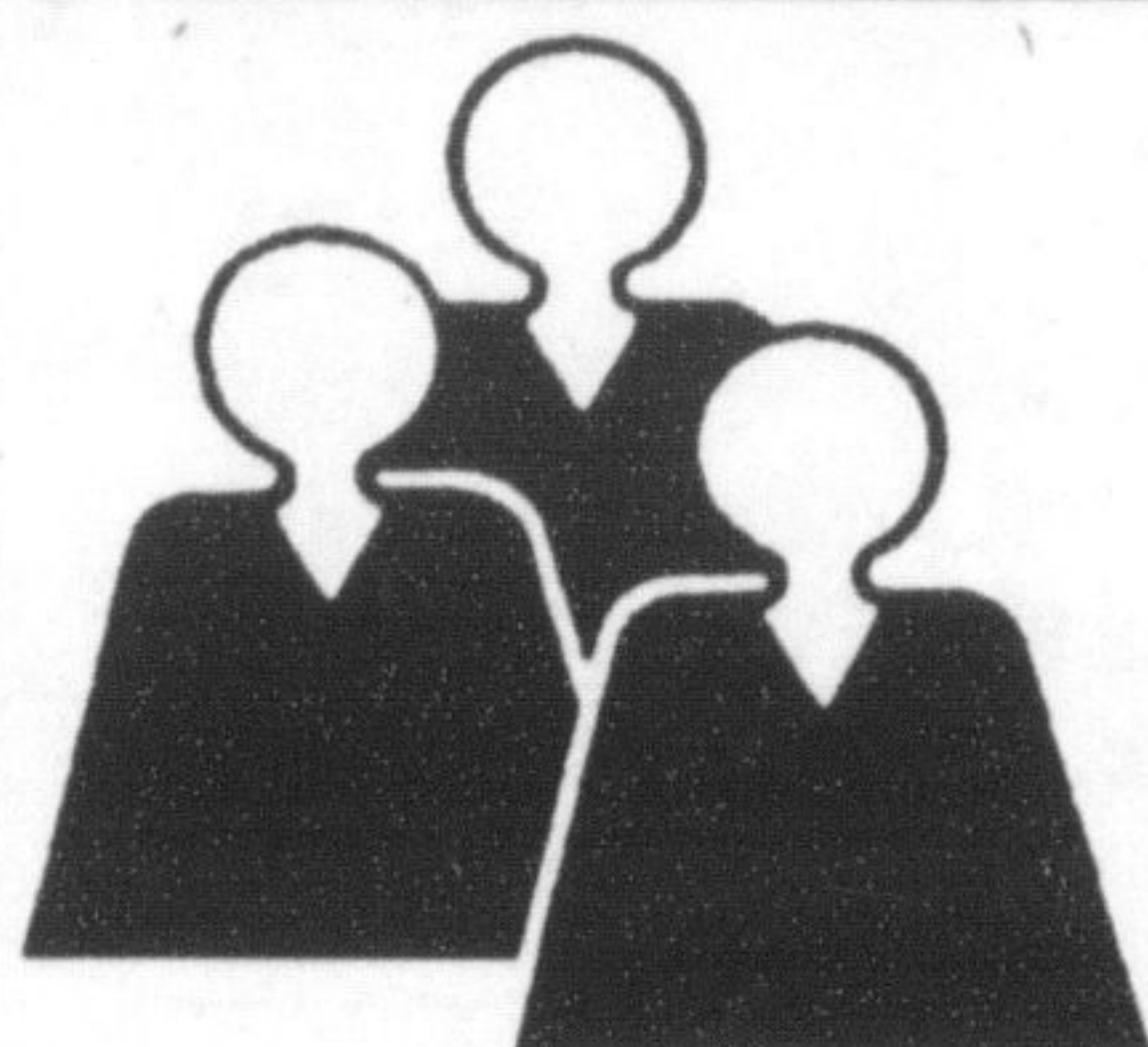


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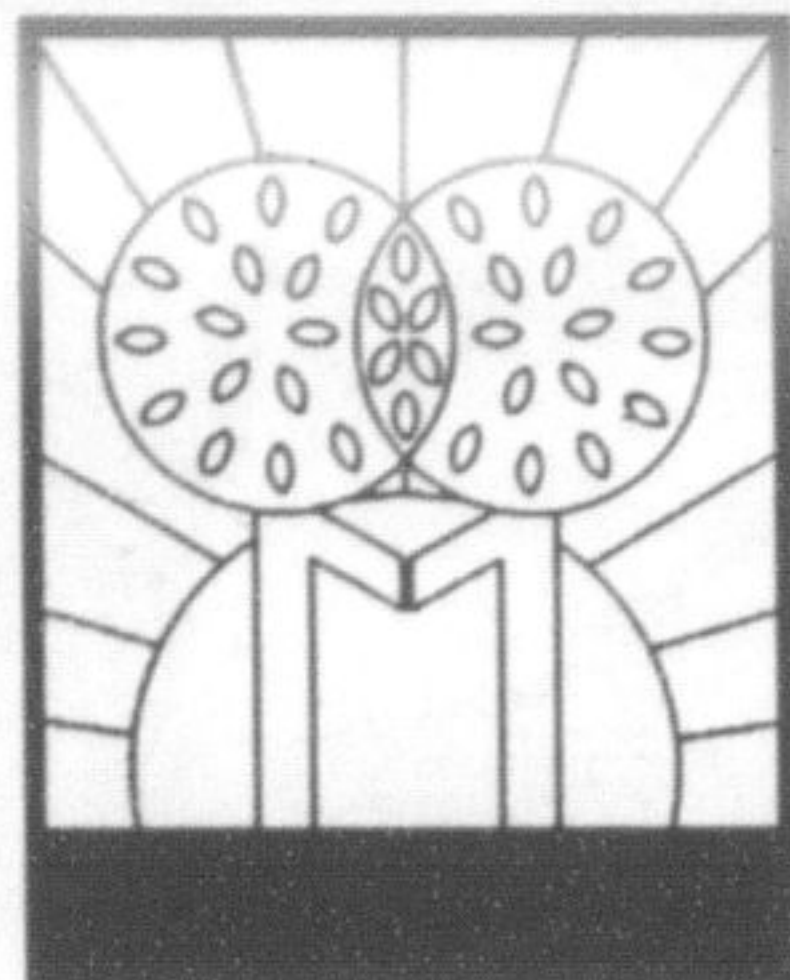
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News for SENIORS

**Milton Seniors Activity Centre
Current Events**

"Soaring into the Millenium"
APRIL CURRENT EVENTS

Wednesday, April 4: **Computer Club** meets at 1:30 pm in the lounge. New members are always welcome, if you haven't dropped into one of our meetings, why not try us out.

Friday, April 6: **Try Bunka, (painting with a punch needle and thread).** Join us from 1:00 - 3:00 pm. If you are planning to attend, please call 875-1681 to ensure the instructor has enough materials for all participants.

Friday, April 6: **Treat a friend to a cup of tea/coffee and a chat.** Join us from 2:00 - 4:00 pm. Bring along your knitting, cards, board games, what ever you wish. This is an opportunity to enjoy the companionship of others.

Saturday, April 7: Visit the Seniors' Activity Centre booth at the **Wellness Fair at the Milton Mall.** Members will be there to answer questions. Learn all about the Centre and all it has to offer.

Tuesday, April 10: Seniors **"Lunch Bunch"** group meets at Noon at a local eatery. Join them for good friends, good eats and great conversation. Call the Centre for April location.

Wednesday, April 11: The Centre holds it's **"Evening Euchre Party"** starting at 7:30 pm. Come along... bring friends! The competition is keen and the conversation refreshing. Prizes awarded. Cost: \$2.

Thursday, April 12: The Seniors' Activity Centre is hosting a **Daffodil Tea - For Cancer** from 2:00 -4:00 pm. Guest speaker: Vera MacDonald, sandwiches, cake, tea/coffee. Net proceeds to the Canadian Cancer Society. Tickets: \$6 each. Available at the Reception desk, or call 875-1681.

Wednesday, April 18: Drop by the Seniors' Activity Centre at 12:45 pm to learn more about **"Diabetes & Its Risks"** with our guest speaker Mary Merry, Diabetes Nurse Educator with the Halton Region Diabetes Program. The Lunch Counter is open, why not stay for lunch? Be sure to sign up if you are planning to attend.

Friday, April 20: The Seniors' Activity Centre is hosting a **"True Colours"** workshop 1:00 - 3:00 pm. Cost: \$10, includes refreshments. Discover your personality type and learn how to get along with those people who really annoy you -(maybe). A guaranteed enjoyable afternoon! Sign up at the Reception Desk or call 875-1681. Get your ticket today!

Saturday, April 21: The Senior's Activity Centre Fundraising Committee announces a **"St. George's Day Pub Night"**. Pub fare, professional entertainer Mel Collie, Morris Dancers, a quiz, sing-a-long and much more. Tickets \$20, available at the Reception Desk or call 875-1681. Get your ticket today!

Tuesday, April 24: The Seniors' Activity Centre **"Volunteer Appreciation"** will be held at the Centre at 12:00 Noon. Thanks to the many volunteers who volunteer their time and share their talents to make the Centre a better place!

Thursday, April 26: The Seniors' Activity Centre members get together for a monthly night out. Join the **"Diners Club"** for good fellowship, great food and hearty socializing. Meet at 6:00 pm. Call the Centre for April location and/or to arrange for car pool.

Friday, April 27: If you walk for an activity or want to begin walking as an activity, drop by the **Seniors' Activity Centre** from 1:00 - 2:00 pm. Join Tracy Hasselfeldt, Fitness Supervisor with the Town of Milton, to learn about warm-ups and cooldowns, clothing and shoes required, walking techniques and stride tips and much more. RSVP to the Centre if you are planning to attend 875-1681.

Lunch Counter - A great way to meet people, while enjoying a delicious "home cooked meal"

Hours of Operation

Wednesdays 11:30 a.m. - 12:45 p.m.

Menu Includes:

Soup, Sandwiches, Salad, Dessert,
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If you wish to attend the Lunch Counter, please sign up at the Reception Desk or phone in your order by the Monday of that week.

The Centre will be closed Friday, April 13th and Monday April 16 for the Easter holiday!

"Seniors Cinemas"

April Performances at the Senior Centre
Thursdays, starting at 1:30pm.

April 5 - Uncle Buck (Comedy)

April 12 - While You Were Sleeping (Comedy/Romance)

April 19 - Meet the Parents (Comedy)

April 26 - Kindergarten Cop (Comedy)

Programs Include: Bridge, Learn to Play Bridge, Euchre, Cribbage, Bingo, Snooker, Darts, Shuffleboard, T'ai Chi, Qi-Gong, Line Dancing, Clogging, Bunka, Oil Painting, Fiction Writing, Tap Dancing and Seniors' Cinemas. Additional Activities Include: Library, Bus Tours, Lunch Bunch, Diners Club, Kitchen Band, Computer Club, Folk Art Club, Soft Wood Carving Club, Song Spinners Chorus, Creative Fingers Craft Club plus Special Events & 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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