



Golden opportunity

A 50th wedding anniversary was cause for celebration September 12 as family and friends gathered to congratulate long-time Milton residents Mr. and Mrs. Arnold McDuffe. An afternoon reception was held at Milton Curling Club.

Volunteers urgently needed to keep Meals on Wheels rolling

"We didn't need this year's Statistics Canada report to know the number of older and lonelier Canadians has increased dramatically," says Lloyd Early, a long-time Meals on Wheels volunteer in Milton.

"These are the people we help every day," Mr. Early explains.

This is Meals on Wheels Week and the local organization is looking to serve even more clients in the area. Deliveries of hot meals are made to people with special needs, others who are convalescing and need short-term assistance and as well as frail elderly clients. The program is intended to keep meal recipients in their own homes instead of institutions.

"Our volunteers are one bunch of terrific people and we could not operate without them," says Mary Cooke, local program coordinator. "No matter what the weather, they are there and the meals go out on time."

Milton Meals on Wheels is a non

profit organization whose volunteers have been delivering meals for the past 18 years.

"Often clients drop us little notes of appreciation, telling us that the companionship of a regular visitor helps to keep their spirits up," Brian Penman, chairman of the board of directors says.

Not only does delivering a nutritious meal serve as an opportunity for a friendly visit, it also acts as a security check, giving the volunteer a chance to assess whether or not the client's health remains stable.

"The resource that's in the shortest supply is volunteers. We need people to give us a couple of hours every day, or three times a week or even once a month is that's all they can manage," Ms Cooke explains.

"Once we get volunteers interested, they usually stay with us a long time because they recognize how valuable the service is and it makes them feel good to help their neighbour."

To enlist the service of Meals on Wheel or to volunteer call Mary Cooke at 878-6639 between 9 a.m. and 5 p.m.

Variety of English courses for newcomers

Adult newcomers to Canada who have settled in the Halton Region can choose from a variety of English as a Second Language (ESL) programs offered by Adult and Con-

tinuing Education of the Halton Board.

In Milton, adult community ESL programs are offered Tuesday, Wednesday and Thursday mornings and afternoons at E.C. Drury campus. Monday and Wednesday evening classes will be offered at Milton District High School. The Community program focuses on oral communication and includes life skills which will enable students to participate more fully in their new community. Students can register any time. For information call the 878-4978.

Student whose first language is not English may wish to enrol in the TOEFL (Test of English as a Foreign Language) Course. It is a prerequisite for entry into many universities in Canada and the United States. This 10-week course begins Saturday, Oct. 17, in Oakville.

An Advanced English Studies course is offered one evening per week to students who want to improve their creative writing, resume writing or job search skills. Classes run when sufficient students have registered.

Call to put your name on the list for programs or to register at 333-3499 or 878-1240.

OPEN WED., THURS. & FRI. TIL 9 P.M.



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400-450 g bag

WEEKLY SPECIALS START ON MONDAYS

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400 g Box

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**CRACKER BARREL
CHEESE**
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79¢ Pkg. of 8

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79¢ lb. \$1.74 kg

**BONELESS TOP SIRLOIN STEAKS
OR ROASTS**
\$3.99 lb. \$8.80 kg

TOWN CLUB SIDE BACON
\$1.49 500 g pkg.

BLACK FOREST HAM \$4.99 lb. \$9.99 kg
CHEDDAR CHEESE \$2.99 lb. \$5.99 kg

**PEI
POTATOES** 20 lb. bag

1.79

BANANAS \$1.30 kg **59¢**

BROCCOLI

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BIRD SEED** 9 kg **99¢**

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