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## Milton Seniors' Activity Centre



### 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

Join us at this annual event showcasing Centre programs. Take a tour, view or participate in program demonstrations and meet the instructors and volunteers. See what the Centre has to offer before we kick off our fall programs. Enjoy the free barbecue lunch and entertainment by Late Harvest. Call the Centre 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.

#### Upcoming Summer Programs

**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.

**Acoustic Guitar**  
Thursdays  
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 the rest.

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

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## Fitness Programs for Older Adults

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