

Seniors programs are ready to start a new season

1—The Canadian Champion, Friday, January 12, 1990

By KAREN SMITH
Milton's seniors can exercise their minds and well as their bodies by taking advantage of programs offered in town this year.

Centre on Charles Street, participants can take Tai Chi lessons, play a relaxing game of euchre or even learn to speak French.

New programs include photography (Jan. 17-Feb. 21) and leather-

craft (Jan. 25-Mar. 27), said Cindy Anderson, acting co-ordinator for the centre.

ness program, specifically designed with the older adult in mind, includes a variety of exercises and stretches at an easy pace.

Active seniors might enjoy line dancing (Jan. 11-Jun. 7), shuffleboard (continuous throughout the year), or yoga (Jan. 19 to Mar. 23).

"The yoga program teaches simple stretching and breathing exercises which increase flexibility, relieve tension and improve digestion," she said.

Music lovers can join the Blue Bird Choir (Jan. 9-June 12) or participate in a program called Music Appreciation (Jan. 16-Mar. 20). Seniors involved will experience different types of music in a variety of ways.

For seniors who like to play games, bridge starts Jan. 17 and Bingo follows on Jan. 19. Meanwhile, crafty seniors might be interested in drawing and painting (Jan. 19-Mar. 23) or stained glass work (Jan. 16-Mar. 20).

Movie buffs can view a film on the first Wednesday of each month.

All programs begin this month and are held at different times throughout the week. To register, call Cindy Anderson at 875-1681 by Friday, Jan. 19.

School concert tonight

The superior acoustics of Hugh Foster Hall have brought the Milton District High School choir and jazz choir out of the school and into the community.

The choral groups will present a concert at Hugh Foster Hall this evening (Friday) beginning at 8 p.m. Admission is \$1 at the door. The performance will include selections dating back to the Renaissance period and up to modern contemporary music.

Pet of the Week



This miniature poodle is a stray waiting at the Oakville Humane Society to be adopted. The six-year-old quiet and friendly male is neutered.

For more information about adopting a pet, drop by the Oakville Humane Society, 445 Maple Ave., or call 845-1551.

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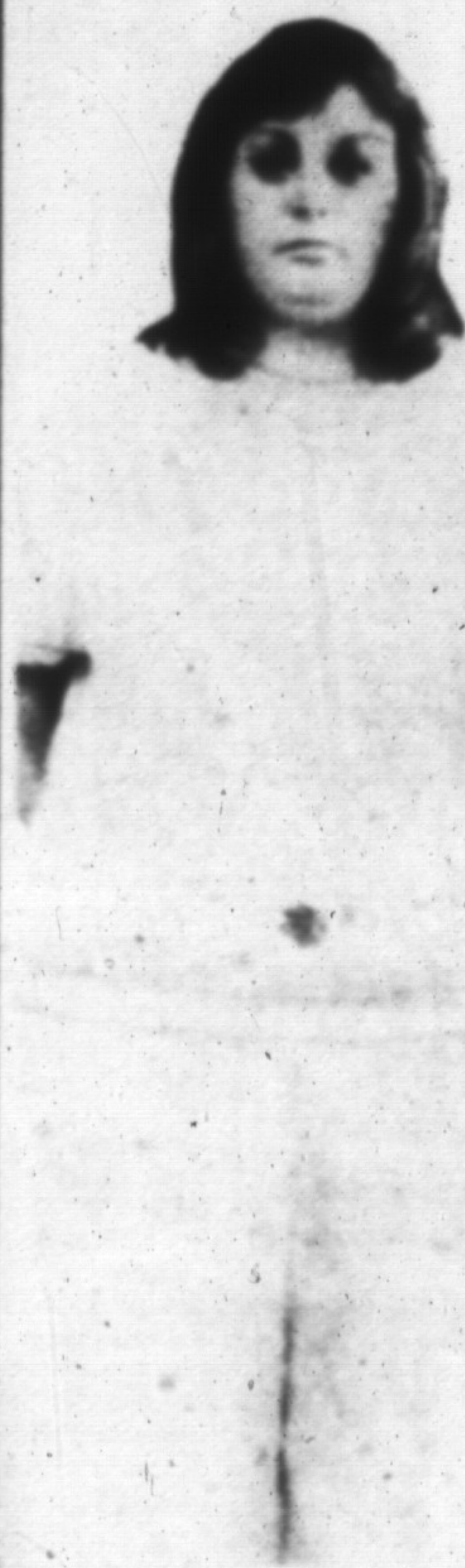
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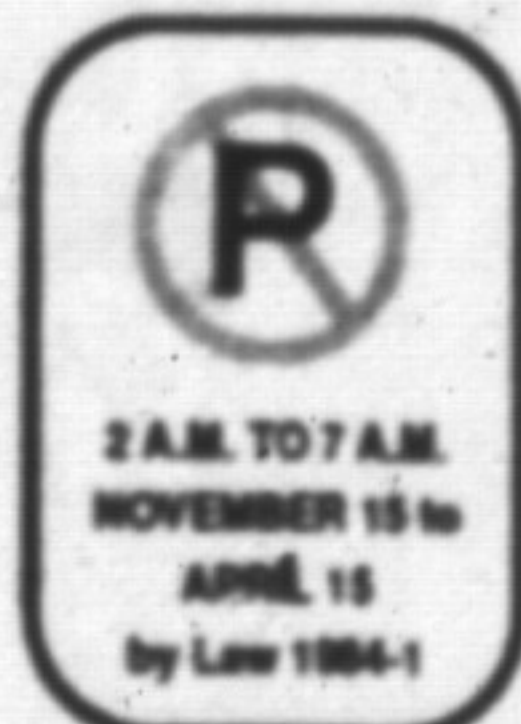
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The Corporation of the
TOWN OF MILTON

NOTICE TO VEHICLE OWNERS
BY-LAW 1984-1



By-law 1984-1 prohibits parking on any Town street during the winter months from November 15 to April 15, between the hours of 2:00 a.m. and 7:00 a.m.

This By-law is intended to assist Town works crews in our effort to remove snow during the winter months.

While this By-law is in effect, Halton Regional Police will take appropriate measures to assist us, which can include Towing.

Your co-operation is requested.

J.D. Matthews, P.Eng.,
Director of Public Works
Town of Milton