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Contact Marlene Williams
905-693-8592
45 Martin St., Milton, Ont.
(across from the Mill Pond)



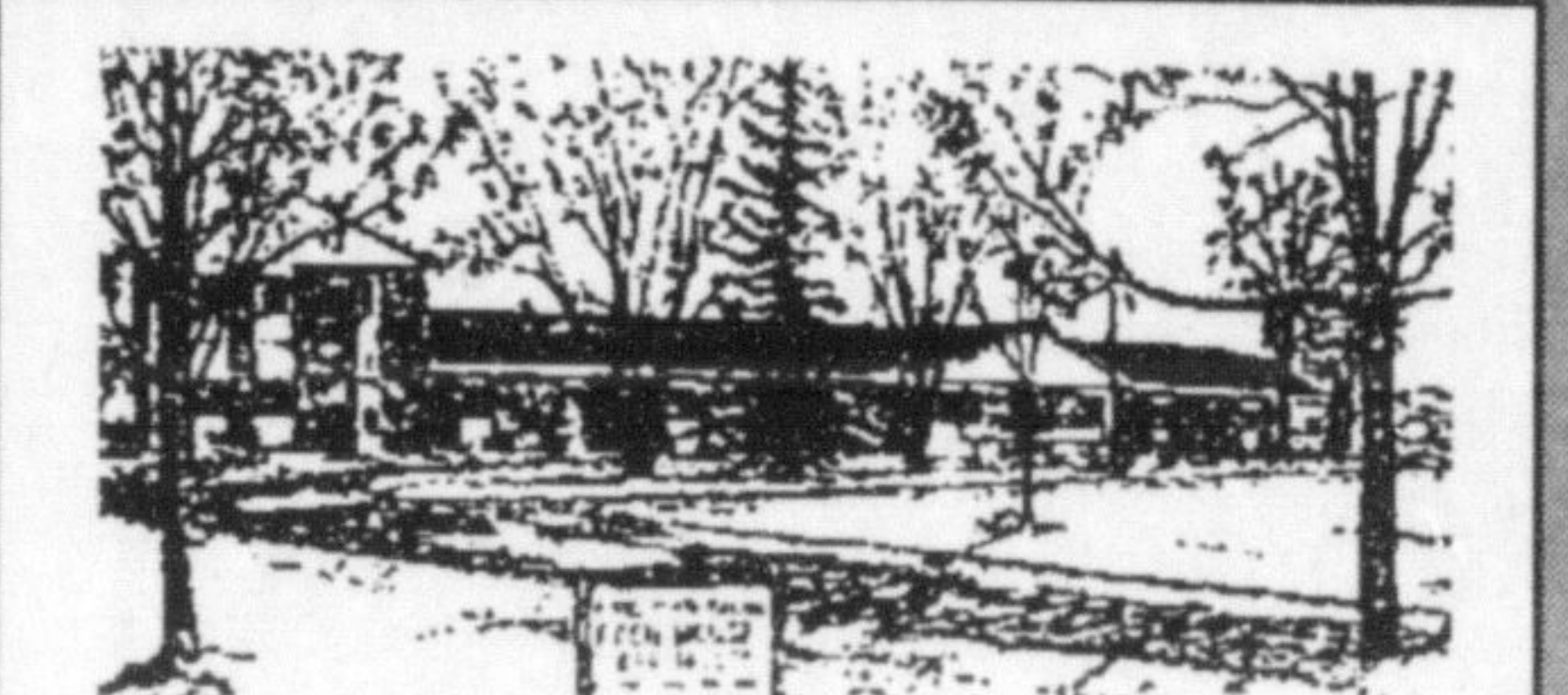
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News for SENIORS

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



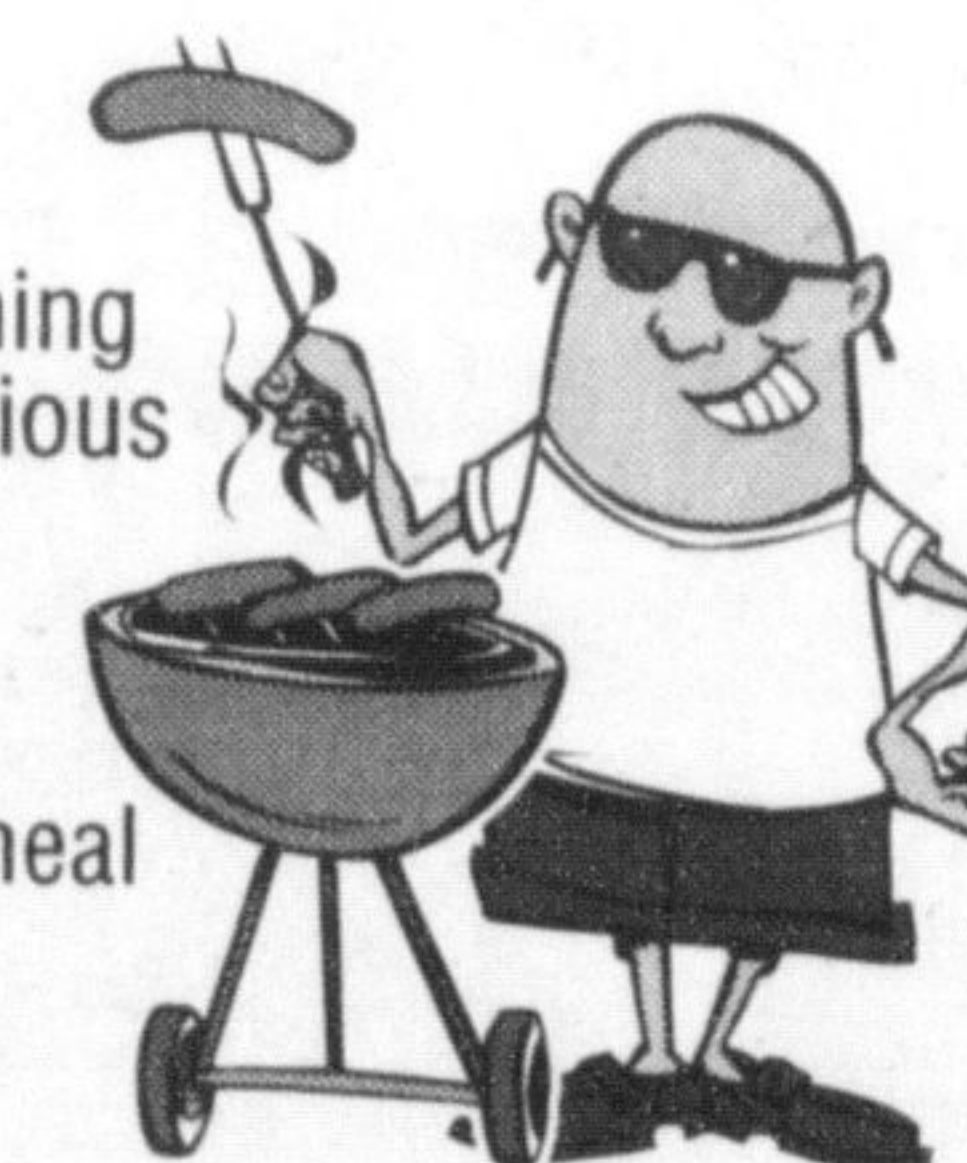
JULY 2006 ACTIVITIES

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."

SUMMER BARBECUES

Every Friday beginning July 7th enjoy delicious hamburgers, sausages, salad, dessert, tea/coffee. Cost is \$6 for the meal deal or purchase individually. Bring your friends and family!



HAVE YOU GOT YOUR TICKET YET?

The Centre is holding an Anniversary Draw



1st Prize	\$100
2nd Prize	Doll & Chair
3rd Prize	2 bottles of Wine
4th Prize	Afghan

Help support our Centre — tickets available at the Reception Desk. **Draw to be held at the Centre's Chicken Barbecue, Saturday, July 15.**

CHICKEN BARBECUE

SATURDAY JULY 15

Come celebrate the Centre's 12TH ANNIVERSARY!

Enjoy a delicious meal... 1/2 chicken, baked potato and all the fixins', mixed vegetables, pickle trays, coffee/tea and dessert.

The perfect opportunity to enjoy the companionship of others and help raise funds for the Centre!

Take out available.

Two sittings: 5:00 – 6:00 p.m. & 6:30 – 7:30 p.m.

Tickets on sale now at Reception. Adults \$12, children under 12, \$6, children under 5 free!

Bring your friends and family... hope to see you there!



FLEA MARKET: SATURDAY AUGUST 19


Do you have items to sell? Sign up as a vendor for our Flea Market. The event runs 9:00 a.m. – 1:00 p.m.

How does it work?

1. Purchase a table, \$15 for MSAC Members, \$20 for Non-members.
2. Merchandise and sell at your table.
3. All profits are yours! To reserve your table, call the Centre or see Reception.

CYBER CAFE

The Centre's popular Cyber Café will continue to be open on Mondays throughout the summer excluding August 7 and September 4. It will be closed on Fridays (except for appointments made directly with the instructor concerned.)



TRIPS & TOURS

The Centre offers a variety of day and night trips. Call the Centre or drop-in to the Trips & Tours Office Mondays or Wednesdays between 10:00 a.m. & Noon.

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, July 4 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, July 13 **Firewall** starring Harrison Ford, Paul Bettany
 - Thursday, July 20 **Annapolis** starring James Franco, Tyrese Gibson
 - Thursday, July 27 **Rumor Has It** starring Shirley MacLaine, Jennifer Aniston
- **ALL FRIDAY NIGHT MOVIES BEGIN AT 7:00P.M.**
 - Friday, July 7 **Mrs. Henderson** starring Judi Dench, Bob Hoskins
 - Friday, July 14 **The Producers** starring Nathan Lane, Matthew Broderick
 - Friday, July 21 **Ladies in Lavender** starring Judi Dench, Maggie Smith
 - Friday, July 28 **The Last of the Blond Bombshells** starring Judi Dench, Ian Holm

Cost is \$2.00 - including refreshments

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

PROGRAMS OFFERED AT THE LIONS HALL IN CAMPBELLVILLE

EVENING EUCHRE
Fridays, July 7 & 21 Starting at 7:30 pm

EVENING BID-EUCHRE
Fridays, July 14 & 28 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!

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CYBER CAFE: 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.

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.

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