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



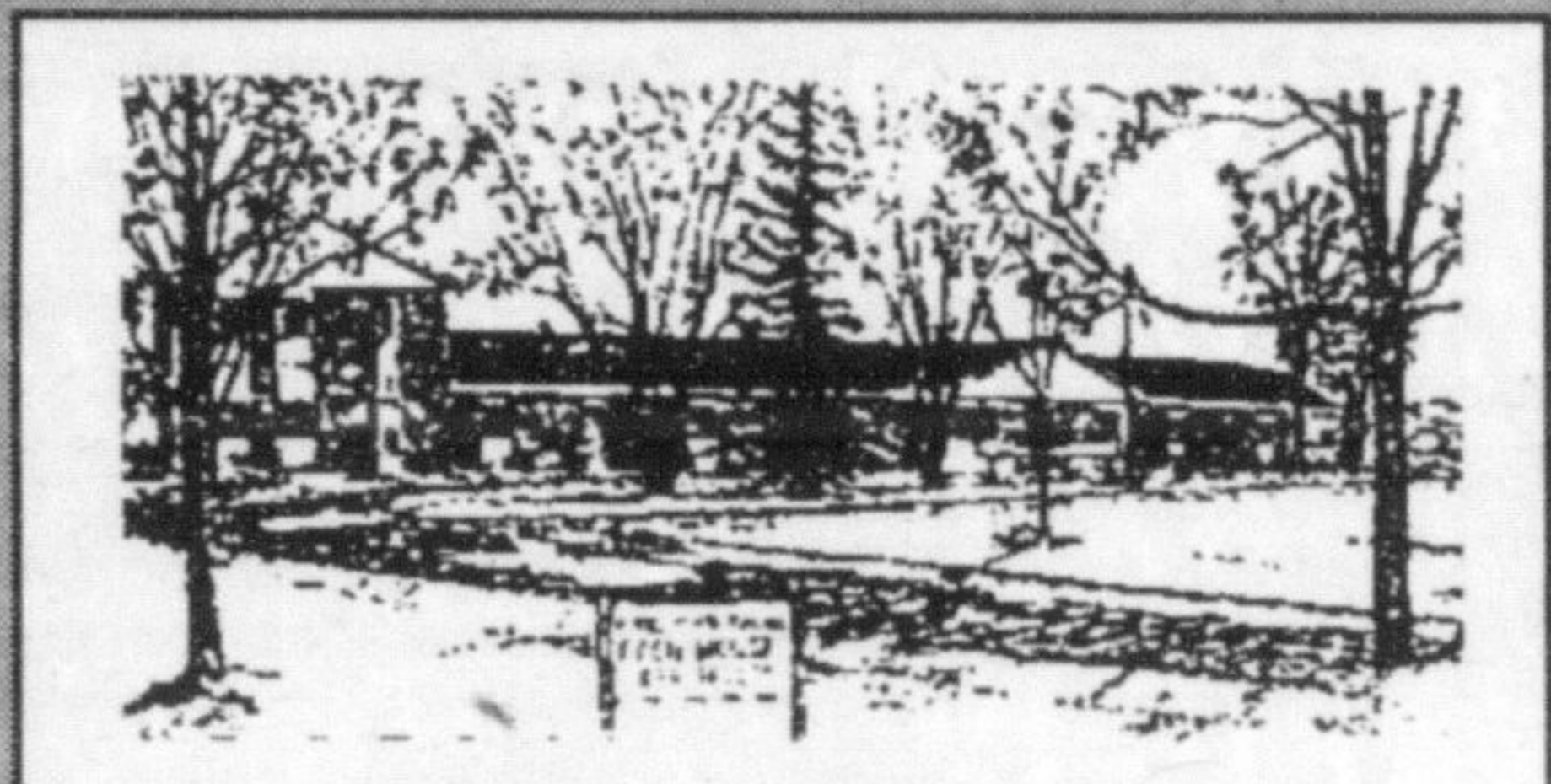
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# News for SENIORS


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

## AUGUST 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."*

**The Centre will be closed Monday, August 7 for the Civic holiday**



**REGISTRATION FOR FALL & WINTER PROGRAMS**

Watch for your Town of Milton 2006-2007 Fall & Winter Community Services Guide, being distributed on August 15. Look for these new programs, such as Ballroom, Belly Dancing, Learn French, Life Drawing and much more. Register early to avoid disappointment.



**SUMMER BARBECUES**

Every Friday until August 25, enjoy delicious hamburgers, sausages, salad, dessert, tea/coffee. Cost is \$6 for the meal deal or purchase individually. Bring your friends and family!

**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? Purchase a table for \$15 for MSAC Members and \$20 for non-members. Merchandise and sell at your table. All profits are yours! To reserve your table, call the Centre or see Reception. If you don't have items to sell, drop by the sale!

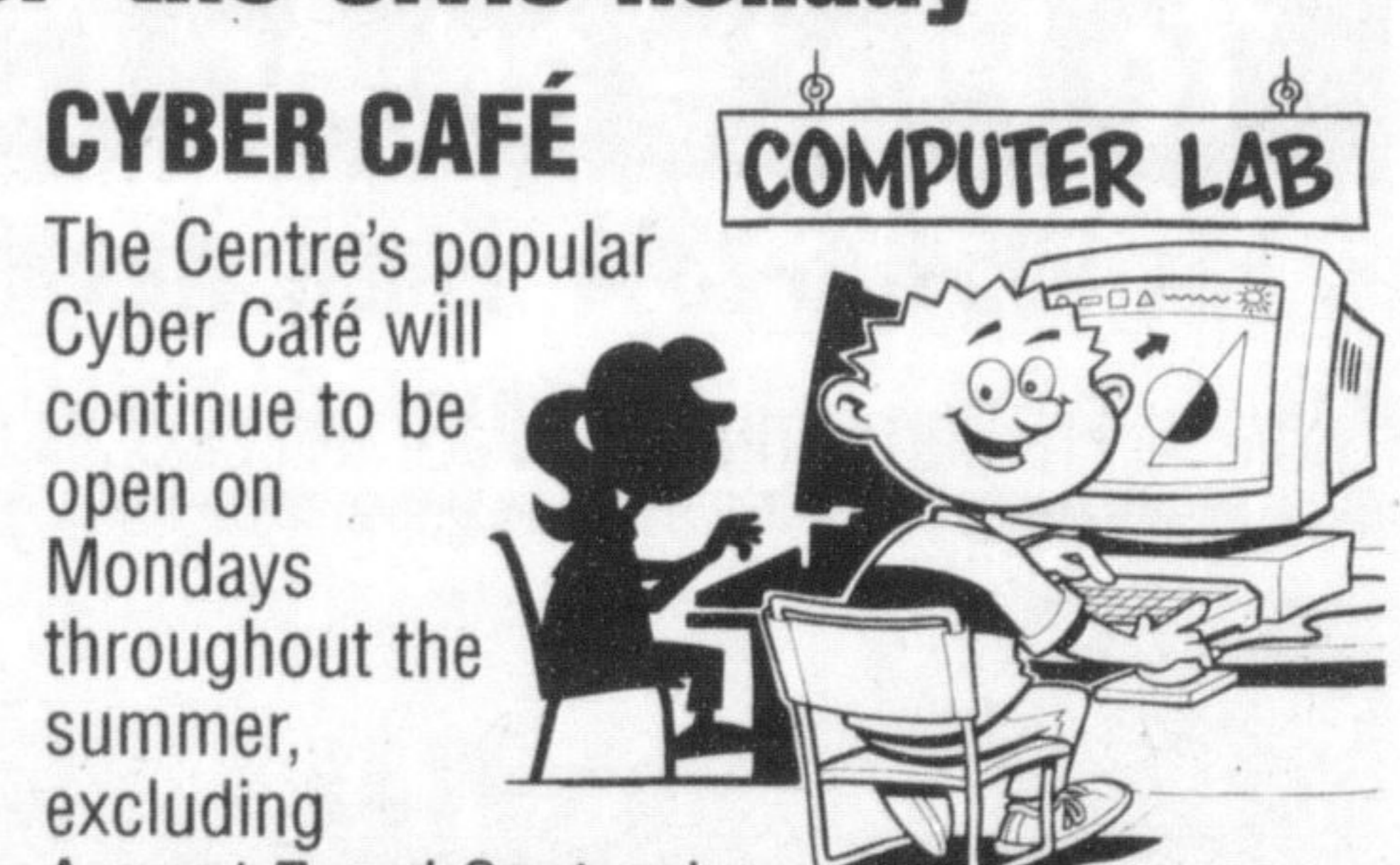
**MOM-TO-MOM SALE SATURDAY, SEPTEMBER 16**

Ready to sell your gently used children's items? Looking to buy children's items? Sign up as a vendor or drop by our sale. The event runs 9:00 a.m. - 1:00 p.m. Interested in being a vendor? Purchase a table, for \$15 Merchandise and sell at your table. All profits are yours! To reserve your table, call the Centre or see Reception.

Milton Community Resource Centre and Halton Region Health Department will also be in attendance at this sale. Hope to see you there!

**CYBER CAFÉ**

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. and noon.



Here are just some of the drop-in programs offered at the Centre (All programs are held at the Centre unless otherwise stated)

<p><b>EVENING EUCHRE</b></p> <p>Every Tuesday during the summer starting at 7:30 p.m. Cost: \$2.50 for fun and prizes.</p>	<p><b>BID EUCHRE</b></p> <p>Every Monday and Thursday at 1:30 p.m. Cost is \$2 for members; \$4 for non-members.</p>
<p><b>CONTRACT BRIDGE</b></p> <p>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.</p>	<p><b>EUCHRE</b></p> <p>Every Friday afternoon in the Centre Auditorium at 1:30 p.m. Cost is \$2.50 for members; \$4.50 for non-members.</p>

**Movies at the Centre**

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

- Thursday, August 3 **Failure to Launch** starring Sarah Jessica-Parker
- Thursday, August 10 **Syriana** starring George Clooney
- Thursday, August 17 **Tristan & Isidre** starring James Franco & Sophia Myles
- Thursday, August 24 **Nanny McPhee** starring Emma Thompson & Colin Firth
- Thursday, August 31 **Ladies in Lavender** starring Judy Dench & Maggie Smith

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

- Friday, August 4 **Wild Parrots of Telegraph Hill** Documentary
- Friday, August 11 **Pride & Prejudice** starring Kiera Knightly & Donald Sutherland
- Friday, August 18 **Tristan & Isidre** starring James Franco & Sophia Myles
- Friday, August 25 **Brokeback Mountain** starring Heath Ledger & Jake Gyllenhaal

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, August 11 & 25 beginning at 7:30 pm

**EVENING BID-EUCHRE**  
Fridays, August 4 & 18 beginning at 7:30 pm

*Come along... bring friends!*

The competition is keen and the conversation refreshing.  
Prizes will be awarded. Cost \$2.50

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**CYBER CAFÉ:**  
Held every Monday 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; \$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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- All Drug Plans Accepted
- 10% Seniors Discount
- Written Drug Information Available

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- All Services and Amenities Provided

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(519) 822-2006 2113 Gordon Street, Guelph

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