Healthy King

Halton Seniors Directory now available

The Halton Seniors Directory, a guide for seniors, caregivers and service providers, is now available through

Halton Region.

The newly formatted directory is more comprehensive and easy to read. The directory has over 300 listings and includes contact numbers of organizations serving seniors' needs in areas such as: health, community programs, accommodation, transportation, legal, emergency, advocacy, and many more services including government(s).

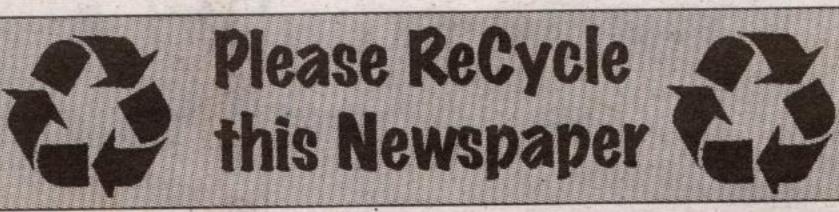
It is designed for quick reference, so that seniors have easy access to information when they need to obtain services. Access to information is an important component for seniors' independence and the directory is an essential tool to assist Halton seniors, caregivers and services providers.

The publication will be distributed through seniors' centres, seniors' apartment buildings, longterm care homes, libraries, hospitals, community information agencies, police departments, and municipal, provincial and federal offices in Halton.

"ESAC has many reports and publications that are available to the community, but the Seniors' Directory is the most frequently requested resource guide," said Carole Ward, chair of ESAC (Elderly Services Advisory Committee) for Halton Region.

To request a copy of the Seniors' Directory, please contact Sue Haggith, ESAC Community Development Co-ordinator at 1-866-442-5866, ext. 7767.







As you shop for the youngest names on you list, keep in mind that many toys can become potential safety hazards to children. Here are a few important guidelines to help you select the best gifts:

Choose
age-appropriate toys.
Many toys have
labels with age
recommendations
on them.

Avoid toys with sharp edges and points or small parts. Also avoid toys that fly, shoot projectiles or produce loud noises.

Look for toys that are durable, well-constructed and easy to clean.

When choosing a fabric toy, make sure it is labeled flame-retardant or nonflammable.

Shopping Hours:

Monday - Friday: 10:00am - 9:00pm

www.shoppersworldbrampton.com

Saturday: 9:30am - 6:00pm Sunday: 12noon - 5:00pm

Located at the northwest corner of Hwy #10 and Steeles Avenue

Check stuffed toys for secure stitching of eyes and other small parts.



The Early Shopper Sweepstakes commences on November 5, 2004 and closes at 5:00 p.m. EST December 5, 2004. A total of five (5) prizes are available to be wen from the Contest Prize Pool which is comprised of the following potential prizes one (1) prize of \$10,000, twenty (20) Shoppers World Brampton Gift Certificates valued at \$50 and seventy-nine (79) Shoppers World Brampton Gift Certificates valued at \$10 each. The odds of The Early Shopper Sweepstakes commences on November 5, 2004 and closes at 5:00 p.m. EST December 5, 2004. A total of five (5) prizes are available to be wen from the Contest Prize Pool which is comprised of the following potential prizes one (1) prize of \$10,000, twenty (20) Shoppers World Brampton Gift Certificates valued at \$50 and seventy-nine (79) Shoppers World Brampton Gift Certificates valued at \$10 each. The odds of prizes are available to be wen from the Contest Prize Pool which is comprised of the following potential prizes one (1) prize of \$10,000, twenty (20) Shoppers World Brampton Gift Certificates valued at \$10 each. The odds of prizes are available to be wen from the Contest Prize Pool which is comprised of the following potential prizes one (1) prize of \$10,000, twenty (20) Shoppers World Brampton Gift Certificates valued at \$10 each. The odds of prizes are available to be wen from the Contest Prize Pool which is comprised on the order in which the entrant has been randomly selected and the number of eligible entrants are available to be wen from the Contest Prize Pool at the time the entrant winning any particular prize depends on the order in which the entrant has been randomly selected and the number of eligible entrants are available to be wen from the Contest Prize Pool at the time the entrant has been randomly selected and the number of eligible entrants are available to be wen from the Contest Prize Pool at the time the entrant has been randomly selected and the number of eligible entrants are available to be wen from the Contest Prize Pool at the time the entrant has

SHOPPERS

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