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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



### News for December 2015 *Active living is a way of life!*

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



#### Upcoming Events

##### Song Spinners Chorus Christmas Concert

Friday, December 4, 7:30 pm  
Tickets: \$10

Get into the festive spirit! Come and hear the melodic voices of our Song Spinners Chorus, directed by Deborah Henry.

##### Christmas Lights Tour

Monday, December 7, 7:00 pm

Join staff on a tour of Christmas lights on our chartered coach. Afterwards, enjoy delicious refreshments, a beverage from our hot chocolate bar and holiday music provided by Late Harvest. There are limited seats, so get your ticket soon. Limit: two tickets per person.

**Free!**

##### Christmas Dinner

Friday, December 11, 5:00 - 7:30 pm  
Tickets: \$25/members, \$27.50/non-members

Celebrate the holidays by joining us for a festive turkey dinner with all the trimmings, followed by an evening of great music and fun! Entertainment provided by Late Harvest.

Note: we have reduced hours during the holidays  
Open to 12:00 pm: Dec 24, 28, 30, 31  
Closed: Dec 25 - 27, Jan 1

#### Upcoming Programs

##### Two Week Teasers

Try one of our programs and see if it's the right fit for you before registering for our January sessions.

##### Strengthen and Tone

Designed specifically for older adults, work on strengthening your muscles and increasing flexibility by using hand weights, bands and more!

Wed, Dec 9, 16, 10:00 - 11:00 am, \$11.72

##### Zumba Gold

Add a little Latin flavour to your dance workout with upbeat rhythms. Designed especially for older adults!

Mon, Dec 14, 21, 10:00 - 11:00 am, \$11.72

Wed, Dec 9, 16, 10:00 - 11:00 am, \$11.72

##### Zumba Gold Chair

Enjoy the traditional Zumba party atmosphere with easy-to-follow moves from a chair.

Mon, Dec 14, 21, 9:00 - 9:45 am, \$11.72

Wed, Dec 9, 16, 9:00 - 9:45 am, \$11.72

#### January Program Sessions

Register for one of our winter program sessions. Try Nia, Qi-Gong, Tai Chi, Workout for Men, Zumba and more. There's something for everyone! For more information, contact the Centre as noted below.

We would like to wish everyone a happy holiday season. We look forward to seeing you next year!



#### Fall & Winter Drop-in Programs

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

We have a great selection of drop-in programs available at the Centre, including Art Club, Billiards, Guitar Club and more! See the full schedule online at [www.milton.ca/olderadults](http://www.milton.ca/olderadults).

#### Additional information:

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

500 Childs Drive, Milton, ON

905-875-1681

[www.milton.ca](http://www.milton.ca)

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*'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](mailto:Chantal@freedom-fitness.com)  
[www.freedom-fitness.com](http://www.freedom-fitness.com)

### Heart health tips no matter the weather

(MC) The weather and temperature outdoors can have a large impact on energy levels and motivation to exercise. Warm, sunny weather can beckon one outdoors, while cold or rainy weather could keep one hibernating inside - which is not good for the spirit or the body, including cardiovascular health. Staying active when the weather seems to be pitted against you can be challenging. However, there are many things you can do to make the best of things and still get the exercise needed for a healthy heart.

- Head outdoors: Instead of the regular workouts you do, consider something that makes the most of the weather outdoors
- Workout indoors: It's possible to get recommended exercise at home or at another location. Walking briskly around a mall is good exercise and you can window shop in the process. Lift heavy items around the house in place of dumbbells. Doing regular household chores with more vigor is another way to get blood flowing and your heart pumping.
- Eat right: It's far too easy to indulge in comfort foods, but they tend to be fattening. Eating the right foods to maintain a healthy weight goes a long way toward protecting the heart. Be sure to eat breakfast every day, and choose fruits and vegetables as snacks over sweet and salty items. Canned varieties are just as healthy as fresh produce and can offer a variety of flavors when certain foods are not in season. Be sure to include plenty of foods high in fiber. Not only will they help keep cholesterol levels in check, but it will also help you to feel full faster and longer.
- Dress appropriately: Weather is often unpredictable. Therefore, dress in layers so you can remove or add clothing as needed to remain comfortable.

Before starting any exercise regimen, it is important to discuss your plans with a physician. He or she can determine if you are physically capable of moderate exercise or if any illnesses may impede your ability.

