

Got a hot scoop? The Champion is always interested in story ideas. Call our newsroom at 878-2341 if you have a newsworthy story to tell us about

CASINO RAMA

Luxury Motor Coach

Lavish Buffet

ONLY \$12.00

Bingo & other day tours

Daily Service

Great Canadian Coaches

1-800-461-8687

Milton seniors citizens know what they want

• from SENIORS' on page 8

too much for seniors. Hot meals delivered by Meals on Wheels and Halton Helping Hands are available for seniors not feeling up to the task of cooking a full meal just to dine solo.

Even so, many seniors balk at these programs. More popular is the option of frozen food delivery.

"Seniors may say they aren't able to stand at the stove for a long time but they are able to heat something up," said Ms Schouten. "Frozen food helps keep them independent and healthier. They don't actually have to prepare a meal."

Better still is the option of volunteers picking up the seniors and going grocery shopping with them.

"They want volunteer visitors, but there's a shortage of them," said Ms Schouten. "If someone went grocery shopping with them they could choose what they were getting more than through a delivery service."

Even with these programs, gaps remain in the system.

"Where I find a gap is the point between not being eligible for a program like mine but not being able to be fully independent," said Ms Schouten.

The Town of Milton's Joy Anderson agreed.

"There's a gap in the community for older adults who maybe need just a little care," said Ms Anderson, who works out of the Milton Seniors' Activity Centre at 500 Childs Dr.

These days, Ms Anderson works mainly

with independent seniors who just want to get out of the house for a while.

"Most of them live on their own but they come out to me to play," said Ms Anderson. "We have a lot of women who weren't in the work force just suddenly having their husbands around all the time."

Since keeping active is a physical and emotional boon to seniors, the seniors' centre offers a variety of day programs including dance classes, yoga, tai chi, carving and a walker's and diner's club.

They also encourage volunteer work, where seniors can use their skills and talents to help out the community and keep a sense of purpose for themselves.

Still, it can be difficult to find a one-size-fits-all type of program for a group as diverse as today's seniors.

"Right now I'm basically trying to plan for a group that is aged 55 to 95," said Ms Anderson. "No other group with that kind of span would be lumped into one category. Obviously there's a great variety of interests in people of those ages."

One thing that tends to be on the minds of many seniors is retirement savings, so the centre periodically schedules a financial speaker. A retirement series is also in the works for this fall or winter.

"We have financial speakers coming in to the centre to make sure the seniors have the right allocation of accessible funds for things like day trips, along with enough reserve funds," said Ms Anderson. "A lot of seniors don't know what to do with their money once they retire."

"I ALWAYS MAKE SURE MY CAR IS READY TO GO ON VACATION WHEN I AM."



"I look forward to my vacation all year long. The last thing I need is to have car troubles get in the way of our fun. With the heat of summer and the extra pressure of running the air conditioner, my engine has to work a lot harder. So, before I take my time off, I take my car in. My mechanic checks things out and makes sure my car is as ready to go as I am."

SUMMER CAR CARE PACKAGE

✓LUBE, OIL AND FILTER ✓FLUID TOP-UP ✓15 POINT INSPECTION
 ✓COOLING SYSTEM PERFORMANCE INSPECTION (INCLUDES ACIDITY EVALUATION, VISUAL INSPECTION, COOLANT QUALITY INSPECTION).

\$ 39⁹⁵

Offer valid until July 12, 1998. Valid at participating dealers. LOF includes up to 5L of GM premium motor oil. See Service Manager for details.

PLUS A FREE SUMMER CAR CARE KIT*
 PREMIUM QUALITY GM GLASS CLEANER AND GM MULTI-WASH

*WHILE SUPPLIES LAST



Goodwrench Service