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- Cheers

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



News for July 2015 *Active living is a way of life!*

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



Upcoming Events

Summer Hamburger Luncheons
Wednesdays in July
\$8.00/members, \$8.80/non-members
Enjoy a delicious hamburger, sausage or chicken burger throughout July. Please sign up at the Reception Desk or call in your order by 11:00 am each Wednesday.

Upcoming Programs

Our summer programs are in full swing. We have a variety of programs to suit all interests and abilities.

Osteofit
Mondays, July 6 - 27
11:00 - 11:45 am, 4 classes; \$17.58
This program is designed for those with mild osteoporosis or risk of falling. Improve your fitness with this gentle strength, balance and coordination program.

Yoga
Tuesdays, July 7 - 28
9:00 - 10:15 am, 4 classes; \$29.30
Improve your well-being with stretching and relaxation exercises for relief from lower back pain, headaches and neck pain.

500 Childs Drive, Milton, ON

Upcoming Programs

Strengthen and Tone
Tuesdays, July 7 - 28
9:30 - 10:30 am, 3 classes; \$17.58
Work on strengthening your muscles and increasing flexibility by using hand weights, bands and more.

Zumba Gold
Wednesdays, July 8 - 22
10:15 - 11:15 am, 3 classes; \$17.58
Move and groove to the upbeat sounds as you enjoy this dance workout designed for older adults.

Zumba Gold Chair
Wednesdays, July 8 - 22
9:15 - 10:00 am, 3 classes; \$13.19
This program is designed for adults who walk with assistance or prefer using a chair for a program. Enjoy the traditional Zumba party atmosphere with zesty international music.

Qi-Gong
Thursdays, July 30 - September 3
9:30 - 11:00 am, 6 classes; \$43.56
Practice the ancient Chinese art of cultivating energy from the body, mind and spirit for health, fitness and well-being.

905-875-1681

www.milton.ca

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Bob Lee

bob@robertleefinancial.com



Kim Mitchell

kim@robertleefinancial.com

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Fitness Programs for Older Adults

At Freedom Fitness we believe that exercise is the prescription for a long, healthy, and vibrant life.

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Now registering for classes in Milton

(925 Main St.) Tuesdays and Thursdays 10:00 am.

Call 905.805.3507 or email

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