

## STOP FALLS FROM HAPPENING

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

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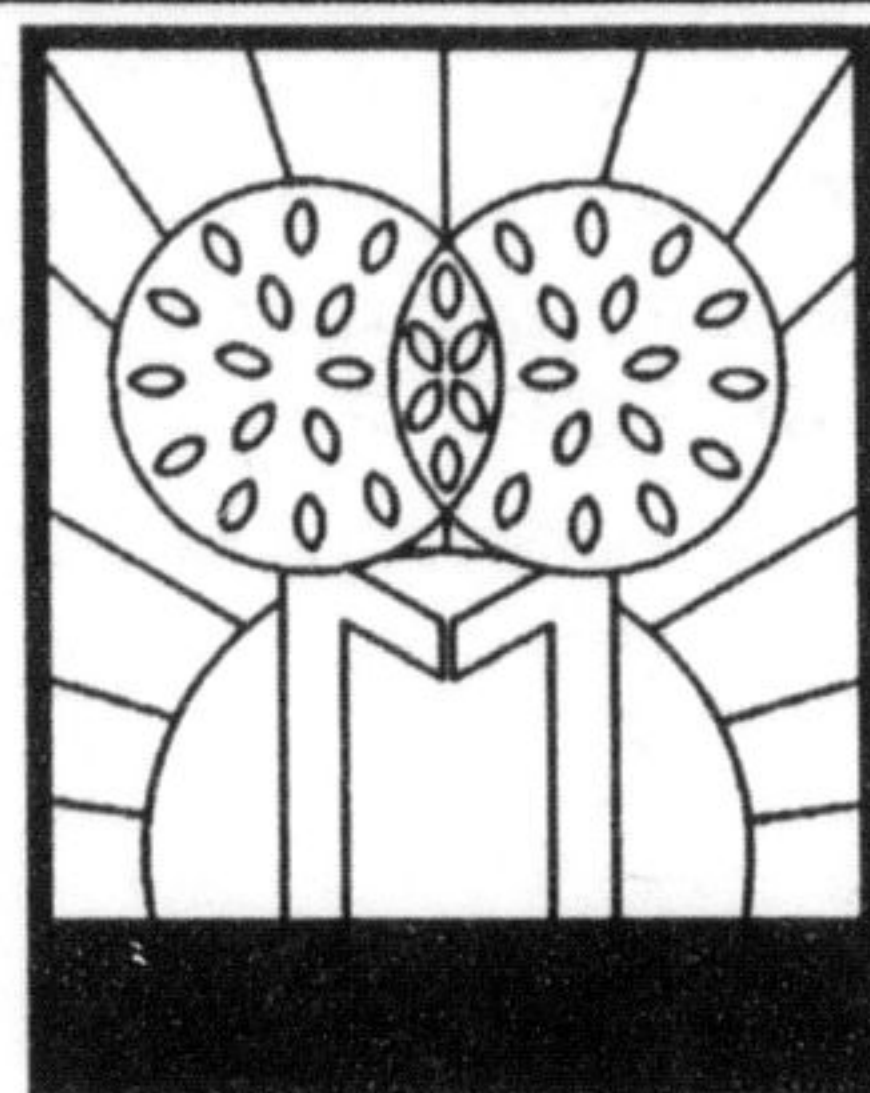
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# News for SENIORS

Milton Seniors Activity Centre  
Current Events

by Tim Hawkins, Publicity

## "Participate in '98"

# MARCH CURRENT EVENTS

**Monday, March 2:** Enjoy a day of fun and adventure on a bus excursion to **Casino-Rama**. There's plenty to see and do, a terrific buffet lunch and a chance to try lady luck....all for only \$12.00! The bus is filling fast, so call the Centre today at 875-1681 to sign up.

**Monday, March 2:** It's **Seniors Day at the Mall!** Come for **Seniors Bingo** and enjoy shopping values!

**Monday, March 2:** Try the "**Hot Meal Deal**", every Mon., Wed., & Fri.\* At the Seniors Centre. The grub is great and the social setting an adventure. 11:45am. \*If you wish a hot meal on Fridays, call Centre by 2:00pm Thurs. To order your meal.

**Tuesday, March 10:** Take in the monthly get-together of the "**Lunch Bunch**" group at a local eatery. You'll make new friends, enjoy great food and hear the latest news. Time 11:30am. Call Centre for March location.

**Wednesday, March 11:** Come along at 7:30pm for the Centre's monthly "**Evening Euchre Party**". There's great fun, lively competition and sparkling conversation. Prizes awarded. Cost: \$2.00.

**Thursday, March 12:** The Seniors Centre will once again be holding a morning **Income Tax Clinic** to assist people in compiling their BASIC Income Tax Forms.Space is limited so call & book appointment. There will be a small \$10.00 booking fee. And don't forget to bring your 1996 return, all receipts and T4's.

**Monday, March 16:** If you missed out on the Mar. 2 bus excursion to **Casino-Rama** in Orillia, here's your chance for a day of fun and excitement for only \$12.00. Call Centre 875-1681 today to sign up!

**Wednesday, March 18:** If you're Irish, it's time for the wearin' 'o the green! Come hear the "**Song Spinners**" in the lounge at 11:30am, then head for the cafeteria for a **Special Luncheon** of Irish Stew & roll, dessert and beverage for only \$6.00. A limited

number of tickets are now available at reception so get yours today. Following the luncheon at 1:30pm there will be a showing of **Riverdance** on the big screen tv!

**Thursday March 19:** New **Chess Club** starting at 1:30pm in the lounge for experienced and learners alike. Come along and experience the challenge.

**Monday, March 23:** "**Lunch & Learn**"! Come for a great lunch at noon...and hear about your community. Denise Charles of **Halton Helping Hands** will be speaking about their services. Don't miss this informative presentation.

**Wednesday, March 25:** **Dental Awareness Clinic** from 10:00 to noon. Ellen Ross, dental hygienist with Halton Health Dept. offers a free dental education service. If you wish advice about your teeth or dentures please drop in.

**Wednesday, March 25:** Centre member **Win Clark** wishes to form a "**Kitchen Band**". Come on out at 1:00pm in the auditorium to hear the details. **Needed** a piano player plus anyone wishing to join got fun, relaxation and fellowship. **Bring** with you any kitchen utensil or gadget that makes a noise.

**Thursday, March 26:** Come along as the local seniors "**Diners Club**" group holds its monthly get-together at a nearby restaurant. Enjoy an evening of gourmet dining and light conversation. 5:30 pm at Seniors Centre parking lot (car pool) or 6:00pm at restaurant. Call 875-1681 for March location.

**Thursday, March 26:** A fantastic **Symphony in White** bus tour 1st to St. Jacobs to sight see & dinner on your own then off to Kitchener auditorium for performance of the World famous "**Royal Lippizaner Stallions**". (The dancing white stallions)

**Tuesday, March 31:** Deadline of submissions to MSAC "**T**" **Shirt Design Contest**" Check Senior Centre 875-1681 for details on submitting your entry.

Winter Program includes: Bridge, Euchre, Cribbage, Bingo, Table Tennis, Snooker, Darts, Shuffleboard, Scottish dancing, Tai Chi, 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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Sat. 9:00 - 6:00 Sun. 11:00 - 6:00

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## SENIOR DISCOUNT DAYS

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**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