

THE ARTHRITIS SOCIETY
 Give... to give HOPE

AQUATIC POOL PROGRAM
 Days: Tuesdays and Thursdays
 Time: 11:00 am - 12 noon
 Days: Wednesdays and Fridays
 Time: 11:00 am - 12 noon
 Location: Milton Leisure Centre
 For more information, or to register, please call:
Marilyn Bahman, Co-ordinator
 875-1320 or **Audrea Lear-Costigan, Milton Chair** 878-9151

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

SEPTEMBER "MIX 'N MATCH" CURRENT EVENTS

Wed. Sept. 4, 11, 18, 25 and Fri. Sept 6, 13, 20, 27: Come socialize at the Centre. Every Wednesday and Friday, it's "Hot Meal Deal" day. Great food and good fellowship. Time: 11:45am - 1:15pm.
Sat. Sept. 7: Visit the Mall for "A Taste of Milton", a Fall Show/Extravaganza hosted by M.C.I.S. (Milton Community Information Services) and the Town of Milton, highlighting activities in the Milton area. While there, visit the Milton Seniors Centre exhibit to see what is new. Perhaps you feel it's the right time to sign up and enjoy the Seniors Experience (participating and volunteering) at the Centre.

with a fabulous "Corn Roast & Dance Party". Join us for an evening of great Fall fare...Corn, tomatoes, cukes and more corn followed by super dance music by the "Johnny Michaels Band" (formerly "Party Mix Band")...and all for only \$8.00/person. There will be a refreshment bar and 50/50 draw. Doors open at 6:30pm, dinner at 7:00pm and dancing 8:00pm - 12:00. Call the Centre 875-1681 for tickets today!

Mon. Sept. 9: It's "Seniors Day at the Mall". Come on over to play Bingo, socialize, make new friends and enjoy Special Shopping Values!

Mon. Sept. 16 - Fri. Sept. 20: It's Autumn, and time once again for **New Programs & Schedules**. All this week the Seniors Centre will host an "Open House". Come visit us, meet the instructors, see demonstrations of both new and existing programs...and then Register for your selection of fall activities!

Tues. Sept. 10: Join the Seniors Lunch Bunch on their monthly social outing to a local restaurant. A time and place to make new friends and hear the latest. Time: 11:30am. Call Centre 875-1681 for September location.

Thurs. Sept. 19: Join the Seniors on their day long bus excursion to **Casino Rama** in Orillia. See the way attractions including great restaurants and perhaps try your luck at the tables? Cost: Just \$24.00. Call the Centre 875-1681 for information and tickets today!

Wed. Sept. 11: Once again it's the Senior Centres' monthly "Evening Euchre Party". Join us for an evening of friendly competition and social conversation. Light refreshments will be served and prizes awarded. Time: 7:30pm. Cost: \$2.50/person.

Sun. Sept. 22: Another great outing for Seniors. This time an excursion to the **Heritage Theatre** in Wingham to enjoy an afternoon listening to Country Legends. Trip includes a delicious Roast Beef luncheon at the Wingham Legion. Cost: \$42.00. Call Centre 875-1681 for info and tickets.

Sat. Sept. 14: The Senior Centre springs into Fall

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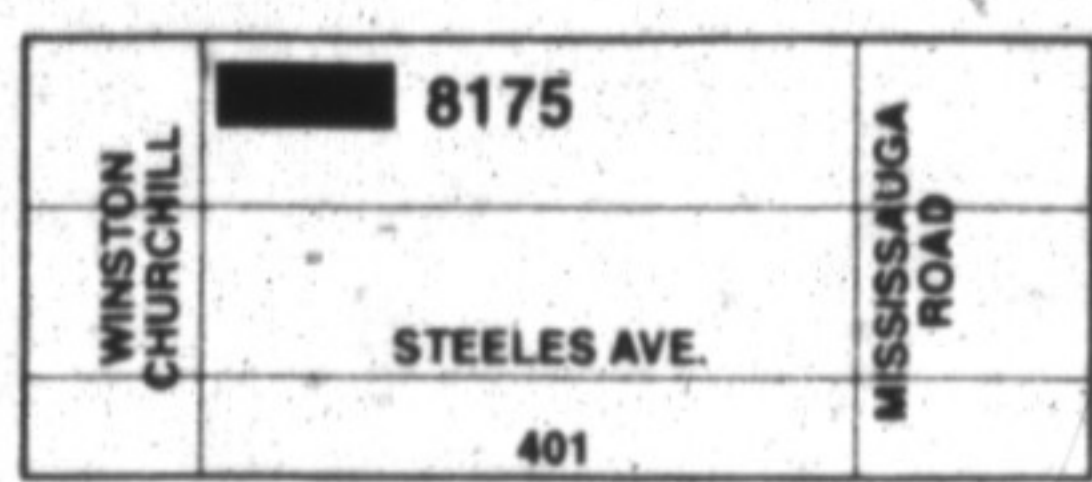
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HOURS:
 Mon.-Wed. 10 am - 6:30 pm
 Thurs.-Fri. 10 am - 7 pm
 Saturday 9 am - 6 pm
 Sunday 10 am - 5:30 pm