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Milton Seniors' Activity Centre





News for July 2008

Where active living is a way of life!

The Centre will be closed Tuesday, July 1 for the Canada Day holiday.

Upcoming Events

Summer Barbecues

Wednesdays, 11:45 am - 12:30 pm (Starting Wednesday, July 2)

Wednesday Lunch Counter is going outside for July and August. Grilled burgers, sausages and veggie burgers will be served. The Meal Deal is \$6 and includes an entree, salad, coffee/tea/pop and dessert. Sign up at the Reception Desk or phone in your order to the Centre by noon, the Monday of that week.

Rent-A-Table Sale

Saturday, August 16, 9:00 am - 12:00 pm Purchase a table for \$20, bring in merchandise to sell and all the profits are yours! Call the Centre to reserve your table. Payment must be made at time of registration.

Foot Care Clinic

Thursday, July 17, 9:00 am - 2:00 pm A nurse will be available to provide foot care services. Please call ahead to schedule an appointment. Cost: \$25 payable to the nurse.



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.

Become a Member of the Centre

Interested in being active and social? Become a member of the Centre. Membership benefits include reduced rates on programs, trips and facility rentals, a free subscription to the Centre's bi-monthly newsletter and much more. Not yet 55? Pay the non-member fee for programs and join in the fun!

Movies at the Centre

Thursday Afternoon Movies at 1:30 pm

National Treasure 2

Over Her Dead Body July 3 Lars and the Real Girl July 10 July 17 Enchanted July 24 Charlie Wilson's War

July 31

Friday Evening Movies at 7:00 pm

July 4 Flawless The Water Horse July 11 July 18 Enchanted

Charlie Wilson's War July 25 Nancy Drew August 1

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

Other programs offered at the Centre include: Bridge, Learn to Play Bridge, Euchre, Learn to Play Euchre, Bid Euchre, Cribbage, Bingo, Snooker, Darts, Shuffleboard, T'ai Chi, Qi-Gong, Yoga, Line Dancing, Clogging, Painting Classes, Tap Dancing, Hawaiian Dancing, Photography, Movies, Lending Library (video and 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, Mexican Train Dominoes, Learn to Speak French, Lunch Counter, plus special events, fundraisers and more.

Drop-in Programs

500 Childs Drive, Milton, ON

905-875-1681

www.milton.ca

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

Evening Bid Euchre

Tuesdays at 7:30 pm \$2.50

Evening Euchre

Wednesday, July 9 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

Cyber Café

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, July 4 and 18 at 7:30 pm

Evening Bid Euchre

Friday, July 11 and 25 at 7:30 pm

Drop in for a tour!

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Bob Lee B.Sc., BBR, EPC boblee@bellnet.ca



Kim Mitchell RT kimmitchell@bellnet.ca

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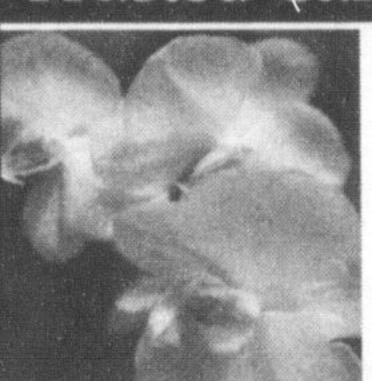
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