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MILTON

Seniors' Activity Centre
Non-members and those under 55 are also welcome to participate!

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

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.

Jukebox Heroes Live at Walters Family Dinner Theatre
Friday, September 21, 10:30 am - 5:00 pm
\$100/members, \$105/non-members

The Mahoney Brothers presents "Jukebox Heroes Live" featuring show stopping impersonations of: The Beatles, Elvis Presley, The Everly Brothers, Buddy Holly, Willie Nelson, Ricky Nelson, Neil-Diamond, Garth Brooks, and more! Guests can take in the whimsical ambiance of this venue while enjoying a buffet lunch.

Wednesday Barbecue Lunch
Join us every Wednesday at 12:00 pm for a delicious hamburger or salad lunch.
Call the Centre to get your lunch ticket!

Add a fitness class to your summer routine!

Nia
An hour of movement that incorporates structure and free-form movement.
Thursday, July 12 - 26 (3 classes) 9:30 am - 10:30 am \$18.03

Osteofit
Improve your fitness with this gentle strength, balance and coordination program.
Monday, July 9 - 23 (3 classes) 11:15 am - 12:00 pm \$13.52
Thursday, July 12 - 26 (3 classes) 1:15 pm - 2:00 pm \$13.52

Pilates
Lengthen, tone and strengthen your body while maintaining your core stability and improving your posture.
Monday, July 9 - 23 (3 classes) 12:15 am - 1:15 pm \$20.37

Step and Sculpt
A fusion of two classes that combines step and strength training.
Tuesday, July 3 - 24 (4 classes) 11:45 am - 12:45 pm \$24.04

Zumba
Move and groove to upbeat music while enjoying this dance workout.
Monday, Aug 13 - 27 (3 classes) 10:00 am - 11:00 am \$18.03

Canada Day Holiday Hours Closed: July 1



Home 2 Stay
senior care

Providing Exceptional at home senior care

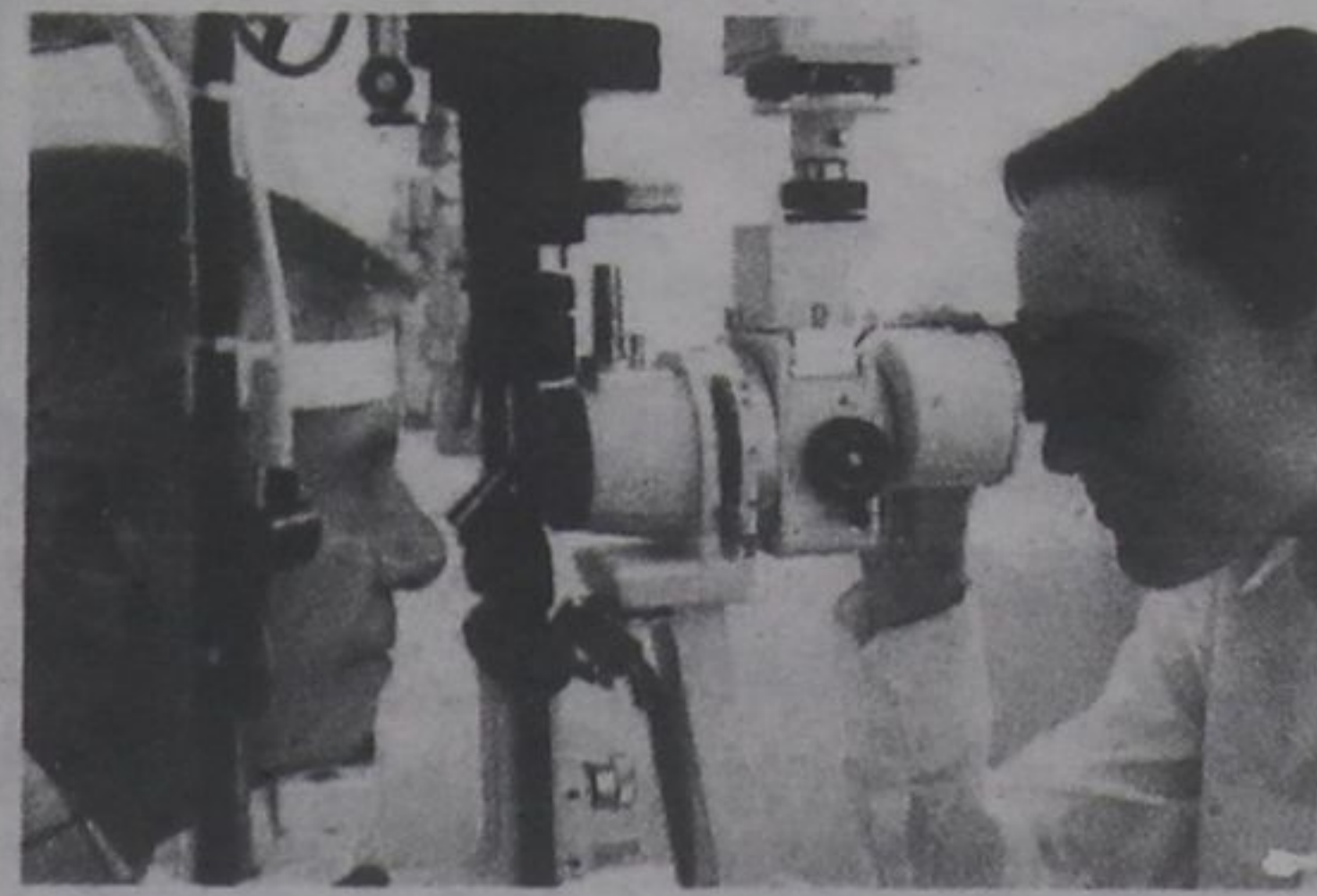
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The Importance of Routine Eye Exams

(MC) More evidence points to the importance of routine eye exams, not only to pinpoint potential conditions of the eye, but also to serve as windows to diseases that affect the entire body. Now more than ever it is essential to make and keep annual eye exams, as they can help to reveal the first signs of serious ailments. Doctors from around the world say dozens of diseases - from certain cancers to arthritis to high blood pressure - can show symptoms in the eye. Under the watchful and knowing gaze of an eyecare professional, individuals can get an early diagnosis and begin treatment promptly. There are many systemic diseases that can be seen in the eye. In addition to the conditions mentioned, jaundice can indicate liver disease while retinal detachment and bleeding in new blood vessels may indicate hypertension. By looking at the color of the cornea, some doctors can tell if a patient has elevated levels of cholesterol. Many people have had their eye doctors be the first healthcare professional to detect the presence of their diabetes. If an ophthalmologist suspects an underlying medical condition, he or she will likely refer men and women to their primary care doctors for a more thorough examination. Going to the eye doctor can do more than ensure your vision is sharp. It's a life-saving decision for many people who have major health conditions diagnosed through the eyes.



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