

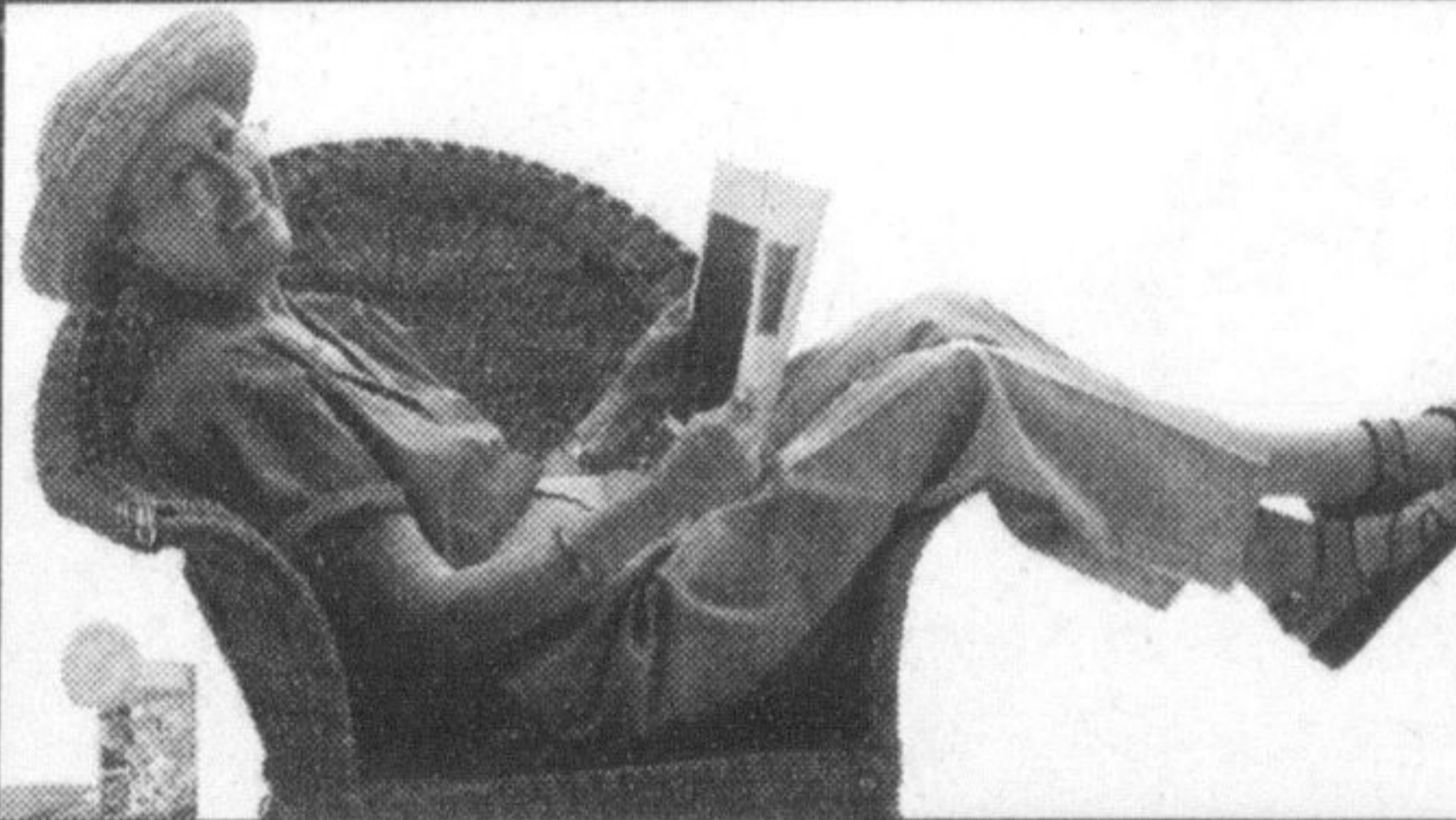


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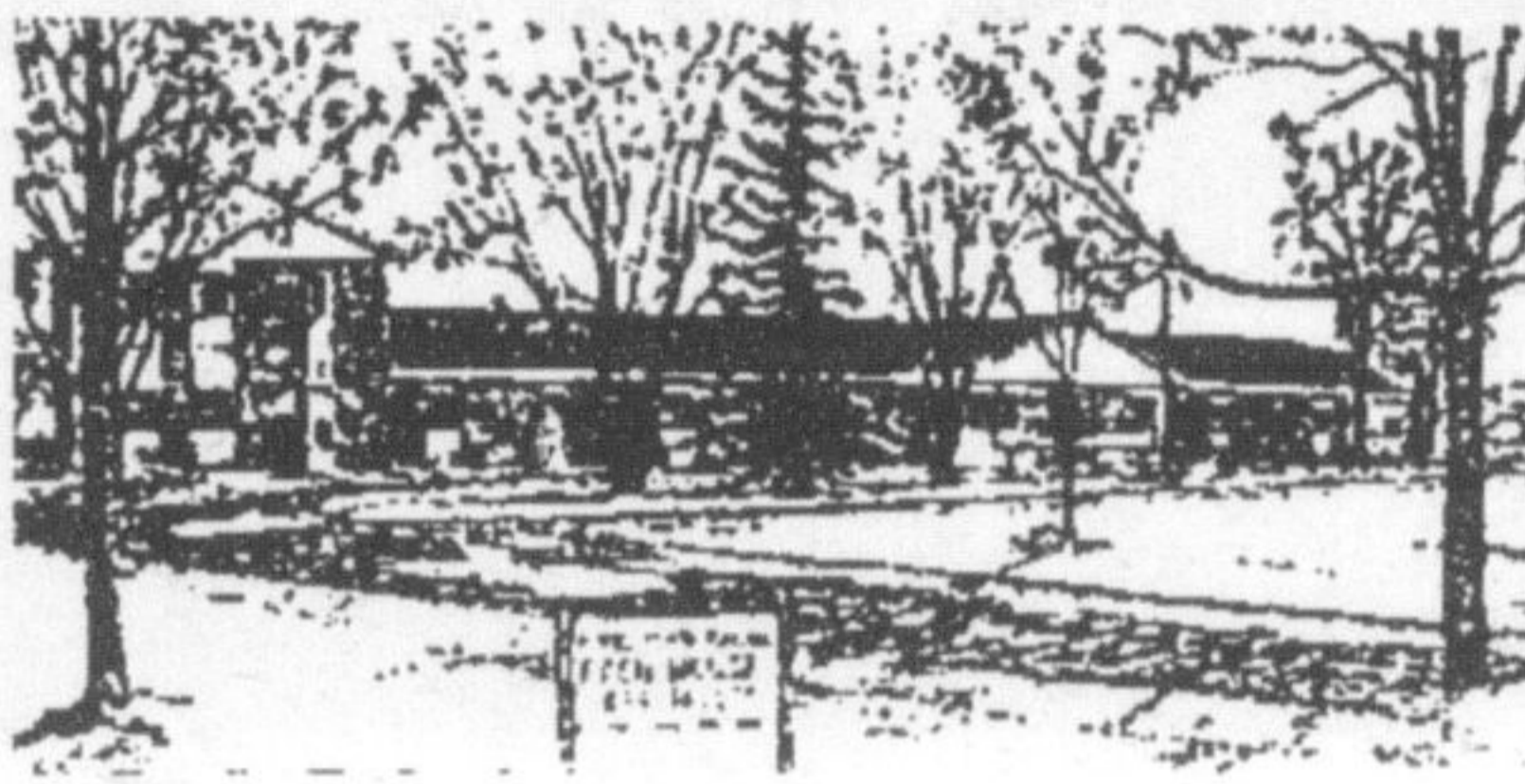
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# News for SENIORS

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

## DECEMBER 2006 ACTIVITIES

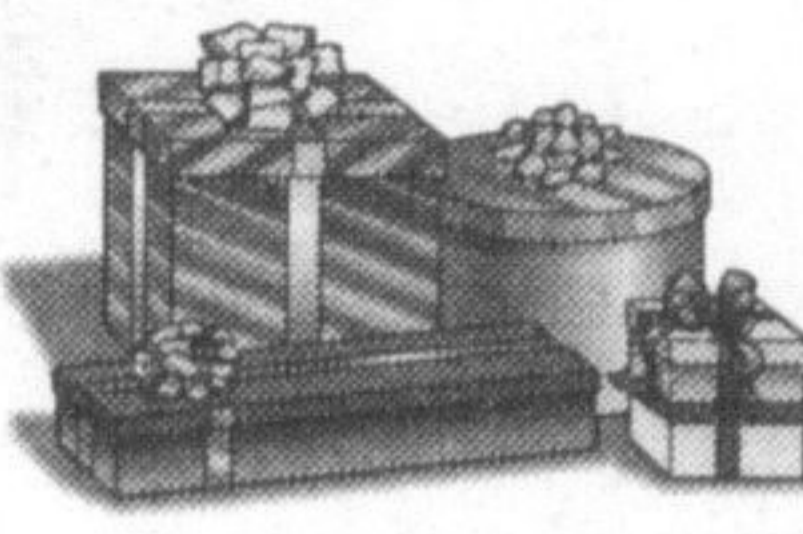
*Drop in anytime for a tour... we look forward to meeting you!*

*"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."*



**UPCOMING EVENTS...**

**CHRISTMAS HOURS AT THE CENTRE:**  
 The Centre will close **Friday, December 22 at 4:00 pm** and re-open **Tuesday, January 2, 2007 at 9:00 am.**  
*We wish you and your families a very happy holiday!*




**CHRISTMAS SHOPPING AT THE CENTRE**  
 Once again, the Centre is offering 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.

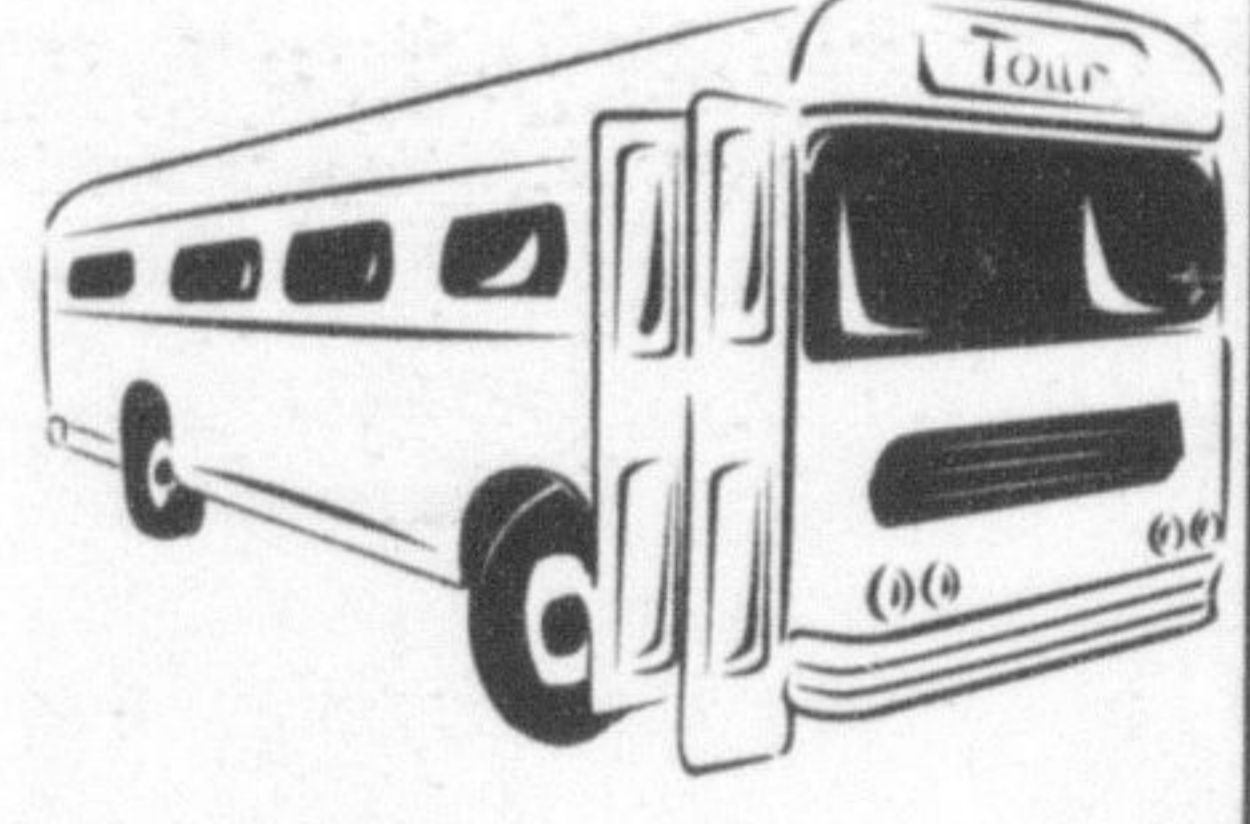
**NEW MEMBERSHIP RENEWAL:**  
 As of November 1, all memberships being renewed will be for a 12-month period. Our current half-year membership for new members will no longer be available. For more information, please contact the Centre.

**UPCOMING EVENTS...**

**Song Spinners Annual Christmas Concert, "Christmas Dreams":**  
**Friday, December 8, 7:30 pm**  
 Enjoy an evening of nostalgia and humour featuring a version of the ever popular Nutcracker Ballet with a new twist! - for both the young and the young at heart.  
 Tickets are \$8.00, available at Reception.



**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.



**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.

**Movies at the Centre**

- ALL THURSDAY SHOWS BEGIN AT 1:30 P.M.**
- Thursday, December 7 Canceled due to Christmas Social
  - Thursday, December 14 "Saving Shiloh" starring Jason Dooley
  - Thursday, December 21 "Last Holiday" starring Queen Latifah
- ALL FRIDAY NIGHT MOVIES BEGIN AT 7:00P.M.**
- Friday, December 1 "Mrs. Harris" starring Annette Benning, Ben Kingsley
  - Friday, December 8 "Rumor Has it" starring Shirley Maclaine Jennifer Aniston
  - Friday, December 15 "Mission Impossible 3" starring Tom Cruise



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

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.

**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 (December 13) and the first and third Tuesday of every month (December 5 & 19) 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 (December 12) starting at 7:30 p.m. Cost: \$2.50 for fun and prizes.

**CONTACT 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, December 8 & 22  
 beginning at 7:30 pm

**EVENING BID-EUCHRE**  
 Fridays, December 1, 5 & 19  
 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**

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