



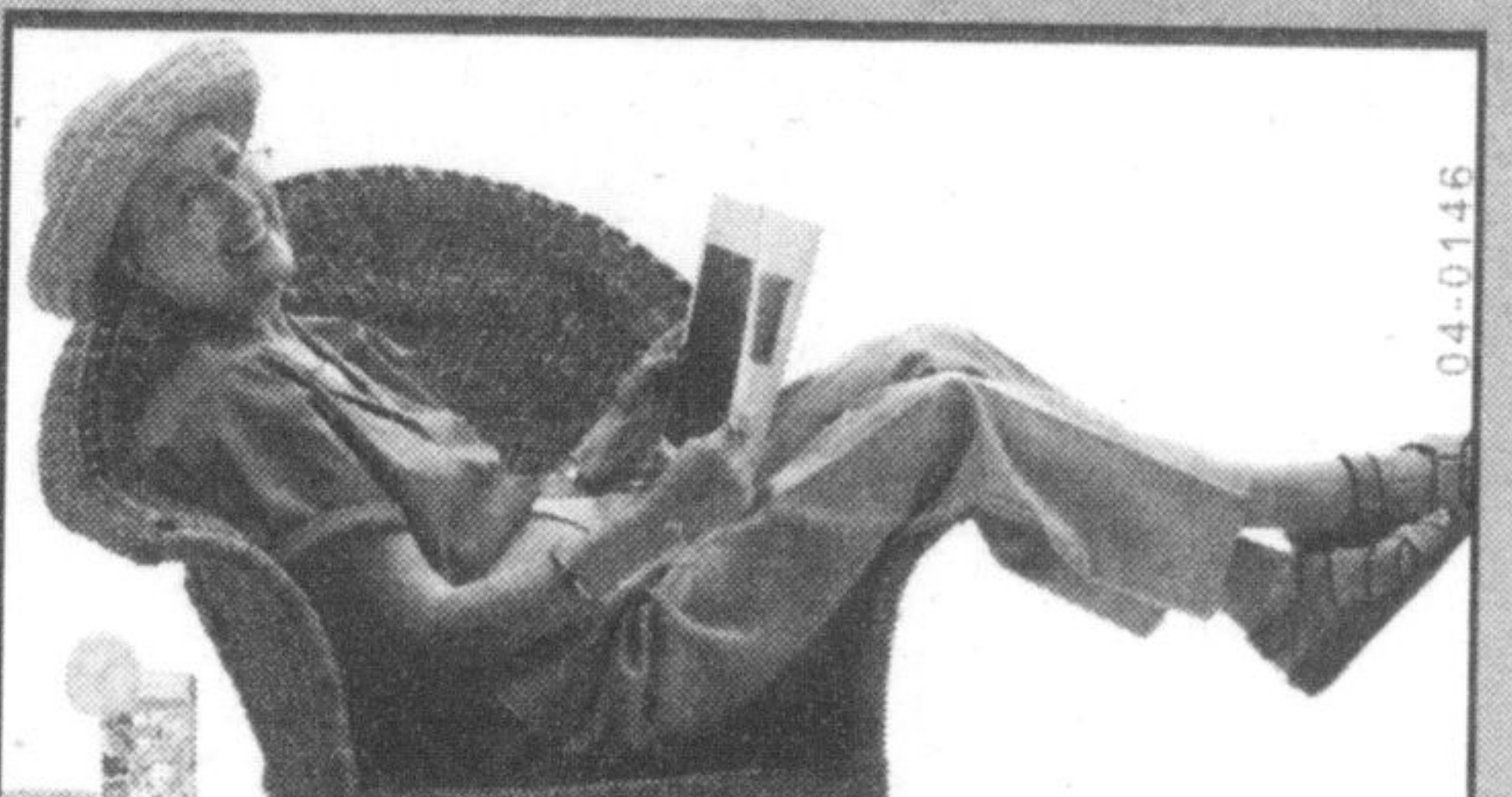
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News for SENIORS

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

OCTOBER 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."

LEST WE FORGET - Join us for our Remembrance Day Ceremony

UPCOMING EVENTS...

New Membership Renewal:
As of November 1, all memberships being renewed, will be for a 12-month period. Our current half-year membership for new members will no longer be available. For more information, please contact the Centre.

Christmas Shopping at the Centre
Once again the Centre offers many wonderful gift-giving ideas. There are lots of items to choose from such as Christmas gift baskets, Christmas cakes, almonds, shortbread cookies, cheese, Centre memberships, books, etc. Drop by the Centre and take a look! Order forms are available now at Reception for cheese, with delivery the second week in December.

UPCOMING EVENTS...

"Holly Hobby" Bazaar & Craft Sale:
Saturday, November 4

Choose from our wide selection...crafts, knitting, baking and deli, silent auction, draws, books, jewellery, children's table, Christmas table, white elephant tables, art show and much, much more! The sale runs 9:00 a.m. - 1:00 p.m. Come early for best selection. Tired from shopping? Join us for lunch! Donations of baked goods for our table would be greatly appreciated.

Remembrance Day Service:
Tuesday, November 7

The Centre's Kitchen Band presents its annual Remembrance Day program, beginning at 9:45 a.m. Enjoy a sing-a-long, poems and other entertainment. Enjoy a complimentary lunch, courtesy of the Creative Fingers Craft Club, Song Spinners Chorus and Fund Development Committee. Please call the Centre to let us know if you plan on attending.

Movies at the Centre

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

- Thursday, November 2 "Click" starring Adam Sandler
- Thursday, November 9 "John MacCrae's War: In Flanders Field"
- Thursday, November 16 "A Prairie Home" starring Meryl Streep
- Thursday, November 23 "The Break Up" starring Vince Vaughan, Jennifer Anniston

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

- Friday, November 3 "Surrender, Dorothy" starring Diane Keaton
- Friday, November 10 "Syriana" starring George Clooney
- Friday, November 17 "The Sentinel" starring Michael Douglas
- Friday, November 24 "The Lake House" starring Keanu Reeves, Sandra Bullock

Thank you to Rogers Video for their generous support of the Centre's movie program

Ontario Senior Games:
Wednesday, November 8 and 22

Drop by the Centre during the morning to find out more about the Ontario Senior Games. Representatives will be in the Centre lobby to educate members about this wonderful program and organization!

Breakfast and Chat Time:
Monday, November 13, 20 & 27

From 9:00 a.m. - 12:00 noon, enjoy a healthy and nutritious breakfast with friends for only 99-cents (juice, scrambled eggs, toast, marmalade, jam and tea/coffee). Please call the Centre if you plan to attend - don't miss it!

Petit Library & Gallery Grand Opening:
Monday, November 13, 20 & 27

At 7:30 pm the evening begins with the ribbon cutting. Come by the Centre, meet the artists, enjoy some refreshments and celebrate the art community within our Centre membership, please call the Centre for more information.

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.

Flu Shot Clinic:
Friday, November 17

Free influenza (flu) immunization for seniors and high priority individuals.

Trips & Tours

The Centre offers a variety of day and overnight 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)

EVENING EUCHRE:
The second Wednesday of every month (November 8) and the first and third Tuesday of every month (November 7 & 21) starting at 7:30 p.m. Cost: \$2.50 for fun and prizes.

EVENING BID-EUCHRE:
Offered the second and fourth Tuesday of every month (November 14 & 28) starting at 7:30 p.m. Cost: \$2.50 for fun and prizes.

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.

BID EUCHRE:
Every Monday and Thursday at 1:30 p.m. Cost is \$2 for members; \$4 for non-members.

BOOK CLUB:
Held the second Thursday of every month beginning at 11:00 a.m. Cost is \$2 for members; \$4 for non-members.

EUCHRE:
Every Friday afternoon in the Centre Activity Room at 1:30 p.m. Cost is \$2.50 for members; \$4.50 for non-members for fun and prizes.

CYBER CAFÉ:
Held every Monday and 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; \$4 for non-members.

KITCHEN BAND:
Held every Tuesday at 9:00 am. Create entertaining music while having fun! Experienced or not, all musicians are welcome. Cost is \$2 for members; \$4 for non-members.

SHUFFLEBOARD:
Held every Wednesday from 1:30 - 3:30 in the Games Room. Cost: is \$2 for members; \$4 for non-members.

The above information is subject to change and limitation.

PROGRAMS OFFERED AT THE LIONS HALL IN CAMPBELLVILLE

EVENING EUCHRE
Fridays, November 10 & 24
beginning at 7:30 pm

EVENING BID-EUCHRE
Fridays, November 3 & 17
beginning at 7:30 pm

Come along... bring friends!
The competition is keen and the conversation refreshing.
Prizes will be awarded. Cost \$2.50

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

Other programs offered at the Centre: Bridge, Learn to Play Bridge, Euchre, Learn to Play Euchre, Bid Euchre, Cribbage, Bingo, Snooker, Darts, Shuffleboard, Tai Chi, Qi-Gong, Yoga, Line Dancing, Pilates, Clogging, Painting Classes, Tap Dancing, Hawaiian Dancing, Ballroom Dancing, Belly Dancing, Learn to Speak French, Life Drawing, 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.

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