



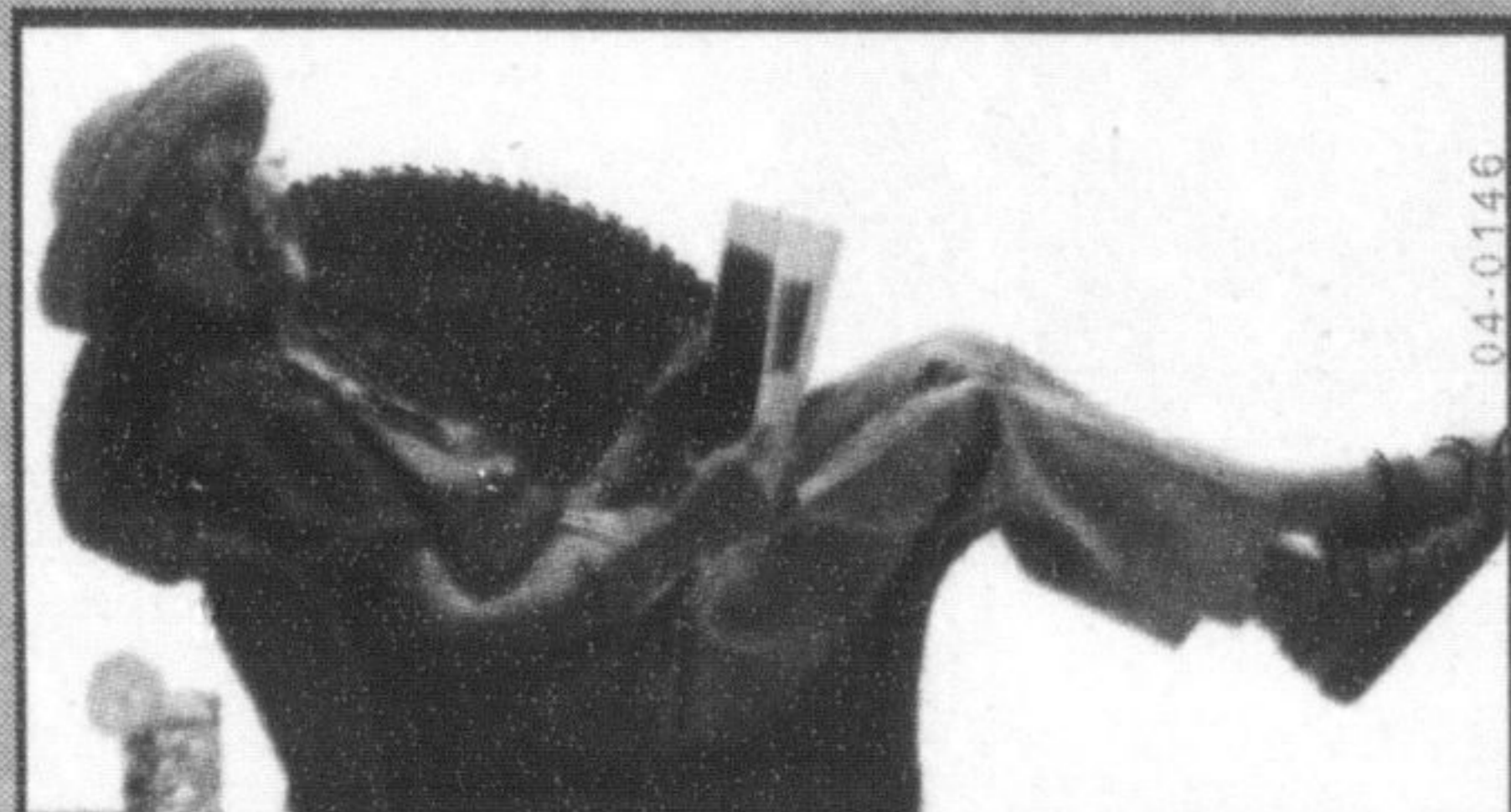
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News for SENIORS

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

The Centre's Annual General Meeting Wednesday, March 29
 Please plan to attend. The meeting begins at 12:30 p.m. with a light lunch, followed by the meeting and election. Please sign up for the lunch by calling the Centre or dropping by the Reception desk.

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. All lunches begin at 11:30 a.m. Plan to attend our special "themed" lunch counters:

Wednesday, March 1
St. David's Day Lunch. Menu: leek soup, Welsh sheppard's pie, and bread pudding. The Song Spinners Chorus will be conducting a sing-a-long prior to the lunch beginning at 11:15 a.m.

Wednesday, March 15
St. Patrick's Day Lunch & Pie Auction. Menu: Irish Stew (beef and lamb), Irish bread, trifle and green punch. The Song Spinners Chorus will be conducting a sing-a-long prior to the lunch beginning at 11:15 a.m. Following the

lunch, a "Pie Auction" will be held. Come by and bid on some delicious homemade pies! All proceeds support the Centre.

BOOK CLUB CHANGES MEETING DAY
 Starting March 9th the Centre's Book Club will meet on the second Thursday of each month; it formerly met on the first Thursday. Members meet at 11:00 a.m. in the Library. The book to be discussed March 9th is the South African classic "Cry The Beloved Country".

Video Lending Library
 The Centre 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.

Seniors' Day at the Milton Leisure Centre
 Beginning Friday April 7, the first Friday of each month is Seniors' Day at the Milton Leisure Centre. Seniors 55+, are invited to participate in either a fitness class, aquafit class or use the weight room free of charge. For more information, please contact Tracy Hasselfeldt, Supervisor, Fitness at 905-878-7946 ex. 2706.

Is your organization looking for entertainment?

The Centre has many very talented groups that enjoy performing within our community and surrounding communities. The Centre has a Kitchen Band, Line Dancers, Cloggers, the Centre's Choir the "Song Spinners

Chorus" and many more. If you would like more information, please contact Tammy Townsend, Supervisor, Recreation at 905-878-7252, ext. 2753.

Income Tax Clinics: Wednesdays, March 1, 8 & 15, 10:00 a.m. - 4:00 p.m.
 The Centre is happy to be hosting these clinics. You can book your appointment to have your BASIC income tax form completed by calling the Centre or stopping by our Reception desk. You will need to bring your 2004 return as well as all your 2005 T4's and receipts to your appointment. This service costs \$10 per person.

Sandwich Making Workshop: Friday, March 10, 11:00 a.m. - 1:00 p.m.
 Taught by Centre members, this special one-day workshop will teach you how to make a variety of rolled sandwiches, using different fillings and coloured bread. You will also learn how to make sandwiches of different shapes and sizes. Cost is \$5, includes all supplies and you'll be eating what you make for lunch! The workshop is free, but please sign up by March 8 by calling the Centre.

Country & Western Potluck, Movie & Games Night: Friday, March 10, beginning at 5:30 p.m.
 Have a rootin', tootin' good time! Come dressed in your cowboy suit and enjoy lots of home cookin', hurtin' music, watch the academy award nominated film "Walk The Line" starring Joaquin Phoenix and Reese

Witherspoon or enjoy playing card games. Cost is \$2 per person at the door. Call the Centre for more details.

Computer Club: Friday, March 17
 The Centre welcomes representatives from the Bank of Montreal to tell us about online banking, a rather scary task for some. Meet in the Games room from 1:00 - 3:00 p.m. Cost is \$3 for members; \$5 for non-members.

Candy Melt Bunnies Workshop: Friday, March 31, 1:00 - 4:00 p.m.
 The Centre is happy to be hosting this workshop, just in time for Easter. Have a fun-filled afternoon making chocolate, molded bunnies, and bunnies on a stick. Cost is \$12 per person and includes all supplies.

Hearing Screening Clinic: Friday, April 7
 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.

Understanding Veteran's Affairs: Wednesday, April 5, 12:30 - 2:20 p.m.
 Veterans Affairs Canada (VAC) will be here at the Centre to provide information about VAC and the services and benefits available for veterans and their families. This session is free, but please sign up by April 3 by calling the Centre.

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, March 7 & 21 and Wednesday, March 8 starting at 7:30 p.m.
 Cost: \$2.50 for fun and prizes.

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

CONTRACT BRIDGE
 Wednesday mornings at 9:30 a.m., Thursday afternoons at 1:30 p.m., and Friday mornings at 10 a.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 \$2.50 for members; \$4.50 for non-members.

Movies at the Centre

ALL THURSDAY SHOWS BEGIN AT 1:30 P.M.

- Thursday, March 2 **Flight Plan** starring Jodi Foster
- Thursday, March 9 **Just Like Heaven** starring Reese Witherspoon & Mark Ruffalo
- Thursday, March 16 **Harry Potter & the Goblet of Fire** starring Daniel Radcliffe, Emma Watson
- Thursday, March 23 **The Constant Gardener** starring Ralph Fiennes, Rachel Weisz
- Thursday, March 30 **In Her Shoes** starring Shirley MacLaine, Cameron Diaz

ALL FRIDAY NIGHT MOVIES BEGIN AT 7:00 P.M.

- Friday, March 3 **In Her Shoes** starring Shirley MacLaine, Cameron Diaz
- Friday, March 10 **Country & Western Potluck, Movie & Games Night**
- Friday, March 17 **The Legend of Zorro** starring Antonio Banderas, Catherine Zeta-Jones
- Friday, March 24 **The Weather Man** starring Nicolas Cage & Michael Caine
- Friday, March 31 **The Wedding Date** starring Debra Messing, Dermot Mulroney

Cost is \$2 - including refreshments

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

CYBER CAFÉ: Held every Monday & Friday from 1:00 - 3:30 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.

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.

PROGRAMS OFFERED AT THE LIONS HALL IN CAMPBELLVILLE

EVENING EUCHRE
 Fridays, March 3, 17 & 31
 Starting at 7:30 pm

EVENING BID-EUCHRE
 Fridays, March 10 & 24
 Starting at 7:30 pm

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