



Model Suite Open House at Sunrise of Erin Mills

Saturday & Sunday, April 2ND-3RD from 12:00-5:00 pm

Sunrise can make a wonderful difference in the quality of life for seniors — for those who are independent or those who need assistance with daily living. You'll find round-the-clock caregiving tailored to individual needs and preferences, life-enriching activities, beautiful interiors, and a delicious selection of three meals a day and snacks. In a separate and secure area, Sunrise features *Reminiscence*, an innovative program of care for residents with memory impairment.

We are currently welcoming visitors at our Information Centre and look forward to meeting you. Call 905-569-0004 for details or to book an appointment.

SUNRISE
SENIOR LIVING



Sunrise of Erin Mills 905-569-0004 4046 Erin Mills Parkway
www.sunriseseniorliving.ca

AN UNSURPASSED ALTERNATIVE FOR SENIORS

Dateline

Friday Apr. 1

The Therapeutic Pool Program — formerly the Arthritis Pool Program — is accepting registrations for the spring session, which runs Mondays and Wednesdays, Tuesdays and Thursdays, and Wednesdays and Fridays from 11 a.m. to noon each day. The non-impact, gentle exercises in 85-degree water are designed to increase strength, flexibility and range of motion. It's suitable for people with arthritis, fibromyalgia and limited range of motion. For more information, call (905) 878-7946.

Saturday Apr. 2

The Rotary Club of Milton presents 'Murder in Monte Carlo,' a **murder mystery** and dinner/dance plus silent auction at the Grand Chalet Banquet Hall. Tickets cost \$50 each. For reservations or more information, call Barb Saxby at (905) 319-3241.

Milton's Evening Star Rebekah Lodge no. 79 celebrates its **100th birthday** at the Royal Canadian Legion on Charles Street. Everyone is invited to attend, with dinner at 6 p.m. and musical entertainment throughout the night. For tickets or more information, call (905) 878-9696 or (905) 878-7923.

Euchre is held at the Hornby Co-operative Nursery School at 7:30 p.m. Everyone's welcome to

attend.

The Salvation Army, 100 Nipissing Rd., unit 3, holds its **yoga workout** from 9:30 to 10:45 a.m. and its **book club** from 11 a.m. to noon. For more information, call (289) 242-1432 or e-mail jen@khcommunity.com.

The Women's Centre, 210-1515 Rebecca St., in Oakville holds free **peer counselling** in-person or over the phone from 10 a.m. to noon by volunteers for women facing abuse, grief/loss and relationship issues. No appointment is necessary. For more information, call (905) 847-5520.

The fifth annual **Halton Eco Festival** — organized by the Oakville Community Centre for Peace, Ecology and Human Rights — takes place from 10 a.m. to 6 p.m. at the Glen Abbey Recreation Centre, 1415 Third Line, in Oakville featuring 90 exhibitors, 31 educational speakers, a kids eco-fun area, a silent auction and more. The cost is \$7 for adults, \$5 for students and free for kids 12 and under. For more information, call (905) 849-5501, or visit www.haltonecofest.ca.

The **Milton District Hospital** holds the **16th annual Passport to Wellness Fair** at Milton Mall from 9:30 a.m. to 3 p.m. Through more than 40 exhibits, the event encourages the community to find ways to achieve a healthy lifestyle

and maintain it.

Sunday Apr. 3

The Children's Hour presents **The Wandering Minstrels**, a medieval musical, at 2:30 p.m. at the auditorium at 200 Main St. (Milton Bible Church). Tickets cost \$10 for adults, \$7.50 for the first child in each family and \$5 for the second and third. For tickets or more information, call Kymm at (905) 878-7962.

Monday Apr. 4

The Spring session of **Spanish classes** at The Centre for Skills Development and Training starts today in Milton. For more information, call (905) 333-3499, ext. 115.

This is the last day to reserve a spot for the Peel North branch of the Retired Women Teachers of Ontario's **meeting** April 12 at 10:30 a.m. at North Bramalea United Church, 363 Howden Blvd., in Bramalea. Hear about the 'Good Bears of the World, Canada' program. All retired women teachers are welcome. Call Karin at (905) 796-2146.

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Spring POOL TABLE SALE

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Store Hours: Mon-Fri: 11-7
Saturday: 10:30-6
Sunday: Closed

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