

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

Sheila Buck B.Sc.O.T. (C) Occupational Therapy onsulting, Assessment

Providing New Opportunities for Well being through: Seating and mobility assessments Environmental safety and accessibility assessments Educational services

PHONE/FAX: (905) 878-8381



When the recipe calls for fresh mushrooms

LEAVER

MUSHROOMS CO. LTD. Campbellville, Ont.

878-9375

575 Ontario St. S.



HEARING AID CENTRE

M. IANNUZZI & ASSOCIATES Hearing Aid Specialists 10 Years Experience

On-Premise **Hearing Test** 48 Hour Repairs . House calls SERVICE AVAILABLE IN: **ENGLISH, ITALIAN & GERMAN**

 Battery Club Info. Ample Free Parking





2 LOCATIONS TO SERVE YOU

83 MILL ST. GEORGETOWN 877-8974

3006 DERRY RD. #106, MILTON 878-1100

BETTY E. MCTAGUE

CHIROPODIST

Foot Health begins with the 1st Step by putting your best? boot forward SPECIALIZING IN THE FOLLOWING:

- CORNS & CALLOUS
- WARTS Bunions
- CUSTOM MADE ORTHOSIS

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



One storey building located on beautiful spacious grounds situated between Rockwood and Eden Mills

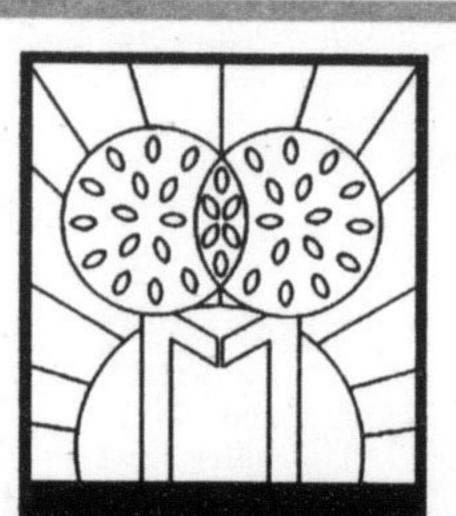
EDEN HOUSE CARE FACILITY INC.

NURSING HOME

RETIREMENT HOME

519-856-4622

SERVING HALTON AND AREA SINCE 1968



INGROWN TOE NAILS

HEEL SPURS

RX FOOTWEAR

DIABETICS

Milton Seniors Activity Centre **Current Events**

by Tim Hawkins, Publicity

"Pull Together in '97"

JULY CURRENT EVENTS

Tuesday, July 1:It's "Canada Day" and the Seniors Centre is closed. If you plan to be in town, head for Rotary Park for the festivities...birthday cake, free swimmming, games & activities, an evening dance party and fireworks display...planned for your pleasure!

Meal Deal" day at the Centre. There's great food and good socializing. Time: 11:45am - 1:15pm.

Wednesday, July 2: (and every Wed.):It's the Centre's weekly "Evening Euchre Party" starting at 7:30pm. There's sparkling conversation and lively competition. Prizes awarded. Cost: \$2.00/person.

Thurs. July 3: Join Milton Seniors on a great outing to Orillia. You'll cruise on Lake Couchiching aboard the "Island Princess" and enjoy an appetizing buffet lunch...then attend a matinee performance of "Oliver" at the Orillia Opera House. An outing not to be missed! Call 875-1681 for tickets today!

Friday, July 4 (and every Fri.): It's "Summer Barbecue Days" at the Senior Centre starting at 11:45am. Come out for hamburgs, hotdogs, fab weather and socializing!

Monday, July 7: It's another great bus excursion to Casino-Rama in Orillia complete with complimentary buffet lunch. If you've got that itch to try your luck, call the Centre 875-1681 for tickets!

Monday, July 7: It's "Seniors Day at the Mall". Come along & socialize, play Seniors Bingo, and enjoy the shopping values!

Tuesday, July 8: It's "Lunch Bunch" day for seniors. Join them at a local restaurant for good food and great conversation. Time: 11:30am. Call Centre 875-1681 for July location.

Thursday, July 10: It's Birthday Time! Come to our "Anniversary-Open House" between 1:30 -4:00pm and join the celebrations for our 3rd Annivrsary!

There will be a short entertainment program of demonstrations and presentations followed by traditional birthday cake. Gifts for new members who join Wednesday, July 2 (and every Wed.):It's "Hot today. Come along and see why we are so proud of our Centre!

> Wednesday, July 16: Are you interested in Seniors Housing? You are cordially invited to a presentation by the Milton Millenium Residences Committee at the Centre starting at 1:30pm. This committee which is investigating the potential for building seniors accommodation beside Allendale is seeking input from potential residents and would welcome your comments in respect to the appropriate types of housing for seniors in Milton.

> Wednesday, July 23: Come along on the fabulous "Big Band Cruise". First to Eaton Centre to browse and have lunch on your own, then to the waterfront for a cruise along the Toronto waterfront to the music of the superb "Twilites" orchestra on board "Trillium Paddlewheeler."

A wonderful day long trip. Call 875-1681 for tickets.

Thursday, July 24: It's the Diners Clubs' monthly get-together. Join them for great food and social pleasure. Time: 5:30pm Senior Centre parking lot (car pool) or 6:00pm at restaurant. Call Centre 875-1681 for July location.

Tuesday, July 29: A great bus excursion to the Oshawa area. First to Parkwood Estate in Oshawa for a guided tour of Col. R.S. McLaughlin's home (Mr. General Motors), then on to Whitby to view the 22 acres of Cullen Gardens including a miniature village of 125 historical Southern Ontario homes. We stay at the Gardens and enjoy a delicious lunch. Call Centre 875-1681 today for tickets.

Important Reminder: Don't forget to attend two important events coming up later this Summer. On Saturday, August 16 it's the Seniors Mammoth Garage Sale and on Wednesday September 24 it's our Annual General Meeting and Pot Luck Luncheon.

Summer Programs include: Bridge, Euchre, Cribbage, Bingo, Table Tennis, Snooker, Darts, Tai Chi, Line Dancing, Clogging, and Craft Club. In addition, 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

ROBERT (PIE) LEE, B.SC. LIFE INSURANCE AGENCY

Life - Disability - Annuities - RRIFs - LIFs



Miltowne Insurance Agency Ltd.

Group Life & Health & Pension

245 COMMERCIAL ST. **MILTON L9T 2J3 OFFICE 878-5788**

FAX: 878-3692 RES. 878-1150

We are

SENIOR TRAVEL SPECIALISTS • Resorts • Tours • Insurance



ravel

16 Martin St. (Downtown Milton) 878-2886

Bringing the world to you since 1961



SHOP ZELLERS MILTON FOR CLUB Z POINTS



OUR PHARMACY

MILTON MALL 55 ONTARIO ST. Hours: Mon. - Fri. 9:30 -9:00 Sat. 9:00 - 6:00 Sun. 11:00 - 6:00

DENTURE CLINIC

- Full Dentures and Partials
- Same Day Relines, Repairs & Adjustments.
- 10% Discount for Seniors
- No GST No P.S.T.

Inquire about our 5 YEAR GUARANTEE

Also Available:

LOW COST DENTURES & **HOUSE CALLS** The Denture Clinic is located in the

DERRY ROAD MEDICAL CENTRE



District Hospital)

878-1100

(Across from the Milton

SENIOR DISCOUNT DAYS

Monday, Tuesday and Wednesday

Committee of the Commit

The Greenhouse COUNTRY MARKET

10% discount applies to all grocery items, plants and much much more Be Sure To Try Our

Granny May's

Fried Chicken

HWY #7 EMBLETON 8175 STEELES AVE. 401

454-5388

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