



Hearing for Life

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- Batteries and hearing aid accessories
- No referral necessary
- Seniors discounts

497 Laurier Avenue,
Suite 3, Milton
(across from Food Basics)
905.693.HEAR (4327)

Tax Talk:

How to split your pension

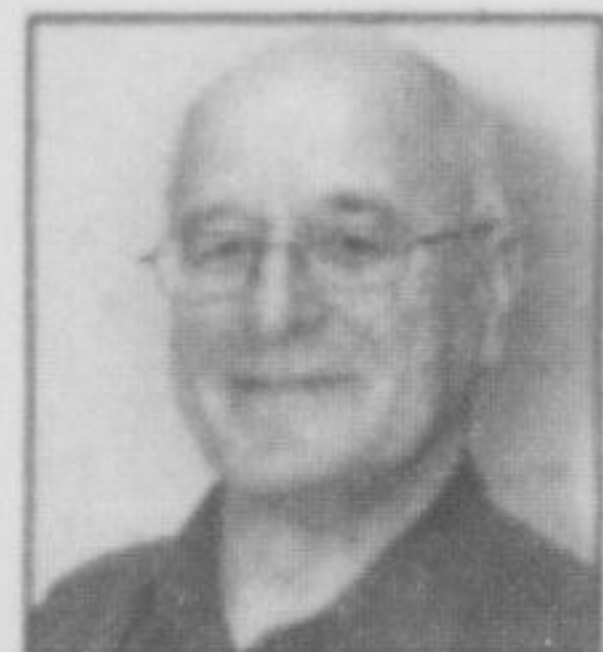
Here's the answer to one of the most frequently asked questions, courtesy of hrblock.ca:

Q I am a senior. How do I split my pension income with my wife?

A Only certain types of pension income are eligible for income splitting, such as private pension income or, if you are 65 or older, payments from a RRIF. When you and your spouse file your 2012 tax return, you may be able to allocate up to 50 per cent of your qualifying pension to your spouse. You will need to complete form T1032 from the Canada Revenue Agency to elect to income split.

More information is available online at hrblock.ca.
www.newscanada.com

The Milton Canadian Champion Senior's page is published once each month and an inspirational lifestyle supplement that brings readers face to face with businesses that offer products or services of use and interest to them.



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Milton Seniors' Activity Centre



Milton Seniors'
Activity Centre

News for October 2013

Active living is a way of life!

Upcoming Events

Non-members and those under 55 are also welcome to participate!

Café 500: Coffee House

Friday, October 18 **Free!**
2:00 - 5:00 pm

Enjoy an afternoon of hot beverages, good conversations and delicious treats. Do you have a talent you would like to share? Don't miss out on the open mic!

Oktoberfest

Saturday, October 19
5:30 pm

Tickets: \$20
Prost! We are celebrating Bavarian style! Join us for festive music, entertainment, a great meal and German surprises! Doors and cash bar open at 5:30 pm.

Flu Shot Clinic & Cookie Walk

Friday, October 25 **Free!**
10:00 am - 2:00 pm

Purchase delicious homemade baked goods while attending the annual flu shot clinic:

- 10:00 am - 2:00 pm: Flu Shot Clinic
- 10:00 am - 12:00 pm: Cookie Walk

Health & Wellness: Next Steps?

Monday, October 28 **Free!**
9:30 - 11:30 am

Join us to learn more about improving your health with advice from our panel of speakers, including:

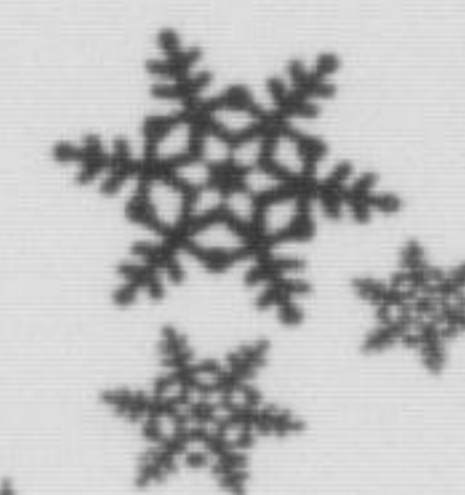
- Physiotherapist
- Dietitian
- Pharmacist
- Naturopathic Doctor

Call the Centre to register.

Windrow Snow Removal Program Registration

October 31 - November 1 **Free!**
10:00 am - 1:00 pm

This program helps seniors and persons with disabilities clear piles of snow left at the bottom of driveways (windrows) after the snow plough passes. Registration must be done in person and is first come, first served.



October Workshops

Advance sign-up is required.
Call the Centre to register.

- **Financially Fit: Keeping Your Assets Safe from Misuse**
Wednesday, October 9
1:00 - 3:00 pm
- **Maximize Your Health: Self-management Program**
Wednesdays: October 23; November 6, 13, 20, 27; December 4
1:00 - 3:30 pm
- **Medication and Vitamins: What You Need to Know**
Wednesday, October 16
1:00 - 3:00 pm
- **Grocery Shopping Tips: Label Reading and Portion Control**
Wednesday, October 30
1:00 - 3:00 pm

500 Childs Drive, Milton, ON

905-875-1681

www.milton.ca

ROBERT LEE INSURANCE & FINANCIAL PLANNING

Celebrating '38' years of "Home Town" Business

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LIFE - DISABILITY - ANNUITIES - RRIF'S - UF'S - RRSP'S - TFSA'S - RESP'S

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HearSay™
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FREE SPEECH & HEARING SCREENINGS

2nd Tuesday of each month (call for appt)

- Hearing tests
- Hearing aid prescriptions and fittings
- WSIB, DVA, ADP Authorized Dispensary



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