



News for SENIORS

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



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"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."

Register now for spring programs!
Stop by the Centre's Silent Auction before it closes on Thursday, April 13 at 2:00 p.m.

The Centre will be closed Friday, April 14 and Monday, April 17 for the Easter holiday.

Annual Bridge Luncheon & Silent Auction: Thursday, April 13

Enjoy a delicious lunch beginning at 11:30 a.m. followed by a fun afternoon of bridge at 1:00 p.m. Cost is \$5 per person, payable at the door. Bid on some of our wonderful silent auction items before it closes at 2:00 p.m.

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, April 19-

St. George's Day & William Shakespeare's Birthday Celebration Lunch. The "Song Spinners" Chorus will be conducting a sing-a-long prior to the lunch beginning at 11:15 a.m. Following the lunch, the Drama Club will be putting on a skit in the library beginning at 12:40 p.m.

Volunteer Appreciation Evening: Friday, April 21

In celebration of National Volunteer Week, we wish to recognize the hard work and dedication of all Centre volunteers who put so much into our Centre. Volunteers will be receiving an invitation to attend the Centre's appreciation evening, beginning at 6:30 p.m. Please RSVP as soon as possible.

Computer Club: Friday, April 21

The Centre welcomes Mr. Sunil Panda who will introduce us to new voice recognition software called "Dragon Naturally Speaking" and "DVDs, What are they? And what can we do with them." Meet in the Games Room from 1:00 - 3:00 p.m. Cost is \$3 for members; \$5 for non-members.

Finding Support Services for

Independent Living: Wednesday, April 26

Are you a senior who wants to continue living independently in your own home? Are you a caregiver looking for additional support? There are a wide variety of resources and organizations you can access to find services that will help you live comfortably at home as long as possible. Learn more at this workshop presented by the Community Care Access Centre (CCAC) Helping Hands and Halton Hills Community Support and Information. This event is held at 12:30 p.m. and is free. If you plan on attending, please RSVP to the Reception Desk by April 24.

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' Days 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 a fitness class or aquafit class or can use the weight room free of charge. For more informa-

tion, please contact Tracy Hasselfeldt, Supervisor, Fitness at 905-878-7946, ext. 2706.

Is your organization looking for entertainment?

The Centre has many 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.

Other programs offered at the Centre: Badminton, Bridge, Learn to Play Bridge, Euchre, Learn to Play Euchre, Bid Euchre, Cribbage, Bingo, Snooker, Darts, Shuffleboard, T'ai 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.

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, April 6 **Pride & Prejudice** starring Donald Sutherland, Judi Dench
- Thursday, April 13 **North Country** starring Charlize Theron
- Thursday, April 20 **Rent** starring Rosario Dawson
- Thursday, April 27 **Walk the Line** starring Joaquin Phoenix, Reese Witherspoon

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

- Friday, April 7 **Dreamer** starring Kurt Russell, Dakota Fanning
- Friday, April 14 **Just Like Heaven** Starring Reese Witherspoon & Mark Ruffalo
- Friday, April 21 **Cancelled due to Volunteer Appreciation**
- Friday, April 28 **North Country** starring Charlize Theron

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

Cost is \$2 - including refreshments

PROGRAMS OFFERED AT THE LIONS HALL IN CAMPBELLVILLE

EVENING EUCHRE
Fridays, April 14, & 28 Starting at 7:30 pm

EVENING BID-EUCHRE
Fridays, April 7 & 21 Starting at 7:30 pm

SEE YOU THERE!!! 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

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.

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