

## STOP FALLS FROM HAPPENING

- Falls are predictable and preventable.
- Everyone is at risk!
- Have you had your own home assessed?

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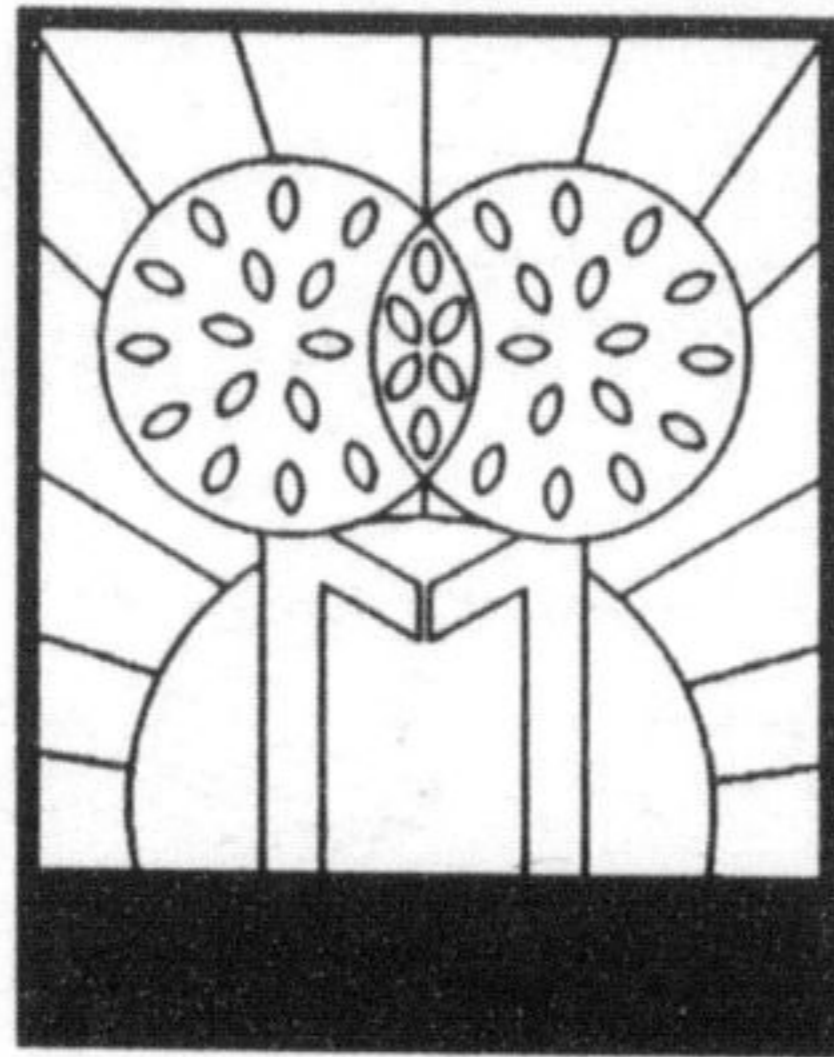
CHIROPODIST

Foot Health begins with the 1st Step by putting your best? foot forward.

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- BUNIONS
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- DIABETICS
- RX FOOTWEAR

FOR AN APPOINTMENT CALL  
 GEORGETOWN (905) 702-0111 (local call from Milton)



## News for SENIORS

Milton Seniors Activity Centre  
 Current Events

by Tim Hawkins, Publicity

"Pull Together in '97"

## JUNE CURRENT EVENTS

**Monday, June 2:** It's "Seniors Day at the Mall". Come socialize with other seniors, play Seniors Bingo and enjoy the shopping values.

**Wednesday, June 4:** Every Wed. It's "Hot Meal Deal" day at the Centre. The food and social climate are just great. Time: 11:45 am - 1:15 pm.

**Friday, June 6:** The "Song Spinners" choral group will be hosting a Spring Concert with Folk Songs from around the World. Sounds like a wonderful evening of music. Time: 7:00 pm. Tickets: \$3.00/person now available at the Centre.

**Friday, June 6: Special Summer Treat!** Come visit the Seniors Centre every Friday for great socializing and a "Summertime Barbecue" featuring hamburgers and hotdogs. Time: 11:45 am - 1:15 pm.

**Saturday, June 7:** It's the Senior Centre's annual Community Chicken Barbecue event, a terrific social event and fundraiser for the Centre. Come along for great finger lickin' good chicken! Two seatings - 5:00 pm and 6:30 pm. Take out dinners also available! Quarter chicken dinners \$8.00 and half chicken dinners \$10.00 and that's with all the trimmings! Tickets now available at Centre. Get yours now so chefs can plan and service your needs quickly!

**Tuesday, June 10:** It's Lunch Bunch day for Seniors! Join them at a local restaurant for good food and the latest on the social scene. Time: 11:30 am. Call Centre 875-1681 for June location.

**Wednesday, June 11:** Starting tonight, the beginning of weekly Evening Euchre Parties at the Senior Centre. Come out for great Summer fun, lively competition and sparkling conversation. Prizes awarded. Time: 7:30 pm. Cost: \$2.00/person

**Wednesday, June 18:** At 1:30 pm, join Seniors for a Guided Tour of the new Halton Regional Police Building. Call Centre and confirm by June 13 so sufficient Guides are available.

**Saturday, June 21:** It's the "Symphony of Fire & Big Band Cruise" You'll bus to Toronto, relax on board the historic Sam McBride, cruise the Toronto waterfront, hear a tribute to the big bands and watch the world's largest offshore international fireworks competition. Totally spectacular! Call The Centre 875-1681 today for tickets.

**Wednesday, June 25:** A "Creative Memories Workshop" will be held at the Seniors Centre from 1:00 - 3:00 pm. Call Centre 875-1681 today for details. Registration Fee: \$15.00

**Thursday, June 26:** Join Seniors for a tribute to berry season. It's the Centre's annual "Strawberry Social", time 2:00 - 4:00 pm. Come along for a terrific social and wonderful Strawberry Shortcake. Tickets: \$3.00.

**Thursday, June 26:** It's the monthly get-together time for the Diners Club. Come along for great food and social conversation. Time: 5:30 pm at Centre (car pooling) or 6:00 pm at restaurant. Call Centre 875-1681 for June location.

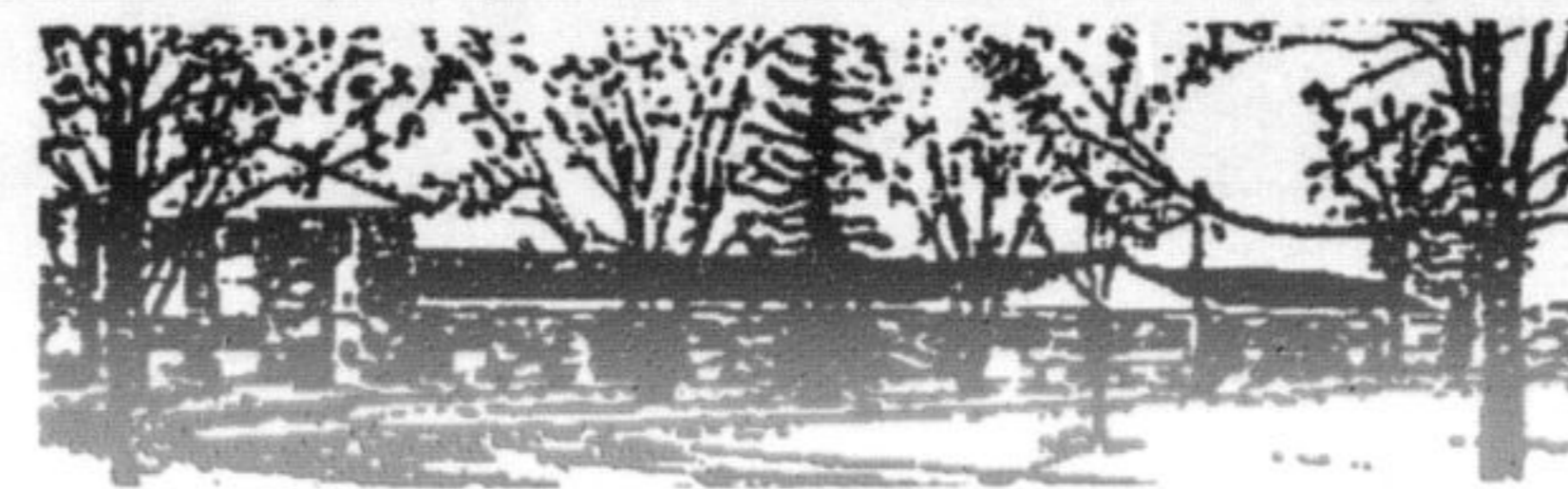
**Seniors Reminders:-**  
 The Senior Centre will be holding a Garage Sale this Summer on Saturday, August 16. We are looking for your support for items for the Sale. Please start setting aside items today and bring them to the Centre no later than Monday August 11.

On Thursday, July 10, The Senior Centre will be holding its Anniversary Day. Please note this date on your calendar and plan to attend.

Registered Programs include: Bridge, Euchre, Cribbage, Bingo, Carpet Bowling, Table Tennis, Snooker, Darts, Tai Chi, Yoga, Fitness, Line Dancing, Clogging, Walking Club, Craft Club, Choral Group, Carving Club and Oil Painting. In addition a daily menu, library, lectures, Bus Tours, Pot Lucks, Lunch Bunch, Diners Club, Special Luncheons, plus numerous Special Events and Fundraisers.

THE ABOVE INFORMATION IS SUBJECT TO CHANGE AND LIMITATIONS.

For further details on activities at the Milton Seniors Activity Centre, Call (905) 875-1681



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 Sat. 9:00 - 6:00 Sun. 11:00 - 6:00

## DENTURE CLINIC

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(Across from the Milton District Hospital)



878-1100

## SENIOR DISCOUNT DAYS

Monday, Tuesday and Wednesday

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HOURS:  
 Mon.-Wed. 10 am - 6:30 pm  
 Thurs.-Fri. 10 am - 7 pm  
 Saturday 9 am-6 pm  
 Sunday 10 am - 5:30 pm