In celebration of Recreation and Parks Month in June, the Town of Milton is offering a free fitness class on Tone Up Tuesday at the Milton Leisure Centre. For more information, visit www.milton.ca or call (905) 878-7946.

Milton Fibromyalgia Support Group meets at East Side Marios at 1 p.m. For information call JoAnne at (905) 878-4371 or email j.collins@cogeco.ca.

The Milton Toastmasters meets from 7:30 to 9:30 p.m. at the Royal Canadian Legion, 21 Charles St., in the upper hall. Please arrive at 7:15 p.m. Everyone's welcome. For more information, call (905) 878-3684 or visit www. miltontoastmasters.org.

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.

Milton District Hospital holds a one-on-one breastfeeding 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.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds Kitchen Band from 9 to 11:30 a.m.,

Carving Club from 9 a.m. to noon, Snooker League from 9 a.m. to noon, "Downsizers" Club from 10 to 11 a.m., Billiards from noon to 9 p.m., Cribbage from 1 to 3 p.m., Lunch Bunch at MSAC at 11:30 a.m., Bingo from 1:30 to 3:30 p.m., Table Tennis from 1 to 4 p.m. and Conversational French from 2:30 to 3:30 p.m. Each activity costs \$2 for members and \$4.25 for non-members. Evening Bid Euchre runs from 7:30 to 10 p.m. The cost is \$2.50. For more information, call (905) 875-1681. Pickle Ball is held at the Milton Leisure Centre from 1 to 2:45 p.m. The cost is \$3.75. For more information, call (905) 878-7946.

### Wednesday June 12

In celebration of Recreation and Parks Month in June, the Town of Milton is offering a free fitness or aquafit class or visit to the Weight Room during Work Out Wednesdays at the Milton Sports Centre and Leisure Centre (Weight Room available at Leisure Centre only). For more information, visit www.milton. ca or call (905) 875-5393 ext. 2600.

The Royal Canadian Sea Cadet Corps Chaudiere, a youth program for boys and girls aged 12 to 18 years, meets at 6:15 p.m. at the Milton Fair Grounds, Building 3, on Robert Street. For more information, call (905) 875-1400 and leave a message.

The Milton chapter of BNI meets at the Sunrise Cafe from 7 to 8:30 a.m. and visitors





## Saturday June 8 - 9am to 5pm International Centre, Mississauga Hall 1 - Free Parking

SAMPLE Try before you buy

BUY Stock your pantry with the newest in Gluten-Free products

LEARN Listen to experts and learn new recipes on the Living Gluten-Free Stage

The Canadian Celiac Association's new Gluten-Free Certification Program

#### **BUY TICKETS ONLINE**

Proceeds from this show will support the charitable work of the CCA and help improve quality of life for thousands of Canadians who are affected by gluten.

CanadasGlutenFreeMarket GlutenFreeMrkt www.canadasglutenfreemarket.com

·metrolandmedia



Saturday June 15th 10:00am - 3:00pm Country Heritage Park, 8560 Tremaine Road, Milion



Fautastic Petting Zoo louzcy Castles Puppet Show Face Painting Craft Centre Great Sand Bex & Much More! Teddy Bear Market Place Food Canteen with child-friendly mean

> Adults - \$2.00 Children - \$1,00

Bring "Teddy" to share the fus Being a picuic basket if you wish. bring a non-perichable item for the Salvation Army Food Bank

333 Amelier der very form time 333

The Art of Christianity

net of Hittore Area Christian Charcies Working Together

An expression of celebration of Christ in our fives

through music and dance of several cultures)

**During renovations** at 123 Main Street East, Milton Please join us for worship at



#### St. Paul's United Church

**Sunday Service weekly** at the Milton Town Hall (Milton Room)

9:30am The Annex service (last Annex until fall)

Come for coffee at 10:30am 11:00am Worship Service



Contact us at 905-878-8895 or info@stpaulsmilton.com www.stpaulsmilton.com and www. theannexmilton.ca



## Knox Presbyterian

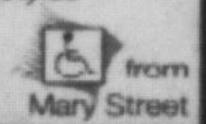
"Unified by Christ's love, we share Him with the world"

Join us at 10:30 a.m. Sunday morning for worship and teaching from Scripture

> Children's Sunday School (age 3-grade 8) and Nursery

Biending traditional & contemporary styles

Pastor Howard Sullivan 170 Main St. E., Milton 905.878-6066 www.knoxmilton.com



# True

sundays at 10am at milton district high school. 396 williams avenue, milton, on, full kid's program for nursery - grade 6

www.truenorthchurch.ca

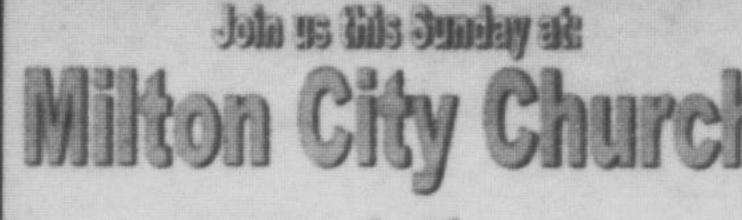
# CHURCH OF CHRIST

9850 Britannia Rd., Milton, ON L9T 7E8, 905-875-2939

Worship & Communion 11:00 am

Sunday School Classes 10:00 am

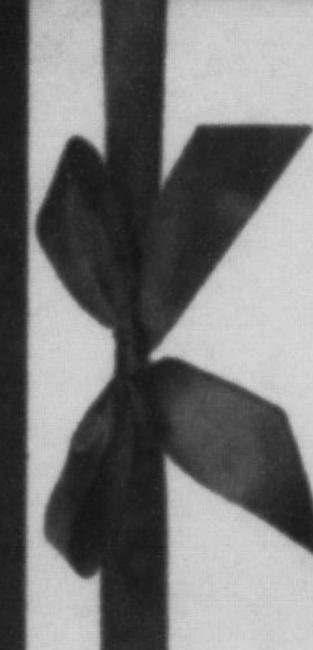
Watch for "Key to Kingdom" Friday 8:30 am, Vision TV





500 Childs Drive Milton, ON L9T 5G2 (Seniors' Activity Centre - Down Stairs) Time: 10:30AM - 12:00PM - Tel: 647-863-1000 We also have an excellent Children's Church

Email: info@miltoncitychurch.com



**NEW LIFE CHURCH** FOR GENERATIONS TO COME

**Three Sunday Services** 9am - 10am - 6:30pm



Children's & Youth Centre

Pastor Dan Rogge 824 Thompson Road South 905 878 3358 newlifemilton.com