

Find out what's happening for older adults at seniors' centre open house

Local residents can check out what's happening at the Milton Seniors' Activity Centre at the facility's open house Wednesday.

The event, which will run from 10 a.m. to 2 p.m. at 500 Childs Dr., will offer visitors a chance to see demonstrations, register for

programs, tour the centre, meet program instructors and socialize over a free lunch.

A sneak preview of the 55 Alive! driver refresher course will take place at 11 a.m. The course, to run in October, teaches maturing drivers how to cope with natural

physical changes that can affect driving.

The seniors' centre is a recreational facility where those who are 55 years old or older can become members and younger adults are welcomed as non-members. The centre enables both older and younger adults to be

physically and socially active all year round and offers a wide variety of registered and drop-in programs, clubs, trips and tours, guest speakers, events, social functions and volunteer opportunities.

For information, call (905) 875-1681.



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