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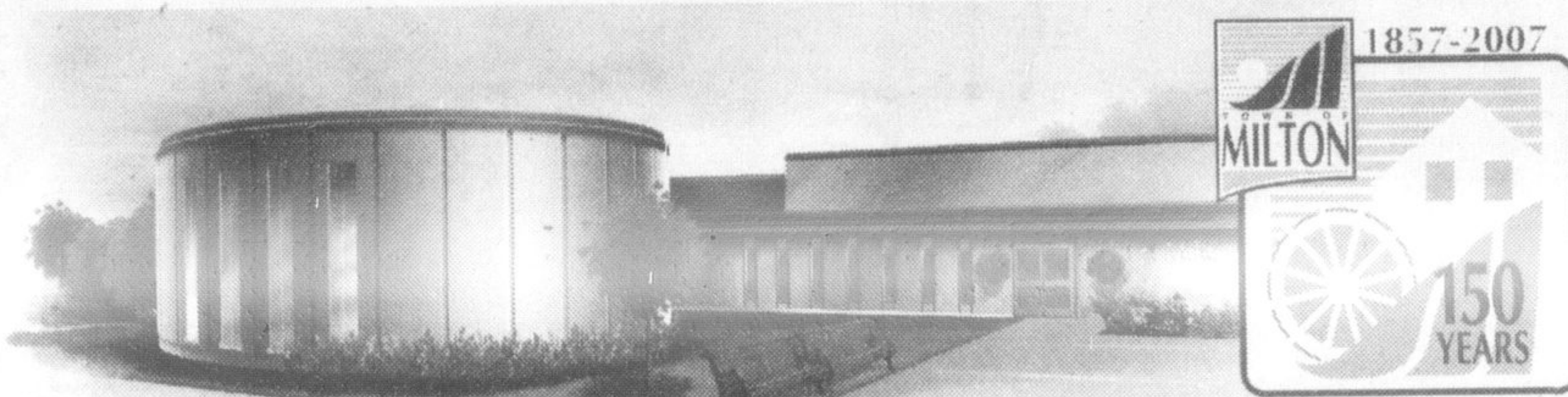
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SeniorNews

Milton Seniors' Activity Centre

500 Childs Drive, Milton 905-875-1681

Not just for seniors!

February 2007 Activities

Upcoming Events

Computer Club Workshop

February 16 at 1:00 pm
Join fellow computer enthusiasts to learn how to do your own income tax, using the computer and the Internet. New members are always welcome!

Wednesday Lunches at the Centre

11:30 am
Enjoy a delicious hot meal for \$6, including salad, entrée, dessert and beverage (or soup and sandwich). Please sign up at Reception or phone in your order to the Centre by noon, the Monday of that week.

Trips and 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 am and noon.

Foot Care Clinics

February 1, 8, 15, 22
1:00 - 4:00 pm
Cost is \$24 per person, payable to the nurse. Please call the Centre to book your appointment.

Pancake Brunch

February 20
10:00 am - 12:30 pm
On Shrove Tuesday, Vince's Gang "The Friendly Cooks" invite you to their annual Pancake Brunch. Enjoy delicious pancakes, sausages, tea, coffee and orange juice. Tickets are \$6 each, on sale now at the Centre!



Other Programs at the Centre

Registered and drop-in programs:

- Cribbage, Bingo, Snooker, Darts
- T'ai Chi, Qi-Gong, Yoga, Pilates,
- Line Dancing, Clogging, Tap Dancing, Hawaiian Dancing,
- Painting Classes, Life Drawing
- Lending library (videos and books)

Clubs:

- Diners, Lunch Bunch
- Book, Drama, Song Spinners Chorus
- Soft Wood Carving, Art, Painting, Creative Fingers Craft



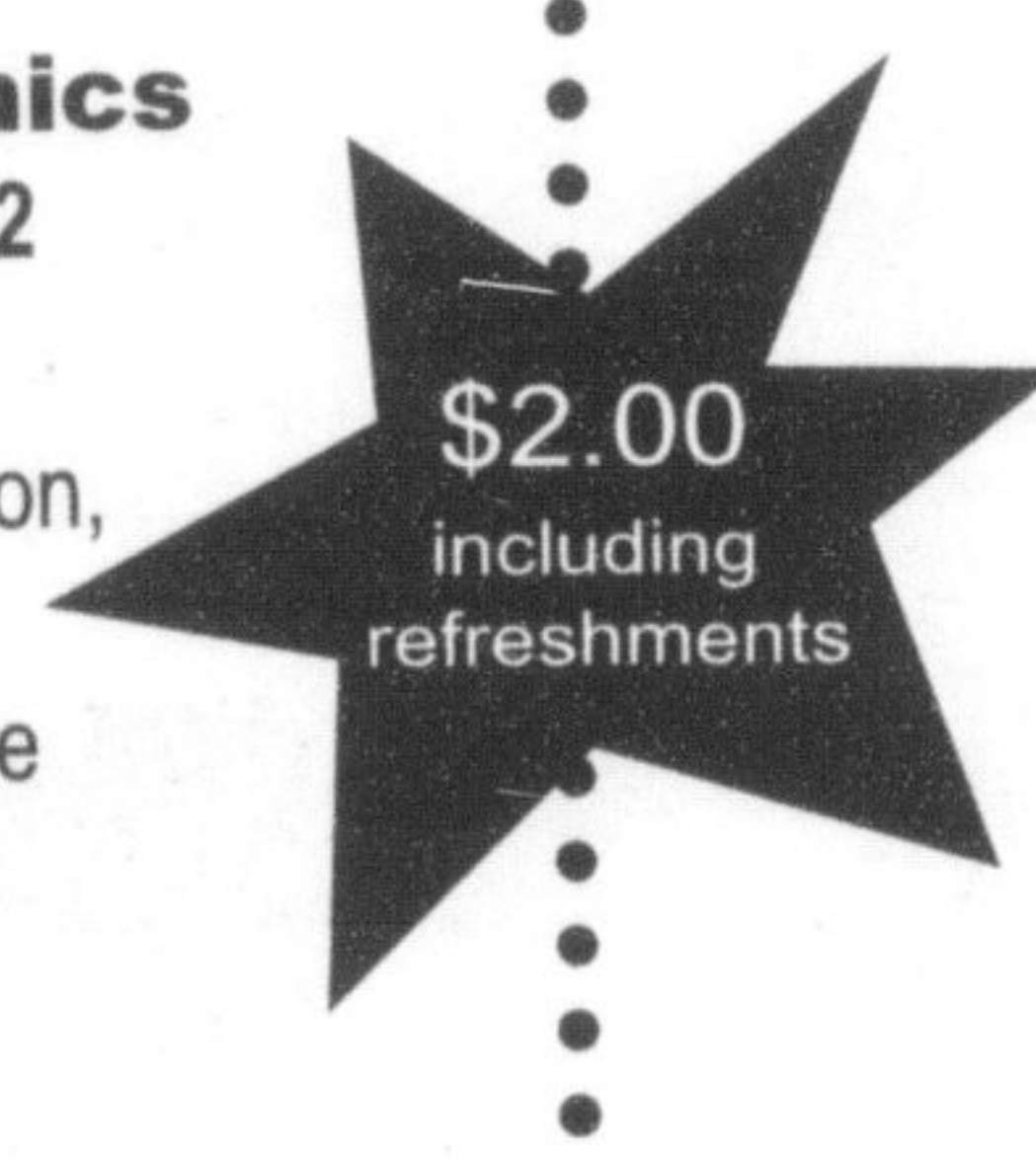
Movies at the Centre

Thursday Afternoon Movies at 1:30 pm

- Feb 1 Pirates of the Caribbean
- Feb 8 Saving Shiloh
- Feb 15 The Devil Wears Prada
- Feb 22 Little Miss Sunshine

Friday Night Movies at 7:00 pm

- Feb 2 The Devil Wears Prada
- Feb 9 The Hades Factor
- Feb 16 Failure to Launch
- Feb 23 The Libertine



Drop-in Programs

Here are just some of the drop-in programs offered at the Centre. All programs are held at the Centre unless otherwise indicated.

Evening Euchre

February 6, 14 and 20 at 7:30 pm
\$2.50

Evening Bid-Euchre

February 13 and 27 at 7:30 pm
\$2.50

Bid Euchre

Mondays and Thursdays at 1:30 pm
\$2 for members; \$4 for non-members

Euchre

Fridays at 1:30 pm
\$2.50 for members; \$4.50 for non-members

Contract Bridge

Wednesdays at 9:30 am
Thursdays at 1:30 pm
Fridays at 10:00 am
\$2 for members; \$4 for non-members

Book Club

Second Thursday of the month at 11:00 am
\$2 for members;
\$4 for non-members



Cyber Café

Mondays and Fridays 1:00 - 3:00 pm
Experienced volunteers available for assistance.
\$2 for members; \$4 for non-members

Downsizers Weight Loss Club

Tuesdays at 10:00 am
Focus on healthy eating, exercise habits and losing weight safely in a supportive setting.
\$2 for members; \$4 for non-members

Kitchen Band

Tuesdays at 9:00 am
Create entertaining music while having fun! Experienced or not, all musicians are welcome.
\$2 for members; \$4 for non-members

At Lions Club Hall in Campbellville (\$2.50):

Evening Euchre

Friday, February 2 and 16 at 7:30 pm

Evening Bid-euchre

Friday, February 9 and 23 at 7:30 pm

Drop in for a tour.

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