



Winter
2023

55+ Activity Guide



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We have moved.

Please take note of our new address on Main St.



Mission statement

The Milton Seniors' Activity Centre provides a welcoming, vibrant environment and rewarding experiences for older adults to relax and build friendships through programs that promote physical, social, mental and emotional well-being.

Hours of operation

Monday–Thursday: 9 a.m.–3:30 p.m.
Friday: 9 a.m.–noon

Program cancellations

Family Day – Feb. 20



ALL CANADIAN FAMILY



Tyler Gerrits
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Downsizing for Seniors

doesn't have to be scary, especially with **Team Gerrits**. Our flair for organization and design, coupled with a caring style, our down-to-earth nature, makes us the perfect choice to help senior adults and family members to downsize and move. Our team helps navigate the rough waters for your listing, selling, disposing of unwanted items, packing and moving your home. These things can be difficult for all of us but especially for seniors. We can make sure every aspect is taken care of in a thoughtful caring manner. If you have questions or we can help you in any way please call us.



475 Main St. E.
Milton ON. L9T1R1
Office: 905.878.8101

Facebook.com/TeamGerrits
Email: tylergerrits@royalpage.ca
Cell: (905) 878-8101



Senior Real Estate Specialist

Call us for a complimentary market evaluation!

Table of contents

Seniors' Activity Centre update.....	4
Memberships and passes	5
Upcoming events	6
In memoriam	6
Scene at the Centre	7
Get ready for recreation	8
Programs	10

2 Winter 2023 / 55+ Activity Guide

Winter 2023 / 55+ Activity Guide 3

Seniors' Activity Centre update

Welcome to our Centre Activity Guide. We are looking forward to seeing you at the Centre to fulfill new goals, achievements and try something new.

We've been busy planning our programs and events and we're proud to announce some new additions. Whether it's a lunch, program or special event, there is something for everyone. Remember to register as soon as possible to avoid disappointment. If your program is full, ask to be added to the waitlist - it's free! Did your program already start? That's not a problem, anyone can still participate in our programming if space permits. Visit our Front Desk team for more information.

Keep active this season by incorporating one of our fitness programs into your routine, such as Fit and Flow, Yoga Chair, Yoga, Zumba Gold and more. We also offer some fitness programs virtually if you're not up to making a trip to the Centre. You can participate in Total Cardio or Strengthen and Tone from the comfort of your own home.

It's time to get social! We have a variety of special events planned, be sure to read on for a full listing. This season, join us for our Pancake Lunch, Easter Lunch and more. Be sure to pre-register for our events two weeks before the scheduled event date, to avoid disappointment.

Why not get creative? Try one of our Arts and Crafts or General interest programs such as Wood Carving, Art Open Studio or Folk Art.

Thank you to our Centre volunteers! Our volunteers are amazing and with their assistance we are able provide a place with great events, programs, food services and more.

A big thank you to our Creative Fingers Craft Club, Bakers, Treasure room volunteers and Art participants. These amazing volunteers were busy preparing items for our Annual Craft and Treasures Sale, raising over \$4,000. Over 40 volunteers assisted with this event and we are extremely thankful for your time, dedication and hard work!

A special thank you to all of our Creative Fingers Craft club volunteers. Throughout the year, they have consistently been busy completing their projects for the craft sale, community craft sales and the Centre display cases.

Thank you for joining us this winter and we look forward to another season filled with fun, laughter and memories.

Shannon Soule
Coordinator, Recreation

Centre staff:

Shannon Soule
Coordinator, Recreation

Lesley Fraser
Program Assistant

Scott Denham
Facility Operator



Memberships and passes

For convenient online drop-in registration, we recommend purchasing a 10-visit or 30-visit pass to use for drop-in programs.

Annual membership fees

(Prices include HST)

55–64 years	\$35
65–84 years	\$25
85+ years	FREE

Drop-in fees

(Prices include HST)

Member – Single-visit	\$2.25
Member – 10-visit pass (get one visit free)	\$20.25
Member – 30-visit pass (get six visits free)	\$54
Non-member – Single-visit	\$4.50
Non-member – 10-visit pass (get one visit free)	\$40.50
Non-member – 30-visit pass (get six visits free)	\$107.95



Income tax clinic

This program is available for active Centre members to file their income tax return with our clinic. The clinic is open for those with modest income and a simple tax situation.

Eligibility criteria:

1 person	\$35,000
2 person	\$45,000

All personal income tax returns are filed electronically by a volunteer. The clinic requires individuals to drop off their income tax information at the front desk and complete the income tax consent form. Income tax returns will be prepared off site and arrangements will be made to pick up your completed information. Donations for this service are welcomed.

Upcoming events

Bid-Euchre Social

Test your skills and enjoy a fun afternoon playing Bid-Euchre a chance to win a small cash prize. This social will allow individuals a chance to win prizes, as followed by the AGCO Social Gaming License.

Must be an active member of the Centre.
Pre-Registration required for each date.

Date	Time	Fee
Thursday, Feb. 23	1 – 3:30 p.m.	\$2 cash (exact change) per person the day of
Monday, Feb. 27		
Monday, March 27		
Thursday, March 30		

Bingo Social

This classic game never goes out of style. Enjoy a fun afternoon of Bingo with a chance to win a small cash prize. This social will allow individuals a chance to win prizes, as followed by the AGCO Social Gaming Licence.

Must be an active member of the Centre.
Pre-Registration required for each date.

Date	Time	Fee
Tuesday, Feb. 21	1:15 – 2:30 p.m.	\$2 cash (exact change) per person the day of
Tuesday, March 7		
Tuesday, March 21		

Lunch Counter

Lunch includes a hot entrée, dessert, tea or coffee.
Advance registration required. No refunds.

Must register the Wednesday before the scheduled lunch.

Date	Time	Fee
Wednesday, March 8 (Turkey casserole)	Noon	\$11 Members
Wednesday, March 29 (Lasagna)		\$13 Non-members

Pancake Brunch Lunch

It's our twist for a Pancake Wednesday. Enjoy pancakes with all the toppings, sausage and end the meal with a little something sweet.

Pre-registration required.

Date	Time	Fee
Wednesday, Feb. 22	Noon – 1 p.m.	\$11 Members
		\$13 Non-members

Easter Lunch

Enjoy a delicious Easter ham lunch with all the traditional fixings and end it with a delicious dessert. Advance registration required. No refunds.

Date	Time	Fee
Wednesday, April. 5	Noon – 1:15 p.m.	\$15 Members
		\$18 Non-members

Bake Sale

Drop in and purchase one of the delicious goodies our bakers have been busy baking. First come first serve.

Date	Time
Monday, April. 3	9 – 11:30 a.m.

Scene at the Centre

We would like to thank our sponsors, partners and volunteers for their support with our previous events and workshops.


Thank you for your support Acclaim Health and Terra Greenhouses Milton.



In memoriam

We extend our deepest condolences to the families and friends of Centre members who are no longer with us.

- **Ken Whaley**
- **Vi Jackson**



Program disclaimer

All precautions are taken to ensure accurate program information and fees are printed in the Activity Guide. Occasionally, room locations, times, dates and fees are changed after the printing of the Activity Guide. Updates are made to the online activity registration 55+ Drop-in and Registered program listing.

Program and event cancellations

Programs, lunches and special events are cancelled when minimum registration numbers are not met

Non-resident program fees

A surcharge fee of 10% per person, per program, up to a maximum of \$12 per person, per program, will be added to the registration fee of all non-residents.

Non-residents are individuals or landlords that do not pay property taxes to the Town Milton. The non-resident fee does not apply to special events, trips and cafe items.



Refunds or withdrawals

- Refunds or make-up classes will not be granted for sessions that aren't attended due to illness, vacation or weather.
- All programs, seven (7) days or more before the start date have no cancellation fee.
- Please note for all programs, seven (7) days of the start date, or after the start date of any program.
- Cancellations and refund requests will be prorated as of the date we receive your Refund/Amendment. Classes that have passed prior to the cancellation request will not be refunded. Individuals can withdrawal online or in person.
- After the start of the third class, no refunds will be considered unless a doctor's note is provided.
- All withdrawals will be charged a cancellation fee unless accompanied by a doctor's note.
- A doctor's note will not be accepted, no refunds given once the program has ended.

Waitlists

If all spaces are full in the program that you wanted to register for, you can add yourself to the waitlist. Placing yourself on the waitlist will help us to understand community interest and determine if additional programming is needed.

Register for programs after the start date

Individuals may register for a program after the start date if space is available. Program fee is automatically adjusted.



Registration information

A recreation account is needed to register for programs, pre-register for drop-in activities, purchase membership, book appointments, see program schedules and more. New and returning user will need to create an account online through the new system.

Creating an account

- 1 Go to milton.ca/MyAccount
- 2 Select the **'Create an Account'** button to launch account set up
- 3 Click **'Create an Account'** at the bottom of the sign-in box
- 4 Add the requested account details and click the **'Submit'** button
 - The first member created on any new account will be assigned as the primary contact for the account.
- 5 You are now logged into your account
 - You will receive an email with a one-time temporary password for the next time you log in.
 - When you use your temporary password, you will be prompted to create a new password. Your password must be at least 10 characters long, contain one uppercase letter, 1 number, and cannot contain a sequence (i.e. 123456 or 123abc).
- 6 Once logged in, you will land on the **'My Info'** page
 - You can verify or edit contact information, including mailing and email addresses, add credit card information and add family members to the account.

Registering online

- 1 To register for recreation programs visit milton.ca/Recreation
 - Here you can view available programs or select the **'Register/Book'** button within your account to browse courses open for registration.
- 2 Log in to your account or create a new account
- 3 Click on the **'Register/Book'** icon on the top of the web page
- 4 Select an available activity or program
- 5 Click **'Show Courses'** located under the program schedule
- 6 Select **'Register'**
- 7 Continue to follow the additional registration prompts until you reach a **'Thank You'** page
- 8 Check your email for a confirmation notice

Please note:

- Google Chrome is the ideal browser to use when creating your account and registering online.
- Only the person set as the primary contact on your account is able to see/register any other members of your family. To change the primary contact, call us at [905-864-4132](tel:905-864-4132).

Browsing for programs and activities

If you are browsing for available programs and activities on XplorRecreation , you do not need to create an account.

Arts and crafts

Art – Open studio

Enjoy the space to work independently on a project. Helpful tips are offered from others for your masterpiece. Participants range from beginners to advanced. Materials not included

Date	Time	Fee	Location
Mondays (Excluding Feb. 20)	9 a.m.–noon	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Carving - Wood

Work independently on projects at your own pace. Assistance and guidance is available from the group. Materials not included.

Date	Time	Fee	Location
Tuesdays	9 a.m.–noon	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre



Creative Fingers Craft Club

Bring your ideas, talent and creativity to this volunteer group and make new friends while working together on a variety of handmade craft projects, which are sold as Centre fund-raisers. Projects include knitting, crafting and more. Materials are included. Individuals must provide several completed items for the Centre display case sales and craft sales to be part of this group. To participate in this program individuals must complete a mandatory volunteer orientation before participating. An active Centre membership is required for all participants. Capacity is limited and pre-registration is required.

Date	Time	Fee	Location
Mondays and/or Wednesdays (Excluding Feb. 20)	9:30 a.m.–noon	FREE	Seniors' Activity Centre

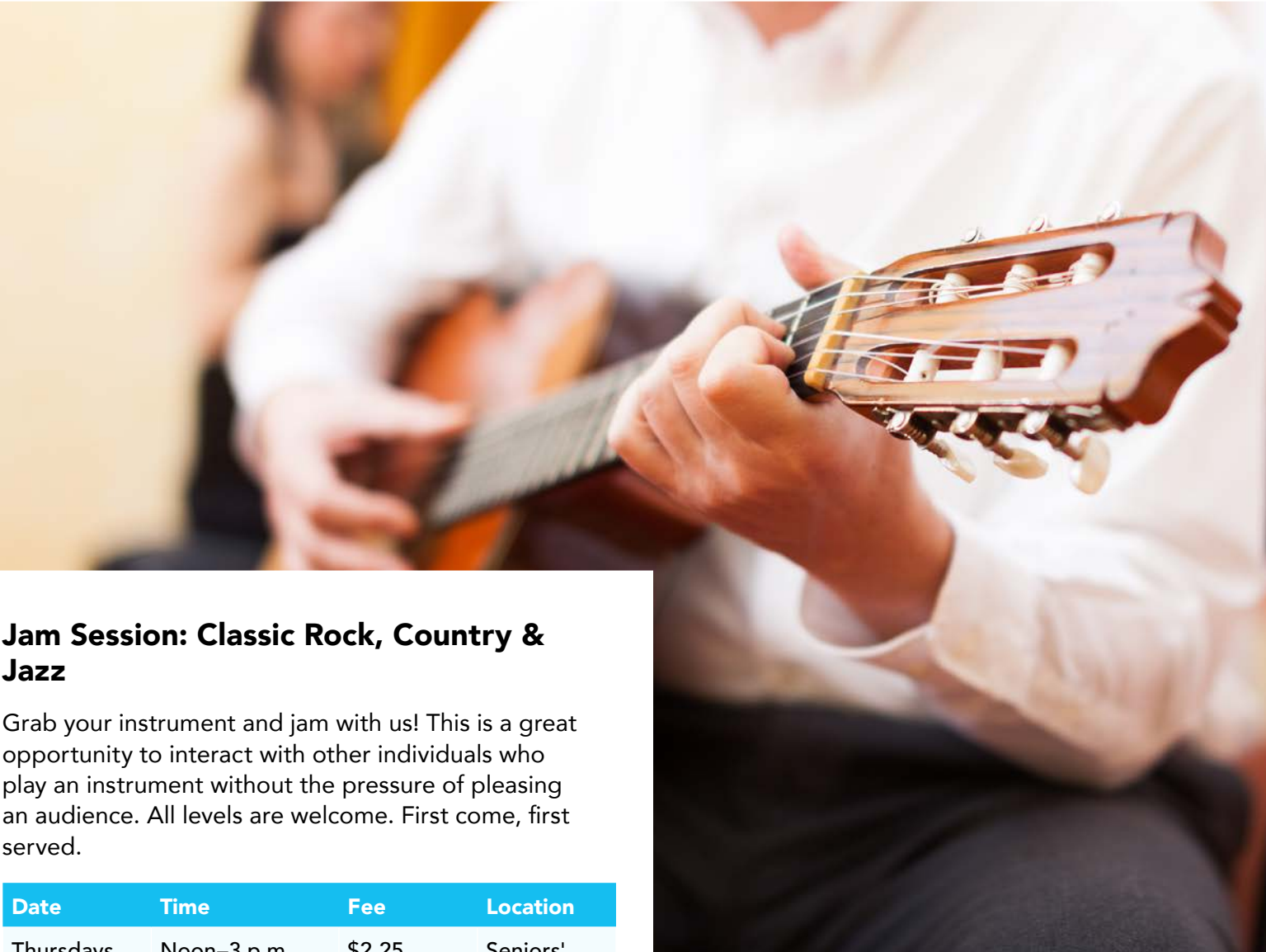
Folk Art – Drop In

Explore the world of folk art paintings and crafts. Paint on any medium such as, wood, metal and other materials. Work independently or with group assistance.

Date	Time	Fee	Location
Thursdays	12:30–3:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre



Dance and music



Jam Session: Classic Rock, Country & Jazz

Grab your instrument and jam with us! This is a great opportunity to interact with other individuals who play an instrument without the pressure of pleasing an audience. All levels are welcome. First come, first served.

Date	Time	Fee	Location
Thursdays	Noon–3 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Line Dancing

Line dancing uses a pattern of repeated steps with dancers in lines. This class will provide line dances by following the participants in front of you and focus on the basics of traditional line dancing. No experience or partners required. First come, first served.

Date	Time	Fee	Location
Thursdays	10–11:30 a.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Scottish Country Dancing

Scottish Country Dancing is the social dancing of Scotland. This class introduces dancers to the basic steps and patterns of Scottish Country Dancing and familiarizes them with the music. This program is a great form of low to medium cardio exercise, where the dances include turns and patterns. No partner required, soft or comfortable shoes are required. All levels welcome.

Date	Time	Fee	Location
Fridays (4 classes) March 10 – March 31	10–11:30 a.m.	\$23.88	Sherwood Community Centre

Bid Euchre

Bid Euchre is a variation of Euchre using Jacks to Aces from two decks (two of each card). All cards are dealt to the players, who are on two teams of two. This self-led group is for those with previous knowledge. No partners required. No prize money.

Date	Time	Fee	Location
Mondays and/or Thursdays	1–3:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
(Excluding Feb. 20, 23, 27, March 27, 30)			

Billiards Snooker – Drop In

This activity is for Billiard fans who would like to work on their skills in a fun and social environment.

Date	Time	Fee	Location
Mondays–Thursdays	1:30–3 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
(Excluding Feb. 20)			

Canasta

This game is from the rummy family, commonly played by four in two partnerships. New and experienced players are welcome. No prize money.

Date	Time	Fee	Location
Mondays (Excluding Feb. 20)	12:30–2:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Contract Bridge

A friendly game designed for the experienced bridge player. A pair competes to achieve the highest points against another pair. Partner required for Wednesday only. No prize money.

Date	Time	Fee	Location
Wednesdays	9:15– 11:15 a.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Cribbage

This is an independent or team game that will maximize opportunities when scoring points, making pairs, combination of 15s and sequences of the crib. Don't forget to avoid helping your opponent. No prize money.

Date	Time	Fee	Location
Tuesdays	11 a.m.–12:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Duplicate Bridge

A pair competes against other pairs to play the same hand. Experienced players are welcome to participate in this self-led group. Partner required. No prize money.

Date	Time	Fee	Location
Mondays (Excluding Feb. 20)	9:30 a.m. –noon	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Hearts

This is a trick-taking card game, where players don't want to end up with tricks containing hearts or the queen of spades with a goal to end up with the jack of diamonds. No prize money.

Date	Time	Fee	Location
Fridays	9:15–11:15 a.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Mexican Train Dominoes

The object of the game is for a player to play all the dominoes from their hand onto one or more chains. No prize money.

Date	Time	Fee	Location
Thursdays	1:15–3:15 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Snooker League

A version of the game of pool, played with 15 red and 6 coloured balls. This popular game will have you hooked in no time. Interested individuals are assigned a play time. Must be on the assigned schedule to participate in the season.

Date	Time	Fee	Location
Monday–Friday (Excluding Feb. 20)	9 a.m.–noon	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre



Fit and Flow

Enjoy a fitness program with a fusion of strength training using weights and bands followed by lengthening and strengthening movement incorporating elements of barre and yoga. This total body workout targets arms, glutes, abs and more. Please bring a mat.

Date	Time	Fee	Location
Thursdays (6 classes)	9:30–10:30 a.m.	\$40.74	Seniors' Activity Centre
March 2 – April 6			

Let’s Get Fit

This program is designed for those who are welcoming fitness back into their lifestyle or those with mild osteoporosis, arthritis, etc. Enhance your fitness with this gentle strength, balance and coordination program. This program is similar to Osteofit and Balance Training.

Date	Time	Fee	Location
Mondays (6 classes)	11:15 a.m.–noon	\$30.54	Seniors' Activity Centre
Feb. 27 – April 3)			
Thursdays (6 classes)	1:15–2 p.m.	\$30.54	Seniors' Activity Centre
March 2 – April 6			

Zumba® Gold

This program is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Date	Time	Fee	Location
Tuesdays (5 classes)	9:50–10:50 a.m.	\$33.95	Seniors' Activity Centre
March 7 – April 4			

Strengthen & Tone

In this program designed specifically for older adults. Work on strengthening your muscles and increasing flexibility by using hand weights and body weight. Weights provided.

Date	Time	Fee	Location
Tuesdays (6 classes)	9–10 a.m.	\$40.74	Seniors' Activity Centre
Feb. 28 – April 4			
Thursdays (6 classes)	9–10 a.m.	\$33.66	Virtual
March 2 – April 6			
Fridays (5 classes)	9–10 a.m.	\$33.95	Seniors' Activity Centre
March 3 – March 31			

Table Tennis

Join us for recreational play of this exciting game! Experienced and new participants are welcome. Limited capacity. First come, first served.

Date	Time	Fee	Location
Mondays (Excluding Feb. 20)	10 a.m.–noon and/or 12:30–2:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
Tuesdays	12:30–2:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
Wednesdays	12:30–2:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
Thursdays	11 a.m.–2:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
Fridays	9 a.m.–noon	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Tai Chi

Learn a sequence of slow continuous movements to improve circulation, coordination, balance, flexibility and concentration.

Date	Time	Fee	Location
Tuesdays (3 classes)	9:15–11:15 a.m.	\$20.85	Sherwood Community Centre
Feb. 21 – March 7			

Tai Chi Practice Drop-in

This is a practice session provided for individuals who are currently registered in our Tai Chi Registered program. No instruction is provided in this drop in. Pre-requisite: Must be registered in the current session.

Date	Time	Fee	Location
Mondays (Excluding Feb. 20)	9:15–11:15 a.m.	\$2.25 Members \$4.50 Non-members	Sherwood Community Centre

Total Body Sculpt

A combination of total body conditioning that involves both strength and cardio exercises. Participants will be using hand weights, bands, sliders and stability balls.

Date	Time	Fee	Location
Wednesdays (6 classes)	10:30–11:30 a.m.	\$40.74	Seniors' Activity Centre
March 1 – April 5			

Total Cardio – Virtual

Burn calories while moving your entire body to funky moves and music. Combinations will include step touch, hamstring curls, knee repeaters and more. No equipment will be used.

Date	Time	Fee	Location
Mondays (6 classes)	9:30–10:15 a.m.	\$30.54	Virtual
Feb. 27 – April 3			

Walking it Off

Walking is a great way to get fit. Meet great people while getting some exercise. This group meets rain or shine, walking outside or as indicated by the leader.

Date	Time	Fee/Location
Thursdays	9:30 a.m.–noon	FREE Not a Seniors' Activity Centre program Meeting spot only

Yoga

Improve your well-being with stretching and relaxation exercises for relief from lower back pain, headaches and neck pain. Participants can expect positional changes from chair, floor to standing followed by a meditative cool down. Please bring a mat.

Date	Time	Fee	Location
Mondays (6 classes)	12:15–1:15 p.m.	\$40.74	Seniors' Activity Centre
Feb. 27 – April 3			
Tuesdays (6 classes)	10:15–11:15 a.m.	\$40.74	Seniors' Activity Centre
Feb. 28 – April 4			
Fridays (5 classes)	10:15–11:15 a.m.	\$33.95	Seniors' Activity Centre
March 3 – March 31			

Yoga – Chair

This program is ideal for the absolute beginner, mobility or balance issues. Enjoy the benefits of you using a chair and minimal standing poses. Individuals will improve flexibility, increase muscle tone, strength and balance.

Date	Time	Fee	Location
Mondays (6 classes)	1:30–2:15 p.m.	\$30.54	Seniors' Activity Centre
Feb. 27 – April 3			

Book Club

Are you passionate about books? Do you love a good read? Join us for book club. One book a month will be chosen from the Milton Public Library and discussed by members in the group. All books must be returned before receiving the upcoming months scheduled read. Must have a current membership at the Seniors' Activity Centre to participate.

Date	Time	Fee	Location
Thursdays Once/month (3 classes)	10:30–11:30 a.m.	\$5.97	Seniors' Activity Centre
Jan. 12, Feb. 9, March 9			

Introduction to Conversational French

Dreaming of traveling to a French speaking area or just want to learn a new language? Join us for this fun and engaging class. Learn basic greetings, ask for directions, order dinner and gain confidence in speaking French using simple phrases and correct pronunciation. Are you ready to try something new? Oui! Oui!

Date	Time	Fee	Location
Wednesdays (5 classes)	10:30–11:30 a.m.	\$28.05	Seniors' Activity Centre
March 8 – April 5			



NEW Spring Planter

Join us as we create a festive planter with Centre staff just in time for the Easter season. All planting supplies are provided by Terra Greenhouses. All materials included. Pre-registration required by Monday, March 27.

Date	Time	Fee	Location
Tuesday, April 4 (1 class)	1:30–2:15 p.m.	\$42	Seniors' Activity Centre

NEW Mental Health and Healthy Aging

Join us as a representative from Abbey Forest Counselling explore what is aging, life transitions and challenges in the aging process, stigmas and false beliefs, how to achieve optimal aging and how to cope with life transitions. Pre-registration required to participate.

Date	Time	Fee	Location
Tuesday, Feb. 28 (1 class)	10:30–11:30 a.m.	FREE	Seniors' Activity Centre



It's critical for older adults to know how to prevent potential fires and what to do in the event of a fire.

Here are a few tips to keep fire safety top of mind:

Maintain smoke and carbon monoxide alarms

- Ensure you have working smoke and carbon monoxide alarms on every level of the home and outside of sleeping areas
- Test smoke and carbon monoxide alarms monthly
- Replace the batteries every six months or follow the manufactures guidelines
- Check the expiry date on smoke alarms and replace them every ten years or according to manufactures guidelines

Never smoke in bed

If smoking is unavoidable:

- Use large, deep, and sturdy ashtrays
- Soak cigarette or cigar butts, ashes, and matches with water before throwing them in the garbage
- Avoid smoking if you have consumed alcohol or medications, so that you don't fall asleep while smoking

Use caution when cooking

- Never cook while under the influence of alcohol or medications that may make you drowsy
- Never leave the kitchen if you're frying, boiling or grilling food
- Clear clutter away from the stove top
- If an oven fire occurs, shut off the oven and close the door/keep it closed
- If a fire starts within the pan, safely shut off the stove and slide the pan lid overtop of the pot/pan

Plan and practice fire escape


- If possible, plan two ways out of every room
- Keep exits clear
- Know two ways out of your home
- Make sure windows and doors open easily



Fire safety with older adults program

Milton Fire & Rescue Services is offering a program to teach older adults how to take appropriate precautions to keep themselves safe and to be aware of the dangers of fire. The program will enhance knowledge of fire safety practices, how to prevent fires from occurring and how to respond in the event of a fire. We will discuss the importance of having working smoke alarms and carbon monoxide alarms, home escape planning, cooking safety, electrical safety as well as smoking safety.

For more information or to book your fire safety presentation, please contact Milton Fire & Rescue Services, Fire Prevention Division at **905-878-9251**.



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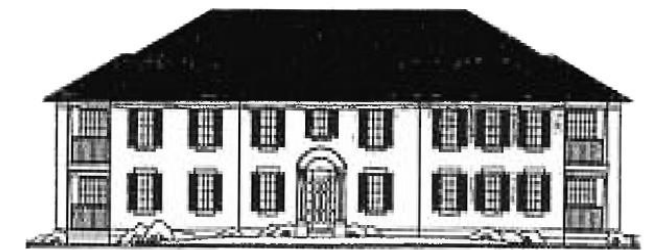
Help build a hospice for our community.

The Townsend Smith Foundation is a charitable organization working to build a hospice for North Halton.

Donate. Volunteer. Connect with us.
Together we will build a hospice.



289-878-3407 | www.townsend-smith.ca



SENIOR LIVING AT ITS FINEST

- Spacious senior-friendly apartments
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- Individually Heat-Controlled and Central Air Conditioned Comfort

COME AND ENJOY SENIOR LIVING WITHIN A SENIOR COMMUNITY

Call (905)330-6416
Gridiron Developments Inc.

Are you an adult aged 55+ living in Halton and want to increase your social connections?



Connection in Action

The Connection in Action initiative supports older adults (55+) who live in Halton by increasing awareness of opportunities for social connections.

Benefits of having social connections:

- ☀ Improves physical and mental health
- ☀ Boosts social and emotional well-being
- ☀ Enhances memory and focus
- ☀ Lengthens one's life

Call our Connection Specialist!

Our Connection Specialist is your first point of contact for accessing meaningful social supports. Call us to receive information and resources and to be connected with services and programs that can help increase your sense of belonging.

Call us at
(905) 844-2299

Free of cost

oai.halton@gmail.com

links2care.ca/program/connection-in-action



Milton Seniors' Activity Centre Volunteer Opportunities

Program Instructor Convener
Sandwich Maker
Coffee Services

Interested?

Contact Lesley or Shannon
at 905-875-1681



Personalized home care services



- ~ Personal Care
- ~ Caregiver Relief
- ~ Nursing
- ~ Companionship
- ~ Meal Preparation
- ~ Medication Reminders
- ~ Light Housekeeping
- ~ Palliative / End of Life Care
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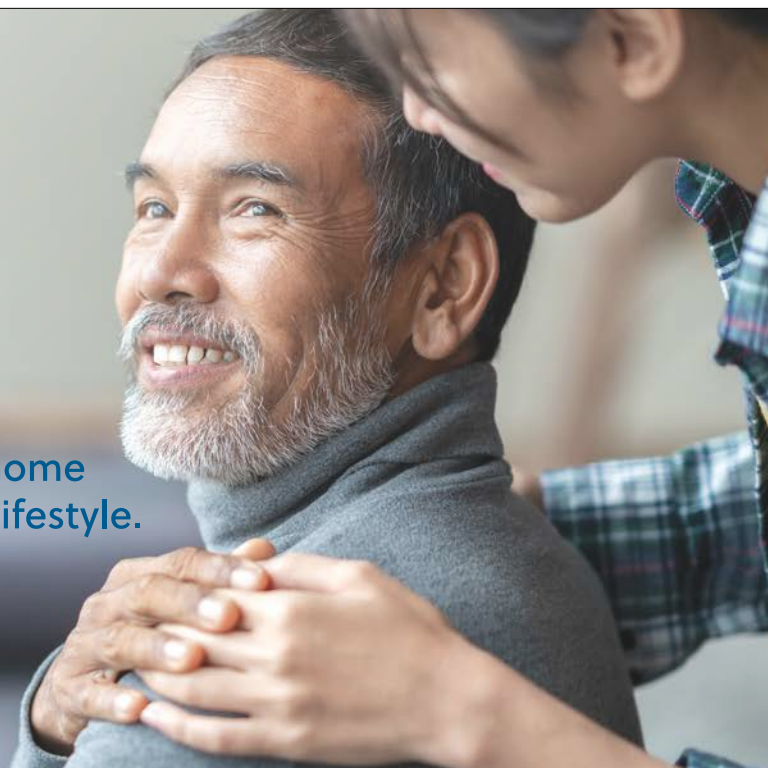
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