Hearing for Life

Audiology Centre & Dispensary

Over 20 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 (across from Food Basics)

905.693.HEAR (4327)

Thank you for your past support...

We are looking for more advertisers for our readers.
- Cheers

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.



TO ADVERTISE ON THIS PAGE, CALL:

CLEM SCHOLZ (905) 878-2341 ext. 214

or email: cscholtz@ miltoncanadianchampion.com A Milton Seniors'
Activity Centre



News for July 2015 Active living is a way of life!

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

Upcoming Events

Summer Hamburger Luncheons Wednesdays in July \$8.00/members, \$8.80/non-members

Enjoy a delicious hamburger, sausage or chicken burger throughout July. Please sign up at the Reception Desk or call in your order by 11:00 am each Wednesday.

Upcoming Programs

Our summer programs are in full swing. We have a variety of programs to suit all interests and abilities.

Osteofit

Mondays, July 6 - 27 11:00 - 11:45 am, 4 classes; \$17.58

This program is designed for those with mild osteoporosis or risk of falling. Improve your fitness with this gentle strength, balance and coordination program.

Yoga

Tuesdays, July 7 - 28 9:00 - 10:15 am, 4 classes; \$29.30

Improve your well-being with stretching and relaxation exercises for relief from lower back pain, headaches and neck pain.

500 Childs Drive, Milton, ON

Upcoming Programs

Strengthen and Tone Tuesdays, July 7 - 28

9:30 - 10:30 am, 3 classes; \$17.58
Work on strengthening your muscles and increasing flexibility by using hand weights, bands and more.

Zumba Gold

older adults.

Wednesdays, July 8 - 22
10:15 - 11:15 am, 3 classes; \$17.58
Move and groove to the upbeat sounds as
you enjoy this dance workout designed for

Zumba Gold Chair Wednesdays, July 8 - 22

9:15 - 10:00 am, 3 classes; \$13.19

This program is designed for adults who walk with assistance or prefer using a chair for a program. Enjoy the traditional Zumba party atmosphere with zesty international music.

Qi-Gong

Thursdays, July 30 - September 3 9:30 - 11:00 am, 6 classes; \$43.56

Practice the ancient Chinese art of cultivating energy from the body, mind and spirt for health, fitness and well-being.

905-875-1681

Tai-Chi

Practice this relaxing Chinese soft martial art to improve circulation, coordination, balance, flexibility and concentration.

Level 1: Thursdays, July 30 - September 3 11:15 am - 12:15 pm, 6 classes; \$29.04

Level 2: Tuesdays, July 28 - September 1 11:15 am - 12:45 pm, 6 classes; \$43.56

Level 3: Tuesdays, July 28 - September 1 9:30 - 11:00 am, 6 classes; \$43.56

Summer Recreation Programs

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

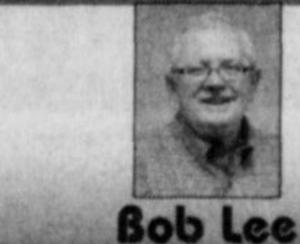
The summer program session is blooming. We also have a great selection of drop-in programs available at the Centre, including Art Club, Billiards, Guitar Club and more! See the full scheulde online at milton.ca.

Additional information:

- 905-875-1681
- Community Services Guide
- Milton Seniors' Activity Centre News & Views
- https://eservices.milton.ca

www.milton.ca

ROBERT LEE INSURANCE & FINANCIAL PLANNING



bob@robertleefinancial.com

Celebrating '39' years of "Home Town" Business

Ph: 905-878-5786 • Fax: 905-878-3692

LIFE - DISABILITY - ANNUNITIES - RRIF'S - LIF'S- RRSP'S - TESA'S - RESP'S

245 COMMERCIAL ST., MILTON, ONTARIO LOT 213

WWW.ROBERTLEEFINANCIAL.CA



Kim Mitchell

kim@robertleefianancial.com

MEMORIES Enjoy Yours

Transfer 8mm & 16mm film, VHS and other tapes to DVD. Watch them on your flat screen TV.

Now!





'Our strength is to preserve yours'

Fitness Programs for Older Adults

At Freedom Fitness we believe that exercise is the prescription for a long, healthy, and vibrant life. Experience the joy of good health and the life-enhancing benefits of regular exercise, with classes from Freedom Fitness.

Now registering for classes in Milton

(925 Main St.) Tuesdays and Thursdays 10:00 am.
Call 905.805.3507 or email
Chantal@freedom-fitness.com
www.freedom-fitness.com