

News for SENIORS

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

APRIL ACTIVITIES

The Centre holds its "Evening Euchre Parties" on **Tuesday, April 6, Wednesday, April 14, and Tuesday April 20** starting at 7:30 p.m. Cost \$2.

"New" Caregiver Education Series. **Thursdays, April 29-May 20** fro 1:30-3:30 p.m. (4 classes). In cooperation with VON Canada, learn more about handling stress, balancing care and life, keeping control of your situation, handling guilt, anger and other emotions, and exploring community services available. To register call 905-827-8800. Free.

"New" Hawaiian Dancing for **Beginners. Saturdays, April 17-June 19, from 11:00 a.m. - 12:30 p.m. (10 classes)**. Fun-filled class learning to dance "in the island style". No prior

dance experience is required. \$55 MSAC Members, \$85 Non-members.

Personal Life Stories - Writing Your Memoirs. Tuesday, March 30-May 4, from 1:30-3:30 p.m. (6 classes). Record interesting anecdotes, humorous incidents or important events in your life. No previous experience required. Learn how to construct and formulate your memoirs. Share stories, creative writing exercises, feedback and lots of fun! \$72 MSAC members, \$92 Non-members.

CNIB Halton/Peel District Milton "Service Day" - Tuesday, April 27, 10:00 a.m. - 1:00 p.m. CNIB staff and volunteers will be at the Centre to provide services and give information about talking book machine exchanges,

technical aids and magnifier purchases, referrals for services and general information. Low Vision Assessments will be done by appointment. For more information call CNIB 1-888-275-5332. TTY callers 905-275-4409.

Do you or someone you love have a problem with gambling? Then join us **Wednesday, April 28, 12:30 p.m.** Trained Counselor, Fred Tisdall from ADAPT (Alcohol, Drug and Gambling Assessment, Prevention and Treatment) will be here for an information session with the focus being on addiction, recovery, the impact on others, identifying family members' role in addressing gambling behaviour, coping strategies and much more.

The Milton Farm CRAFT SHOW

MAY 1ST & 2ND

- ★ Over 120 juried crafts people In the Great Gambrel Barn, The Aberfoyle Town Hall and Individual Exhibitor Tents
- ★ Handmade quality
- ★ Superior workmanship
- ★ Great gift ideas for Mom
- ★ Country decorating at its best
- ★ Live entertainment
- ★ Beautiful Fall location
- ★ Food Available

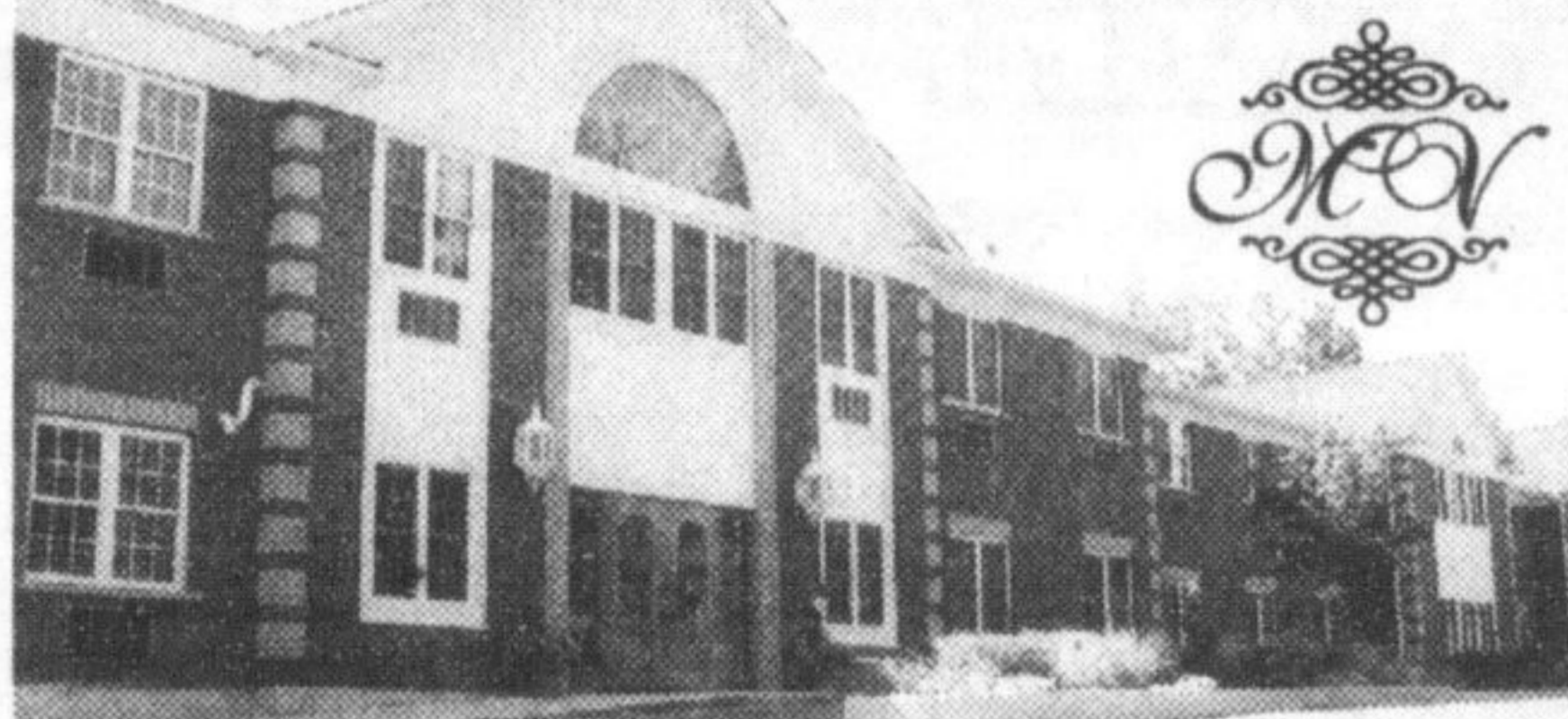
Saturday & Sunday
9 a.m. - 4 p.m.

Adults \$4.00
Children Under 12 FREE
Parking FREE

AT
COUNTRY HERITAGE PARK
8560 Tremaine Road, Milton, ON
Call 1-888-307-FARM (3276)

Mountainview Residence

222 Mountainview Rd. N., Georgetown



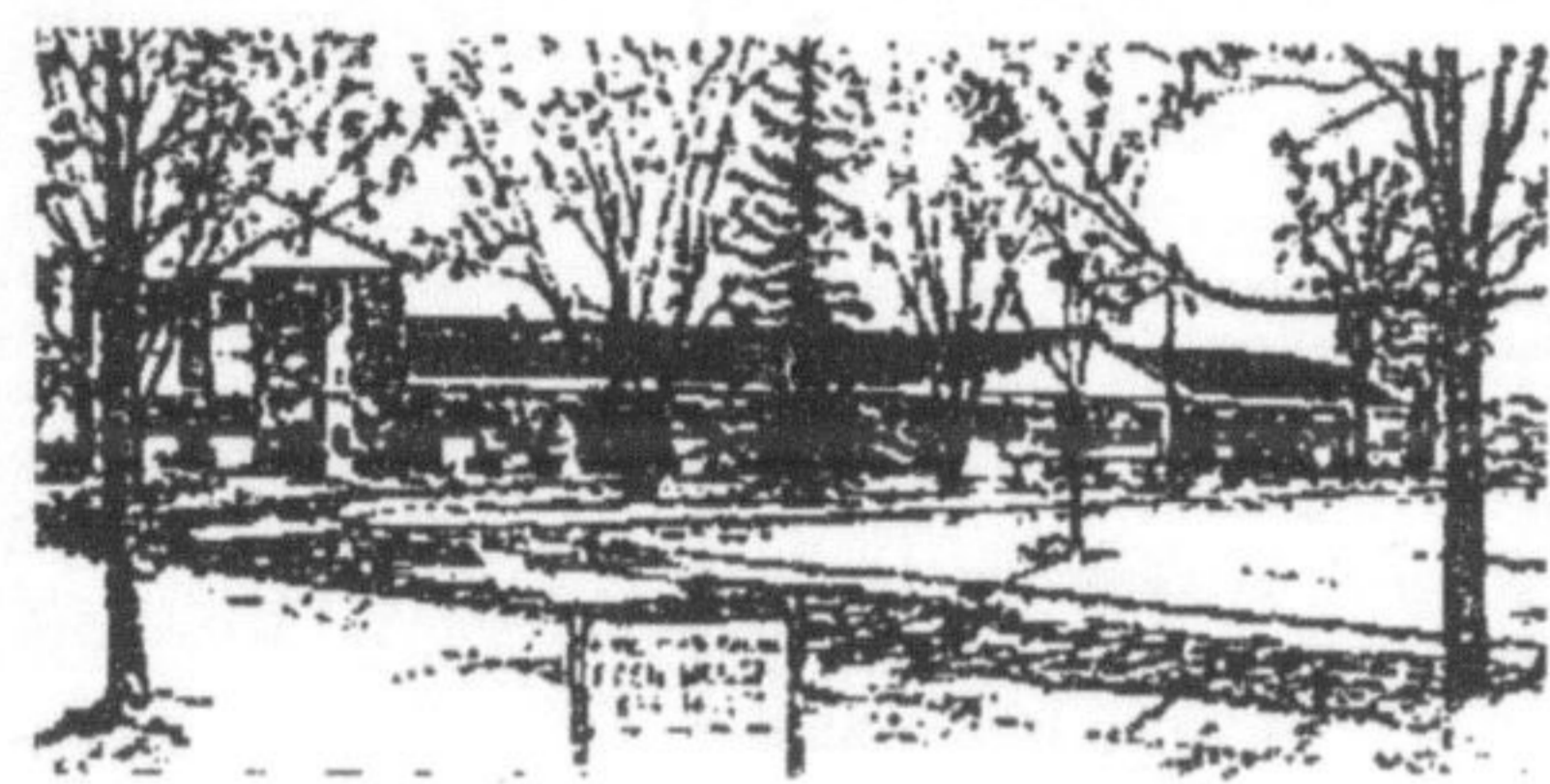
This 82 Suite Retirement Residence offers planned social activities, home-cooked meals served in their lovely dining room, housekeeping and laundry services, nursing staff on site that provide healthcare and assistance to enable residents to enjoy a more carefree lifestyle on our 5.6 acre beautifully landscaped site!

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ORCA - simply call 905-877-1800.

www.mountainviewresidence.com



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DO YOU ENJOY... CONTRACT BRIDGE?

The Centre offers this fun program
WEDNESDAY MORNINGS AT 9:30 A.M.
THURSDAY AFTERNOONS AT 1:30 P.M.
& FRIDAY MORNINGS AT 10:00 A.M.

Cost is only \$1.50 for members, or \$2 for non-members.

"CAMPBELLVILLE EVENING EUCHRE PARTIES" at the Lions Hall in Campbellville will be held

Friday, April 2, 16 and 30

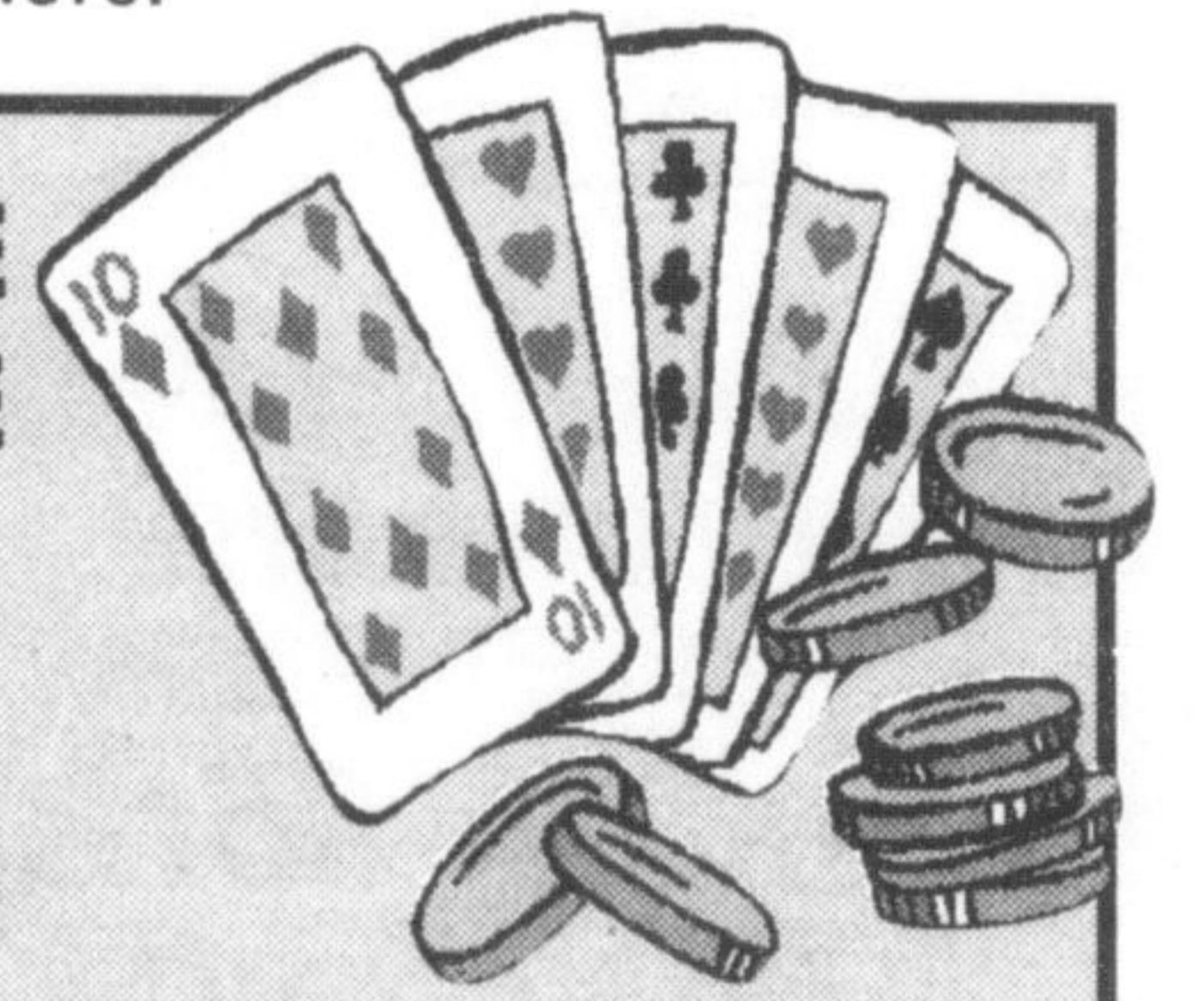
Come along... bring friends!

The competition is keen and the conversation refreshing.

PRIZES AWARDED. COST: \$2.50 PER PERSON

SEE YOU THERE!!!

The Centre holds its "EVENING EUCHRE PARTIES" on **Tuesday, April 6 and Wednesday, April 14 and Tuesday, April 20** starting at 7:30 p.m. Cost \$2.00.



Seniors' Cinemas April Performances
All performances begin at 1:30 p.m.
Cost is \$1 - Refreshments served

Thurs. April 8 **Radio - Drama - Ed Harris, Cuba Gooding Jr.**

Thurs. April 15 **Mona Lisa Smile - Drama - Julia Roberts, Kirsten Dunst**

Thurs. April 29 **Lost in Translation - Drama/Historical Bill Murray**

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

Programs include: Badminton, Bridge, Learn to Play Bridge, Euchre, Bid Euchre, Cinemas. Additional Activities include: Wednesday "Lunch Counter", Library, Bus Cribbage, Bingo, Scrabble, Gin Rummy, Snooker, Darts, Shuffleboard, T'ai Chi, Qi-Tours, Lunch Bunch, Diners Club, Kitchen Band, Computer Club, Folk Art for Gong, Light Exercises, Yoga, Line Dancing, Clogging, Painting Classes, Tap Intermediates Club, Weight Loss Club, Painting Club, Soft Wood Carving Club, "Song Dancing, Caregiver Education Series, Hula Dancing, Memoirs, and Seniors' Spinners" Chorus, "Creative Fingers" Craft Club, plus Special Events and Fundraisers.

THE ABOVE INFORMATION IS SUBJECT TO CHANGE AND LIMITATION.

FOR FURTHER DETAILS ON ACTIVITIES CALL 905-875-1681

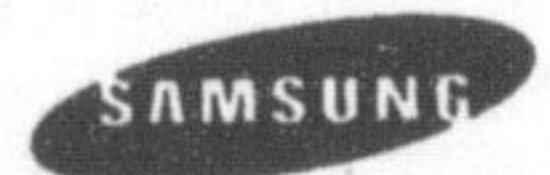
Miltown Computer Services



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TOSHIBA



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905-878-4651 1-800-268-0034

Fax: 905-876-1013

Store Hours: Monday - Friday 9-5:30pm,

Saturday 10-2pm

www.miltown.com

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