-dealer stamp bourse. For more information, call 878-1533.

Monday Mar. 4

A Cappella Showcase and quartet Ovation hold an open house at the Optimist Club, 311 Commercial St., at 7:30 p.m. Women in the community who love to sing are invited to attend for information, light refreshments and song. For more information, call Lori at 878-1905.

The Milton District High School Community Council meets at 7:30 p.m. to discuss common curriculum outcomes. All parents of Milton District High School students as well as interested people from the community, business and industry are welcome. Call 878-2839.

Tuesday Mar. 5

Halton Community Legal Services and the Halton Multicultural Council present a workshop in Chinese on tenants' rights, rent control, unemployment insurance, welfare, family benefits and Canada Pension Plan disability pensions. The

event takes place at the Halton Multicultural Council, 634 Fourth Line, Unit 48, in Oakville at 7 p.m.

The Victorian Order of Nurses holds a foot care clinic at the Harmony Court apartments, 111 Ontario St., from 1:30 to 4 p.m. The cost is \$15. For further information or an appointment, call 827-8800.

The Milton Toastmasters meets at the Royal Canadian Legion (second floor) on Charles Street at 8 p.m. The group teaches leadership and public speaking skills. Members progress at their own pace to their desired level of competence through studying the course material provided by Toastmasters International and by making presentations to colleagues. For more information, call Las Polcz at 878-1394 or Brenda Kelleher at 875-4091.

Thursday Mar. 7

The Canadian Federation of University Women — Milton and District — invites university women graduates to an evening of travel adventures at Hugh Foster Hall. Call 319-6680 for more information.

The Living with Cancer Group meets to provide emotional support and practical guidance to patients, family and friends. The discussion group is sponsored by the Canadian Cancer Society and led by nurses. The location and time are St. Paul's United Church, 123 Main St., from 7:30 to 9 p.m. For more information, call Eleanor at 878-1876 or the North Halton Cancer Society at 877-1124.



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