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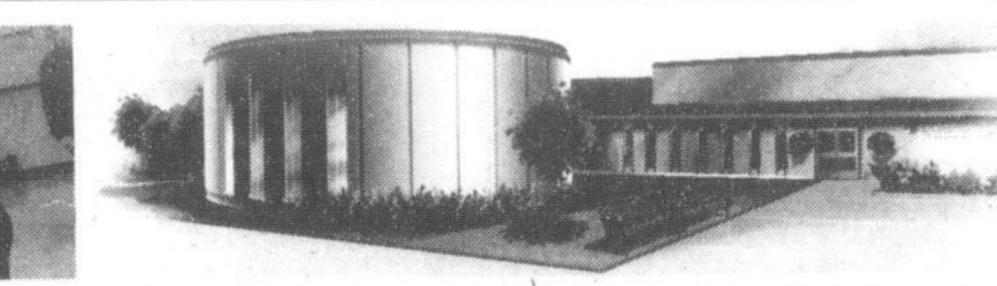
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Milton Seniors' Activity Centre





News for September 2008

Where active living is a way of life!

The Centre will be closed Monday, September 1 for the Labour Day holiday.

Upcoming Events

Register Now for Fall Programs

Don't wait! Register early to avoid cancelled or full classes. Please register at least one week before the program starts. Register online, by phoning the Centre or in-person today!

Bone, Joint and Heart Health: **How are They Connected?** Wednesday, September 10 at 12:45 pm

Join Dr. Keith Condliffe, Doctor of Naturopathic Medicine, to find out

the latest trends in bone health and wellness and get answers to your questions.

Control Your Blood Pressure Wednesday, September 17 at 12:45 pm

Learn about high blood pressure, body as well as drug and lifestyle treatment

Foot Care Clinic

options.

Sept 4

Sept 11

Sept 18

Sept 25

Thursday, September 18, 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.

Thursday Afternoon Movies at 1:30 pm

Fool's Gold

Penelope

The Bucket List

Miss Pettigrew Lives for a Day

Smart Smoothies

Monday, September 22, 7:00 pm - 9:00 pm Discover energizing flavours and health benefits of tasty high-protein smoothies. Cost: \$25 (includes supplies)

Men Can Really Cook!

Tuesday, September 23, 10:00 am - 12:00 pm Unravel the mysteries of preparing tasty flavourful meals and feel right at home in your own kitchen. Cost: \$35 (includes supplies)

Oktoberfest

Friday, September 26 at 7:00 pm

Enjoy Bavarian refreshments in the Biergarten and live entertainment by Canada's Polka-King and three-time Grammy Award winner the Walter Ostanek Band.

Trips and Tours

Movies at the Centre

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,

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

Lending Library (video and books), Bus Tours, Lunch Bunch, Diners Club, Kitchen Band,

Sept 5

Sept 12

Sept 19

Sept 26

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.

Friday Evening Movies at 7:00 pm

The Bucket List

Cancelled due to Oktoberfest

Into the Wild

Fool's Gold

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, September 10 at 7:30 pm

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, September 12 and 26 at 7:30 pm

Evening Bid Euchre

Friday, September 5 and 19 at 7:30 pm

Drop in for a tour!

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