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Phone Teri Hall (General Manager)  
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# Milton Seniors' Activity Centre

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



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

### Upcoming Events

#### June is Seniors' Month

Come out and celebrate the contributions made by seniors in our community and across the province.

#### Coffee and Chat **FREE**

Tuesday, June 2, 2:00 - 3:30 pm  
Thursday, June 18, 10:00 - 11:30 am  
Tuesday, June 30, 1:00 - 4:00 pm

Take advantage of this opportunity to tour the Centre and enjoy some camaraderie.

#### Living Well with Diabetes **FREE**

Wednesday, June 3, 12:45 - 1:30 pm  
Please call the Centre for more information.

#### Blood Pressure Clinic **FREE**

Thursday, June 4, 10:00 am - 12:00 pm  
Please call the Centre to book your appointment.

#### Speaking of Bones **FREE**

Wednesday, June 10, 12:45 - 1:30 pm  
Please call the Centre for more information.

#### Hearing Screening **FREE**

Friday, June 12, 10:00 am - 2:00 pm  
Please call the Centre to book your appointment.

#### Everyone is a Member

Tuesday, June 2, 9, 16, 23, 30  
Non-members can attend drop-in programs every Tuesday in June at member prices. On June 30, members may attend drop-in programs at no charge.

#### 70 - 40 Rule **FREE**

Wednesday, June 17, 12:45 - 1:30 pm  
Please call the Centre for more information.

#### Quilt Display and Sale with Dessert Tea

Saturday, June 13, 1:00 - 4:00 pm  
Join us for an exciting opportunity to view and purchase handmade quilts. Tickets: \$6

#### Foot Care Clinic

Thursday, June 18, 8:40 am - 1:00 pm  
Please call ahead to schedule an appointment. Cost: \$25

#### Giant Indoor Garage Sale **FREE**

Saturday, June 27, 9:00 am - 12:00 pm  
One person's junk is another person's treasure! Come out to our giant indoor garage sale to buy or sell gently used items. Free entrance. Table cost: \$20 non-member; \$15 member

### Drop-in Programs

#### Evening Bid Euchre

Tuesdays at 7:30 pm  
\$2.50

#### Bid Euchre

Mondays and Thursdays at 1:30 pm  
Members: \$2.50 (non-members: \$4.50)

#### Euchre

Fridays at 1:30 pm  
Members: \$2.50 (non-members: \$4.50)

#### Contract Bridge

Wednesdays at 9:15 am  
Thursdays at 1:30 pm  
Fridays at 10:00 am  
Members: \$2.00 (non-members: \$4.00)

#### Downsizers Weight Loss Club

Tuesdays at 10:00 am  
Focus on healthy eating, exercise habits and losing weight safely.  
Members: \$2.00 (non-members: \$4.00)

#### Cyber Café

Mondays and Fridays, 1:00 - 3:00 pm  
Experienced computer volunteers are available for assistance.  
Members: \$2.00 (non-members: \$4.00)

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

#### Evening Euchre

Friday, June 26 at 7:30 pm

#### Evening Bid Euchre

Friday, June 5, 12, 19 at 7:30 pm

### Movies at the Centre

#### Thursday Afternoon Movies at 1:30 pm

June 4 Frost/Nixon  
June 11 Bride Wars  
June 18 Twilight  
June 25 Jump



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

June 5 Frost/Nixon  
June 12 Bride Wars  
June 19 Personal Effects  
June 26 Slumdog Millionaire

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

### Drop in for a tour!

## ROBERT LEE INSURANCE & FINANCIAL PLANNING

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## ZAK'S PHARMACY

Milton's Independent Pharmacy



- Free Delivery
- 10% Seniors Discount
- All Drug Plans Accepted
- Written Drug Information Available

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## McKersie-Kocher Funeral Home

114 Main Street Milton

905-878-4452

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