



Hearing for Life

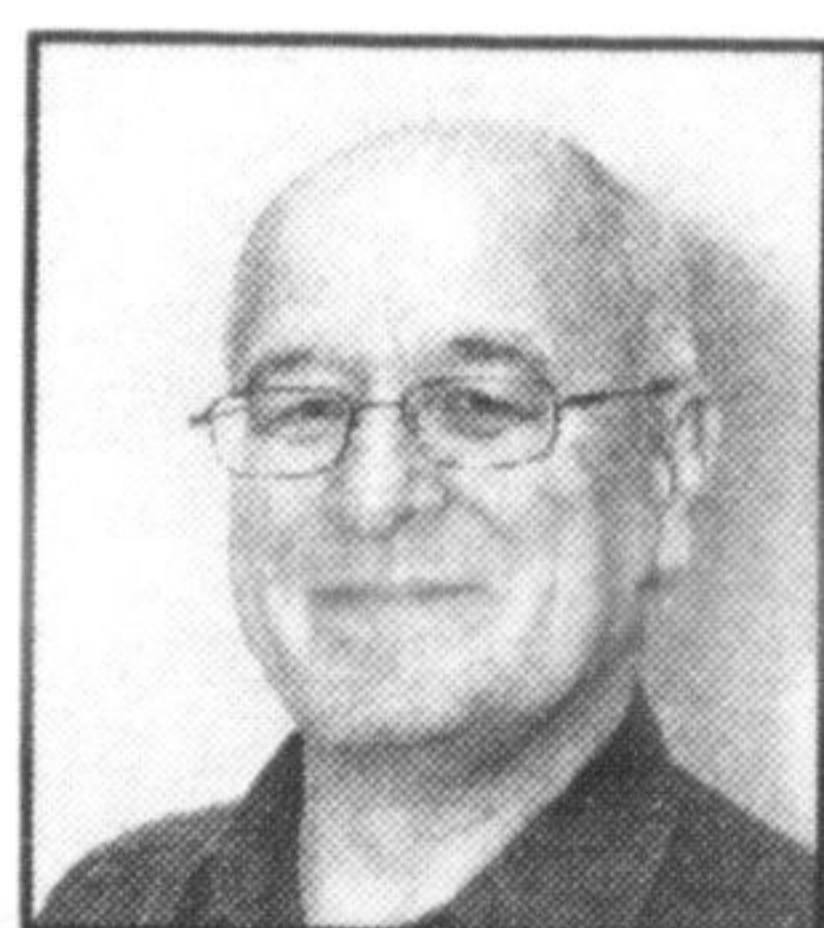
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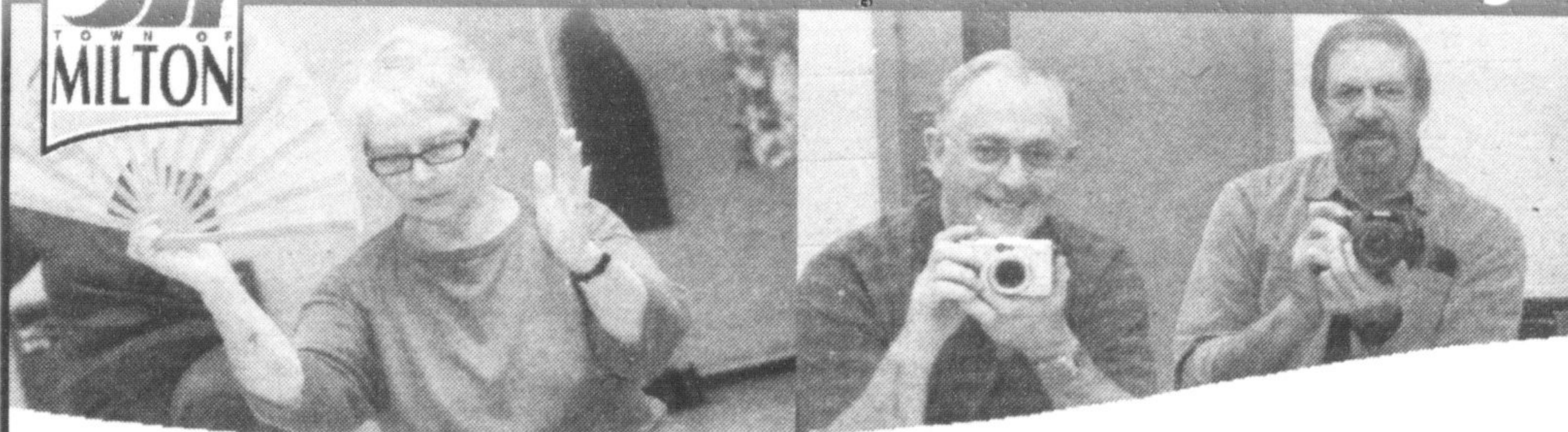
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Milton Seniors' Activity Centre



Milton Seniors' Activity Centre

News for September 2010

Active living is a way of life!

Upcoming Events

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

Harvest Barbecue

Wednesday, September 8, 12:00 noon
Lunch includes a hamburger or sausage, corn on the cob, salad, dessert and beverage. Please sign up at Reception or phone in your order by the Monday of that week.
Cost: \$8

Open House

Thursday, September 16, 9:00 am - 12:00 pm **FREE**
Complimentary Breakfast: 9:30 - 11:30 am
View program demonstrations, meet Centre staff and volunteers, tour the Centre, and much more! Attend the Information Fair, featuring local organizations providing services to seniors to discover all the Milton community has to offer.

Foot Care Clinic

Thursday, September 16, 8:40 am - 1:00 pm
Please call the Centre to book an appointment.
Cost: \$25 payable to the nurse.

Blood Pressure Clinic

Friday, September 17, 10:00 am - 12:00 pm **FREE**
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.

Workshop:

S.A.L.T. - Frauds and Scams
Monday, September 20, 1:30 - 2:30 pm
This presentation addresses crime trends in Halton and Ontario.
Hosted by: Seniors and Law Enforcement Together

Fall Recreation Programs

Register early for the Centre's exciting fall 2010 programs! Please see the Community Services Guide or visit www.milton.ca for more information.

Movies at the Centre

Thursday Afternoon Movies at 1:30 pm		Friday Evening Movies at 7:00 pm	
September 2	Helen	September 3	Clash of the Titans
September 9	Cancelled	September 10	Young at Heart
September 16	Bounty Hunter	September 17	Bounty Hunter
September 23	The Greatest	September 24	Accidents Happen
September 30	Date Night		



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

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www.milton.ca

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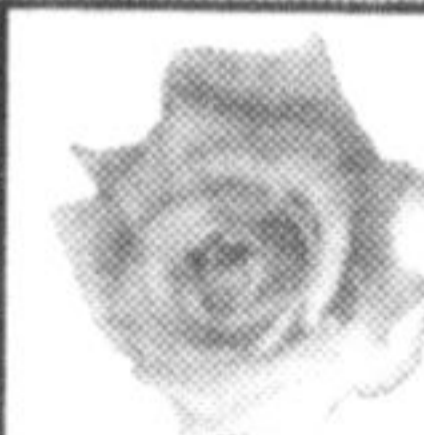
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