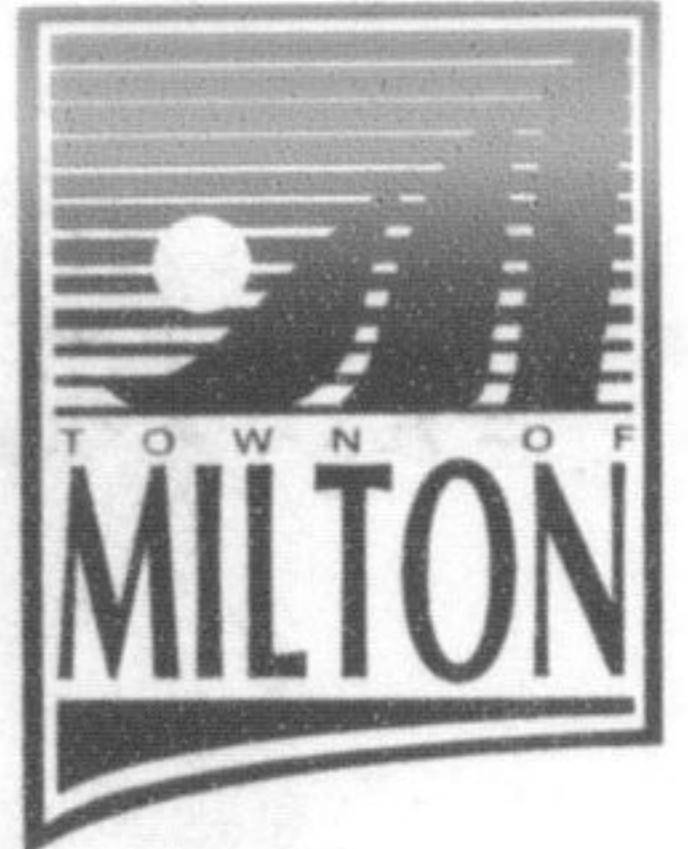


# News for SENIORS

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



## OCTOBER ACTIVITIES

Please note that the Centre will be closed Monday, October 11 for the Thanksgiving Day holiday and will re-open as usual, Tuesday, October 12

The Centre holds its "Evening Euchre Parties" on **Tuesday, October 5, Wednesday, October 13 and Tuesday, October 19** starting at 7:30 p.m. Cost: \$2.50.

The Centre offers **Bid Euchre** every Thursday at 1:30 p.m.

Enjoy **Euchre** every Friday afternoon in the Centre Auditorium at 1:30 p.m.

Join our **Wednesday Lunch Counter** from 11:30 a.m. - 12:45 p.m. for a delicious hot meal or enjoy soup and sandwiches. If you wish to attend the lunch counter, please sign-up at the Reception Desk or phone in your order to the Centre by Noon the Monday of that week. Cost \$6 includes a salad, entrée, dessert and beverage.

Join the **Walking Club** and enjoy leisurely walks to local destinations and take in the beautiful view and scenery around Halton. This group meets at the Centre and carpools to their destination. The club welcomes people of all fitness levels. Every Thursday, at 10:00 a.m.

"**Country Hoe Down**" **Chicken Barbeque, Friday, October 1.** Come dressed in your western gear and enjoy a delicious chicken dinner complete with fixin's. Fabulous entertainment is planned with comedy, singing, guitar and more by versatile performer Don Dunham, who just recently won the Northern Ontario Country singer Award

for 2004. Starting at 5:30 p.m. the tickets are \$15 each and are available at the Reception Desk.

"**Storiés from the Heart**" Creative written memoirs. If you can write a letter, you can write your memoirs! Join us for this entertaining workshop, which will focus on your personal life stages and relationships in your past. Participants will write, share and receive feedback in a sensitive and fun environment. **Tuesday, October 5** at 9:30 a.m. - 3:30 p.m. \$55 member, \$75 non-member. Must pre-register. Call the Centre for details.

"**Lunch Bunch**" **Thursday, October 7.** Join us at E.C.Drury High School at **12:00 p.m.** Tickle your taste buds and try a new restaurant on the second Tuesday of each month. Inquire at Reception for details. Carpooling will be arranged as required. Fee: Cost of the Meal.

**Flu Shot Clinic, Wednesday, October 13, 10:00 a.m. - 2:00 p.m.** Nurses from the Halton Health Department will be here for their annual drop-in Flu Immunization Clinic. Please wear a short-sleeved shirt. FREE.

**Cookie Walk, Wednesday, October 13, 9:30 a.m.** Purchase a variety of delicious, home-baked cookies at the Seniors' Activity Centre. Call the Center for more details.

"**Computer Club**" **Friday, October 15, 1:00 - 3:00 p.m.** Held the 3rd Friday of each month learn more about computers or share your computer knowledge with others. Experiencing a problem with your computer? Come join us to hear interesting guest speakers and great discussions. Cost \$2 members, \$4 non-members.

"**New**" **Circle of Support, Thursday, October 21, 7:00 p.m. - 8:30 p.m.** This 8-week grief support group is designed to help you cope after the death of a loved one or after a significant loss. If you are interested in participating, please call 905-875-1681, ext. 2753. FREE.

**Hearing Screening Clinic, Friday, October 22.** Beginning at 10:00 a.m., there will be consultation for individuals regarding hearing loss and coping with loss. Please call the reception desk 905-875-1681 to schedule your FREE appointment.

"**Diners Club**", **Tuesday, October 26, 5:30 p.m.** Enjoy good food and fellowship at an area restaurant. Call the Centre 905-875-1681 for information. Carpooling can be arranged. Cost: the price of the meal.

"**10th Anniversary Talk**", **Wednesday, October 27, 12:30 p.m.** Jim Dills, a member of the Centre and prominent local historian, will give the first of three talks to celebrate the Centre's 10th Anniversary. Topic: The Colourful Changes in our Town's History. FREE.

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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 \$2 for members, or \$4 for non-members.

**Seniors' Cinemas**  
**September Performances**

All performances begin at 1:30 p.m.  
Cost is \$2 - Refreshments served

Thursday, October 7 Comedy - Johnny English  
Thursday, October 14 Drama - Open Range  
Thursday, October 21 Action/Drama - Against the Ropes  
Thursday, October 28 Comedy - Along Came Polly

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

**"CAMPBELLVILLE EVENING EUCBRE PARTIES"**  
at the Lions Hall in Campbellville will be held  
**Friday, October 1, 15 & 29**  
Come along... bring friends!

The competition is keen and the conversation refreshing. Cost \$3.00  
PRIZES AWARDED. SEE YOU THERE!!!

**"CAMPBELLVILLE EVENING BID-EUCBRE PARTIES"**  
at the Lions Hall in Campbellville. Bid-Euchre will be held on  
**Friday, October 8 & 22.** Come along...bring friends!  
The competition is keen and the conversation refreshing. Prizes awarded. Cost \$3.00

Programs include: Badminton, Basic Rescuer CPR, Bridge, Learn to Play Bridge, Euchre, Bid Euchre, Cribbage, Bingo, Snooker, Darts, Shuffleboard, T'ai Chi, Qi-Gong, Light Exercises, Yoga, Line Dancing, Clogging, Painting Classes, Tap Dancing, Memoirs, 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.

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

**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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