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## Milton Seniors' Activity Centre

500 Childs Drive, Milton, ON  
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www.milton.ca



## News for March 2009 Where active living is a way of life!

### Upcoming Events

**St. Patrick's Lunch and Pie Auction**  
Wednesday, March 11, 11:30 am - 1:00 pm  
Join us for an Irish-themed lunch and homemade pie auction. Lunch cost: \$6

**St. Patrick's Pub Night**  
Saturday, March 14, 7:30 - 11:30 pm  
Come out and celebrate St. Patrick's Day with pub fare, entertainment, and a cash bar. Cost: \$12 (includes light refreshments)

**Foot Care Clinic**  
Thursday, March 19, 8:40 am - 1:00 pm  
A nurse will be available to provide foot care services. Please call ahead to schedule an appointment. Cost: \$25

**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!

**Blood Pressure Clinic** **FREE**  
Thursday, March 5, 10:00 am - 12:00 pm  
A pharmacist will be on site to take blood pressure readings. Please call the Centre to book your appointment. Walk-in appointments are also welcome.

**Hearing Screening** **FREE**  
Friday, March 13, 10:00 am - 2:00 pm  
A representative of the Canadian Hearing Society will be on site to conduct hearing screenings. Please call the Centre to book your appointment.

**Annual General Meeting** **FREE**  
Wednesday, March 25, 12:00 pm  
Join us for a complimentary lunch followed by the 2009 - 2010 election. Please call the Centre by March 20 if you plan to attend.

**New Member Tea** **FREE**  
Friday, March 27, 2:00 - 4:00 pm  
All new Centre members who have joined within the last year are invited to enjoy afternoon tea with Centre staff, members and program convenors. Please call the Centre by March 23 if you plan to attend.

### Mom-to-Mom Sale

Saturday, April 18, 9:00 am - 12:00 pm

Ready to sell your gently used children's items? Call the Centre to reserve your table today!

### Movies at the Centre

**Thursday Afternoon Movies at 1:30 pm**  
Mar 5 Brideshead Revisited  
Mar 12 The Express  
Mar 19 The Children of Huang Shi  
Mar 26 The Secret Life of Bees

**Friday Evening Movies at 7:00 pm**  
Mar 6 Brideshead Revisited  
Mar 13 The Boy in the Striped Pajamas  
Mar 20 Happy-Go-Lucky  
Mar 27 Cadillac Records

**\$2.00**

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

**Other programs offered at the Centre include:** Bridge, Euchre, Learn to Play Euchre, Bid Euchre, Cribbage, Bingo, Snooker, Darts, Scrabble, Genealogy, Music & History Programs, Tai 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, Osteofit, Falls Prevention and Balance Training, The "Downsizers" Weight Loss Club, Soft Wood Carving Club, "Song Spinners" Chorus, "Creative Fingers" Craft Club, Painting Club, Mexican Train Dominoes, Conversational Sign Language, Conversational French, Lunch Counter, plus special events, fundraisers and more.

### Drop in for a tour!

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