



The Centre truly is an
"Activity" Centre.
Drop in any time for a tour
or contact us for more
information. We look
forward to meeting you!

Volunteer Opportunities

Share your skills, talents and interests in a wide variety of areas.

Consider joining the Centre's Advisory Board to provide input into programs and services.
(Please see page 11 for details.)



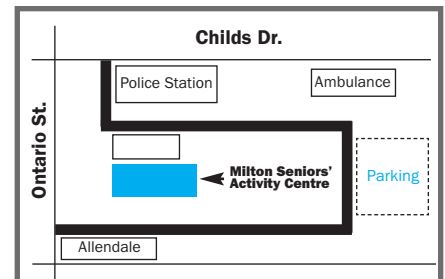
Milton Seniors' Activity Centre

Who are the seniors of today?

Today's seniors are dynamic, active, vibrant, full of life and most definitely young at heart!

Hours of Operation

Monday to Thursday 9:00 am - 9:00 pm
Friday 9:00 am - 4:00 pm
Weekends/evenings As advertised
500 Childs Drive, 905-875-1681



Milton Seniors' Activity Centre

The Centre is a full-service recreational facility for adults 55+ featuring:

- A wide variety of registered and drop-in programs
- Clubs, trips and tours, events and social functions
- Guest speakers on health/wellness and general interest topics
- Health clinics, such as foot care and hearing screening clinics
- Information on support services for home maintenance, housing, transportation, health care and more
- Many rewarding volunteer opportunities

Membership Details

- Memberships are for those 55 years of age and over.
- Non-members and those under 55 are welcome to participate in all programs and activities at a non-member fee.

Membership Benefits

- Reduced rates on all programs, trips and facility rentals
- Free subscription to the Centre's bi-monthly newsletter
- Voting privileges at the Centre's Annual General Meeting
- And much more!

Trips and Tours

- Travel by air-conditioned coach to a variety of destinations at affordable prices. (Book early to avoid disappointment.)
- Trips and Tours office hours: Monday and Wednesday, 10:00 am - 12:00 pm.

Annual Membership Fee: \$22

Don't wait!

Online Registration

Online registration for programs is available.

Details on this page and on page 6.

Fee Assistance

For confidential assistance, please call 905-878-7252, ext. 2753.

Register early to avoid cancelled or full classes...

Register for programs well in advance of the first day of class to avoid course cancellations due to low enrollment. Please register at least one week before the program starts.

1. Register online:

Internet and telephone registration is available for registered programs through Milton Online Registrations. Before you register online, you will need to visit the Milton Seniors' Activity Centre, Leisure Centre, Sports Centre or Town Hall to obtain a Personal Identification Number (PIN) and a Client Barcode for each family member.

2. Register in person:

Visit the Centre to complete a registration form and make your payment with Visa, Mastercard, debit, cash or cheque (payable to the Town of Milton).

3. Register by mail:

Mail your registration form and accompanying cheque (payable to the Town of Milton) to: Registration, Milton Seniors' Activity Centre, 150 Mary Street, Milton, Ontario L9T 6Z5

For information on NSF cheques and refunds, please see page 8.

Milton Senior of the Year Award

The Province of Ontario offers municipalities the opportunity to honour one outstanding senior from their community each year.

To be nominated, a person must have contributed to the Milton community in areas, such as arts/literature, community service/volunteerism, education, environment/science, fitness/recreation/sport, humanitarian activities or keeping history alive.

Nominations close in January each year; recipients are acknowledged at the June Milton Council meeting to coincide with June being Seniors' Month in Ontario.

For nomination forms and information, please visit www.milton.ca or call 905-878-7252, ext. 2753.



55+ Drop-in Programs



Evening Drop-in Programs

All programs listed below are offered at the Milton Seniors' Activity Centre or Campbellville Lions Club Hall.

Evening Bid Euchre

Come to this popular outing! There's keen competition, great socializing and just plain fun!

Tuesdays, 7:30 pm, Fee: \$2.50

Milton Seniors' Activity Centre

Fridays, 7:30 pm, Fee: \$3.00

Campbellville Lions Club Hall

Evening Billiards/Snooker

Fee: Members \$2

Non-members \$4.25

Every Monday to Thursday, 4:00 - 9:00 pm

Friday Night Movie

7:00 - 10:00 pm, Fee: \$2

Start your weekend with entertainment. Catch a movie at the Centre!

Evening Table Tennis

Fee: Members \$2

Non-members \$4.25

- Every Monday, 7:00 - 9:00 pm
- Every Thursday, 7:30 - 9:30 pm

Daytime Drop-in Programs

Drop-in fees (tax included): MSAC members: \$2, Non-members: \$4.25

No classes: Sep 6, Oct 11, Dec 24 - Jan 2, Feb 21

MLC - Milton Leisure Centre, MSAC - Milton Seniors' Activity Centre

	Day	Date	Time	Location
Bid Euchre	Mon, Thu	year-round	1:30 pm - 4:00 pm	MSAC
Billiards/Snooker	Mon-Fri	year-round	9:00 am - 4:00 pm	MSAC
Bingo	Tue	year-round	1:30 pm - 4:00 pm	MSAC
	Fri	year-round	9:30 am - 12:00 pm	MSAC
Clogging	Mon	year-round	2:00 pm - 3:30 pm	MSAC
Contract Bridge	Wed	year-round	9:15 am - 11:30 am	MSAC
	Thu	year-round	1:00 pm - 3:30 pm	MSAC
	Fri	year-round	9:30 am - 12:00 pm	MSAC
Conversational French	Tue	resumes Sep 14	1:30 pm - 2:30 pm	MSAC
Cribbage	Tue	year-round	1:00 pm - 3:00 pm	MSAC
Cyber Café	Mon	resumes Sep 3	1:00 pm - 3:00 pm	MSAC
	Fri	year-round	1:00 pm - 3:00 pm	MSAC
Duplicate Bridge	Mon	year-round	9:15 am - 12:00 pm	MSAC
Euchre	Fri	year-round	1:30 pm - 4:00 pm	MSAC
Line Dancing	Thu	resumes Sep 2	10:00 am - 11:30 am	MSAC
Movie	Thu	year-round	1:30 pm - 3:30 pm	MSAC
Nintendo Wii	Tue	year-round	1:30 pm - 3:30 pm	MSAC
Qi-Gong	Tue	year-round	9:30 am - 10:30 am	MSAC
Scrabble	Tue	resumes Sep 7	1:00 pm - 3:00 pm	MSAC
Tai Chi	Fri	year-round	9:00 am - 10:30 am	MSAC
Table Tennis	Tue	year-round	2:30 pm - 4:00 pm	MSAC
Tap Dancing	Mon	resumes Sep 13	2:00 pm - 2:45 pm	MSAC
Volleyball \$3.75	Wed	resumes Sep 8	1:30 pm - 2:30 pm	MLC

Lunch Counter (Wednesdays)

12:00 - 1:00 pm, Resumes Sep 8 • Join us for a hot lunch for only \$8.

Lunch includes salad, entrée, dessert and beverage. Please sign up at the Reception desk or phone in your order by the Monday of that week.

Drop-in fees (tax included):**MSAC members: \$2, Non-members: \$4.25**

All programs are offered at the Milton Seniors' Activity Centre unless otherwise indicated.

No classes: Sep 6, Oct 11, Dec 24 - Jan 2, Feb 21**Art Club**Bring your own supplies to this open time for artists. *Convenor: David Franklin***Mondays (year-round) 9:00 am - 12:00 pm****Book Club**Enjoy reading and discussing your favourite books with fellow book lovers. *Convenor: Jenny Panda***2nd Thu of month (resumes Sep 10) 11:00 am - 12:00 pm****Carving Club - Soft Wood**Share your carving creativity while socializing with friends. *Convenor: Ron Culbert***Tuesdays (year-round) 9:00 am - 12:00 pm****Computer Club**

Learn more about computers, share knowledge with others and listen to guest speakers.

*Convenors: Judy Daniel and Ted Pierrepont***3rd Friday of month (resumes Sep 17) 1:00 - 3:00 pm****Creative Fingers Craft Club**

Join us to knit, crochet, sew, quilt and chat. Creations sold at the Centre contribute to our Centre's fundraising efforts.

*Convenors: Jean Churchill and Mary Lou Graham***Monday & Wednesday (year-round) 9:00 am - 12:00 pm****Diners' Club**Join us for good food, fun and fellowship at a different restaurant each month. (Carpooling can be arranged.) *Convenors: Jean Rouse and Grace Ricci***4th Thursday of month (year-round) 5:30 pm****Downsizers**

Achieve your "healthy weight" in a supportive setting by learning about healthy eating and exercise habits.

*Convenors: Barbara Jones and Fran Pearce***Tuesdays (year-round) 10:00 - 11:00 am****Folk Art**Bring your own supplies to this casual group and enjoy instruction through arranged workshops. *(Previous experience required.)**Convenor: Suzanne MacEachern***Thursdays (year-round) 1:00 - 4:00 pm****New! Guitar Club**

Improve your guitar-playing skills with fellow musicians - no experience is necessary!

*Convenor: Jim Miller***Thursdays (year-round) 10:00 - 11:30 am****New! International Women's Group**

Share your experiences, listen to guest speakers, learn about the Milton community and more!

*Convenor: Lucy Hannant***Mondays (year-round) 1:00 - 3:00 pm****Kitchen Band**

This group often performs at the Centre. Experienced or not, all musicians are welcome!

*Convenor: Win Clark***Tuesdays (year-round) 9:00 - 11:30 am****Lunch Bunch**

Tickle your taste buds and try a new restaurant every month. (Carpooling can be arranged.)

*Convenor: Jean Nesbitt***2nd Tuesday of month (year-round) 12:00 pm****New! Memoirs Club**Share and document your life stories and anecdotes as a lasting legacy for your children and grandchildren. *Convenor: Ed Goodall***2nd Thursday of month (year-round) 2:00 - 4:00 pm****Song Spinners Chorus**Sing in four-part harmony and participate in performances at the Centre. Musicians are welcome! *Director: Joyce Hayward***Wednesdays (resumes Sep 8) 9:30 am - 12:00 pm****Walking Club**Enjoy leisurely walks to local destinations around Halton. Meet at the Centre for carpooling. Some entrance fees apply. *Convenor: Dorothy Gould***Thursdays (fall only) 10:00 am - 12:00 pm****Sep 9 - Oct 28, weather permitting**