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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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Activity Centre



**Upcoming Summer Programs** 

News for August 2015 Active living is a way of life!

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

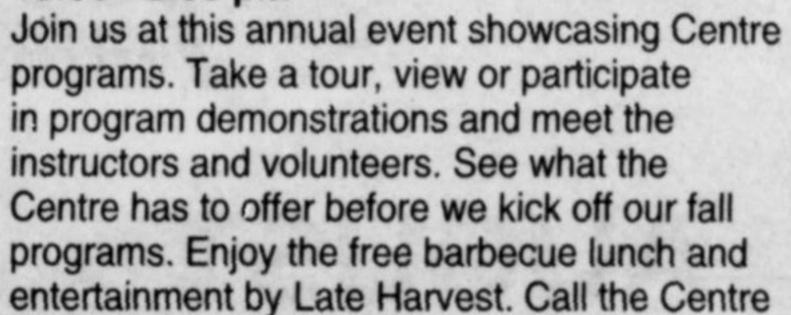
### **Upcoming Events**

#### Summer Hamburger Luncheons Wednesdays in August \$8.00/members, \$8.80/non-members

Enjoy a delicious hamburger, sausage or chicken burger throughout August. Please sign up at the Reception Desk or call in your order by 11:00 am each Wednesday.

Open House Friday, September 11 10:00 - 2:00 pm

for more information.



Free!

Niagara Belle Lunch Cruise Thursday, September 17, departs: 9:00 am \$97/members, \$102/non-members

Relax as we sail down the Niagara River on a majestic paddle-wheeler. Enjoy the stunning views and a delicious lunch, followed by wine tasting at Magnotta Wines.

#### Zumba Gold

Wednesdays, August 12 - 26 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, August 12 - 26

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.

#### **Accoustic Guitar**

**Thursdays** 

the rest.

9:00 - 11:30 am, \$2.00 drop-in fee

Jam together weekly with players of all levels
for a great morning of music. You must bring
your own guitar and have knowledge of the
basic guitar chords, while we'll take care of

### Jam Session: Classic Rock, Country & Jazz

12:30 - 3:00 pm, \$2.00 drop-in fee
Grab your instrument and jam with us! This
is a great opportunity to interact with other
individuals who play an instrument, without
the pressure of pleasing an audience. All
levels are welcome.

### Summer Drop-in Programs

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

The summer program session is blooming.
We have a great selection of drop-in programs available at the Centre, including Art Club,
Billiards, Guitar Club and more! See the full schedule online at milton.ca.

#### Additional information:

• 905-875-1681

- Community Services Guide
- Milton Seniors' Activity Centre News & Views
- · https://eservices.milton.ca

500 Childs Drive, Milton, ON

905-875-1681

www.milton.ca

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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. Experience the joy of good health and the life-enhancing benefits of regular exercise, with classes from Freedom Fitness.

Now registering for classes in Milton

(925 Main St.) Tuesdays and Thursdays 10:00 am. Call 905.805.3507 or email Chantal@freedom-fitness.com

www.freedom-fitness.com