

Milton celebrating Recreation and Parks Month

Ontario has designated June as 'Recreation and Parks Month — Live it Everyday,' and the Town of Milton is encouraging residents to refer to their recreation and parks calendars in keeping with the theme.

The calendars are filled with fitness options for the entire family.

Dads can swim for free on Father's Day at the Milton Leisure Centre when accompanied by a paying child. The centre will also

promote free fitness Fridays for the entire month by offering residents a complimentary fitness class (except for Aquafit).

Residents can pick up their activity punch pass at the Milton Leisure Centre, Milton Sports Centre or Milton Seniors' Activity Centre, and can participate in activity programs for the chance to win prizes.

There are also summer skating programs such as family skating, figure skating, men's and women's shinny and stick 'n' puck at the

Milton Sports Centre for those who prefer to keep out of the sun.

Members of the community are also being urged to enjoy Milton's many trails and parks for exercise, and can consult the Town's Trails and Bikeways Guide for more information.

There will be a Greengym outdoor fitness equipment demonstration tomorrow from 3 to 7 p.m. at the Milton Leisure Centre. The outdoor fitness equipment will be used in

park and trail development to increase resistance and promote physical activity. For more information, visit www.greengym.ca.

Also during June, the seniors' centre will celebrate Seniors' Month with coffee and chat sessions. This will include tours and free refreshments.

The Recreation and Parks Month calendar is available at www.milton.ca. For additional information, call (905) 878-7252, ext. 2189.



The Regional Municipality of Halton

www.halton.ca

More Blue & Green for a Better Planet

- GreenCart is collected every week (collects kitchen scraps and compostable papers)
- Blue Box collected every week (papers and containers can go in the same Blue Box)
- Garbage collected every other week with a six bag/can limit
- Yard waste collected every other week, on the same day as garbage (urban areas only)
- Bulk collected once every four weeks with a **three item limit**, on the same day as garbage (all urban areas and rural Burlington and Milton); seven collection dates per household in 2008
- Metal and Appliance Call-in Service (all urban areas and rural Burlington and Milton)

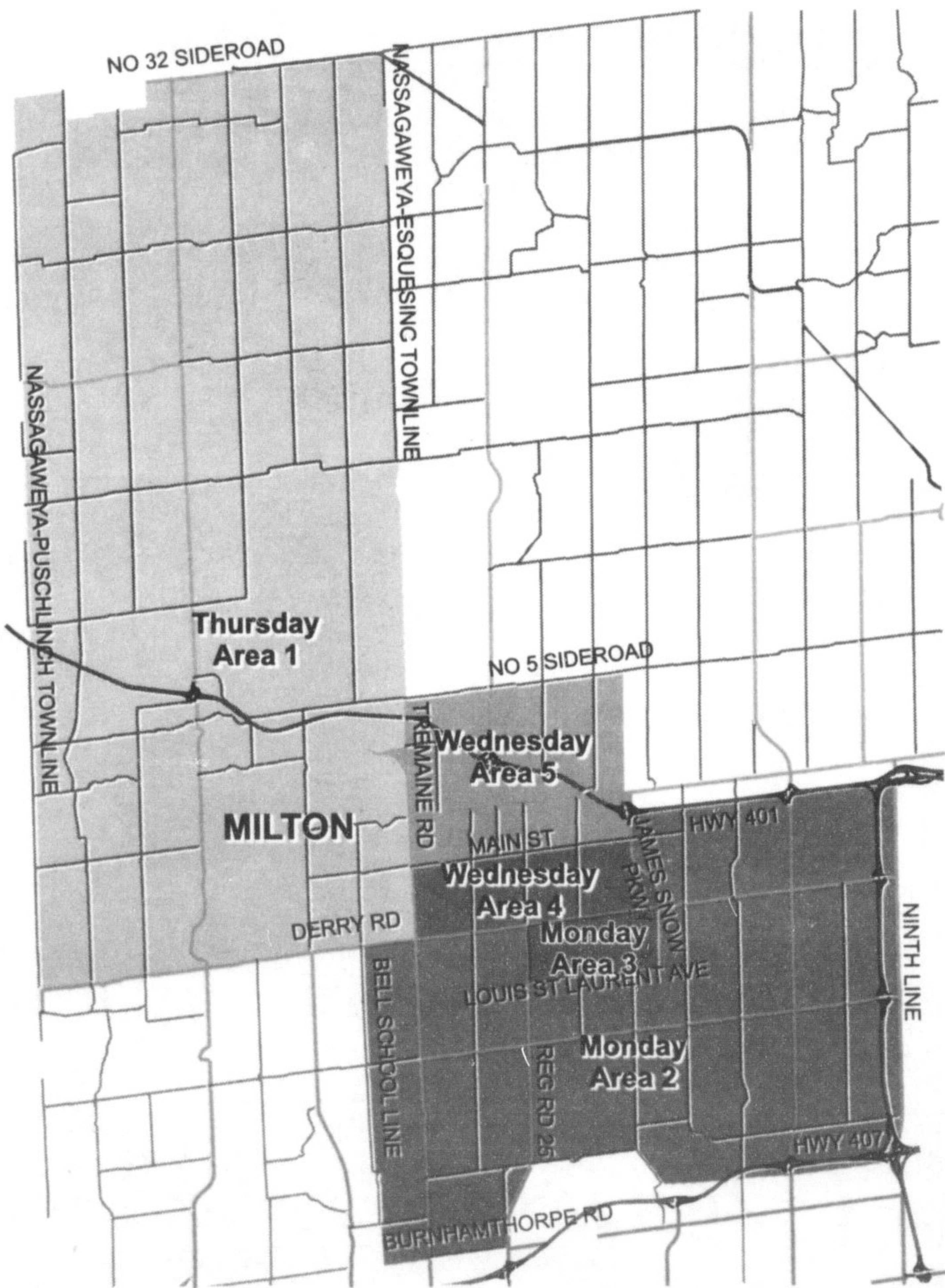
New! Search by Address

Visit www.halton.ca to find out your collection schedule! Input your Halton address and the search by address tool will display your waste collection details.

Collection Tips

- Don't be late. Put waste at the curb by 7 a.m. the morning of your collection day, but no sooner than 5 p.m. the evening before.
- Keep the weight down. Containers and bags should weigh no more than 23 kg (50 lbs). Items that are too heavy will not be collected. Do not put material out in cardboard boxes.
- Avoid accidents. Wrap broken glass and sharp objects in a puncture-resistant package before putting them in your garbage.
- Stack your Blue Boxes on top of one another to prevent papers from blowing away. Place heavier items on top of loose paper, or tie and bundle them.
- Tie corrugated cardboard in bundles no larger than 90 cm x 90 cm x 30 cm (3 ft x 3 ft x 1 ft) and place beside your Blue Box.
- Put your GreenCart out at the curb every week, even if it is only partially full. Do not place your Kitchen Catcher at the curb; it is more likely to blow away in the wind.

Collection in Milton



Area 1

June 2008						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Area 2

June 2008						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Area 3

June 2008						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Area 4

June 2008						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Area 5

June 2008						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

