




Martindale GARDENS RETIREMENT RESIDENCE

In The HEART of Milton

Our seniors enjoy independence with "Assisted Living" always an option. Respite Care services also available **NOW OPEN**

Affordable all inclusive rates
Studio suites available
(from \$2100.00 per month)

Accepting reservations for one and two bedroom suites
Call for your personal tour
Contact Marlene Williams
905-693-8592
45 Martin St., Milton, Ont.
(across from the Mill Pond)




The Vacation that Never Ends!

Discover Amica's unique resort-inspired retirement residences. Imagine living a remarkably pampered lifestyle designed in the style of your favourite hotel or cruise ship - where amenities abound and activities astound. Isn't this the lifestyle you've always wanted, the lifestyle you deserve?

A Mature Way of Life™

AMICA AT ERIN MILLS
4620 Kimbermount Ave.
Mississauga, ON
905.816.9163

www.amica.ca A WELLNESS AND VITALITY RESIDENCE



EDEN HOUSE CARE FACILITY INC.

One storey building located on beautiful spacious grounds situated between Rockwood and Eden Mills

NURSING HOME • RETIREMENT HOME
519-856-4622
SERVING HALTON AND AREA SINCE 1968

ROBERT (PIE) LEE INSURANCE AGENCY

Life - Disability - Annuities - RRIFs - LIFs - RRSPs - Mutual Funds (M.S.L.L.) - RESPs

Celebrating 30 years of "Home Town" Business
Bob Lee
bob@robertleeinsurance.com

Kim Mitchell
kim@robertleeinsurance.com

245 COMMERCIAL ST., MILTON L9T 2J3
OFFICE 905-878-5786 FAX: 905-878-3692

ZAK'S PHARMACY
Milton's Independent Pharmacy

• Free Delivery • All Drug Plans Accepted
• 10% Seniors Discount • Written Drug Information Available

"At Zak's We Care About Your Health"

70 Main St. E. 875-2424



News for SENIORS

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

JANUARY 2006 ACTIVITIES



Happy New Year!!
It's Membership Time!

Memberships for 2006 are now being accepted for the Milton Seniors' Activity Centre with a cost of only \$20 for the year. Some benefits of membership include reduced fees for all drop-in and registered programs, facility rentals and trips as well as a free subscription to the Centre's bi-monthly newsletter. Drop by or call the Centre for more information. Drop-in passes are also available for purchase.

Computer Club:
Friday, January 20
Join us to hear guest speaker Ann Kornuta speak about photography with 35

mm or digital cameras. Meet in the Games room from 1:00 - 3:00 p.m. Cost: \$3 members, \$4 non-members.

Robbie Burns Day:
Wednesday, January 25
Celebrate the 247th anniversary of the birth of Robert Burns. A roast beef lunch will be served at 12:00 p.m. in the cafeteria, followed by tributes to the famous poet. The "Song Spinners" Chorus will be hosting a sing-a-long in honour of Robert Burns in the Library from 11:15 - 11:45 a.m. Tickets are \$10 each and are available at the Centre. Space is limited so get your ticket fast!

Wednesday Lunches at the Centre
The Centre's lunch counter program resumes

Wednesday, January 4.
Enjoy a delicious hot meal or soup and sandwich. Please sign-up at the Reception Desk or phone in your order to the Centre by noon, the Monday of that week. The cost is \$6 and includes a salad, entrée, dessert and beverage. Please note this program is cancelled on Wednesday, January 25 due to the Robbie Burns Celebration Lunch.

Video Lending Library - NEW!
The Centre now offers a free Video Lending Library. Choose from over 60 fairly recent and classic favourites. We wish to thank those who have donated videos and also thank Rogers Video for donating the cases.

Friday mornings at 10 a.m. Cost: is \$2 for members; \$4 for non-members.

Bid Euchre: Every Monday and Thursday at 1:30 p.m. Cost is \$2 for members; \$4 for non-members.

Euchre: Every Friday afternoon in the Centre Auditorium at 1:30 p.m. Cost is \$2 for members; \$4 for non-members.

CyberCafé: Held every Monday from 1:00 - 4:00 p.m., with experienced volunteers available for assistance. Cost is \$2 for members and \$4 for non-members.

"Downsizers" Weight Loss Club: Held every Tuesday at 10:00 a.m., focusing on healthy eating, exercise habits and losing weight safely in a supportive setting. Cost is \$2 for members and \$4 for non-members.

Shuffleboard: Held every Wednesday from 1:30 - 3:30 in the Games Room. Cost: is \$2 for members and \$4 for non-members.

Foot Care Clinic (with a V.O.N. Nurse): Held every Thursday from 1:00 - 4:00 p.m. Appointments can be booked by calling the Centre. Cost: \$24

Afternoon Euchre & Bid Euchre, anyone?
The Centre offers Bid Euchre every Monday & Thursday at 1:30 pm
Enjoy Euchre every Friday afternoon in the Centre Auditorium at 1:30 pm

Evening Euchre Parties
The Centre holds its Evening Euchre Parties on Wednesday, November 4 & 18 starting at 7:30 p.m. Cost: \$2.50

DO YOU ENJOY CONTRACT BRIDGE?
The Centre offers this fun-filled 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.

Here are just some of the drop-in programs offered at the Centre (All programs are held at the Centre unless otherwise stated)

Evening Euchre: Tuesday, January 3 & 17 and Wednesday, January 11
starting at 7:30 p.m. Cost: \$2.50 for fun and prizes.


Contract Bridge:
Wednesday mornings at 9:30 a.m., Thursday afternoons at 1:30 p.m., and

Seniors' Cinemas JANUARY

All Thursday shows begin at 1:30 p.m. All Friday night movies begin at 7:00p.m.
Cost is \$2 - including refreshments

- Thursday, Jan 5 "Charlie & The Chocolate Factory"
- Thursday, Jan 12 "The Polar Express"
- Thursday, Jan 19 "March of the Penguins"
- Thursday, Jan 26 "Bewitched"
- Friday, Jan 6 "War of the Worlds"
- Friday, Jan 13 "Batman Begins"
- Friday, Jan 20 "Sisterhood of the Traveling Pants"
- Friday, Jan 27 "March of the Penguins"

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



"CAMPBELLVILLE EVENING EUCHRE PARTIES"
at the Lions Hall in Campbellville will be held **Friday, January 6 & 20**

SEE YOU THERE!!!
Come along... bring friends!

The competition is keen and the conversation refreshing. Prizes will be awarded. Cost \$2.50



Other programs offered at the Centre: Badminton, Bridge, Learn to Play Bridge, Euchre, Learn to Play Euchre, Bid Euchre, Cribbage, Bingo, Snooker, Darts, Shuffleboard, Tai Chi, Qi-Gong, Yoga, Line Dancing, Pilates, Clogging, Painting Classes, Tap Dancing, Hawaiian Dancing, Sign Language, Stained Glass, Movies.

Wednesday "Lunch Counter", Lending Library (video & books), Bus Tours, Lunch Bunch, Diners Club, Kitchen Band, Computer Club, Cyber Café, Folk Art Club, Drama Club, Book Club, The "Downsizers" Weight Loss Club, Soft Wood Carving Club, "Song Spinners" Chorus, "Creative Fingers" Craft Club, Painting Club, plus special events and fundraisers.

"CAMPBELLVILLE EVENING BID-EUCHRE PARTIES"
at the Lions Hall in Campbellville will be held on Friday, January 13 & 27. Come along...bring friends! The competition is keen and the conversation refreshing. Prizes awarded. Cost \$2.50

HERITAGE HOUSE
Comfortable Retirement Living

- Long & Short Term Accommodations
- 24 Hour Nursing Assistance Available
- All Services and Amenities Provided

Call or stop by for tea and a tour, we'd love to show you around.

(519) 822-2006 2113 Gordon Street, Guelph

Saturday Night Bridge Parties

The Milton Seniors' Activity Centre is introducing Saturday Night Bridge Parties, held every other Saturday from 7:30 - 10:00 p.m.

The cost is \$2.50 for great fun and prizes.
For more information, call 905-875-1681

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