



**Hearing for Life**

Over 25 years experience....

**Audiology Centre & Dispensary**

- Hearing tests
- Hearing aid prescription and sales (ADP, DVA, WSIB)
- 60-day trial on hearing aids
- Ongoing counselling & support
- Batteries and hearing aid accessories
- No referral necessary
- Seniors discounts

497 Laurier Avenue, Suite 3, Milton  
(across from Food Basic) | 905.693.HEAR (4327)

**ROBERT LEE INSURANCE AGENCY & FINANCIAL PLANNING**

Celebrating '43' years of "Home Town" Business

Bob Lee LL, BA, FC  
bob@robertleefinancial.com



Kim Mitchell  
kim@robertleefinancial.com

Life - Disability - Critical Illness - Annuities - RRIFs - UFs - RRSPs - T.F.S.A's - RESP's

Ph: 905-878-5786 • Fax: 905-878-3692

245 COMMERCIAL ST. MILTON, ONTARIO L9T 2J3

WWW.ROBERTLEEFINANCIAL.COM



**MILTON EYEDOC**  
OPTOMETRISTS | DR. RAJESH PANCHAL & ASSOCIATES

**Dr. Rajesh Panchal**

Bronte Corporate Centre  
400 Bronte Street South  
Suite 109  
www.miltoneyedoc.com

Let Us Bring Things Back Into Focus

WE CHECK PATIENTS OF ALL AGES, FROM CHILDREN TO SENIORS.  
Call now to book an appointment • 905-875-1200



www.milton.ca/olderadults  
905-875-1681  
500 Charles Drive, Milton

**Seniors' Activity Centre**

Non-members and those under 55 are also welcome to participate!

Ready for a new experience? Try a registered program, special event or day trip!

**Country Heat**

A high-energy, low-impact dance workout that's simple and fun. Each routine is packed with easy-to-follow dance moves to the hottest country music around.

**Try it for free**

Tuesday May 1, 11:00 am – 11:50 am  
Pre-Registration Required

FREE

**Try the full program**

Tuesday, May 8 – May 29 (5 classes), 11:00 am – 11:50 am  
\$24.04

**Royal Wedding Tea**

Friday, May 11, 1:00 pm – 3:00 pm

Tickets: \$18/members, \$20/non-members

You're invited to celebrate the Royal Wedding. Enjoy finger sandwiches, assorted scones, desserts and more. After you indulge in the delicious menu take in the great entertainment from the Sparklettes Duo. Hats, fascinators, crowns optional.

**Affordable Housing Options Information Session**

Wednesday, May 23, 1:00 pm – 3:00 pm

Free! Contact Centre for Pre-registration.

FREE

Join us as we discuss the affordable housing options for older adults in Halton. This presentation is a partnership with Halton Age Friendly. Guest speakers from Halton Region, Canada Mortgage and Housing and Halton Age Friendly.

**Song Spinners' Chorus Presents Songs, Silly and Serious**

Friday, May 25, 7:30 pm

Tickets: \$10

Celebrate the spring season and hear the melodic voices of our Song Spinners' Chorus, directed by Deborah Henry.



**Victoria Day Holiday Hours**

Programs Cancelled: May 19 | Closed: May 21

This page is supported by the advertisers on this page. Please see contact information from the various advertisers and find out about their services for Seniors and all age groups.



'Our strength is to preserve yours'

**Fitness Programs for Older Adults**

Tuesday and Thursday @ 9:30am.

Join at any time for \$139.00 (plus HST) for 16 weeks at a time.

"Free Trial Class"

Drop-in Classes \$10.00 each

Address: 123 Main St. E. Milton, Ontario.

Call 905.805.3507  
Chantal@Freedom-fitness.com  
www.freedom-fitness.com



**Home 2 Stay**  
senior care

Providing Exceptional at home senior care

**Service Solutions:**

- ~ Companionship
- ~ Personal Support Care
- ~ Medication Reminder
- ~ Transportation

905-749-9466

330 Bronte St. S., Suite 111  
Milton, Ontario, L9T 7X1

info@home2stayseniorcare.ca  
www.home2stayseniorcare.ca

Contact Fiona Rudder to find out about advertising opportunities on the Seniors Page.  
Call 289-293-0691 or email frudder@miltoncanadianchampion.com