

*Martindale*  
**GARDENS**  
RETIREMENT RESIDENCE

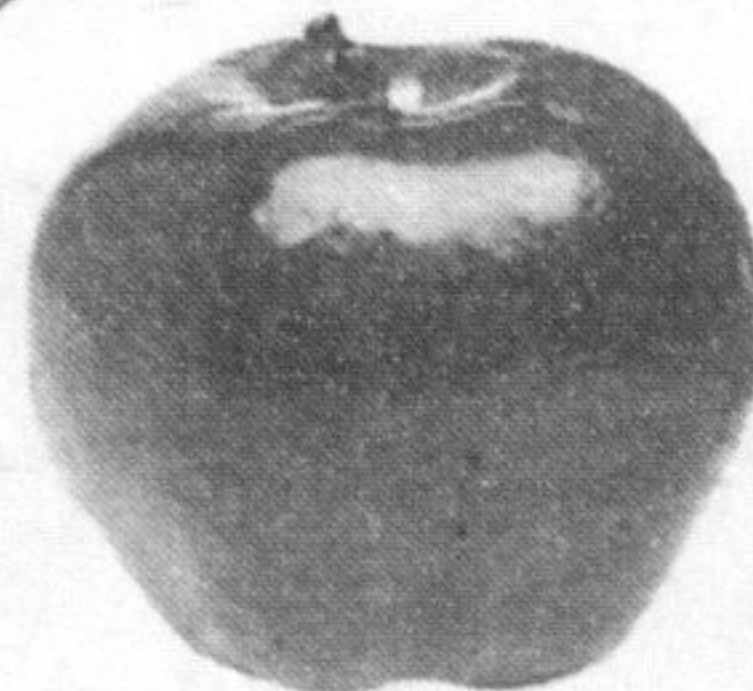
*In The*  
**HEART**  
*of Milton*

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)

 **Bite me.**  
*With confidence!*

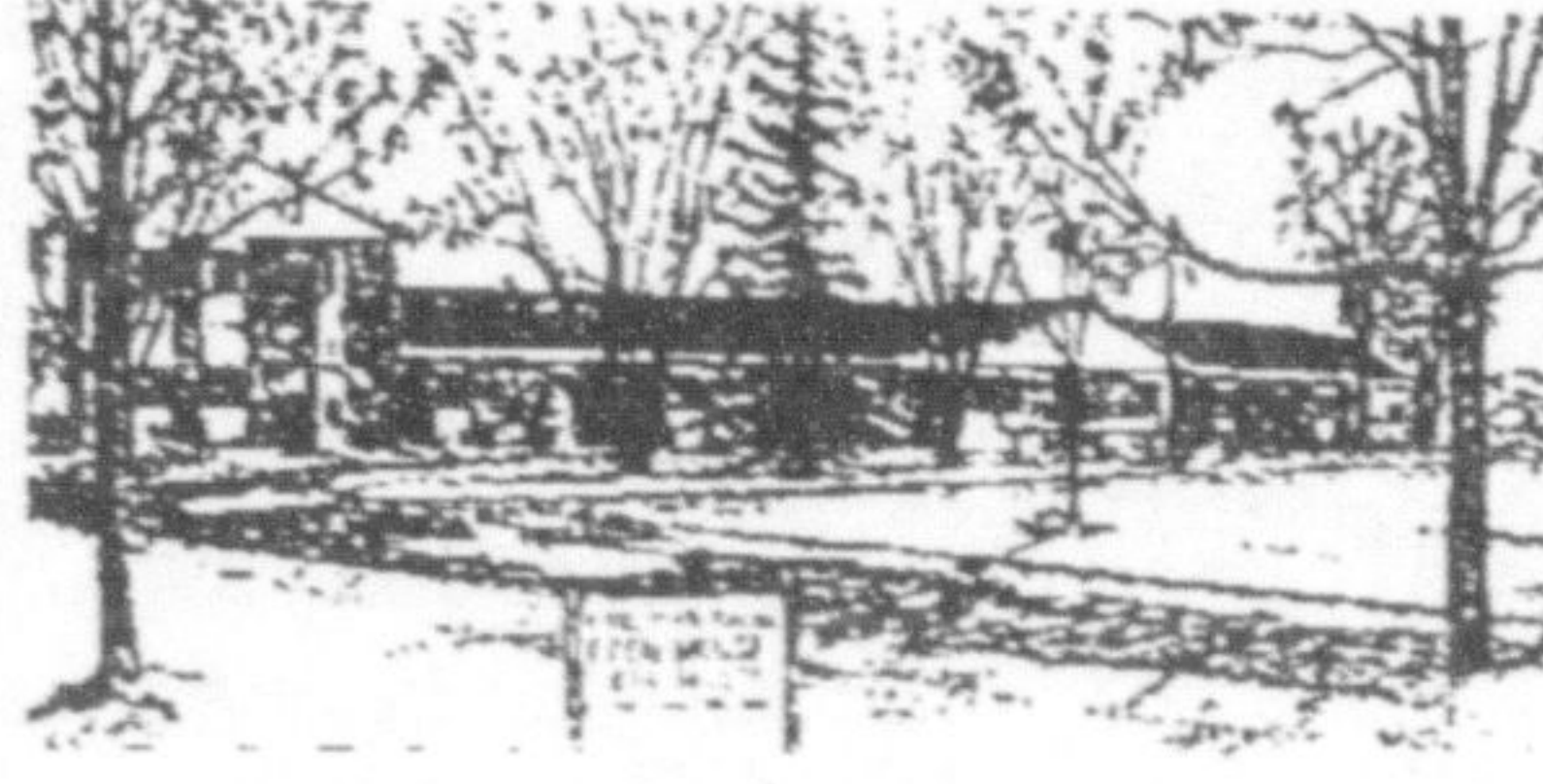
**MILTON DENTURE CLINIC**  
**COMPLETE DENTURE SERVICE!**  
Laboratory in Rear - Repairs 1 hour

- Same Day Relines
- Complete Dentures
- Partial Dentures
- Implant Dentures
- Rebasings
- Immediate Dentures
- Soft Rubber Liners
- Temporary Relines
- Repairs
- Relines
- Lost Dentures
- Made in 24 Hours
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**ZAK'S PHARMACY**  
*Milton's Independent Pharmacy*

- Free Delivery
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- All Drug Plans Accepted
- Written Drug Information Available

**"At Zak's We Care About Your Health"**

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 **News for SENIORS**

**Milton Seniors' Activity Centre**  
500 Childs Drive, Milton • 905-875-1681  
**FEBRUARY 2006 ACTIVITIES**



"The Milton Seniors' Activity Centre is a Town of Milton facility whose purpose is to offer older adults the opportunity to attain the highest possible standard of life. In pursuit of this goal, the Centre provides quality programs which promote physical, mental, social, and emotional well-being."

**IMPORTANT NOTICE**

The Centre's Annual General Meeting will be held on **Wednesday, March 29** at 12:00 Noon. All members are encouraged to attend. As a Centre member, you have the chance to ask questions of the Board or staff regarding the operation of the facility and the activities planned throughout the Centre. We welcome your

suggestions or ideas for the Advisory Board to consider in the year ahead.

Some of our Board members will have completed their terms as of this date and an election will be held to fill these vacancies. Please contact the Centre if you would like to put forward your name or the name of someone else for any of these positions.

**Wednesday Lunches at the Centre**

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.

**Bid Euchre, anyone?**

The Centre offers **Bid Euchre** every **Monday & Thursday at 1:30 pm**  
Cost is only \$2 for members, or \$4 for non-members.

**Afternoon Euchre**

Enjoy **Euchre** every **Friday afternoon in the Centre Auditorium at 1:30 pm**  
Cost is only \$2.50 for members, or \$4.50 for non-members.

**Evening Euchre Parties**

The Centre holds its Evening Euchre Parties on **Tuesday, February 7 & 21 and Wednesday, February 8** starting at 7:30 p.m.  
Cost: \$2.50 for fun and prizes.

**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.

**Seniors' Cinemas FEBRUARY**

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

- Thursday, Feb 2 "Cinderella Man" starring Russell Crowe & Rene Zellweger
- Thursday, Feb 9 "Must Love Dogs" starring John Cusack & Diane Lane
- Thursday, Feb 16 "Mr. & Mrs. Smith" starring Brad Pitt & Angelina Jolie
- Thursday, Feb 23 "Wedding Crashers" starring Vince Vaughan & Owen Wilson
- Friday, Feb 3 "Cinderella Man" starring Russell Crowe & Rene Zellweger
- Friday, Feb 10 "Wedding Crashers" starring Vince Vaughan & Owen Wilson
- Friday, Feb 17 "Bewitched" starring Nicole Kidman & Will Ferrell
- Friday, Feb 24 "Must Love Dogs" starring John Cusack & Diane Lane

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

**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.

**Candy Making Workshop: Wednesday, February 1**

(Taught by a certified Wilton Instructor.)

Join us from 2:00 - 5:00 p.m. to learn how to make delicious dipped treats and finely molded and shaped items and easily decorated delights for holidays, parties, gifts etc. Using candy melts, you will learn to make fillings, truffles and you'll be making candy like a pro in no time. Cost: \$12. Please note that a minimum of 8 people are required to run the program. To register, and for more information, please call the Centre.

**Hearing Screening Clinic: Friday, February 3**

Beginning at 10:00 a.m., there will be consultation for individuals regarding hearing loss and coping with loss, offered by the Canadian Hearing Society.

Please call the Centre to schedule a free appointment.

**Computer Club: Friday, February 17**

The Centre welcomes back Jeff Cookson to present computer maintenance, repair and recovery. Jeff will be bringing along one of his spare computers full of viruses or one that crashed and then demonstrating how to use some of the common programs or utilities to fix the computer. He will also advise on reinstalling Windows operating program, how to gain access to the computer's settings, bios or cmos and how to reformat a computer. Meet in the Games room from 1:00 - 3:00 p.m. Cost is \$3 for members; \$5 for non-members.

**Pancake Luncheon: Tuesday, February 28**

It's Shrove Tuesday! Served continuously from 10:30 a.m. to 1:00 p.m., enjoy a delicious meal of pancakes, sausages, tea, coffee and orange juice. Tickets are \$6 each and available at the Reception Desk.

**Shuffleboard**

The Centre offers **Shuffleboard** every **Wednesday from 1:30 pm - 3:30 pm** in the Games Room  
Cost is only \$2 for members, or \$4 for non-members.

**Cyber Café**

**Mondays from 1:00 - 3:30 pm** with experienced volunteers available for assistance.  
Cost is only \$2 for members, or \$4 for non-members.

**"Downsizers" Weight Loss Club**

**Tuesdays at 10:00 am**  
Focusing on healthy eating, exercise habits and losing weight safely in a supportive setting.  
Cost is only \$2 for members, or \$4 for non-members

**Foot Care Clinic (with a V.O.N. Nurse)**

**Thursdays from 1:00 - 4:00 pm**  
Appointments can be booked by calling the Centre.  
Cost is \$24

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, Cake Decorating, Photography, 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.

 **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

**PROGRAMS AT THE CAMPBELLVILLE LIONS HALL**

**Evening Euchre**

**Fridays, February 10 & 24**

Starting at 7:30 pm

**Evening Bid-Euchre**

**Fridays, February 3 & 17**

Starting at 7:30 p.m.

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

*Come along... bring friends!*

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