

STOP FALLS FROM HAPPENING

- Falls are predictable and preventable.
- Everyone is at risk!
- Have you had your own home assessed?

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 GEORGETOWN (905) 702-0111 (local call from Milton)



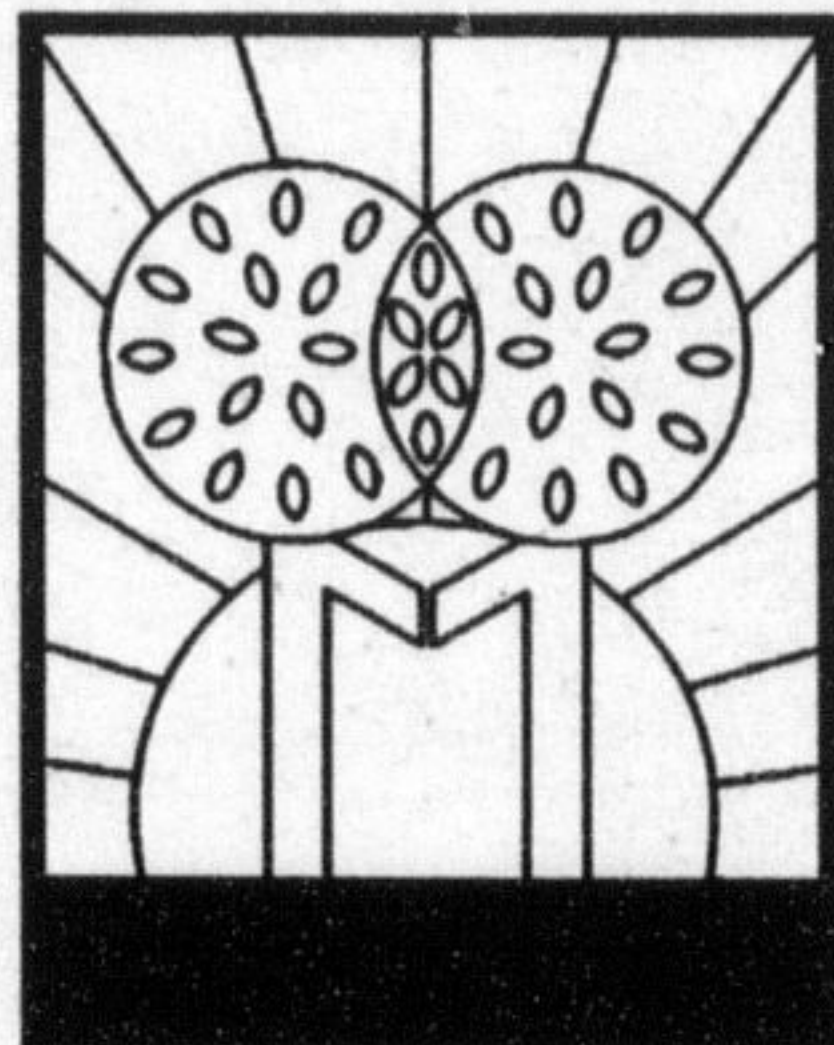
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News for SENIORS

Milton Seniors Activity Centre
 Current Events

by Tim Hawkins, Publicity

"Pull Together in '97"

DECEMBER CURRENT EVENTS

Wednesday, December 3: Every Mon., Wed., & Fri. "Sweet Dreams Plus" puts on "Hot Meal Deal" days at the Seniors Centre. Come along for great food and pleasant company. Time: 11:45am - 1:15 pm.

Friday, December 5: It's the "Song Spinners" annual Christmas Concert at the Seniors Centre. Time 7:00pm. Come along for an evening of joyous music, fun and sing-a-long and get into the Xmas spirit! Light refreshments. Tickets: \$5.00 now available.

Tuesday, December 9: Join with the seniors "Lunch Bunch" group for their monthly outing at a nearby eatery. Make new friends, enjoy good food and hear the latest news. Time: 11:30am. Call Centre 875-1681 for December location.

Wednesday, December 10: Come along to the Centre's monthly "Evening Euchre

"Party" for a night of great conversation and lively competition. Prizes awarded. Time: 7:30pm. Cost: \$2.00/person.

Thursday, December 11: It's the Senior Centre's Annual Christmas Party. Join us at 12:00 noon for a fabulous get together! Singing and dancing! A great Christmas Turkey Luncheon! And a visit from St. Nick! Tickets: \$7.00 now available!

Monday, December 22: Don't miss the last excursion to Casino-Rama in 1997! Where else can you enjoy an exciting, fun-filled day and a sumptuous, buffet luncheon for only \$17.00...plus have the opportunity to meet Lady Luck! Come on along! Call Seniors Centre 875-1681 today to sign up!

Monday, December 22 - Monday, January 5: The Seniors Centre will be closed for the festive season.

Fall Programs include: Bridge, Euchre, Cribbage, Bingo, Table Tennis, Snooker, Darts, Tai Chi, Shuffleboard, Scottish Dancing, Yoga, Fitness, Line Dancing, Clogging, Creative Writing, Calligraphy, Oil painting, Carving Club, Choral Club and Craft Club. Additional activities include: Library, Lectures, Bus Tours, Cooking Workshops, Pot Lucks, Lunch Bunch, Diners Club, Special Luncheons, plus numerous Special Events and Fundraisers

THE ABOVE INFORMATION IS SUBJECT TO CHANGE AND LIMITATIONS.

For further details on activities at the Milton Seniors Activity Centre,
 Call (905) 875-1681

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HWY #7		
WINSTON CHURCHILL	EMBLETON	MISSISSAUGA ROAD
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	401	

HOURS:
 Mon.-Wed. 10 am - 6:30 pm
 Thurs.-Fri. 10 am - 7 pm
 Saturday 9 am-6 pm
 Sunday 10 am - 5:30 pm