

# 50 things to do in MILTON

Summer is upon us — finally! Why not get out there and see all that Milton has to offer? The *Champion* has compiled a list of 50 fun activities, which are sure to keep you and your family entertained over the course of the summer months.

Pick your own berries

Go Rollerblading

Take in a dynamic fireworks display

Have a berry good time at the Strawberry Fair-June 23 at the Fairgrounds from 7 a.m. to 5 p.m.

Cast a line during National Fishing Week June 30-July 8

Make ice pops

Spend an afternoon at the beach

Make jam

Man a lemonade stand

Host a garage sale

Go horseback riding

Make S'mores

Take part in Milton Historical Society's Summer Heritage Walking Tour July 8 at 2 p.m.

Hike Hilton Falls

Check out the Halton Region Museum

Lean against a tree and read a book

Go for a bike ride

Watch live racing at Mohawk

Do a little gardening

Try a new sport

Sit around a campfire watching the stars

Take in a kids' soccer or baseball game

Camp out in the backyard

Spend a day at a Conservation Halton park

## TRAVEL BACK IN TIME WITH US.

STREETCAR RIDES  
DISPLAY BARNS  
PICNIC AREAS  
GIFT SHOP  
ICE CREAM SHOP

13629 GUELPH LINE  
MILTON, ON  
HCRY.ORG

## TAKE CARE OF YOUR EYES

In today's digital era, your eyes are the most important organ in your body. Due to the increased usage of computers and cell phones, people including kids suffer more eye care issues than ever before.

The following symptoms are early signs that you may need to have your eyes checked:

- Blurred vision
- Difficulty seeing at night
- Difficulty reading on the computer
- Frequent headaches
- Eye Pressure
- Sensitivity to bright light

Luckily, the eye care industry has also evolved immensely. The majority of visual needs can be fulfilled by glasses and contact lenses.

We recommend that you never wait too long

because the sooner you have your eyes taken care of, the better your eye sight and personal comfort will be.

The team at Akal Optical is dedicated to offer you the best solution possible. We have a resident licensed Optometrist who can examine your eyes and prescribe eye glasses and contact lenses if you need them. Plus we have a huge selection of major name brand frames with many styles to choose from.

We also offer direct billing to most major insurance companies and just as a reminder, OHIP covers eye exams for kids 19 & under and seniors 65 & over.

We take huge pride in our customer service and we look forward to helping you see a brighter future today! 15 Martin Street - 905 876 0556