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Over 25 years experience...

Audiology Centre & Dispensary

- Hearing tests
- Hearing aid prescription and sales (ADP, DVA, WSIB)
- 60-day trial on hearing aids
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- Seniors discounts

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(across from Food Basic) | 905.693.HEAR (4327)

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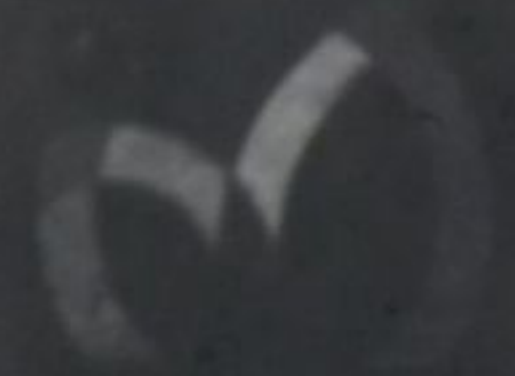
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Life - Disability - Critical Illness - Annuities - RRIFs - UFs - RRSPs - T.F.S.F.s - RESPs  
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MILTON

**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!

**Holiday Lights Tour**

Monday, December 10, 6:30 pm - 9:00 pm

FREE

Enjoy a tour of Christmas lights followed by delicious refreshments, a beverage from our hot chocolate bar and holiday music, provided by Ain't Misbehavin'. Dress warm. Special thanks to Great Canadian Holiday's Inc. and Seasons Retirement for their support with this event.



**Workout and Warmup this Winter!**

**Nia**

Experience an hour of movement that incorporates free-form, to music incorporating your body, mind, emotions and spirit.

Thursday, December 6 & 13 (2 classes)  
9:30 am - 10:30 am \$12.00

**Total Body**

A combination of total body conditioning that involves both strength and cardio exercises. Participants will be using hand weights, bands, sliders and stability balls.

Wednesday, December 5 & 12 (2 classes)  
10:30 am - 11:30 am \$12.00

**Total Cardio**

Burn calories while moving your entire body to funky moves and music. Combinations will include step touch, hamstring curls, knee repeaters and more. No equipment will be used.

Monday, December 3 & 10 (2 classes)  
9:00 am - 9:45 am \$12.00

**Zumba**

This program is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Monday, December 10 (1 class)  
10:00 am - 11:00 am \$6.00

Program Holiday Hours Closed: December 24, 2018 - January 1, 2019



**Home2Stay**  
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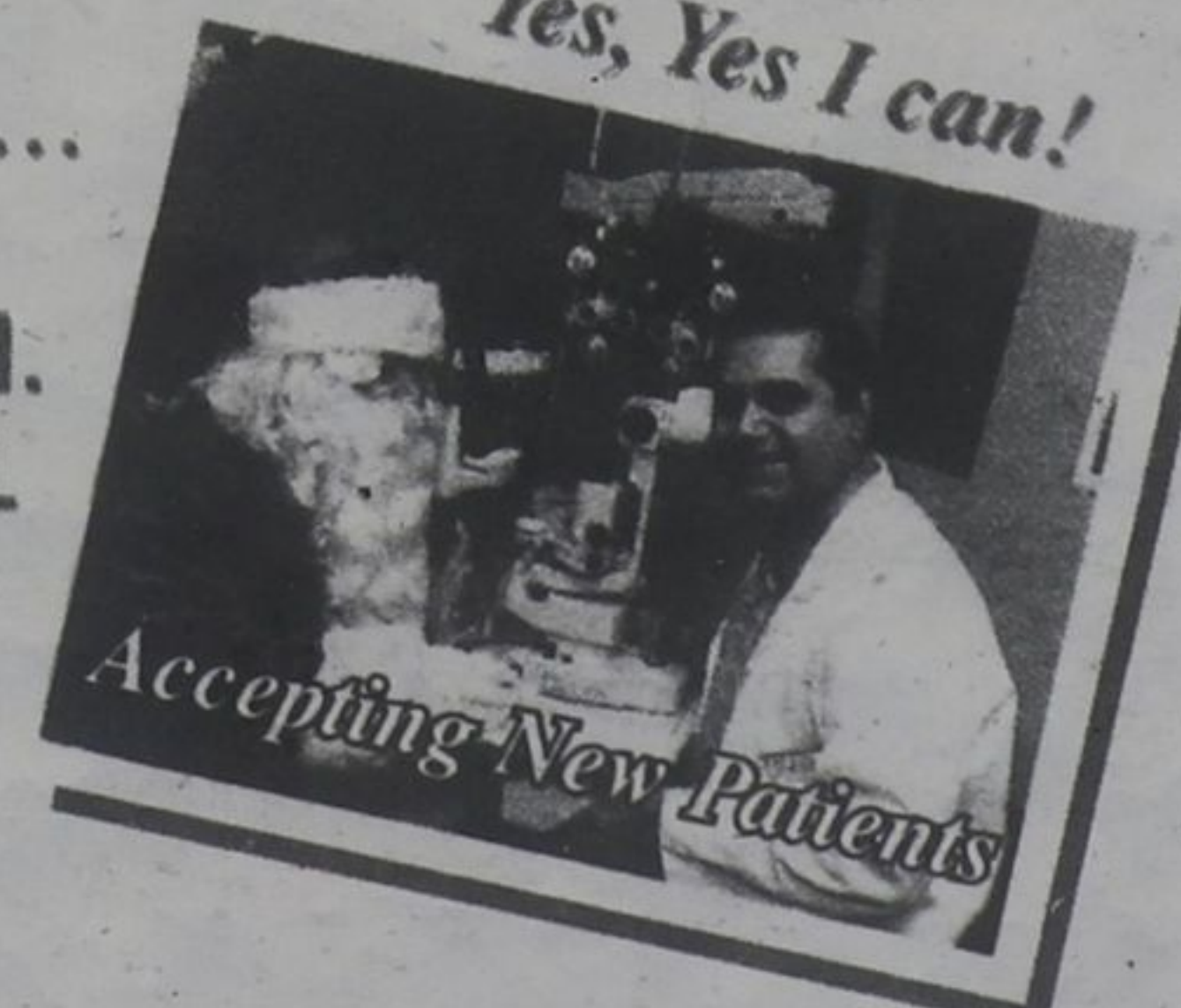
*"your vision is your future"*

Can you see what I See?



Thanks to...  
**DR. RAJESH H. PANCHAL**  
OD

Yes, Yes I can!



Accepting New Patients

**BRONTE CORPORATE CENTRE**

400 Bronte Street South, Suite 109 • www.miltoneydoc.com

Ground Level, near corner of Derry/Bronte Call now to book an appointment

905-875-1200

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