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The Milton Canadian Champion Senior's page is published once each month and an inspirational lifestyle supplement that brings readers face to face with businesses that offer products or services of use and interest to them.



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## Milton Seniors' Activity Centre



Milton Seniors'  
**Activity Centre**

### News for October 2014

*Active living is a way of life!*

#### Upcoming Events

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

#### Halloween Dinner & Dance

Friday, October 24, 6:30 pm

Tickets: \$22/members,  
\$27/non-members

Join us for a spooktacular evening! The night will include a delicious dinner followed by great entertainment and dancing. If you would like to dress up, please do so; we will have prizes for the best costume and a few tricks and treats. Tickets are available at the Reception Desk.

#### Flu Clinic & Cookie Walk

**Free!**

Friday, October 24, 10:00 am - 2:00 pm

*This date is tentative depending on the arrival of the vaccine.*

Mark your calendars for your annual free flu shot! Nurses and paramedics from Halton Region's Health Department will be here. No appointments are necessary. While you wait for your flu shot, visit the Cookie Walk from 10:00 am - 12:00 pm.

#### Vendor Opportunities

#### Available for Christmas Craft Sale & Bazaar Table

Do you have a small business? Is your clientele 55 and over?

If you sell crafts, jewelry, candles, cards or products for older adults, we have an opportunity for you! Rent a table for \$25 at our Christmas Craft Sale & Bazaar, happening on Saturday, November 1 at the Centre, from 9:00 am to 12:00 pm. For event information and next steps, call 905-878-7252, ext. 2755 by Wednesday, October 15.



#### Programs and Seminars

#### Life is a Story – A Bucket List of Experiences **Free!**

Wed (1 class) Oct 1	1:00 - 2:00 pm	134200
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Our lives are distinct, yet we all share milestones of similarity. In this seminar, we will learn that our stories have value and deserve to be remembered. Participants will also have the opportunity to win a 27 inch TV at this presentation. All participants must be registered prior to the seminar.

#### Speakers' Corner: **Free!** Helpful Travel and Wellness Tips

Wed (1 class) Oct 20	1:30 – 3:30 pm	134201
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Learn about popular destinations for older adults, safe traveling tips and insurance. Discover what lifestyle wellness is, and how to incorporate it into your routine, along with helpful stretches and exercises. All participants must be registered prior to the seminar.

#### Additional information:

• 905-875-1681 • [eservices.milton.ca](mailto:eservices.milton.ca)

500 Childs Drive, Milton, ON

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[www.milton.ca](http://www.milton.ca)

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## MEMORIES

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Yours  
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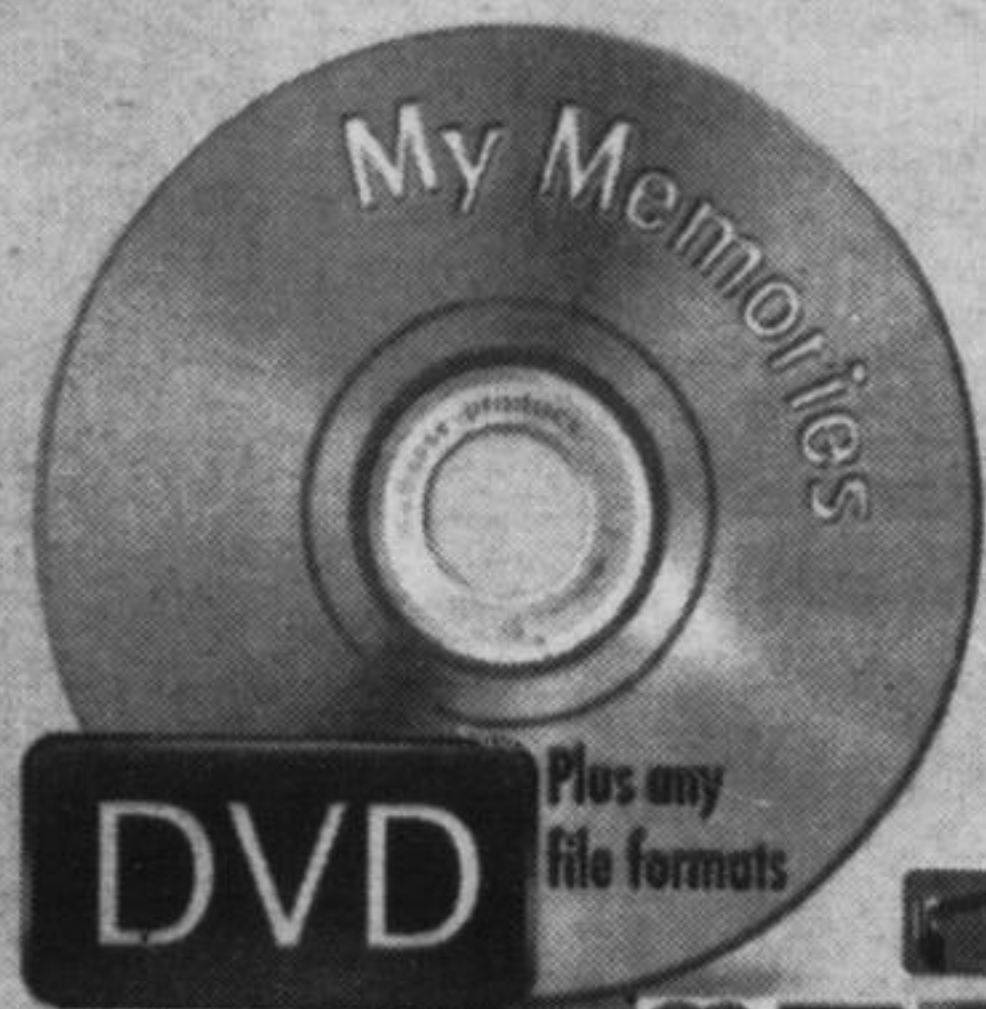
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