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## Milton Seniors' Activity Centre



Milton Seniors'  
Activity Centre

### News for May 2014 Active living is a way of life!

#### Upcoming Events

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

#### Café 500: Coffee House **Free!**

**Friday, May 9, 2:00 - 4:00 pm**  
Drop in and visit our free coffee house. Indulge in the enjoyment of meeting new folks and reacquaint yourself with others. Enjoy specialty treats while listening to great music.

#### Spring Treasures Market: Table Rentals and Shopping

**Saturday, May 24, 8:00 am - 1:00 pm**  
Browse for bargains at the market, which will feature garage sale items, homemade crafts, baked goods and more. Refreshments will be available for purchase in our café. Would you like a table to sell your items? This event is ideal for homemade or secondhand items and is open to the public. Table rental is \$30; call the Centre for details.



#### Back to the Beach Dance

**Friday, June 13, 7:00 - 10:00 pm**  
Tickets: \$15/members, \$16.50/non-members  
The music will be hot and the refreshments will be cool! Celebrate summer with live entertainment and dancing. A cash bar will be available. Tickets can be purchased May 12 to 30 at the Reception Desk.

#### Space Available in May Programs

There are still spaces available for programs starting in May. Try something new? You don't need to be a member to register and there are a variety of options to choose from, including:

- Conversational Spanish
- Dance Fever
- Jewelry Making
- Jazz Dance
- Ki Harmony
- Meditation
- Nia
- Strengthen and Tone for Older Adults
- Workout for Men
- Zumba
- And more!

#### Spring Recreation Programs

##### Spring Programs

The spring program session is blooming. We have a variety of programs to suit all interests and abilities.

##### Chair Nia

This class incorporates the same movements as regular Nia, except all the moves are performed from the comfort of a chair.

**Thursdays: May 1 - 29**  
12:00 - 12:45 pm, \$26.64

##### Flower Arranging

Learn the basics of flower arranging and take home your masterpiece. Includes materials and flowers; register in person at the Centre. Non-members and individuals under 55 are welcome.

##### Saturdays:

May 3, 10:00 am - 12:00 pm, \$21.00  
May 31, 10:00 am - 12:00 pm, \$21.00

##### Additional information:

- 905-875-1681
- [eservices.milton.ca](http://eservices.milton.ca)

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