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497 Laurier Avenue, Suite 3, Milton
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ROBERT LEE INSURANCE AGENCY & FINANCIAL PLANNING

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Focused on Quality Vision Care for the whole family

Dr. Rajesh H. Panchal
Optometrist

905-875-1200
Bronte Corporate Centre
400 Bronte St. South, Suite #109, Milton
www.miltoneyedoc.com



MILTON

milton.ca/OlderAdults
905-875-1681
500 Childs Drive, 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.

Pumpkinfest

Friday, October 18, 2019
10:00 am - 11:30 am
Location: Sherwood Community Centre

We are looking forward to a colourful autumn season. Pumpkin is such a unique food item. Is it a fruit or vegetable? Join us as Martindale Gardens Retirement Residence and horticulturist Sean will talk about the history of pumpkins, the different uses for pumpkins, carve a Jack O'Lantern and then make pumpkin pudding with a sample for all. Limited seating, pre-registration required by October 1.

Thanksgiving Lunch

Wednesday, October 9, 12:00 pm
\$10/members, \$11/non-members
Pre-registration required. Limited seating for this popular lunch.

Enjoy a delicious turkey lunch with all the traditional fixings and dessert.



Windrow Removal Program Registration

Friday, October 25, 9:00 am - 3:00 pm
\$63 (First come, first served)

Seniors 65 years+ and people with disabilities living within Milton boundaries are invited to register for the Windrow Removal Program for the 2019-20 winter season. Cash, cheque, and debit accepted. Please bring identification with your address and age, or a doctor's note for persons with disabilities. Maximum 75 Milton residents.

Fall into a new fitness routine!

Pilates for 55+

This class is designed for older adults to lengthen, tone, and strengthen the body while maintaining the core and improving posture. You are welcome to bring your own yoga mat.

Mondays, Oct 21 - Nov 18 (5 classes)
12:30 pm - 1:30 pm \$31.65

Thanksgiving Holiday Hours: Closed October 14

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

info@home2stayseniorcare.ca
www.home2stayseniorcare.ca

Martindale Gardens
Retirement Residence



You're invited to
Martindale Gardens Retirement Residence for a light Thanksgiving lunch on Monday, October 14th at 12:30 pm. Space is limited, please RSVP today by calling (905) 693-8592.

Spend Thanksgiving with us!



905-693-8592 • 45 MARTIN ST. MILTON
The Warmth of Human Connection

Siennaliving.ca