Red Cross serves seniors

March being the Campaign-for-Funds month for the Red Cross, it is fitting to stress the services if interest to seniors, which this worthy organization offers.

. Since many elderly are unable to obtain family or public transportation to out-of-town medical appointments, a volunteer driver can be provided. A referral from a physician or the public health is necessary.

Sickroom equipment, such as hospital beds, wheelchairs, com-

modes, crutches etc. are available on loan free of charge, for a limited time. Doctor's or other medical approval is required for wheelchairs, walkers, etc.

Senior's Fun and Fitness Classes

are provided free of charge to the residents of the Durham St. senior apartments and the Bennett Centre. For information on the above services, call the Georgetown and District Red Cross Branch Office 877-5233, Tues., Wed. and Thurs. 9

a.m. - 12 noon and 1:30 - 4 p.m. On



Mon., Fri. and after hours, call the Distress Centre 877-1211. Emergency aid is given in time of fires, floods etc. in the form of food, shelter and some clothing. Phone 877-4593 or 877-9078.

In addition, the North Halton Homemaker service is conducted from the Milton Red Cross office, Home support services are offered in time of illness or family emergency. For information regarding this service, call Mrs. Marg Bundy -878-5626.

Keep the date of Wed. May 14th open for the annual Bazonr at Halton Centennial Manor, Milton.

IT'S ELEMENTARY When youth is in our arteries

And life is animation Our miles are run without a wheeze And little palpitation, And we absorb our ABC's By mental concentration.

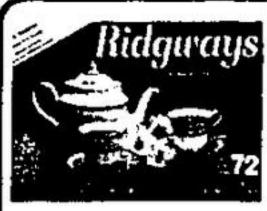
In later years, when sight is blurred And checks are rather hollowed. The rules on vitamins are heard And diligently followed. And this time, tho' it sounds absurb, the ABC's are swallowed.

> William W. Pratt Contributed by Ann Ferwerda



"I come to Valdi first because a lot of brand names are a lot cheaper. stock up on coffee, juices, paper goods, canned goods and other items that cost much less than at regular stores."

says Mary Fascione



RIDGWAYS **TEA BAGS** 

VALDI PRICE SUPERMARKET PRICE 3.29 **SAVE 1.30**.

Liberty .... unimin those LIBERTY **VEGETABLE OIL** 

VALDI PRICE SUPERMARKET PRICE 6.59 **SAVE 3.60** 

MR. PURE **ORANGE** or **GRAPEFRUIT JUICE** 

VALDI PRICE SUPERMARKET PRICE 2.29 SAVE 30¢



ADMIRAL PINK SALMON

VALDI PRICE SUPERMARKET PRICE 1.69 SAVE 70¢



**GOLD SEAL** SOCKEYE SALMON

**VALDI PRICE** SUPERMARKET PRICE 2.89



HEINZ WHOLE TOMATOES Canada Choice

VALDI-PRICE SUPERMARKET PRICE 1.49 SAVE 60°

**VALDI PRICE** 



**VALDI PRICE** SUPERMARKET PRICE 2.29 SAVE 40°



VALDI PRICE SUPERMARKET PRICE 1.89 SAVE 90°



SUPERMARKET PRICE 2.79 SAVE 80¢



HABITANT PEA or **VEGETABLE SOUP** 

**VALDI PRICE** SUPERMARKET PRICE 1.63 SAVE 64¢



SUNSHINE WHITE SLICED BREAD 450 g

VALDI PRICE SUPERMARKET PRICE 99' SAVE 40°



**VALDI PRICE** SUPERMARKET PRICE 2.19 **SAVE 1.20** 



PRIMO PASTA SPAGHETTI, SPAGHETTINI or **ELBOW MACARONI**  **VALDI PRICE** 

SUPERMARKET PRICE 1.65 SAVE 66¢

**KRAFT CATALINA** or **ZESTY ITALIAN** SALAD DRESSING 250 mL

**VALDI PRICE** 

SUPERMARKET PRICE 1.59 SAVE 30¢

**VALDI PRICE** 



Chef Boyardee

Spaghetti

Sauce

CHEF

**BOY-AR-DEE** 

SPAGHETTI

SAUCE

Plain - 796 mL

**VALDI PRICE** 

SUPERMARKET PRICE 1.79 SAVE 80¢



**VALDI PRICE** 

**KLEENEX FACIAL TISSUE** 200's x 2 ply

SUPERMARKET PRICE 1.39 SAVE 50¢

DECOR

8 rolls x 2 ply

SUPERMARKET PRICE 3.99 **SAVE 2.00 BATHROOM TISSUE** 

REYNOLD'S **ALUMINUM FOIL** 7.6 m x 30 cm

SUPERMARKET PRICE 1.53

SAVE 54¢

**VALDI PRICE** 



VALDI PRICE SUPERMARKET PRICE 3.89



VALDI PRICE SUPERMARKET PRICE 1.69 SAVE 40¢

**MANUFACTURER'S COUPON** Save 75¢ OFF THE EVERY SINGLE DAY LOW **VALDI PRICE** 

**Ivory Liquid** Dish Detergent

on the purchase of 1 container of



**VALDI'S NO-HASSLES MONEY BACK GUARANTEE** 

If ever you're not completely satisfied Valdi will refund your money - no questions asked?

Each saying is based on the regular price of the identical or comparable item or estimated retail at a supermarket on February 3, 1980. Veldi reserves the right to limit quantities and substitute items of comparable quality. Valdi prices valid until March 15, 1986.

 7 Mountainview Rd. N. Georgetown

PRICES ONLY VALID AT ADDRESS SHOWN

STORE HOURS: MON-WED 10-8; THURS-FRI 10-9; SAT 9-6

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