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Contact: Marlene Williams  
905-693-8592  
45 Martin St. Milton Ont.  
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# Milton Seniors' Activity Centre

500 Childs Drive, Milton, ON  
905-875-1681  
www.milton.ca



## 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

July 3 Over Her Dead Body  
July 10 Lars and the Real Girl  
July 17 Enchanted  
July 24 Charlie Wilson's War  
July 31 National Treasure 2

#### Friday Evening Movies at 7:00 pm

July 4 Flawless  
July 11 The Water Horse  
July 18 Enchanted  
July 25 Charlie Wilson's War  
August 1 Nancy Drew



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 for a tour!

## ROBERT LEE INSURANCE & FINANCIAL PLANNING

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