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# Milton Seniors' Activity Centre



Milton Seniors' Activity Centre

## News for August 2011 Active living is a way of life!

### Upcoming Events

Non-members and those under 55 are welcome to participate!

#### Summer Barbecues

Wednesdays, 12:00 - 1:00 pm

Open to the public!

Cost: \$8

Lunch includes a barbecue hamburger (or sausage), salad, dessert, and beverage. Please sign up at Reception or phone in your order by 11:00 am on Wednesday.

#### Foot Care Clinic

Thursday, August 25

9:00 am - 1:00 pm

Cost: \$25, payable to the nurse.

Call the Centre to book an appointment.

#### 55+ Fall/Winter Programs

General Interest and Active Living/  
Fitness/Wellness

Registration Start Date: August 15

Register for popular returning programs and a variety of new ones, including exciting arts programs at the Milton Centre for the Arts:

• Going Strong After 50

• Therapeutic Qi-Gong

**New!** • Creative Landscapes in Oil

**New!** • Oriental Brush Painting

**New!** • Open Drum Circle for Adults



**Beat the Heat!** Too hot outside? Drop by the Centre to cool off!

### Movies at the Centre

Thursday Afternoon Movies at 1:30 pm

August 4 Oliver Sherman  
August 11 Bitter/Sweet  
August 18 The Company Men  
August 25 Divergence

Friday Evening Movies at 7:00 pm

August 5 Wall Street: Money Never Sleeps  
August 12 Tangled  
August 19 The Town  
August 26 Secretariat

\$2

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

500 Childs Drive, Milton, ON

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www.milton.ca

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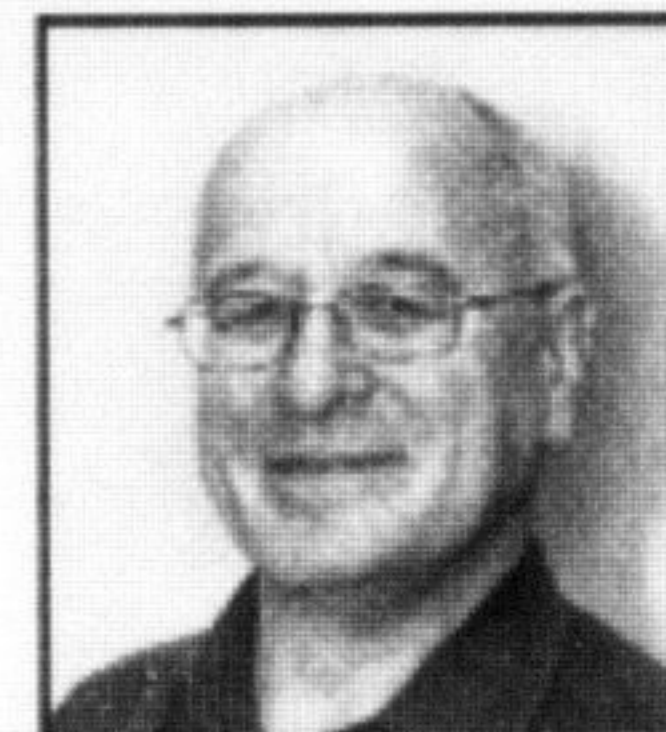
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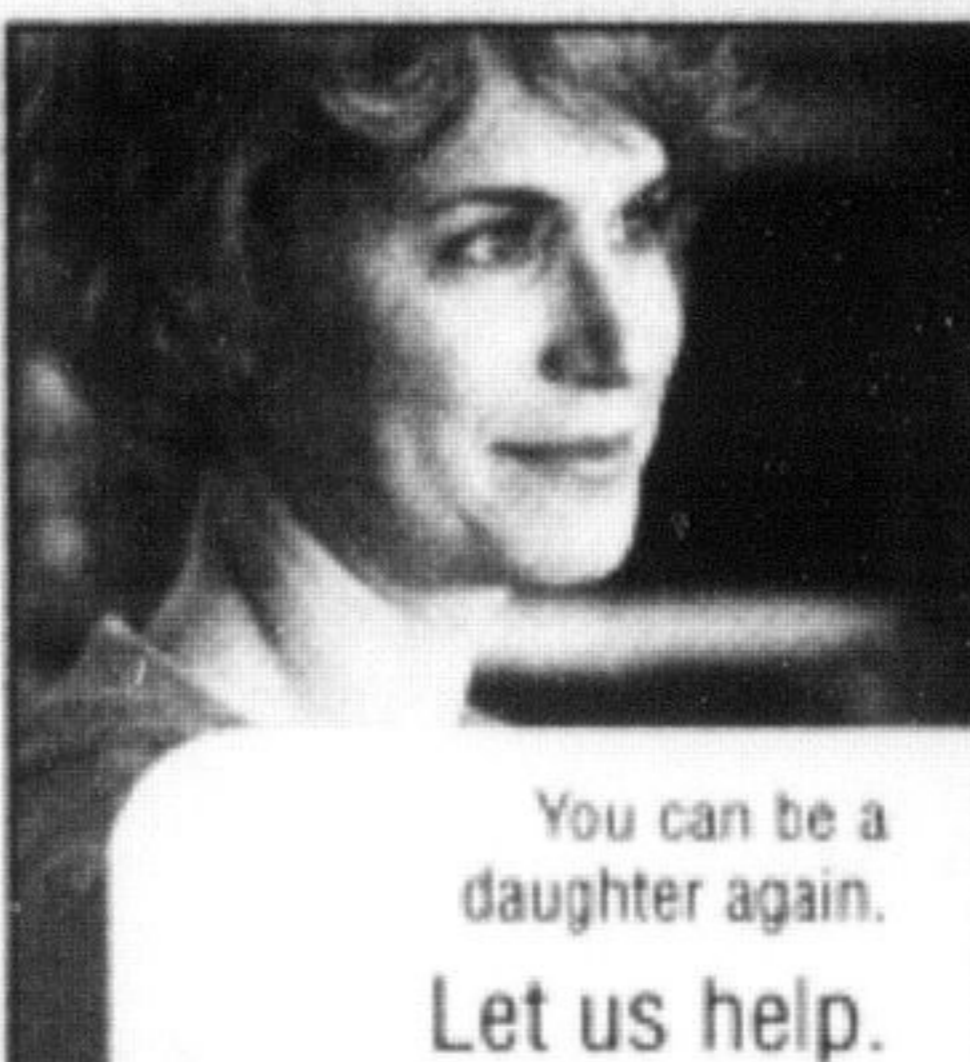
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