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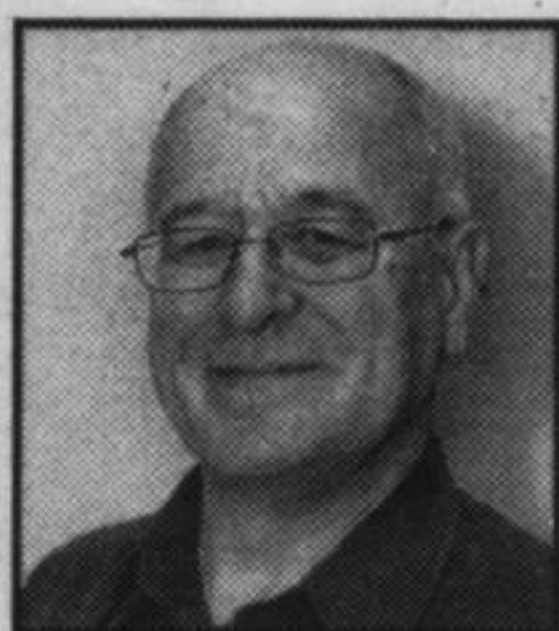
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The Milton Canadian Champion Senior's page is published once each month and an inspirational lifestyle supplement that brings readers face to face with businesses that offer products or services of use and interest to them.



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Milton Seniors' Activity Centre



Milton Seniors' Activity Centre

News for January 2015

Active living is a way of life!

Upcoming Events

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

Senior of the Year 2015 Nomination deadline:

Friday, February 6 by 4:30 pm

The Town of Milton will be honouring one senior who has made an admirable contribution to the community. The nominee must be 65 years of age or older, a current resident of Milton for a minimum of one year and must have made a significant contribution to the community. For information on submitting a nomination, visit www.milton.ca or call 905-878-7252, ext. 2539.

Annual General Meeting Wednesday, March 18, 12:00 pm

Milton Seniors' Activity Centre members will enjoy a complimentary light lunch, followed by the 2015 - 2016 election. If you are planning to attend, please sign up at the Reception Desk.

January Workshops (Advance sign up is required.)

• Workout for Men

Join this men's only class to experience a variety of fitness activities, including cardio, strength training and stretching. 6 classes, \$35.16.

Jan 20 - Feb 24, 10:45 - 11:45 am

Jan 21 - Feb 25, 12:45 - 1:45 pm

• Zumba Gold

Try this two week session before we kick off our winter programs. 2 classes, \$13.24.

Jan 14 - Jan 21, 10:15 - 11:15 am



Winter Recreation Programs

Winter Programs Begin Early January!

Start the new year off right by registering for one of the exciting programs scheduled at the Centre this winter. We have programs to suit a variety of interests and abilities, from Mindful Meditation to Nia and more!

Additional information:

- 905-875-1681
- Community Services Guide
- eservices.milton.ca

Drop-In Programs

The Centre is home to over 25 drop-in programs.

Try something new this winter.

Fee: \$2 per visit/members, \$4 per visit/non-members

- Mondays** 9:15am - 12:00 pm Duplicate Bridge
- Tuesdays** 9:00 am - 12:00 pm Woodcarving
- Wednesdays** 1:00 - 3:30 pm Canasta
- Thursdays** 10:00-11:30 am Line Dancing
- Fridays** 9:30 - 11:00 am Tai Chi

500 Childs Drive, Milton, ON

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www.milton.ca

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Bob Lee

B.Sc., BBA, CPCU
bob@robertleefinancial.com



Kim Mitchell

kim@robertleefinancial.com

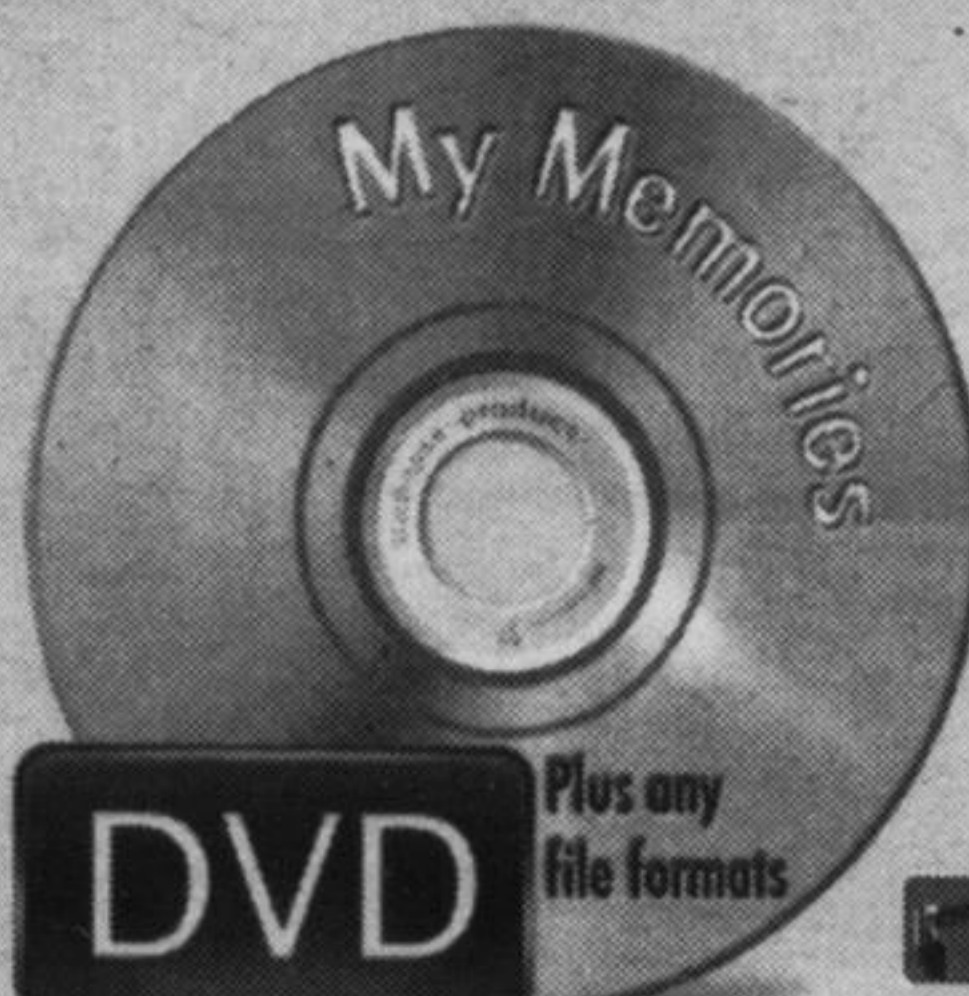
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