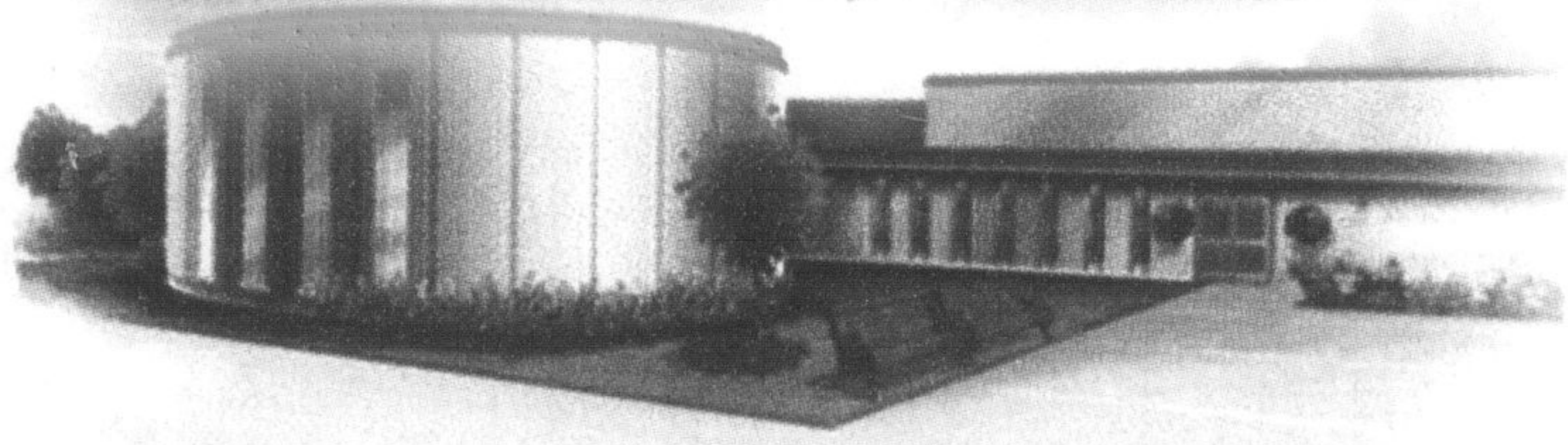


Milton Seniors' Activity Centre



June is Seniors' Month in Ontario

Celebrate the contributions made by seniors in our community.

Active Living - Healthy Living

Who are the seniors of today?

Do you hesitate to call yourself a senior as it sounds like a word that might describe an older person? If so, it is time to change your thinking. Today's seniors are dynamic, active, vibrant, full of life and most definitely young at heart!

It's time to be physically active

Research shows that seniors can experience many benefits simply by being physically active for 30 to 60 minutes every day. The more active you are physically, the better you'll feel in spirit. You may also reduce your risk of many diseases.

Take more time to socialize

Active living is not only about physical activity - it's also about getting out and enjoying the friendship of others. Keep your mind active by participating in activities such as learning a new language, honing a hobby or developing a new skill... the possibilities are endless.

Milton Seniors' Activity Centre Programs Include...

Active Registered Programs

Clogging
Hawaiian Dancing
Line dancing
Pilates
Qi Gong
Tai Chi
Tap Dancing
Yoga

General Interest Registered Programs

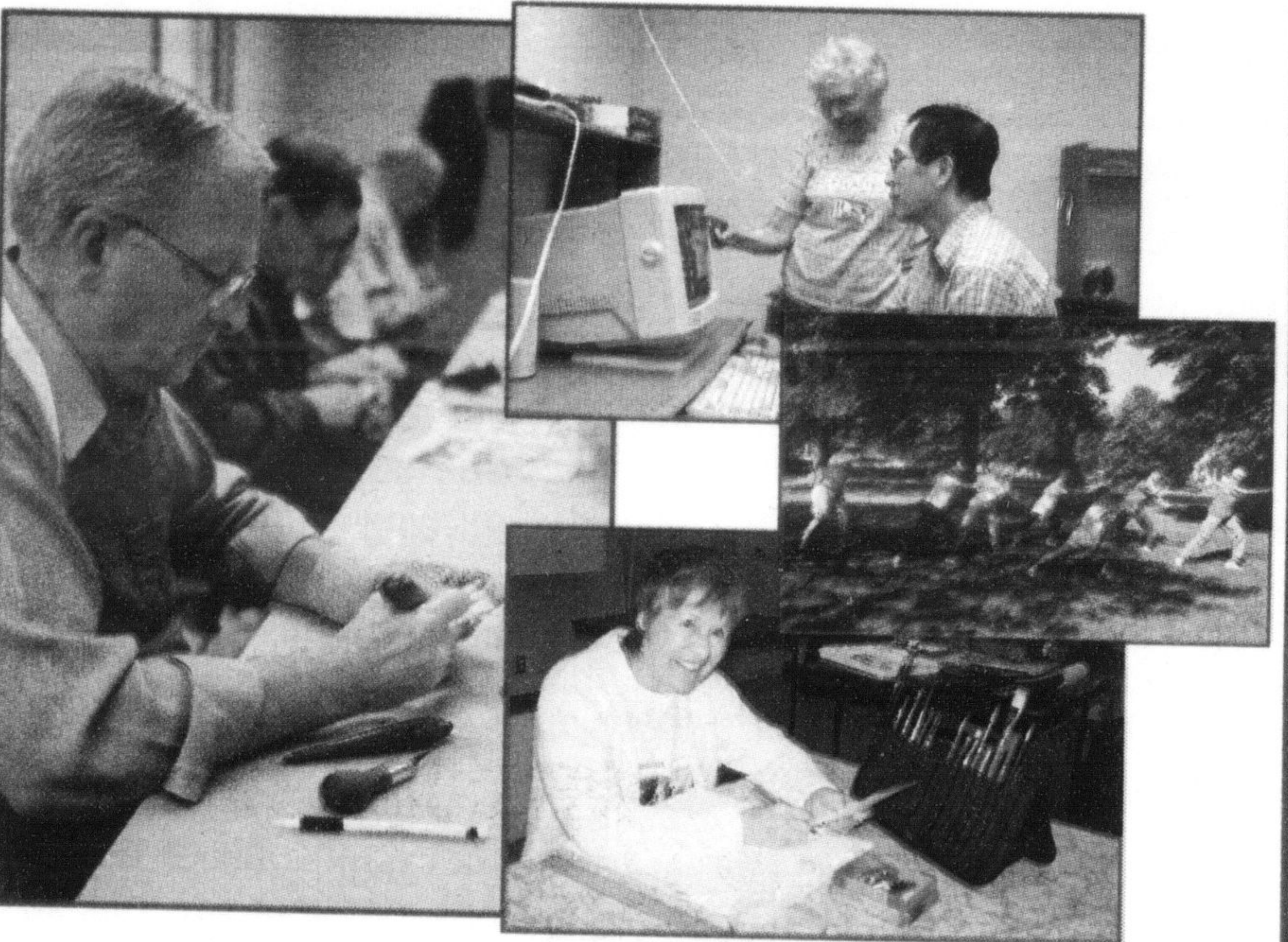
Book Club
Learn to Play Bridge
Learn to Play Euchre
Painting
Soft Wood Carving Club
Stained Glass

Clubs

Book Club
Creative Fingers
Craft Club
Downsizers (supportive weight loss)
Drama Club
Folk Art Club
Kitchen Band
Lunch Counter
Song Spinners Chorus (Choir)
Walking Club

Drop-in Programs

Bid Euchre
Billiards
Bingo
Bridge
Cribbage
Euchre
Movies
Shuffleboard



Milton Seniors' Activity Centre

Be active both physically and socially at the Milton Seniors' Activity Centre where you can be just as young as you feel! The Centre is a recreational facility with membership opportunities for those who are 55 years of age and over and is also a place where younger adults are welcomed as valued participants. The Centre is operated by the Town of Milton Community Services Department, and offers a wide variety of registered and drop-in programs, clubs, trips and tours, guest speakers, events, social functions and volunteer opportunities. The Centre is a wealth of information regarding support services for home maintenance, housing, transportation, health care and much more. Guest Speakers on health related and other topics of interest to adults are often arranged. Clinics for foot care and hearing screening are also provided.

Who are the people who come to the Centre? Meet members Jim and Hilda McKinley, who are both in their 80's, and are more active than many 20 year-olds! This energetic couple enjoys many activities at our Centre such as Qi-Gong, Hawaiian Dancing, Tai Chi, the Song Spinners Chorus, our Wednesday Lunch Counter, trips and tours. They are the founders and active participants of the Centre's Computer Club, are members of a local square dancing group, enjoy swimming and can be seen walking all around town. They are hard to keep up with!

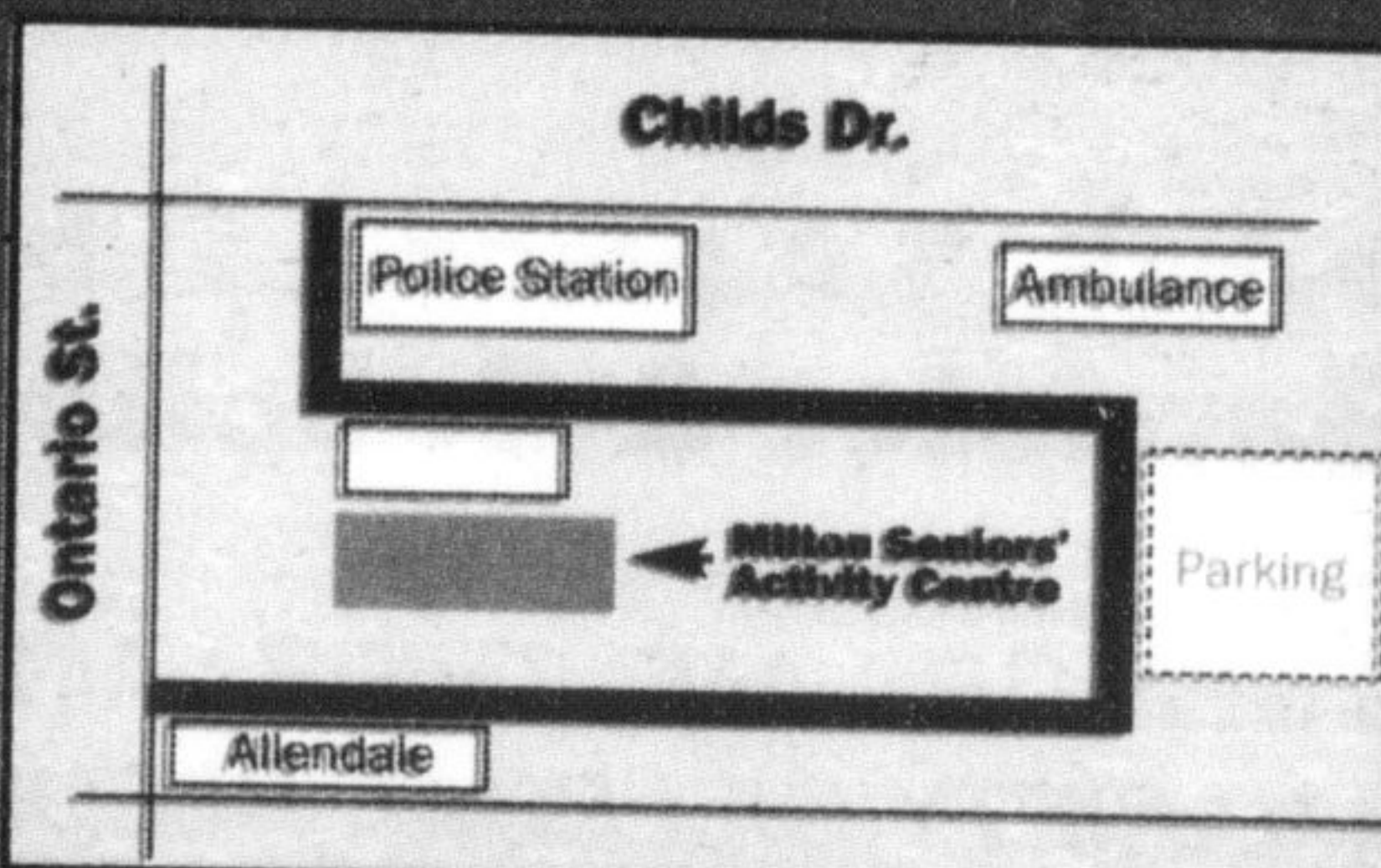
Membership information

Memberships are for Milton residents 55 years of age and up. If your parents are over the age of 55, encourage them to drop in for a visit or to call us for more information. Under 55? You don't have to be a senior to participate - simply pay the non-member rate and join in all of our programs and activities.

Membership Fees

Annual Fee: \$20
(January - December 2006)

New Members: \$11
(July 1 - December 21, 2006)



Drop in for a visit!

Drop in any time for a tour, contact us for more information or read more about the Centre in the Town of Milton Community Services Guide. We look forward to meeting you.

Milton Seniors' Activity Centre
500 Childs Drive
www.milton.ca
905-875-1681

The Centre truly is an Activity Centre.

A better community begins with you!

Thank you

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• Personal Disaster Assistance

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