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- No referral necessary
- Seniors discounts

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Are you considering a change of residence?

- Live where independence is encouraged
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- Respite Accommodations are available

Call for your personal tour today!

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



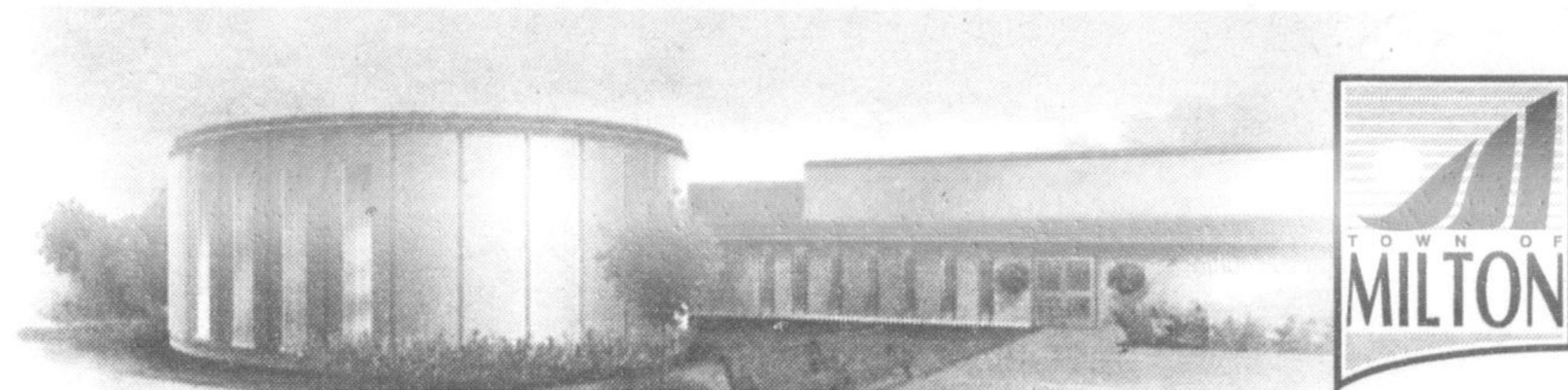
Love at first sight takes time.

A feeling comes over you on your first visit to an Amica retirement residence. Discover a unique lifestyle opportunity, with 5-star resort amenities and the company of others who have active lives with no intention of slowing down. Amica will help you make your later years the best, prompting envy from your younger family members. Amica. You'll know right away.

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SeniorNews

Milton Seniors' Activity Centre

500 Childs Drive, Milton **905-875-1681**

Not just for seniors!

March 2008 Activities

Upcoming Events

The Centre will be closed on Friday, Mar 21 and Monday, Mar 24 for Easter.

Foot Care Clinic

Thursday, March 20
9:00 am - 2:00 pm
Cost is \$25, payable to the nurse. To make an appointment, please contact the Centre.

Annual General Meeting

Wednesday, March 26
12:00 pm
Members are invited for a free lunch, courtesy of the Centre Advisory Board, followed by the meeting at 12:30 pm. Please sign up in advance at Reception.

Trips and Tours

Find out more about day and overnight trips. Call the Centre or drop in to the Trips and Tours Office, Mondays or Wednesdays, from 10:00 am - 12:00 pm.

Register for Spring and Summer Programs

Register today for adult and seniors' active and general interest programs. Register online at www.milton.ca or by visiting the Milton Senior's Activity Centre. Avoid cancellations - register early!

Irish Lunch and Pie Auction

Wednesday, March 19 at 11:30 am
A performance by the Song Spinners Chorus at 11:00 a.m. will be followed by lunch (Irish stew and green punch) at 11:30 a.m. To sign up, please call the Centre by Monday, March 17. Join us at 12:30 pm in the cafeteria to bid on delicious, homemade pies.

Free March Workshops

Call the Centre one in week in advance to register for these free sessions...

Smart Meters are Here (presented by Milton Hydro)

Tuesday, March 4 at 12:30 pm

More Blue and Green for a Better Planet (presented by Halton Region)

Wednesday, March 5 at 12:45 pm

Charitable Gifting

Wednesday, March 12 at 12:45 pm

Movies at the Centre

Thursday Afternoon Movies at 1:30 pm

March 6	No Reservations
March 13	Elizabeth: The Golden Age
March 20	The Game Plan
March 27	Becoming Jane

Friday Evening Movies at 7:00 pm

March 7	The Brave One
March 14	Elizabeth: The Golden Age
March 21	Movie cancelled: Centre closed
March 28	Rush Hour 3



ROBERT LEE INSURANCE & FINANCIAL PLANNING

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boblee@bellnet.ca

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- 10% Seniors Discount
- Written Drug Information Available

"At Zak's We Care About Your Health"

70 Main St. E. **875-2424**



McKersie-Kocher Funeral Home

114 Main Street Milton

905-878-4452

The services provided by McKersie-Kocher Funeral Home represent the best that any could provide. With dedicated service since 1953 our staff has the skills and compassion as well as the vision and desire to serve and meet all of your expectations.

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Funeral Director

Caroline Kocher
Funeral Director

Andrew Kocher
Funeral Director

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February Promotion:

Move in during the month of February and get your 3rd month FREE.

Phone Debbie (General Manager)

519-822-2006

2113 Gordon St, Guelph, ON N1L 1G7

Email: dcochrane@heritagehouseguelph.com

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.

NEW! Scrabble

Tuesdays at 1:30 pm
\$2 for members; \$4 for non-members

Wednesday Lunch Counter

Starts at 11:30 am
Enjoy a salad, entrée, dessert and beverage for \$6. Sign up at the Reception Desk or phone in your order to the Centre by noon, the Monday of that week.

Evening Bid Euchre

Tuesdays at 7:30 pm
\$2.50

Evening Euchre

Wednesday, March 14 at 7:30 pm
\$2.50

Bid Euchre

Mondays and Thursdays at 1:30 pm
\$2.50 for members; \$4.50 for non-members

Euchre

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

Contract Bridge

Wednesdays at 9:15 am
Thursdays at 1:30 pm
Fridays at 9:30 am
\$2 for members; \$4 for non-members

Mexican Train Dominoes

Wednesdays: 1:30 - 4:00 pm
\$2 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

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

Evening Euchre

Friday, March 14 and 28 at 7:30 pm

Evening Bid Euchre

Friday, March 7 and 21 at 7:30 pm

Drop in for a tour!