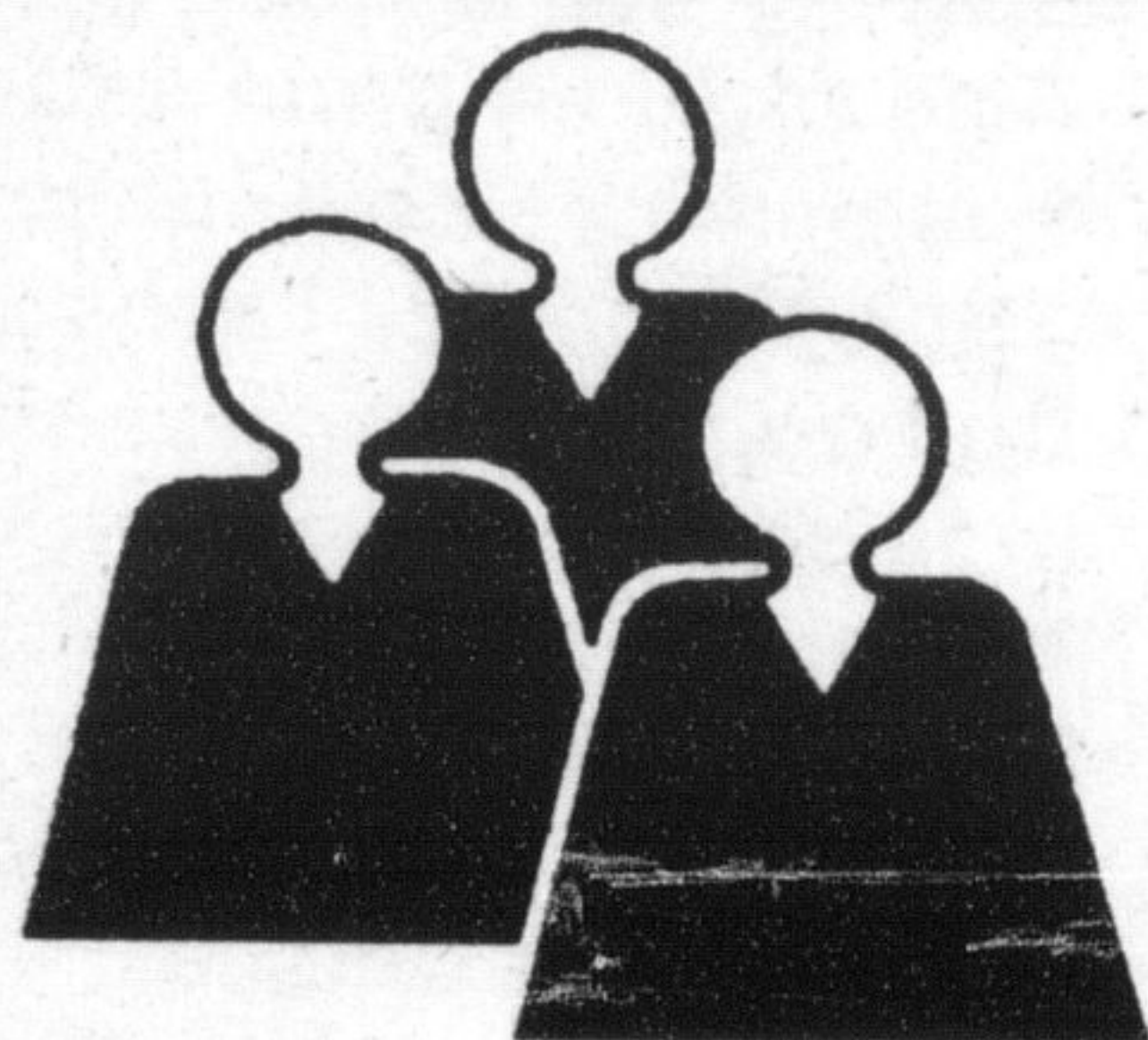


**ROBERT (PIE) LEE  
INSURANCE  
AGENCY**

Life - Disability - Annuities - RRIFs -  
LIFs - RRSP's - Mutual Funds  
(M.S.I.L.) - RESP's

*Celebrating 26 years in Business*



**Bob Lee**  
robertlee@aztec-net.com  
**Kim Mitchell**  
kim2@castle.on.ca

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

*Get better with age...  
naturally!*  
**Come In & See What We  
Have For You!**

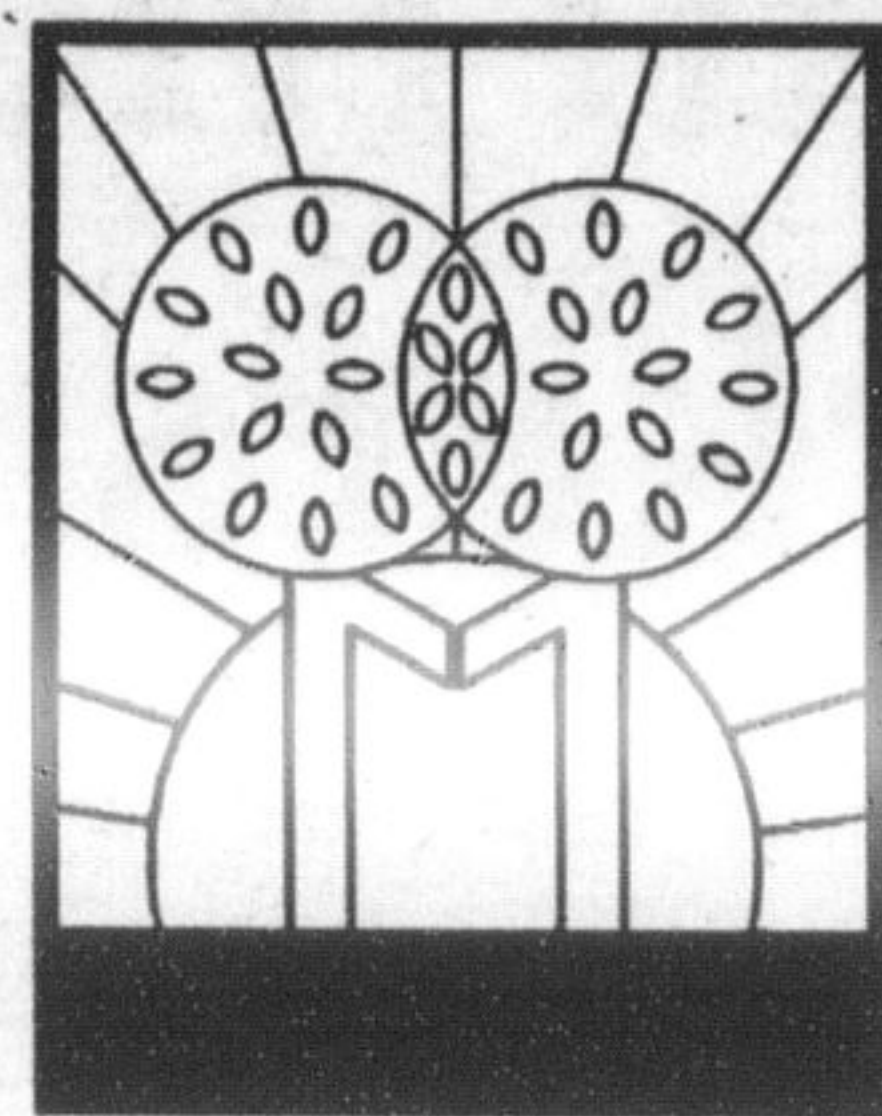
**10% SENIOR'S  
DISCOUNT**  
**Any day. Any time.**



**nutrition house**  
*Come home to wellness*

**Milton Mall  
55 Ontario St. S.  
(905) 693-8942**

For more information visit our website:  
[www.nutritionhouse.com](http://www.nutritionhouse.com)



**News for SENIORS**

**Milton Seniors Activity Centre**

**JUNE ACTIVITIES**

**Friday, June 1:** The Song Spinners Chorus presents "Night & Day" their annual Spring Concert. Event begins at 7:00 p.m. Tickets are \$5 each, includes light refreshments. Call the Centre for tickets.

**Sunday, June 3:** Enjoy the sights and sounds of the pipes and drums at the 7th annual Greater Hamilton Tattoo with our Trips and Tours group. Includes lunch. Space is limited, call the Centre today to reserve your seat.

**Wednesday, June 6:** The Computer Club meets at 1:30 p.m. We'll look at some computer games, have lots of time to chat and get to know each other, and eat! Bring your favorite finger food to share. We'll provide tea, coffee and conversation. Please come and meet us.

**Monday, June 11:** Come along to the always exciting "Casino-Rama"! There's lots to see and do, a terrific buffet and a chance to grab the brass ring! Bring a friend. Only \$2.50 per person. Space is limited. Call the Centre today to sign up.

**Tuesday, June 12:** Seniors "Lunch Bunch" group meets at Noon at a local eatery. Join them for good friends, good eats and great conversation. Call the Centre for June location.

**Wednesday, June 13:** The Centre holds its "Evening Euchre Party" starting at 7:30 p.m. Come along ... bring friends! The competition is keen and the conversation refreshing. Prizes awarded. Cost: \$2.

**Thursday, June 14:** Travel to Toronto and historic Casa Loma, a fairytale castle. Then on to Queens Quay and the Town & Country Restaurant for lunch, followed by a narrated cruise of Toronto Harbour aboard a schooner. Call the Centre for details and to reserve your seat. Space is limited.

**Friday, June 15:** The Centre hosts "Words & Music", featuring Centre member Howard Willson with poems of wit and wisdom and Don Singular with music to invoke fond memories. Tickets are \$7 each and include light refreshments. Call the Centre for tickets.

**Wednesday, June 20:** Lieutenant Todd Smith will join us to discuss the recent expansion of **Maplehurst Detention**

and Correctional Centre. Lieutenant Smith will try to help us better understand the changes, myths and misconceptions regarding the jail. If you are planning to attend, please RSVP by calling the Centre.

**Tuesday, June 26:** "Mingle & Chat" from 2:00 - 3:30 p.m. Please bring along travel stories you wish to share. Enjoy a delicious cup of coffee and great fellowship!

**Thursday, June 28:** The Seniors' Activity Centre members get together for a monthly night out. Join the "Diners Club" for good fellowship, great food and hearty socializing. Meet at 6:00 p.m. Call the Centre for June location and/or to arrange for car pool.

**Seniors' Cinemas** June Performances, Thursdays, starting at 1:30 p.m.

June 7 - Finding Forrester (Drama)

June 14 - Bounce (Drama)

June 21 - The Legend of Bagger Vance (Drama)

June 28 - Space Cowboys (Drama)

**Lunch Counter** - A great way to meet people, while enjoying a delicious "home cooked meal"

Hours of Operation  
Wednesdays 11:30 a.m. - 12:45 p.m.

Menu Includes:  
Soup, Sandwiches, Salad, Dessert, as well as a "Hot Meal Deal"

If you wish to attend the Lunch Counter, please sign up at the Reception Desk or phone in your order by the Monday of that week.

**Did you know?**

The Town of Milton Transit Service now has a daily pick up schedule at the Centre, Monday through Friday, 12:30 & 4:00 p.m.

If you need transportation to the Centre you can reserve a ride up to 7 days in advance by calling 905-702-3419 between 7:45 a.m. and 4:45 p.m. Let the driver know your destination and schedule requirements, and the driver will determine an appropriate pickup destination.

**The Centre will be closed Monday, July 2nd for Canada Day.**

*Programs Include: Bridge, Learn to Play Bridge, Euchre, Cribbage, Bingo, Snooker, Darts, Shuffleboard, Tai Chi, Qi-Gong, Line Dancing, Clogging, Bunka, Oil Painting, Fiction Writing, Tap Dancing and Seniors' Cinemas. Additional Activities Include: Library, Bus Tours, Lunch Bunch, Diners Club, Kitchen Band, Computer Club, Folk Art Club, Soft Wood Carving Club, Song Spinners Chorus, Creative Fingers Craft Club plus Special Events & Fundraisers.*

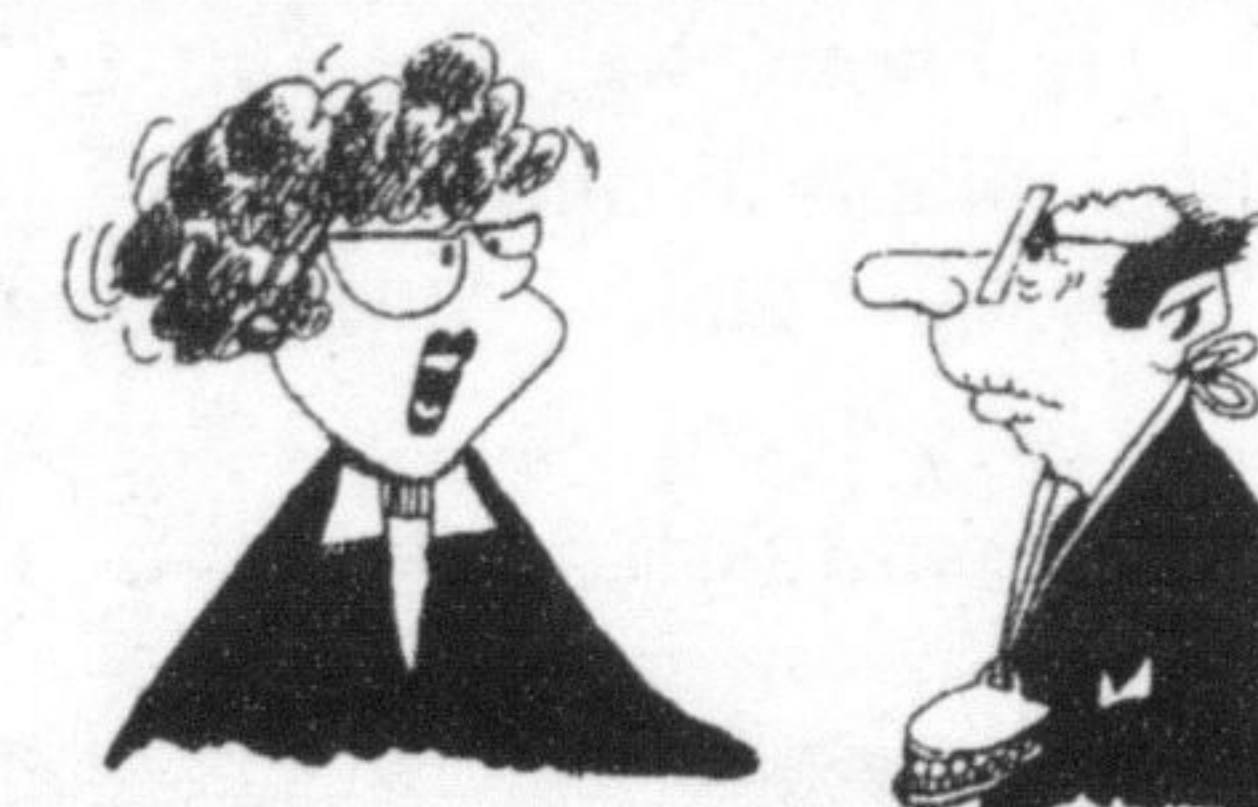
THE ABOVE INFORMATION IS SUBJECT TO CHANGE AND LIMITATIONS.

**For further details on activities call (905) 875-1681**

NASSAGAWEYA  
*Country  
News*

"It's in the  
News"

**693-1559**



"Have you done anything about your loose dentures yet?"

**Milton  
Denture  
Clinic**

**NO REFERRAL NEEDED  
Call us direct**

**LAB ON SITE**

- 1 HOUR REPAIRS
- IMMEDIATE DENTURES
- SAME DAY RELINES
- SOFT LINERS

**159 MAIN ST. E., MILTON**

**HOURS:**

Mon-Wed ..... 9-6  
Thurs ..... 12-8  
Fri ..... 9-12

**876-2000**

**HALTON HELPING HANDS**  
SERVING THE ELDERLY AND DISABLED

**HANDYMAN SERVICES**



- Grab Bar Installation
- Carpentry
- Minor electrical/plumbing
- Window Cleaning
- Air Conditioner installation



For more information call JOHN at 878-6403

MILTON OPTICAL

15 Martin St. Milton

**Carriage Square  
876-0556**

**COMPLETE PACKAGE**

**LAB ON PREMISES \$129**

**EYE EXAMINATIONS ARRANGED**

**FAST EFFICIENT SERVICE**

- INCLUDES:
- ✓ FRAME
  - ✓ SINGLE VISION LENSES
  - ✓ SCRATCH COAT
  - ✓ 1 YEAR FRAME WARRANTY