

STOP FALLS FROM HAPPENING

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

Therapy NOW!
 Sheila Buck
 B.Sc.O.T. (C)
 Occupational Therapy
 Consulting, Assessment
 and Treatment
 Providing New Opportunities for Well being through:
 • Seating and mobility assessments
 • Environmental safety and accessibility assessments
 • Educational services
 PHONE/FAX: (905) 878-8381

BETTY E. McTAGUE CHIROPODIST

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

SPECIALIZING IN THE FOLLOWING:

- CORNS & CALLOUS
- WARTS
- BUNIONS
- CUSTOM MADE ORTHOSIS
- INGROWN TOE NAILS
- HEEL SPURS
- DIABETICS
- RX FOOTWEAR

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

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

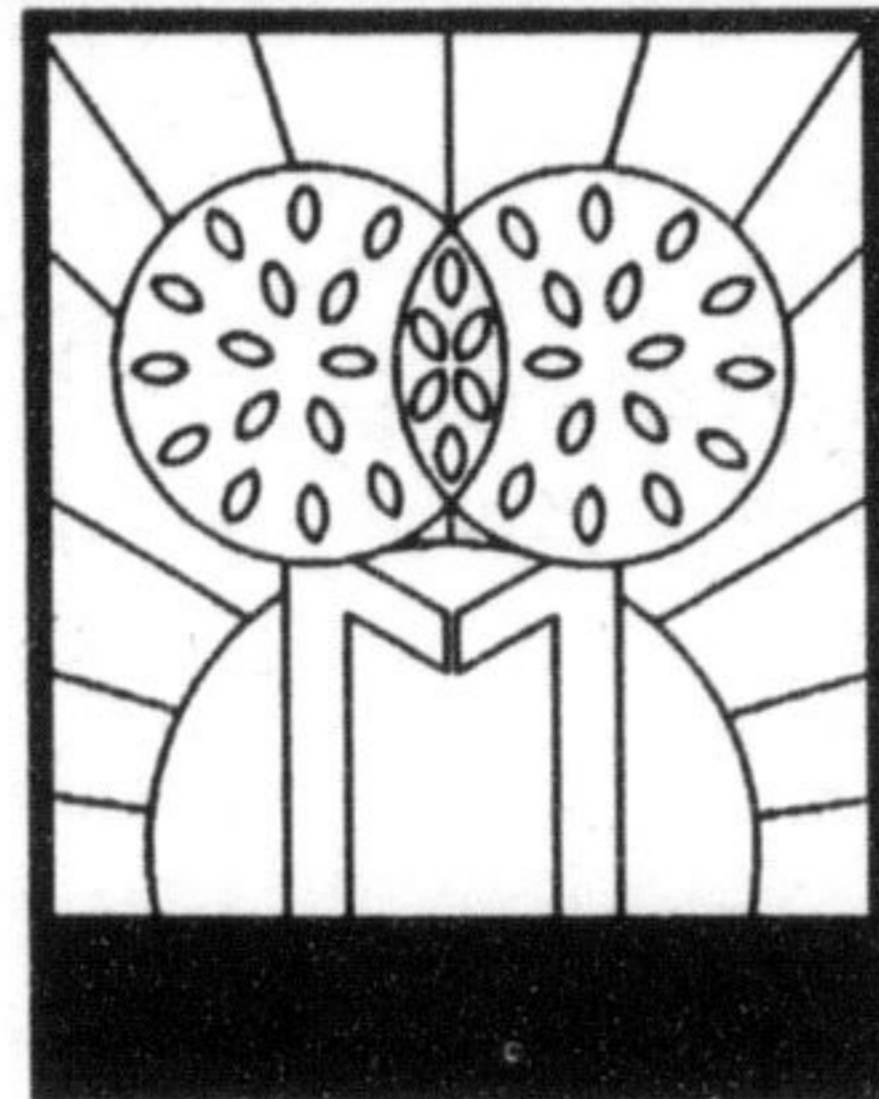
Life - Disability - Annuities - RRIFs - LIFs



**Miltowne
 Insurance
 Agency
 Ltd.**

Group Life
 & Health & Pension

245 COMMERCIAL ST.
 MILTON L9T 2J3
 OFFICE 878-5786
 FAX: 878-3692
 RES. 878-1150



News for SENIORS

Milton Seniors Activity Centre
 Current Events

by Tim Hawkins, Publicity

“Participate in ‘98”

FEBRUARY CURRENT EVENTS

Monday, February 2: Every Mon., Wed. And Fri., it's "Hot Meal Deal" day at the Senior's Centre. Come along at 11:45am for the best in food & conversation!

Monday, February 2: Looking for fun? Then join local seniors for a bus excursion to "Casino-Rama" in Orillia. There's plenty to see and do, a terrific buffet luncheon and a chance to try "Lady Luck". And it's all for only \$12.00! Call 875-1681 today to sign up!

Tuesday, February 10: Come along and meet the local seniors "Lunch Bunch" group at their monthly get together at a local restaurant. You'll make new friends, enjoy good food and hear the latest "news"! Time: 11:30 am. Call 875-1681 for February location.

Wednesday, February 11: The Senior's Centre holds its monthly "Evening Euchre Party" starting at 7:30 pm. Come along for an evening of fun, lively competition and sparkling conversation. Prizes awarded. Cost: \$2.00.

Friday, February 13: The Senior's Centre holds its annual "St. Valentines Day Luncheon". Hearty menu of Ham, Scalloped Potatoes, Coleslaw, Roll & Butter, Trifle, Coffee or Tea. Two seatings: 11:30 - 12:30 pm and 12:45 - 1:45 pm. There will be Valentine entertainment plus a showing of that romantic oldie film "Casablanca"! Tickets: \$7.50, now available at reception.

Monday, February 16: Another great fun-filled bus excursion to "Casino-Rama" in Orillia.

Plenty to do, a fantastic buffet luncheon and the opportunity to try your luck at the tables. And it's all for only \$12.00! Call 875-1681 today to sign up!

Monday, February 23: Come for lunch and plan to stay for a Current Events Discussion. Focus to be on your thoughts of the 1998 Winter Olympics & you'll have an opportunity to share ideas for future discussions. Discussion begins at 12:45pm. If you enjoy the Olympics, check out the coverage on our Giant TV Screen!

Tuesday, February 24: It's "Pancake Luncheon Day" (Shrove Tuesday) at the Senior's Centre. Time: 11:30 am - 1:30 pm. Come along and stack 'em high for a hearty meal! There's juice, pancakes, ham, sausages, coffee...all you can eat for only \$4.50. Come along now and don't be late. You want to get 'em while they're hot!!! Tickets now available at reception.

Tuesday, February 24: Come along on a fabulous bus excursion to Kitchener for an evening outing! First a visit to Conestoga Mall for a little browsing and your own meal, then on to K-W Auditorium to watch and enjoy the acclaimed **Black Watch and Scots Marching Band**. Call 875-1681 for info. and to book your tickets

Thursday, February 26: The local seniors "Diners Club" are holding their monthly get together at a nearby restaurant. Plan to join them for an evening of gourmet dining and light conversation. Time: 5:30 pm at Seniors centre parking lot (car pooling) or 6:00 pm at restaurant. Call 875-1681 for February location.

Winter Program includes: Bridge, Euchre, Cribbage, Bingo, Table Tennis, Snooker, Darts, Shuffleboard, Scottish Dancing, T'ai Chi, Yoga, Fitness, Line Dancing, Clogging, Creative Writing, Calligraphy, Oil Painting, Carving Club, Choral Club, and Craft Club. Additional activities include: Library, Lectures, Bus Tours, Cooking Workshops, 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

LEAVER

When the recipe calls for fresh mushrooms

**LEAVER
 MUSHROOMS CO. LTD.**
 Campbellville, Ont.
 878-9375

Country Markets

575 Ontario St. S.

Every Wednesday is
SENIORS' DAY
 5% DISCOUNT
 on all purchases
 except tobacco

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

We are
SENIOR TRAVEL SPECIALISTS
 • Resorts • Tours • Insurance



16 Martin St. (Downtown Milton)
878-2886

Bringing the world to you since 1961

Zellers

**SHOP ZELLERS
 MILTON
 FOR
 CLUB Z
 POINTS**



**STOP: IN AND VISIT
 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**
 (Across from the Milton
 District Hospital)

878-1100

**SENIOR DISCOUNT
 DAYS**
 Monday, Tuesday and
 Wednesday

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**

454-5388

	HWY #7	
WINSTON CHURCHILL	EMBLETON	MISSISSAUGA ROAD
	8175	
	STEELES AVE.	
	401	

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