# Audiology Centre & Dispensary

## Over 18 years experience....

- Hearing tests
- Hearing aid prescription and sales (ADP, DVA,

WSIB)

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- Ongoing counselling & support

No referral

- Batteries and hearing aid accessories
- necessary Seniors discounts

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# Milton Seniors' Activity Centre









500 Childs Drive, Milton, ON

905-875-1681

www.milton.ca

Drop-in Programs

offered at the Centre. All programs are held

Here are some of the drop-in programs

at the Centre unless otherwise indicated.

Mondays and Thursdays at 1:30 pm

\$2.50 for members; \$4.50 for non-members

\$2.50 for members; \$4.50 for non-members

\$2 for members; \$4 for non-members

Computer Club Meeting

Join us in the library to hear our guest

\$2 for members; \$4 for non-members

Downsizers Weight

Loss Club

Tuesdays at 10:00 am

Evening Euchre

Friday, March 27 at 7:30 pm

Evening Bid Euchre

speaker talk about what's new in taxes for

the 2008 tax year and give tips for seniors.

Focus on healthy eating, exercise habits and

losing weight safely in a supportive setting.

\$2 for members; \$4 for non-members

At Lions Club Hall in

Campbellville (\$2.50):

Friday, March 6, 13 and 20 at 7:30 pm

Friday, March 20, 1:00 - 3:00 pm

Evening Bid Euchre

Tuesdays at 7:30 pm

Bid Euchre

Fridays at 1:30 pm

Contract Bridge

Wednesdays at 9:15 am

Thursdays at 1:30 pm

Fridays at 10:00 am

Euchre

\$2.50

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

### Upcoming Events

#### St. Patrick's Lunch and Pie Auction

| Wednesday, March 11, 11:30 am - 1:00 pm Join us for an Irish-themed lunch and homemade pie auction. Lunch cost: \$6

#### St. Patrick's Pub Night

Saturday, March 14, 7:30 - 11:30 pm Come out and celebrate St. Patrick's Day with pub fare, entertainment, and a cash bar.

#### Foot Care Clinic

Thursday, March 19, 8:40 am - 1:00 pm A nurse will be available to provide foot care care by a full time nursing staff 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 I facility rentals, a free subscription to the Centre's bi-monthly newsletter and much more. Not yet 155? Pay the non-member fee for programs and lioin in the fun!

#### **Blood Pressure Clinic**

Thursday, March 5, 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

Friday, March 13, 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.

#### **Annual General Meeting**

Wednesday, March 25, 12:00 pm Join us for a complimentary lunch followed by the 2009 - 2010 election. Please call the Centre by March 20 if you plan to attend.

#### New Member Tea

Friday, March 27, 2:00 - 4:00 pm All new Centre members who have joined within the last year are invited to enjoy afternoon tea with Centre staff, members and program convenors. Please call the Centre by March 23 if you plan to attend.

#### Mom-to-Mom Sale

Saturday, April 18, 9:00 am - 12:00 pm

Ready to sell your gently used children's items? Call the Centre to reserve your table today!

## Movies at the Centre

### Thursday Afternoon Movies at 1:30 pm

Brideshead Revisited The Express

The Children of Huang Shi Mar 19 The Secret Life of Bees Mar 26

## Friday Evening Movies at 7:00 pm

Brideshead Revisited The Boy in the Striped Pajamas

Happy-Go-Lucky Mar 20 Cadillac Records Mar 27

# \$2.00

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.Sc., BBR, EPC boblee@bellnet.ca



Kim Mitchell RT kimmitchell@bellnet.ca

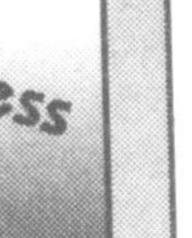
Celebrating '33' years of "Home Town" Business

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# McKersie-Kocher Funeral Home

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905-878-4452

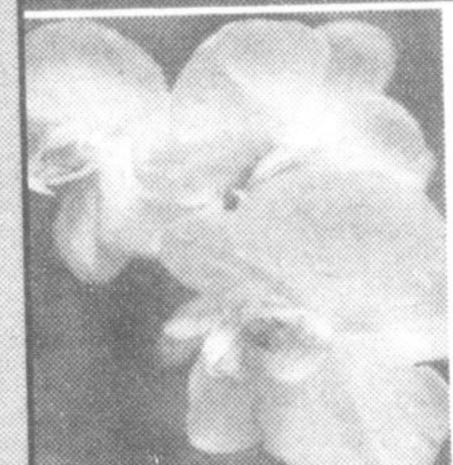
The services provided by McKersie-Kocher Juneral Home represent the best that any could provide. With dedicated service since 1953 our staff has the skills and compassion as well as the vision and desire to serve and meet all of your expectations.

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Caroline Kocher Funeral Director

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