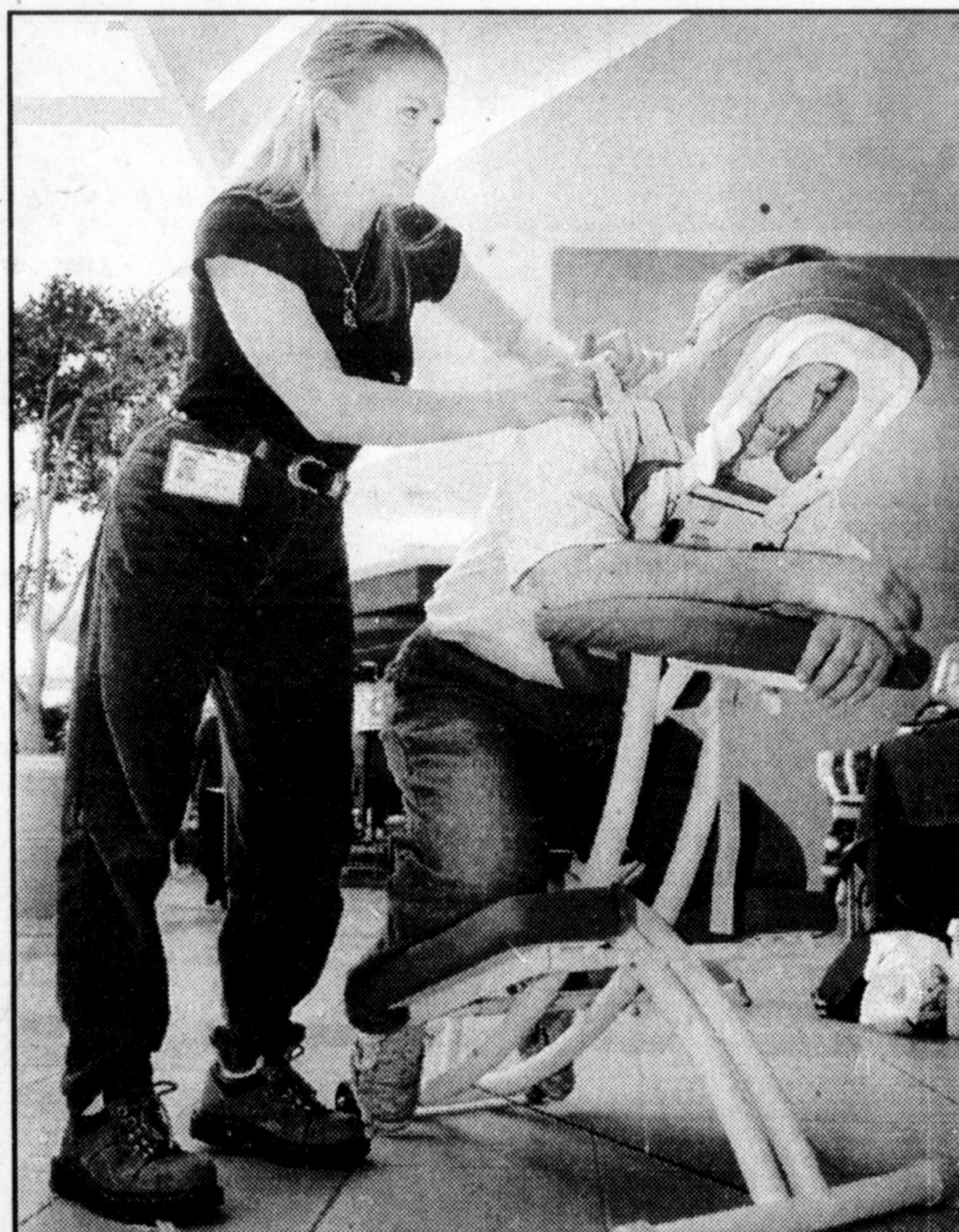


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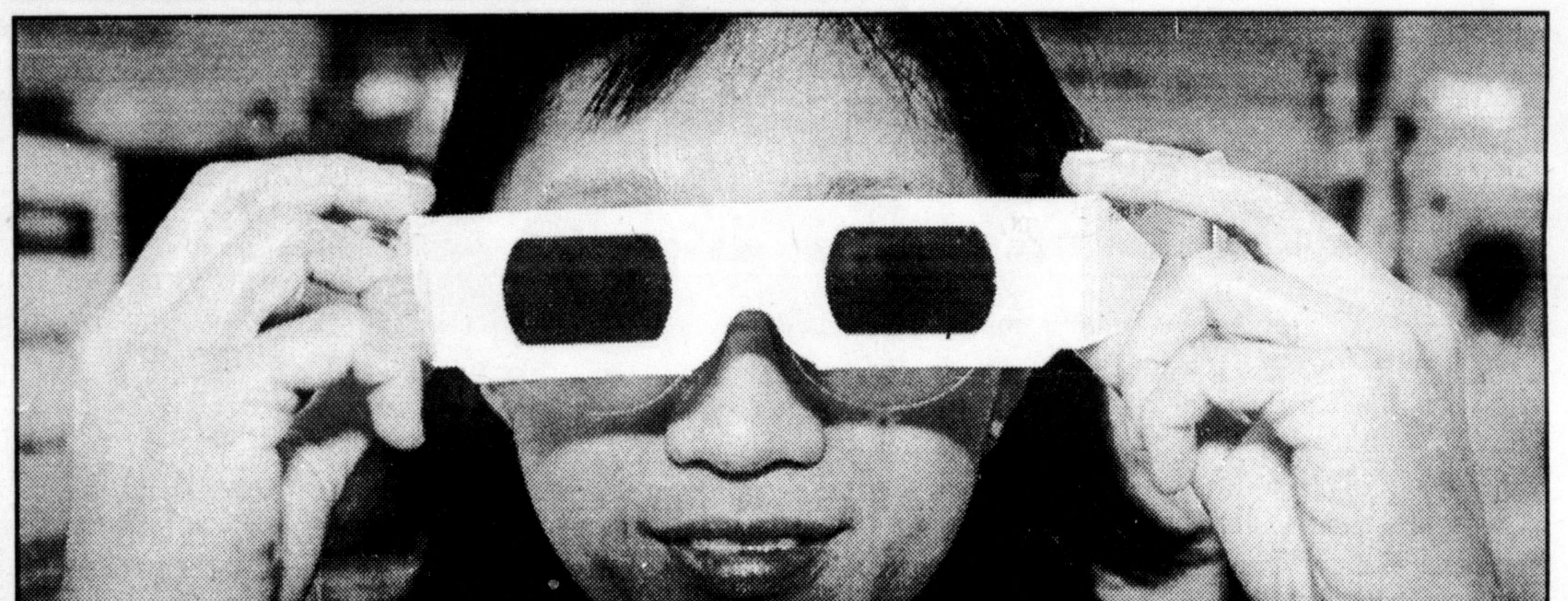
Champion COMMUNITY Page



All's well at show and tell

It was hands-on at the annual Wellness Fair Saturday in Milton Mall. At far left Blake Mouscos, 11, listens for her bear's heartbeat as nurse Donna Fochuk looks on. The Teddy Bear Hospital was set up by Milton District Hospital. At centre, Mike Primok gets a massage from therapist Juanita Collins while at bottom Fides Coloma, manager of the Eye Bank of Canada (Ontario) demonstrates a pair of glasses that duplicate corneal blindness.

Photos by GRAHAM PAINE



Seniors celebrating their centre's anniversary

By IRENE GENTLE

The Champion

This July, it will be five years since a local group of seniors made the trek across town to establish the Seniors' Activity Centre.

Before the migration, seniors met at the Royal Canadian Legion on Charles Street.

"The history is they operated out of the Legion," said centre coordinator of community development Joy Anderson. "The same group of people have actually had a centre since 1987."

Times began a-changing in 1994. That's when word got out that the old Halton Centennial Manor was soon to be no more.

What would remain was a wing that had been

named Pettit House. A large circular room boasting stained glass windows and skylights helped to rescue the wing.

"People realized it was in pretty good shape," said Ms Anderson.

Before long, the centre had found a new home at 43 Brown Street. "They did the big move in July," said Ms Anderson.

Since then, the membership list has grown to 600.

On April 21 at 12:15 p.m., volunteers and members are encouraged to join in on an anniversary outdoor photo shoot.

Members are encouraged to come out and circle the building, holding hands.

The scene will be snapped from above, providing the centre with a keepsake for upcoming anniversary festivities.

Being a member is as simple as having lived more than 55 years and paying \$15 a year.

Today, there are 8,700 people over age 55 in Milton, according to Halton Regional statistics. That number is expected to increase to 10,000 by next year.

Membership at the centre allows seniors to take part in everything from decorative and oil painting classes to tai chi, yoga and fitness programs.

Then there's day trips to area casinos, shows and plays. All classes, clubs, and events carry a

nominal fee.

For the gastronomically geared senior, there's always the lunch bunch and the diner's club.

"The lunch bunch is for people who like to go out and eat during the day," said Ms Anderson. "The diner's club is for people who like to go out at night."

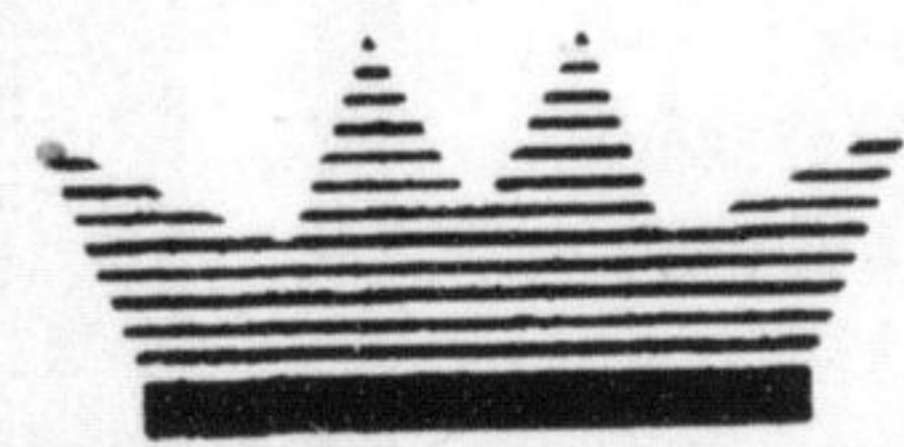
At any time, the groups supply local restaurants with business, while providing seniors with a few hours out.

Also operating out of the centre are craft, computer and choral clubs.

With the air warming up outside the walker's club should be preparing to strap on their sneak-

• see CLUB on page 18

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