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Dr. Rajesh Panchal

Bronte Corporate Centre
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WE CHECK PATIENTS OF ALL AGES, FROM CHILDREN TO SENIORS.
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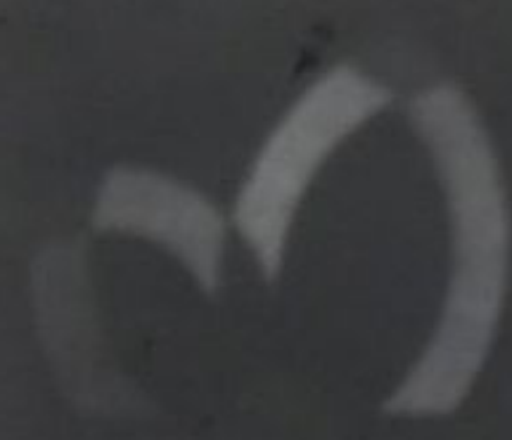
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Service Solutions:
~ Companionship
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~ Medication Reminder
~ Transportation
~ Mental & Physical Stimulation



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!

Online Banking What You Need to Know

Wednesday, June 6, 1:00 pm - 2:00 pm **FREE**

Online banking is becoming the norm for many. Find out how you can safely do online banking and the different features that are offered. *Pre-registration required.*

55+ Retirement and Lifestyle Fair

Wednesday, June 13, 9:30 am - 2:00 pm **FREE**

Experience an event dedicated to individuals 55+ or soon-to-be-retirees. Enjoy a barbecue lunch, variety of local exhibitors, guest speakers, program demonstrations, prizes and more!

Step and Sculpt

Try it for free

Tuesday, June 26, 11:45 am - 12:45 pm **FREE**

Pre-Registration Required.

A fusion of two classes that combines step work and a variety of strength training using hand weights.

A day in Toronto

Thursday, July 19, 7:50 am - 5:00 pm
\$92/members, \$97/non-members

Enjoy shopping at the delicious gourmet cheese emporium, followed by a delicious buffet lunch at the Hot House. After lunch enjoy a fabulous cruise aboard the Oriole and experience the best views of Toronto's iconic skyline. *Register by June 15.*



Mennonite Lunch and Country Delights

Tuesday, August 14, 8:15 am - 5:15 pm
\$74/members, \$79/non-members

Join us and experience a guided tour of Pootcorner Farm and a buggy ride. After the farm, taste an authentic Mennonite lunch and learn about Mennonite lifestyle. Want to shop? We will be visiting Big John's Country Market and few surprises along the way. *Register by July 14.*



'Our strength is to preserve yours'

Fitness Programs for Older Adults

Tuesday and Thursday @ 9:30am.
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