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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 February 2016 Active living is a way of life!

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



Upcoming Events

Senior of the Year 2016

Nomination deadline: February 4 by 4:30 pm

The Town of Milton will be honouring one senior who has made an admirable contribution to the community. Nominees must be 65 years of age or older, a current resident of Milton for a minimum of one year and have made a positive impact on life in Milton. For more information visit www.milton.ca/olderadults or call 905-878-7252, ext. 2539.

Pancake Brunch

Thur, Feb 11, 11:00 am - 1:00 pm

Tickets: \$8/members, \$8.80/non-members

Drop in for delicious pancakes, complete with all the toppings, sausages, tea, coffee and juice.

Celtic Night

Fri, Mar 11, 6:00 - 9:30 pm

Tickets: \$20/members, \$22/non-members

Join us for a wee bit of Celtic tradition. Enjoy a delicious dinner of Celtic fare, followed by the cheery sounds of Ireland, Scotland and the Canadian Maritimes.

Family Day Hours: February 15, 8:30 am - 4:00 pm
Drop-in programs will be condensed. Call the Centre for more details.

500 Childs Drive, Milton, ON

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www.milton.ca/olderadults

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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.

