



Hearing for Life
Audiology Centre & Dispensary

Over 18 years experience....

- Hearing tests
- Hearing aid prescription and sales (ADP, DVA, WSIB)
- 60-day trial on hearing aids
- Ongoing counselling & support
- Batteries and hearing aid accessories
- No referral necessary
- Seniors discounts

497 Laurier Avenue, Suite 3, Milton
(beside IDA Pharmacy)
905.693.HEAR (4327)

HERITAGE HOUSE COMFORTABLE RETIREMENT LIVING

Our reputation is built on 25 years of dedication to providing quality care by a full time nursing staff in a small supportive setting.

Phone Debbie (General Manager)

(519) 822-2006

2113 Gordon St., Guelph, ON N1L 1G7

Email:

dcochrane@heritagehouseguelph.com

www.heritagehouseguelph.com



Love at first sight takes time.

A feeling comes over you on your first visit to an Amica retirement residence. Discover a unique lifestyle opportunity, with 5-star resort amenities and the company of others who have active lives with no intention of slowing down. Amica will help you make your later years the best, prompting envy from your younger family members. Amica. You'll know right away.

Amica. Wonders never cease.

AMICA AT ERIN MILLS
4620 Kimbermount Ave.,
Mississauga, ON
905.816.9163

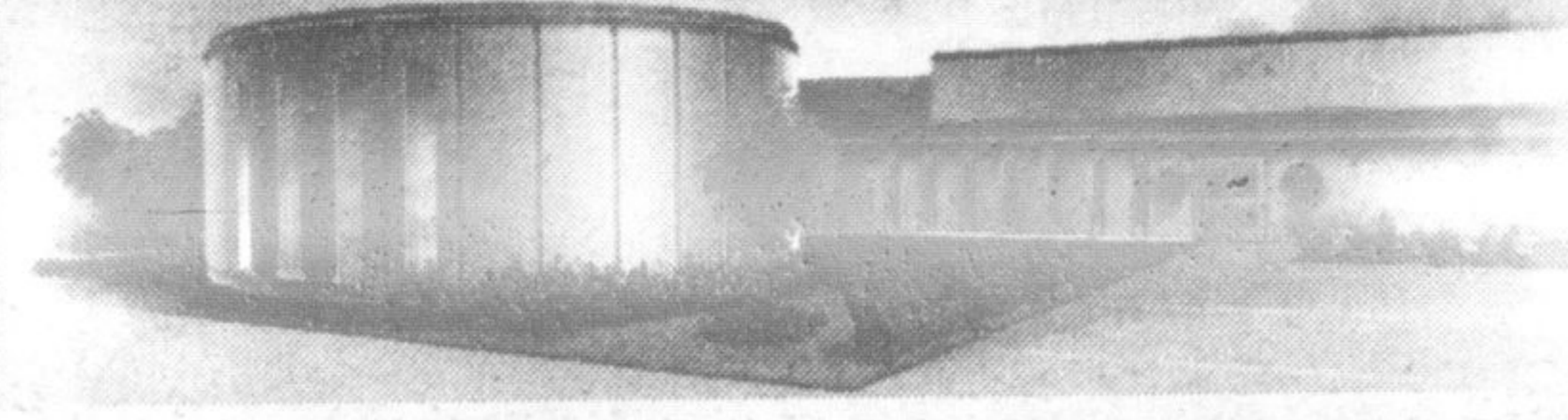
- Luxury Independent Rental Retirement Living
 - All Inclusive • Full Service Fine Dining
 - Wellness & Vitality™ Programs
 - Amica VITALIS™ Assisted Living Suites & Services
- www.amica.ca



AMICA
at Erin Mills

Milton Seniors' Activity Centre

500 Childs Drive, Milton, ON
905-875-1681
www.milton.ca



News for January 2009 Where active living is a way of life!

Upcoming Events

Blood Pressure Clinic **FREE**
Thursday, January 8, 10:00 am - 12:00 pm
A pharmacist will be on site to take blood pressure readings. Please call the Centre to book your appointment. Walk-in appointments are also welcome.

Hearing Screening **FREE**
Friday, January 9, 10:00 am - 2:00 pm
A representative of the Canadian Hearing Society will be on site to conduct hearing screenings. Please call the Centre to book your appointment. Walk-in appointments are also welcome.

Robbie Burns Celebration
Saturday, January 10, 5:30 - 10:00 pm
Come celebrate the 250th anniversary of the birth of Robbie Burns. This event includes a meal and entertainment. Cost: \$22



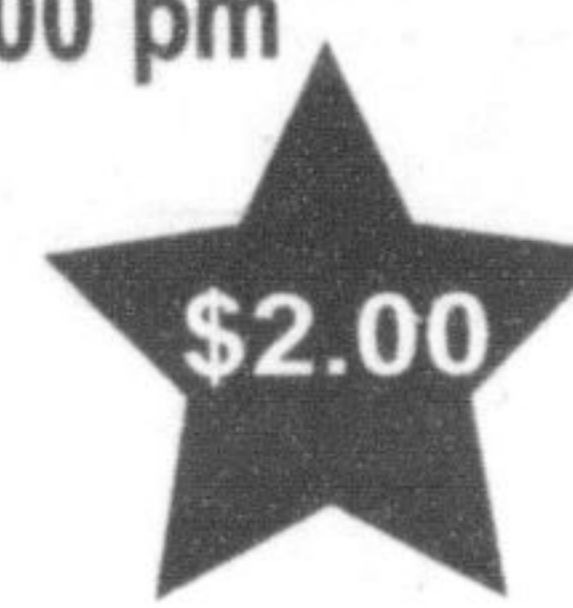
Transit Public Information Centre
Monday, January 19, 4:00 - 8:00 pm
Join us for the final phase of the Milton Transit Strategic Plan Study. You will have the opportunity to view study findings and draft recommendations while providing comments on transit services.

Foot Care Clinic
Thursday, January 22, 8:50 am - 1:00 pm
Thursday, January 29, 8:40 am - 1:00 pm
A nurse will be available to provide foot care services. Please call ahead to schedule an appointment. Cost: \$25

Become a Member of the Centre
Interested in being active and social? Become a member of the Centre. Membership benefits include reduced rates on programs, trips and facility rentals, a free subscription to the Centre's bi-monthly newsletter and much more. Not yet 55? Pay the non-member fee for programs and join in the fun!

Movies at the Centre

Thursday Afternoon Movies at 1:30 pm	Friday Evening Movies at 7:00 pm
Jan 1 Happy Holidays - Centre closed	Jan 2 The African Queen
Jan 8 Mama Mia!	Jan 9 The Dutchess
Jan 15 The Women	Jan 16 The Women
Jan 22 Chronicles of Narnia: Prince Caspian	Jan 23 Chronicles of Narnia: Prince Caspian
Jan 29 The Mummy: Tomb of the Dragon Emperor	Jan 30 X-Files



Thank you to Rogers Video for their generous support of the Centre's Thursday movie program.

Other programs offered at the Centre include: Bridge, Euchre, Learn to Play Euchre, Bid Euchre, Cribbage, Bingo, Snooker, Darts, Scrabble, Genealogy, Music & History Programs, T'ai Chi, Qi-Gong, Yoga, Line Dancing, Clogging, Painting Classes, Tap Dancing, Hawaiian Dancing, Photography, Movies, Lending Library (video and books), Bus Tours, Lunch Bunch, Diners Club, Kitchen Band, Computer Club, Cyber Café, Folk Art Club, Drama Club, Book Club, Osteofit, Falls Prevention and Balance Training, The "Downsizers" Weight Loss Club, Soft Wood Carving Club, "Song Spinners" Chorus, "Creative Fingers" Craft Club, Painting Club, Mexican Train Dominoes, Conversational Sign Language, Conversational French, Lunch Counter, plus special events, fundraisers and more.

Drop in for a tour!

ROBERT LEE INSURANCE & FINANCIAL PLANNING

Bob Lee B.S., BBA, CPCU
boblee@bellnet.ca

Kim Mitchell at
kimmitchell@bellnet.ca

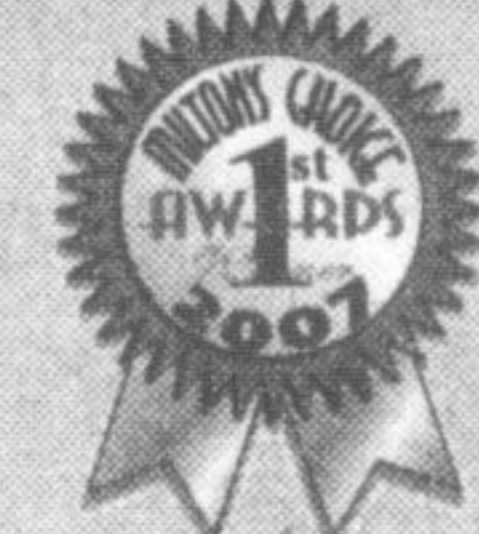
Celebrating '33' years of "Home Town" Business
Ph: 905-878-5786 • Fax: 905-878-3692

LIFE INSURANCE ~ CRITICAL ILLNESS ~ DISABILITY INSURANCE ~
RASP'S ~ RESP'S ~ LIF'S ~ MUTUAL FUNDS (MSIL)

245 COMMERCIAL ST. MILTON, ONTARIO L9T 2J3

ZAK'S PHARMACY

Milton's Independent Pharmacy



- Free Delivery
- 10% Seniors Discount
- All Drug Plans Accepted
- Written Drug Information Available

"At Zak's We Care About Your Health"

70 Main St. E. **875-2424**



McKersie-Kocher Funeral Home

114 Main Street Milton

905-878-4452

The services provided by McKersie-Kocher Funeral Home represent the best that any could provide. With dedicated service since 1953 our staff has the skills and compassion as well as the vision and desire to serve and meet all of your expectations.

Douglas Kocher
Funeral Director

Caroline Kocher
Funeral Director

Andrew Kocher
Funeral Director

Trusted Care for the Senior You Care for.



- Companionship
- Home Helper Services
- Personal Care Services
- Medication Reminders
- Meal Preparation
- Shopping & Errands

Call for a free, no-obligation appointment:
Milton, Oakville, Burlington
and Mississauga
905.847.8433



With a little help from a friend.

Each Home Instead Senior Care franchise office is independently owned and operated.

homeinstead.com