

ASSIC ALERT

Meals on Wheels of Ontario offers the following nutritional hints for seniors in their pamphlet Eat Better; Age Better.

Eat enough food to maintain a healthy weight through regular meals and snacks — Give vegetables, fruits and grain products a high priority in your food choices — Drink plenty of fluids — Include meat or alternatives (fish, poultry, eggs and cheese) daily — Obtain calcium daily from sources such as milk — Obtain vitamin D daily from fortified foods, sunshine or as a supplement — Consume only small amounts of fat — Use salt sparingly — If you drink alcoholic beverages, do so in moderation — Consult a dietitian or nutritionist if you have a health

condition that requires dietary changes.

Acton Support Services and Information Centre (ASSIC) offers a Meals on Wheels program, where seniors and the disabled as well as those unable to prepare a meal for health reasons, can have a meal delivered to their door daily (Monday to Friday) by our group of dedicated volunteers. Items included in the meals are: soup, hot meal with meat or fish and vegetables, bread and butter and dessert. Muffins are also provided occasionally and fruit is delivered twice a week. The cost of the Meals on Wheels program is \$3.50 per day. To order meals, please call ASSIC at 853-3310.

Memo to parents:

Experience the true Excitement of Easter and ...



Make an investment that will pay dividends for the rest of your child's life -- come to church as a family.

I know that you are vitally concerned for your child's future. In order to help them develop, you give them what really counts in life -- a loving home, positive standards to live by and something real to believe in.

At Knox Presbyterian Church we're in the business of helping you as a parent accomplish this vital task. We provide not only religious training for your child, but an environment where you can grow personally and acquire a faith that is practical, a faith that can be applied to everyday family living.

Begin this Sunday morning at 11:00 by investing one hour of your week in a service that will challenge and inspire you. Relax; enjoy an hour of encouragement and uplift, knowing that your child of 3 or under is being cared for in our bright, modern and well-equipped nursery. Children 4 and up meet separately in groups geared to their age level. We are looking forward to having you with us at ...

SUNDAY SERVICES 11:00 a.m. - SUNDAY SCHOOL 11:00 a.m.



KNOX

Presbyterian Church

116 Main Street South, Georgetown

A Church for people on the grow!

NOTICE



There will be no Garbage or Blue Box collection on **FRIDAY, APRIL 5, (GOOD FRIDAY)**. Collection for this day will take place on **SATURDAY, APRIL 6**. Please ensure all garbage is placed curbside by **7 a.m.**

SPECIAL COLLECTION in Halton Hills commences on **TUESDAY, APRIL 9**, and runs until **FRIDAY, APRIL 12**.

Please ensure your materials are placed curbside **BY 7 A.M. ON YOUR REGULAR GARBAGE DAY**.

OTHER special collection weeks are:

June 18 - June 21 Sept. 10 - Sept. 13 Nov. 19 - Nov. 22

YARD WASTE COLLECTION in Halton Hills will take place **MONDAYS ONLY** and fall on:

April 15	April 29	May 13	May 27
Oct. 07	Oct. 21	Nov. 04	Nov. 18

All material **MUST** be placed curbside by **7 a.m.** Yard Waste must be placed in clear plastic bags and brush must be bundled, not bagged, in lengths no longer than 4 feet (1.2 metres) and no wider than 2 feet.

***ALL STATUTORY HOLIDAYS** that fall on a **MONDAY IN 1996**, **DO NOT** affect your regular scheduled garbage and blue box collection days (Halton Hills is on a Tuesday to Friday collection cycle). Please adjust your Waste Management calendar notes for holidays.

REMEMBER - GRASSCYCLE AND COMPOST WHEN YOU CAN!

NEW EYES NEW OUTLOOK



The eyelids are frequently the first to show signs of aging resulting in a tired, sad appearance.

First, there may be excess skin in both the upper and lower eyelids. The second problem is the accumulation of fat which causes "baggy" eyelids. This is frequently present in both the upper and lower eyelids.

With the latest techniques, eyelid surgery can remove the excess skin and fat pads, resulting in a rested, youthful appearance.

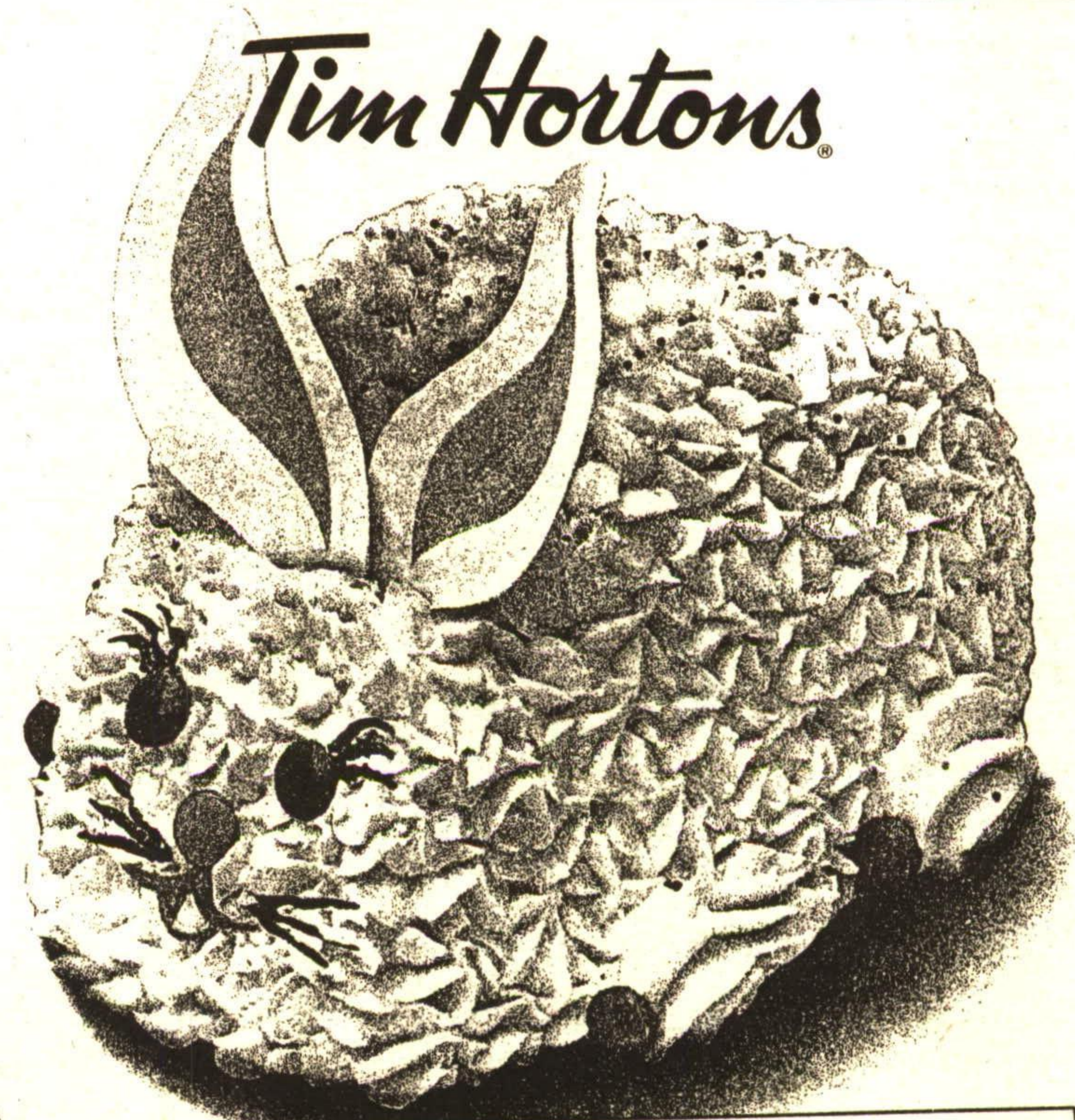
The results are longer lasting than ever.

FIND OUT HOW YOU CAN IMPROVE NOT ONLY HOW YOU LOOK, BUT HOW YOU FEEL.

Plastic Surgeon: **DR. B. SHORE** B.Sc., M.D., C.M., F.R.C.S.(C)

Please contact the Brampton Cosmetic Surgery Clinic for an appointment. Your consultation includes video presentation, literature and assessment. We also do face lifts, nose contouring, brow or forehead lift, breast surgery and liposuction.

Brampton Cosmetic Surgery Clinic
145 Queen St. E., Ste. 400, Brampton
(905) 451-5855



COLOUR to WIN
an Easter bunny cake.

Be sure to enter your kids in our great Easter Colouring Contest. Kids up to twelve could win a fun-filled Easter Bunny Cake for the whole family. And remember, you can always order your own Easter Bunny cake for only \$9.95.

Entries must be received by April 6. Details in store.

5 Mountainview Rd.

324 Guelph St.

Georgetown