



Martindale GARDENS
RETIREMENT RESIDENCE

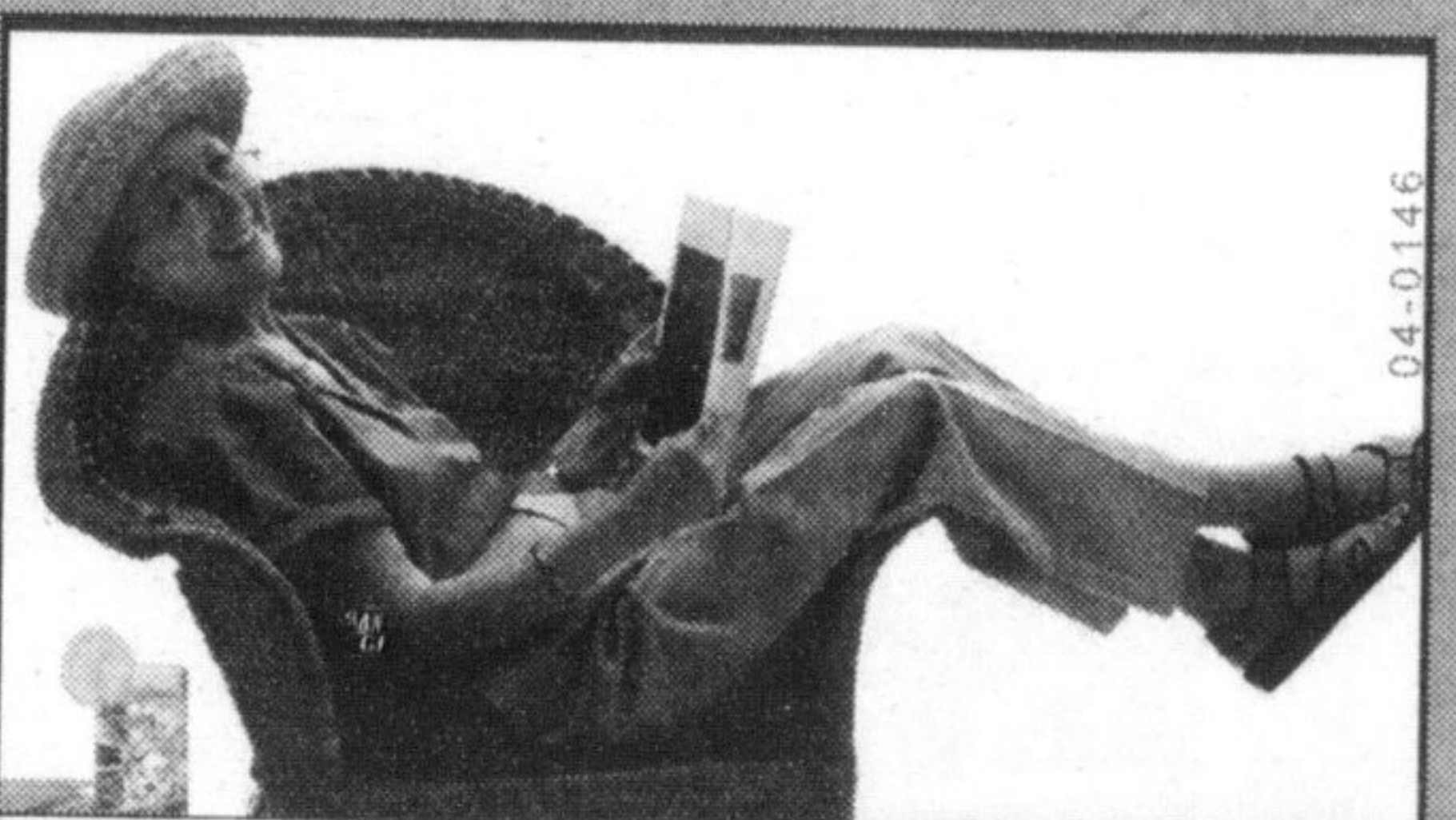
In The HEART of Milton

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)



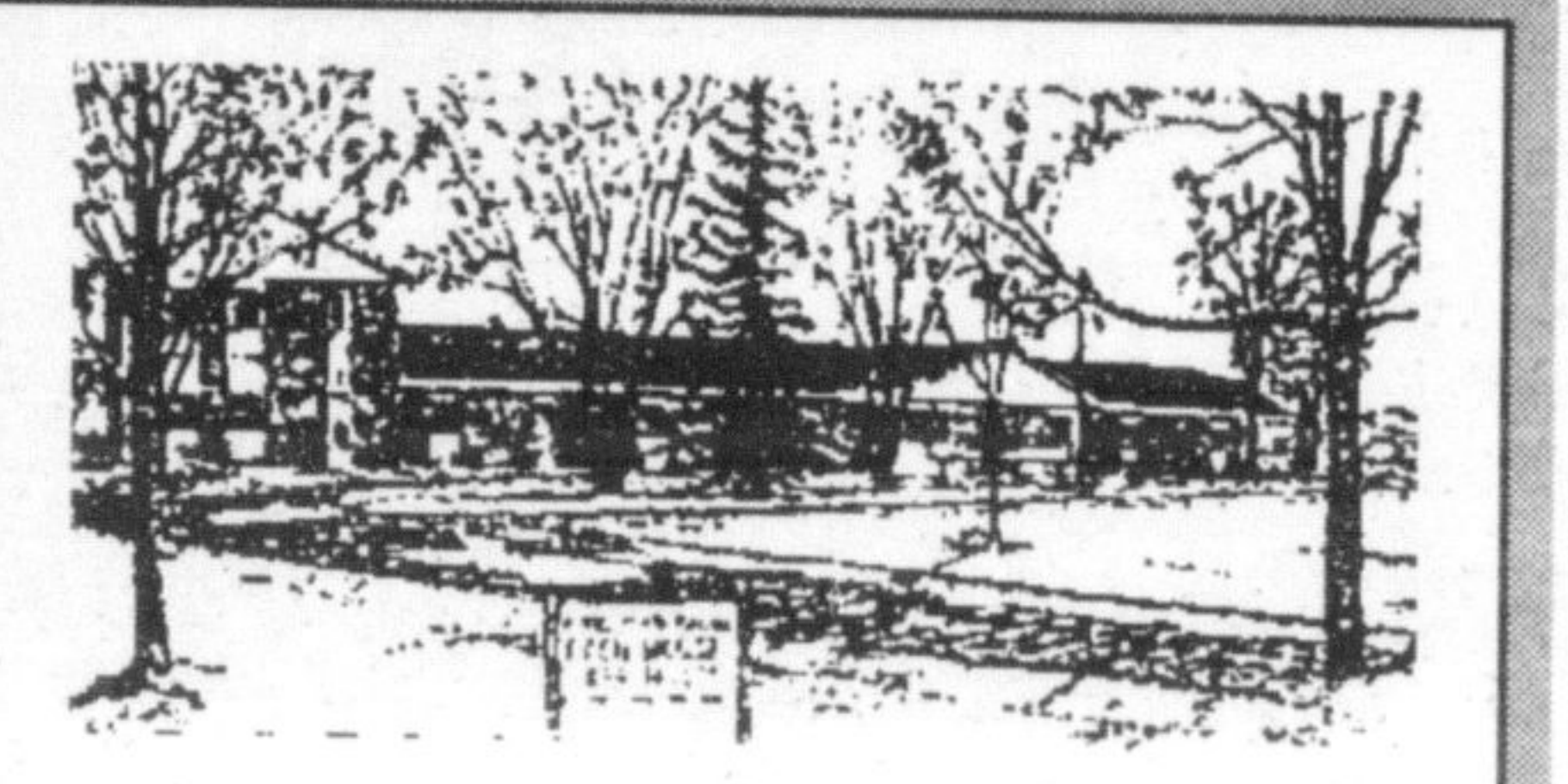
The Vacation that Never Ends!

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 - LFs - RRSPs - Mutual Funds (M.S.I.L.) - RESP's

Celebrating 31 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

JUNE 2006 ACTIVITIES

Drop in anytime for a tour... we look forward to meeting you!

"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."

JUNE IS SENIORS' MONTH
An opportunity for all Ontarians to recognize and value the contributions made by seniors every day in communities across the province.
THIS YEAR'S THEME IS ACTIVE LIVING: HEALTHY LIVING.

THE CENTRE WILL BE CLOSED MONDAY JULY 3 FOR THE CANADA DAY HOLIDAY

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. (Last lunch counter will be June 28.)

"SONG SPINNERS" SPRING CONCERT: FRIDAY, JUNE 2
The Centre's "Song Spinners" Chorus presents "A Night on Broadway" At 7:30 p.m. at the Centre. Enjoy some of the most loved hits of the 20th century. - a night of nostalgia for all ages. Tickets are \$8 each, on sale now at the Reception desk.

HEARING SCREENING CLINIC: FRIDAY, JUNE 2
Beginning at 10:00 a.m., there will be consultation offered by the Canadian Hearing Society for individuals regarding hearing loss and coping with loss. Please call the Reception desk to schedule a free appointment.

CULTURAL COMPETENCY TRAINING: THURSDAY, JUNE 8
Looking toward the changing demographics of our community, staff have organized a special half-day workshop to assist us in helping to enhance our knowledge of different culture. This event is FREE.. Please sign up at the Reception desk before June 6.

"SPRING INTO SUMMER SALE": SATURDAY, JUNE 10
Don't miss the sale of the year! Choose from our giant plant sale, bake table, granny's attic treasures, book table, jewellery, bazaar items, Christmas in June, and more! - Stay for lunch (\$6 per person) and check out our penny sale that begins June 5.

Donations are needed; please bring items to the Centre the week of June 5. Donations of baked goods can be dropped off at the Centre on Friday or early Saturday morning.

BOOK CLUB: THURSDAY, JUNE 8
The Book Club has selected "Many Loves and Sorrows of Josephine B" for this session. The Club meets at 11:00 a.m. the second Thursday of each month. Cost is \$2 for members; \$4 for non-members.

COMPUTER CLUB: FRIDAY, JUNE 16
Trent Gilbertson, from the Bank of Montreal, will be discussing "Online Investing.", from 1:00 - 3:00 p.m. The Club will also be holding its annual Potluck Tea Party.

MILTON FARMERS' MARKET: SATURDAY, JUNE 24
Drop by the Centre's table at the Farmers' Market. The Centre's Membership and Fund Development Committees will be selling baked goods and promoting our Centre. Donations of baked goods will be gratefully received on Friday, June 23 at the Centre or before 10:00 a.m. Saturday, June 24 at the Market.

SENIORS' DAYS AT THE MILTON LEISURE CENTRE
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 information, please call 905-878-7946, ext. 2706.

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, June 6 & 29 and Wednesday, June 14 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, June 1 **The Producers** starring Nathan Lane, Matthew Broderick
- Thursday, June 8 **Mrs Henderson** starring Judi Dench, Bob Hoskins
- Thursday, June 15 **The Greatest Game Ever Played** starring Shia La Beouf, Michael Weaver
- Thursday, June 22 **Memoirs of a Geisha** starring Ziyi Zhang
- Thursday, June 29 **Capote** starring Philip Seymour Hoffman

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

- Friday, June 2 **Cancelled due to Song Spinners Concert**
- Friday, June 9 **Munich** starring Eric Bana
- Friday, June 16 **Rumor Has It** starring Shirley MacLaine, Jennifer Aniston
- Friday, June 23 **Crash** starring Sandra Bullock, Matt Dillon
- Friday, June 30 **Good Night & Good Luck** starring George Clooney

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

Cost is \$2.00 - including refreshments

PROGRAMS OFFERED AT THE LIONS HALL IN CAMPBELLVILLE

EVENING EUCHRE
Fridays, June 9 & 23 Starting at 7:30 pm

EVENING BID-EUCHRE
Fridays, June 2, 16 & 30 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!

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.

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

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.

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