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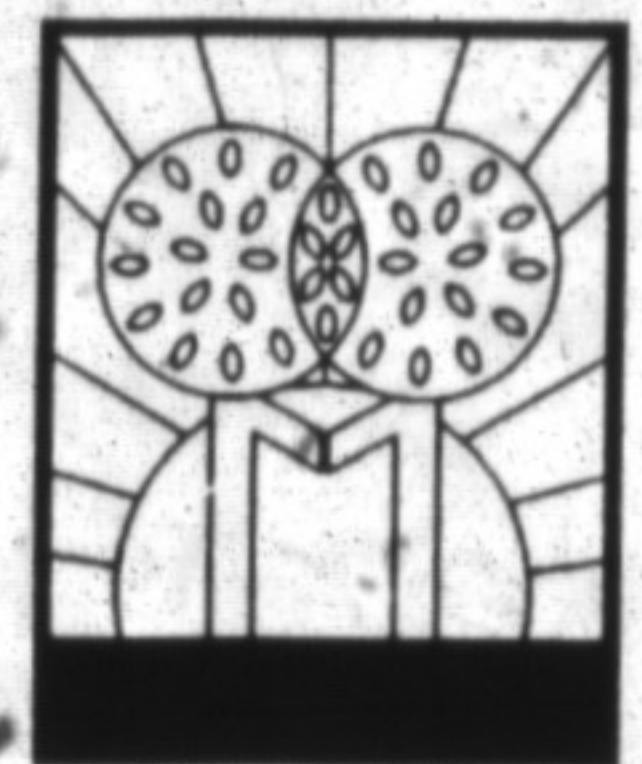
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News for SENIORS
 Milton Seniors Activity Centre
 Current Events
 by Tim Hawkins, Publicity

MAY "MIX IN '96" CURRENT EVENTS

The **ONTARIO SENIOR GAMES** (local and Halton District competitions) are upon us! During the course of the next six weeks you will have the opportunity to participate in some eleven activities including Bridge, Euchre, Cribbage, Snooker, Tennis, Swimming, Horseshoes, Golf, 3km Walk, Lawn Bowling and 5-Pin Bowling in the Milton area and throughout Halton Region. The **GAMES** provide you with one more outlet for your talents and the opportunity to meet, socialize and enjoy friendly competition with other Seniors. So *Get Ready...Get Set...Go Register Today* at the Milton Seniors Activity Centre (875-1681) for the activities of your choice and enjoy all the Games have to offer! (Registration Fees are \$4.00 for the 1st event and \$100 for each additional event.)

Fri., May 3, 10, 17, 24, 31: Every Friday it's great food and good fellowship at the Seniors' Centres' "Hot Meal Deal". Time 11:30 AM.

Mon. May 6: Like to travel? Then come to the Senior Centre at 8:00 pm for a slide show/travelogue of **Northern India and China** as seen and presented by **Cheryl Bradley and husband Lorne Finch** who backpacked through these countries in the Fall of 1995. Refreshments will be served and donations accepted.

Tues. May 7: Join local Seniors at their monthly "Lunch Brunch" social outing at a local restaurant. Time 11:30 am. Call Centre 875-1681 for May location.

May 8, 15, 22, 29: It's another "Hot Meal Deal" day at the Senior Centre. Come out at 11:30 am to socialize and enjoy the great food!

Sun. May 12: It's "Mother's Day"! What better way to show you care than by treating her to a relaxing bus excursion through the Niagara Peninsula...ending at the Shaw Festival Theatre to see the romantic comedy "The Devil's Disciple". Call Seniors Centre 875-1681 for information and tickets.

Mon. May 6, 13, 27: Hi...ho...hi...ho...it's **Hiking Time** again! If you'd like to get out for a walk, enjoy a fresh breath of air and perhaps look for spring flowers, **Ken & Treasa Lamb** will be taking active Seniors on many a jaunt along the **Brace Trail**. Hikers meet at 1:30 pm at the Milton Seniors Activity Centre!

Wed., May 15: It's the Senior Centre's monthly "Evening Euchre Party." Come out for the friendly competition and the social atmosphere. Refreshments will be served and prizes awarded. Time: 7:30 pm. Cost: \$2.50/person.

Thurs. May 23: Join Milton Seniors on the fabulous **guided bus tour "Blossom Tour of Prince Edward County"**. Along the way you'll enjoy a super lunch at Little Lake Pavilion, a visit to the Marble Artists factory, a snack at the Big Apple plus a visit to the Campbell Farm. A full days outing! Call Senior Centre 875-1681 for info and tickets.

On Thursday evening it's the Seniors monthly "Diner's Club" outing... a time to make new friends, socialize and enjoy a gourmet dining experience. Time: 5:30 pm at Senior Centre parking lot (car pooling) or 6:00 pm at restaurant. Call Centre 875-1681 for May location.

Fri. May 24: If you like to eat and/or cook, don't miss this chance to hear from a Pro! From 1:00-2:00 pm the **Guest Speaker** at the Senior Centre will be **Heather Brown**, Assistant Manager, Residential Support Services/Dietician of Allendale presents "Healthy You", which will include tips to promote health and vitality through food. A question and answer period will follow.

Fri. May 31: It's grand night for singing at the Senior Centre as **Joyce Hayward** and the "Song Spinners" present "A Night on Broadway" featuring selections from well known musicals. Tickets are \$3.00 and are available from Reception Desk. Refreshments will be served and donations accepted to cover the choirs' music costs.

Registered Programs include: Bridge, Euchre, Cribbage, Bingo, Carpet Bowling, Shuffleboard, Table Tennis, Snooker, Darts, Tai Chi, Yoga, Fitness, Line Dancing, Clogging, Craft Club, Choral Group, Oil Painting, Fundamentals of Drawing. In addition a daily menu, library lectures, Bus Tours, Pot Lucks, Lunch Bunch, Diners Club, Special Luncheons, plus numerous Special Events and Fundraisers.

THE ABOVE INFORMATION IS SUBJECT TO CHANGE AND LIMITATIONS.
 For further details on activities at the Milton Seniors Activity Centre,
 Call (905) 875-1681

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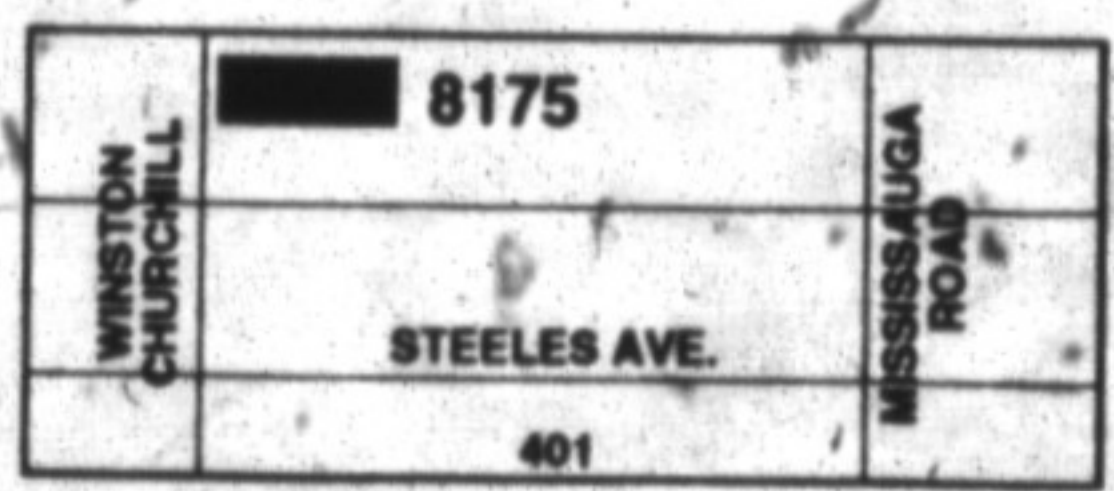
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 Thurs.-Fri. 10 am - 7 pm
 Saturday 9 am - 6 pm
 Sunday 10 am - 5:30 pm