



JAZZNASTICS

Dancing for fun and exercise

By Joyce Beaton

When the "Jazznastics" program of exercise was introduced in October by Milton Recreation Department the response was so overwhelming the class had to be split in two.

Monday and Wednesday nights 40 women meet in two classes at the community centre in Rotary Park.

Much of the success of the program is due to the instructor Pat Palmer. She has combined exercise and music to compose her own routines.

Was teacher

Pat comes to Milton with an extensive background in dance and exercise teaching. She has taught classes with the Mississauga Recreation Board, with Vic Tanny, and with a group of 10 neighborhood children in Oakville.

Each evening the class goes through warm-up exercises. This prepares them for the dance routines to follow.

Pat starts the women off with a slow dance and progresses through a quicker routine to a final complete dance number.

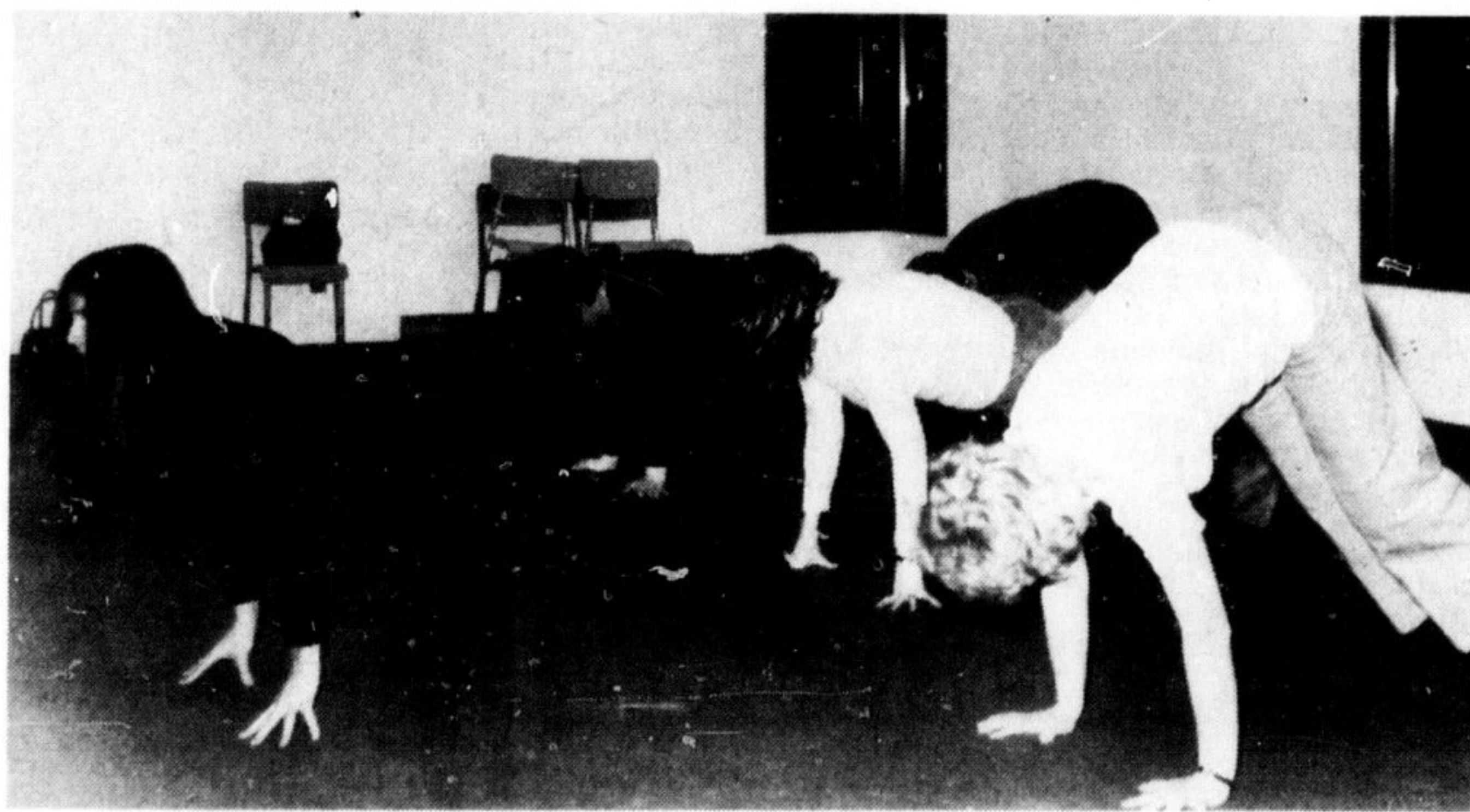
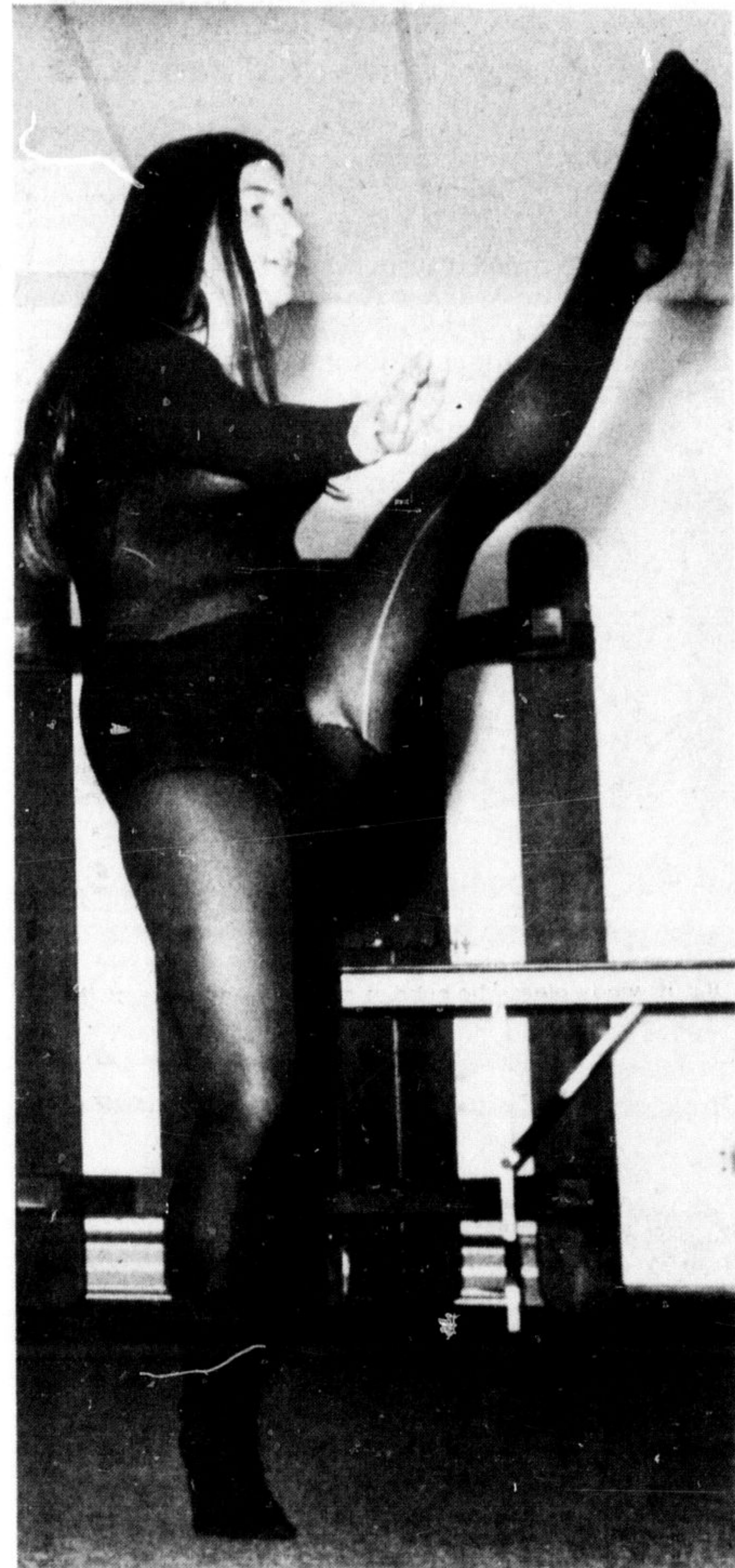
This work is fun

Exercising to music is nothing new but when a dance routine is added it makes the effort more interesting and enjoyable. Pat's classes seem to enjoy themselves thoroughly while toning up and keeping in shape.

Nobody seems to take themselves very seriously and if someone loses a step here and there, who cares! It's all for fun, relaxation and a night out with the girls. If they just accidentally happen to end up with tremendous figures and an offer from the New York Rockettes—it's an added bonus!

OKAY GIRLS, KICK says jazznastics instructor Pat Palmer. The dance line is part of a routine Pat composed to combine exercise with dancing to make toning up more fun. From left are Wendy Schau, Barbara Love, Jackie Chapin, Dianne Jackson, Jennifer Harmark, Marie Hanley, Helen Champoux and Inger Pedersen.

(Photo by J. Beaton)



First chance at garage goes to Milton

Halton Regional council will give Milton first chance to acquire the old Halton county roads department garage, if the region decides it isn't needed.

The regional works committee, recommended the move to council after a meeting in Georgetown last week.

Halton County opened a new works garage, three weeks ago, on Steele's Avenue, which will be turned over to the region at the beginning of the year.

The newly appointed regional engineer, Robert Bailie, said the old garage might be needed by the region for the sewer and water department, which is now a regional responsibility.

Mayor-elect Anne MacArthur of Milton, a member of the works committee, said her municipality needed the space because the town of Milton must service a much bigger area than they did previously.

Councillor Ernie Sykes pointed out Milton had just built a new garage.

Mrs. MacArthur replied it could only serve the existing town of Milton.

—Merchants began their extended Christmas shopping hours this week. Most stores are open to 9 p.m. each evening (except Saturday) until Dec. 21.



EXERCISE MADE FUN is the idea of the jazznastics program sponsored by the Milton Recreation Department. Instructor Pat Palmer, upper left, works along with the girls on their dance routines. Lower left, this is good for the mid-section as Pat touches her toes along with Dianne Jackson, front and Barbara Love. Upper right, although it looks like push-ups it is part of a dance routine and is a lot more fun than push-ups. Lower right, Pat shows how a high step should be done as the class attempts to copy her. From left in various stages of readiness are Wendy Schau, Dianne Jackson, Barbara Love and Inger Pedersen.

(Photos by J. Beaton)

Officers for band

Milton Girls Pipe Band recently held its election of officers for 1974 and Suzanne Ricketts was named president.

Vice-president is Vicky Bird, secretary Karen Smith,

treasurer Pat Powell, news reporter and get well wishes Jane Bird, scrapbook Janet Young.

The girls in the band are looking forward to another busy and successful year.

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Garbage collection for residents living NORTH of Main Street will be on Friday December 28, 1973

BRUCE McKERR,
Works Superintendent

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<p style="text-align: center; font-weight: bold;">FLASH UNITS</p> <p style="text-align: center; font-size: 0.8em;">Manual to Automatic</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">\$16.64 to \$49.95</p>	<p style="text-align: center; font-weight: bold;">GADGET BAGS</p> <p style="text-align: center; font-size: 0.8em;">Compartment for most 35mm SLR's</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">\$11.95</p>
<p style="text-align: center; font-weight: bold;">SLIDE PROJECTORS</p> <p style="text-align: center; font-size: 0.8em;">Manuals to Automatics</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">From... \$27.95</p>	<p style="text-align: center; font-weight: bold;">35 MM CAMERAS</p> <p style="text-align: center; font-size: 0.8em;">SLR F:2 Lens with Case</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">From... \$69.95</p>

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