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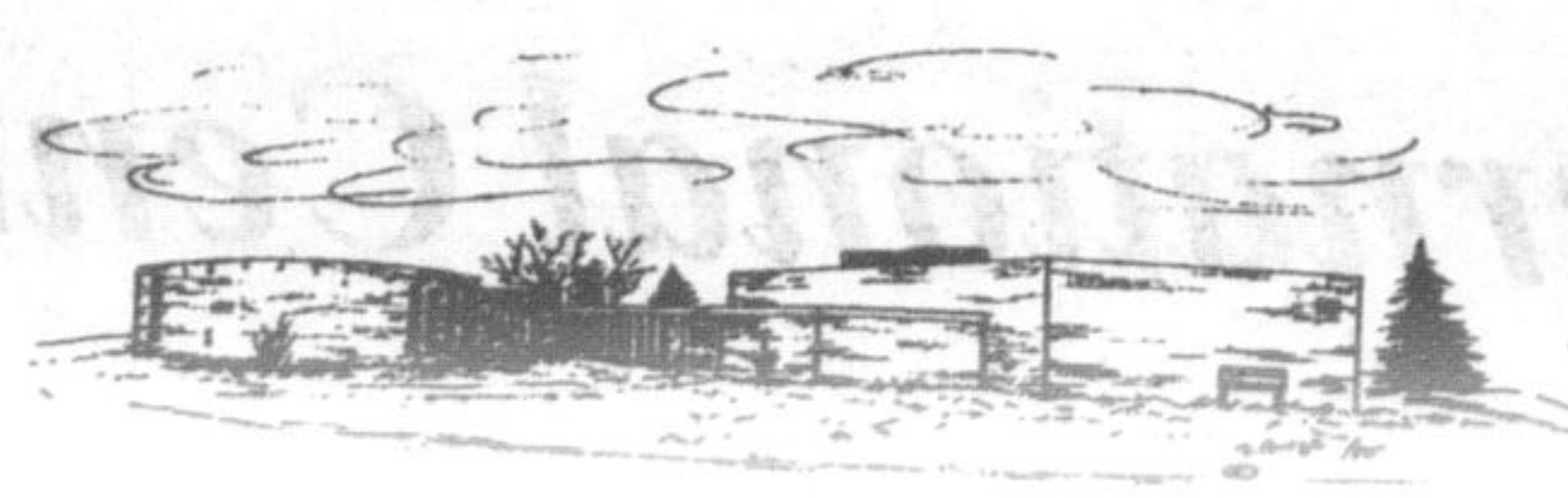
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News for SENIORS

Milton Seniors' Activity Centre
500 Childs Drive, Milton • 905-875-1681



APRIL ACTIVITIES

"Evening Euchre Parties"

The Centre holds its "Evening Euchre parties" on **Wednesday, April 9 and Tuesday, April 15** starting at 7:30 p.m. Come along ... bring

friends! The competition is keen and the conversation refreshing. {Prizes awarded. Cost: \$2.

Tuesday, April 8, 15, 22, and 29 Join the new "Drama Club" at 1:30 p.m. in the Centre Lounge. New members welcome!

To learn more about the benefits of weight training, drop by the Seniors' Activity Centre from 11:30 a.m. - 12:30 p.m. **Fitness Supervisor, Tracy Hasselfeldt** will be on hand to answer your questions.



Pub Night Saturday, April 5th

Enjoy a fun-filled "Pub Night" at the Centre. The evening will include entertainment by comedian Geoff Hixson, the Grimsby Rovers, and the Centre's own Drama Club, as well as light refreshments, and a cash bar. Door opens at 6 p.m. Tickets cost \$15 per person.

Saturday, April 12 Stop by the Seniors' Activity Centre's booth at the "Annual Wellness Fair" at the Milton Mall. Learn more about the variety of clubs, programs and events available to active seniors, and meet new friends.

Fire Extinguisher Training



Wednesday, April 16 - 12:45 p.m. Join us for an informative video presentation, followed by a hands-on training session with firefighters from the Milton Fire Department. Training is free, but pre-registration is required.

Thursday, April 17 The Centre's "Walking Club" will be holding their first meeting of 2003 at 10 a.m. today. If you enjoy comfortable outdoor walking, join us as we make plans for this season's outings. New members are most welcome.

Thursday, April 24 The "Diners Club" enjoys good food and camaraderie at an area restaurant. Call the Centre for information about this month's outing. Carpooling can be arranged, and your cost is the cost of your meal.

Wednesday, April 30 The Halton-Peel Chapter of **Bereaved Families of Ontario** will be presenting a half-day workshop for those interested in learning more about grief and how to care for oneself and others after loss. The workshop will be held at the Seniors' Activity Centre at 11:30 a.m. Cost is \$10 per person, and includes lunch. Please contact Tammy Corless, Recreation Supervisor, at 905-875-1681, if you would like to attend.

Seniors' Cinemas April Performances

All performances begin at 1:30 p.m.
Cost is \$1 - Refreshments served

Thursday, April 10
Thursday, April 17
Thursday, April 24

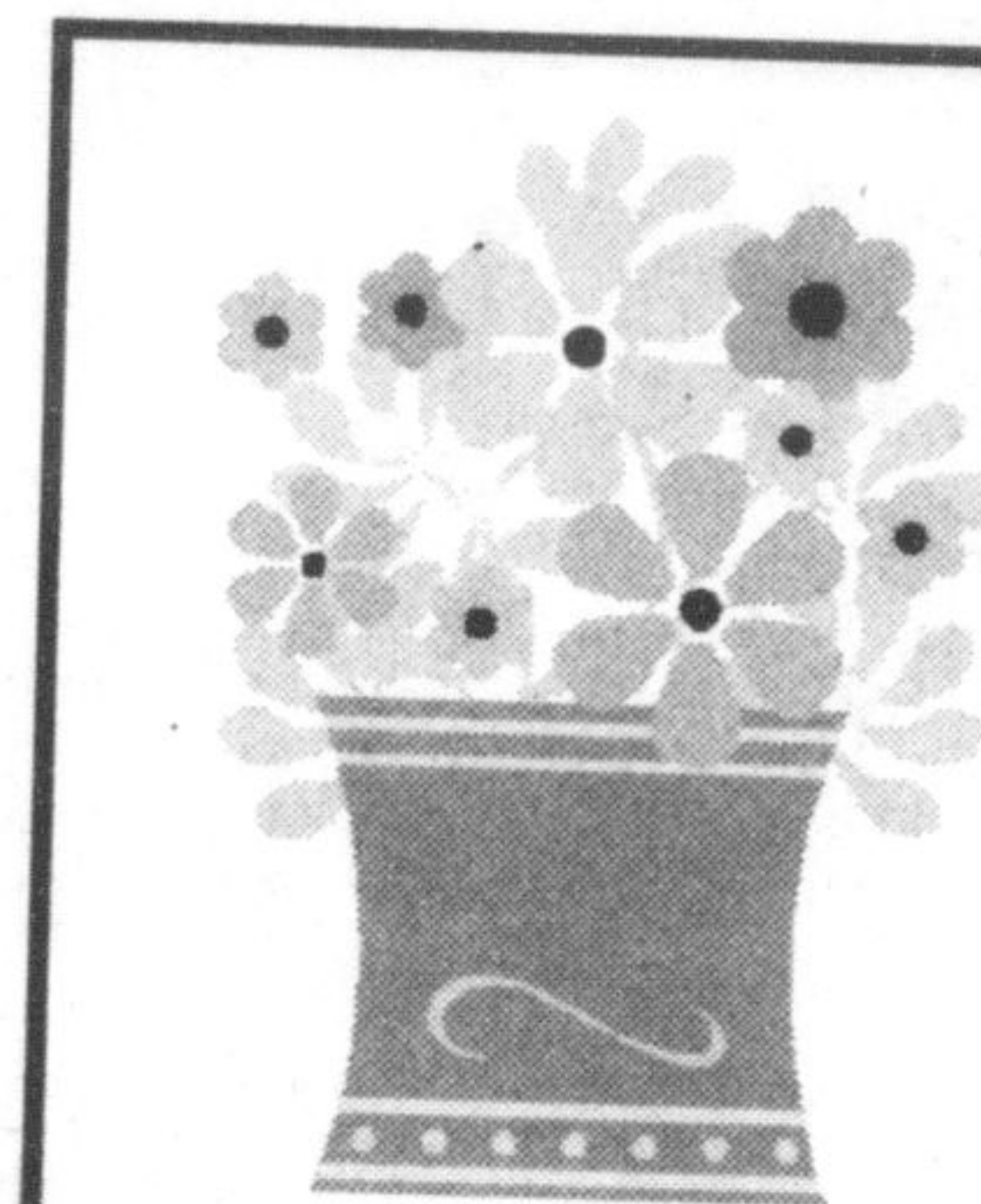
Tuck Everlasting (Drama)
White Oleander (Drama)
The Four Feathers (Drama)



Thank you to Rogers Video for its generous support of the Centre's "Seniors' Cinemas".

Programs Include: Badminton, Basic Rescuer CPR, Bridge, Learn to Play Bridge, Driver Refresher, Euchre, Cribbage, Bingo, Snooker, Darts, Shuffleboard, Tai Chi, Qi-Gong, Light Exercises, Seniors Pilates, Yoga, Line Dancing, Clogging, Painting Classes, Tap Dancing and Seniors' Cinemas.

Additional Activities Include: Wednesday "Lunch Counter", Library, Bus Tours, Lunch Bunch, Diners Club, Kitchen Band, Computer Club, Folk Art for Intermediates Club, Soft Wood Carving Club, "Song Spinners" Chorus, "Creative Fingers" Craft Club, plus Special Events and Fundraisers.



Special thanks to
Magda and Kathleen
at
Kalena Flowers
for the beautiful
flower arrangements
provided for the
enjoyment of our
members

THE ABOVE INFORMATION IS SUBJECT TO CHANGE AND LIMITATION.
FOR FURTHER DETAILS ON ACTIVITIES CALL 905-875-1681

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