



Champion Tracks

Elizabeth, Michelle, Jessica and Richard Tomczyk celebrate Michelle's 17th birthday in Riviera Maya, Mexico. Send 'Champion Tracks' photos to cohara@miltoncanadianchampion.com (minimum 600 KB resolution). Please include destination information and everyone's names.

Dateline

» insidehalton.com

Dateline is a free listing for local non-profit community groups to promote their events for the coming week.

Notices should be emailed to jslack@miltoncanadianchampion.com. The deadline is noon on the Monday of the week before the week of the event. The listing runs Sunday to Saturday.

Sunday April 9

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **Pickleball** at the Milton Leisure Centre, 1100 Main St. E., from 6 to 8 p.m. The cost is \$3.75 for those aged 65 years and over and \$5 for those aged 18 to 64 years. For more information, call (905) 878-7946.

Monday April 10

Hamilton Naturalists Club meets. Topic: 'Always Looking Up' by Dr Jackie Prime, anthropologist, author, who talks compassionate living and our deep connection to nature. Free lecture at 7:30 p.m. at the Royal Botanical Gardens, 680 Plains Rd. W. All welcome. Contact Bron brontreg@cogeco.ca or (905) 637-7136

Milton **Grief Support**, organized by Bereaved Families of Halton/Peel, from 7 to 8:30 p.m. at Birkdale Place, 611 Farmstead Dr. Free program, call to register (905) 848-4337, or info@bereavedfamilies.ca.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **Snooker League**, and **Art Club and Craft Club** from 9 a.m. to noon, **Duplicate Bridge** from 9:15 a.m. to noon, **Tai Chi** from 9:30 to 11 a.m., **Billiards** from noon to 9 p.m. Each activity costs \$2 for members and \$4.25 for non-members. For more information, call (905) 875-1681.

The **Milton Rotary Club** meets at the Community Living North Halton board room, 917 Nipissing Rd., from 6:30 to 8 p.m. This is not a dinner meeting. For more information view the club calendar at miltonrotaryclub.com.

Tuesday April 11

The **Milton Fibromyalgia** support group meets at Cora's at the Milton Mall at 1 p.m. For information, call Joanne at (905) 878-4371 or email j.collins@cogeco.ca.

Adults, do you need to upgrade skills in reading, writing or math? Do you need computer skills for the workplace to help find a job? **Adult Learning Centre** hosts information session for its programs in Milton at 10 a.m. Pre-registration is required. For more on programs or to register, call (905) 873-2200 or visit online at www.lnhadultlearning.ca.

Indoor Lawn Bowling is played from 1 to 4 p.m. at the Milton Soccer Centre, 821 Main St. E. Pay as you go for \$7. Instructions and bowls are provided for novices. 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 (416) 992-0254 or visit www.miltontostmasters.org.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **Carving Club** and **Snooker League** from 9 a.m. to noon, **Kitchen Band** from 9 to 11:30 a.m., **Billiards** from noon to 9 p.m., **Colouring and Conversation** from 1 to 3 p.m., **Cribbage** from 1 to 3 p.m., **table tennis** from 1 to 4:30 p.m., **Bingo** from 1:30 to 4 p.m. and **Bid euchre** from 7:30 to 10 p.m. Each activity costs \$2 for members and \$4.25 for non-members. **Older Adult Shiny** is held at the Milton Sports Centre from 10 to 10:50 a.m. For more information, call the Milton Sports Centre at 905-875-5393.

Wednesday April 12

Euchre will be held at 1 p.m. at St. David's Presbyterian Church, 130 Main St. N. (Guelph Line at 401). Everyone welcome, refreshments will be served; \$2.

Milton District Hospital holds an OHIP-covered **one-on-one breastfeeding clinic** with certified lactation consultant from 9:30 a.m. to 12:30 p.m. To make an appointment, call (905) 878-2383, ext. 7610.

The **Community Withdrawal Management Services Drop-In Group** meets at the ADAPT office, 245 Commercial St., Unit B1, from 6:30 to 8 p.m. The group supports people in the community looking to examine their substance abuse. Topics include healthy living skills, budgeting, self esteem and healthy relationships. For more or to reserve a seat, call (905) 827-5320.

Re:Soul Youth Centre at 900 Nipissing Rd, is open for junior high students (Grade 7 and 8) from 3 to 6 p.m. For further information check out @resoulyouth on facebook, twitter or instagram.

Public meeting on **Advance Care Planning**, hosted by the Townsend Smith Foundation, CARP and Acclaim Health, runs from 7 until 9 p.m. at the Milton Seniors' Activity Centre (500 Childs Dr.). Guest Speaker is Mickey Turner, RN, Palliative Care Nurse Consultant, will discuss advance care planning, which means thinking and talking about beliefs, values, wishes for future health care, and offer tips on how to talk about advance care planning choices and decisions with family, among other topics. Free. All welcome.

Volleyball is held at the Milton Leisure Centre from 12:30 to 2:30 p.m. For more information, call the Milton Leisure Centre at (905) 878-7946.

Thursday April 13

Indoor Lawn Bowling is played from 1 to 3 p.m. at the Milton Soccer Centre, 821 Main St. E. Pay as you go for \$7. Instruc-

tions and bowls are provided for novices.

Art/Social Drop-In at St David's Presbyterian Church, 132 Main St. Campbellville, from 10 a.m. to 3 p.m. Space available to do art/crafts etc..... start your own club or just drop in for social.

Milton District Hospital holds an OHIP-covered **one-on-one breastfeeding clinic** with certified lactation consultant from 6:30 to 9 p.m. To make an appointment, call (905) 878-2383, ext. 7610.

Re:Soul Youth Centre at 900 Nipissing Rd, is open for high school students (Grade 9 and above) from 6 to 9 p.m. For further information check out @resoulyouth on facebook, twitter or instagram.

The Milton Seniors' Activity Centre, 500 Childs Dr., **Snooker League** from 9 a.m. to noon, **Acoustic Guitar** from 9 to 11:30 a.m., **Walking Club** from 9:30 to noon, **Line Dancing** from 10 to 11:30 a.m., **Billiards** from noon to 9 p.m., **Jam Session:** Classic Rock, Country and Jazz Drop-in from 12:30 to 3 p.m., **Clogging** from 2 to 3 p.m. and **Mexican Train Dominoes** from 1 to 3:30 p.m. Each activity costs \$2 for members and \$4.25 for non-members.

Older Adult Shiny is held at the Milton Sports Centre from 10 to 10:50 a.m. For more information, call the Milton Sports Centre at (905) 875-5393.

Friday April 14

Re:Soul Youth Centre at 900 Nipissing Rd, is open for high school students (Grade 9 and above) from 3 to 9 p.m. For further information check out @resoulyouth on facebook, twitter or instagram.

Milton District Hospital holds an OHIP-covered **one-on-one breastfeeding clinic** with certified lactation consultant from 9:30 a.m. to 12:30 p.m. To make an appointment, call (905) 878-2383, ext. 7610.

Tai Chi Fridays, 10 to 11 a.m. with Nursery care available (limited space) six lessons \$30, starting: March 17. Call: Mary Hansell (905) 854-0314.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **Snooker League** and **Contract Bridge** from 9 a.m. to noon, **Tai Chi** from 9:30 to 11 a.m. and **Technology Support One-on-One coaching** (by appointment only, sign-up at the Reception Desk) from 1 to 3 p.m. Each activity costs \$2 for members and \$4.25 for non-members. **Bid Euchre** takes place at the Nasagaweya Tennis Centre and Community Hall from 7:30 to 10:30 p.m. Cost is \$3. For more information, call (905) 875-1681.

Saturday April 15

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **Billiards** and **Table Tennis** from 12:30 to 3 p.m. Each activity costs \$2 for members and \$4.25 for non-members.

Enjoy a day of art,
conversation and
meditation

Come explore and discover
your creative side

at the

**Art and Soul
Connections Workshop**

Date:
Sunday April 23, 2017

Time:
10am to 4pm

Location:
FASM at the Mall Gallery,
Milton Mall, 55 Ontario St.

COST: \$85

Guided by
Allycia Uccello, accomplished visual
artist, Meta physical explorer and
Creativity Instigator.

Contact Allycia Uccello for more details
905-854-0511
allyciauccello@artcamp.ca