



Fall  
**2023**

# 55+ Activity Guide



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44 Main St E

Between Zak's Pharmacy & LCBO

Milton, ON, L9T 1N3

Tel: 905-875-3345

www.hearsay.ca



Mission statement

The Milton Seniors' Activity Centre provides a welcoming, vibrant environment and rewarding experiences for older adults to relax and build friendships through programs that promote physical, social, mental and emotional well-being.

Hours of operation

Monday–Thursday: 9 a.m.–3:30 p.m.

Friday: 9 a.m.–noon

Program cancellations

Labour Day – Sept. 4

Thanksgiving Day – Oct. 9

Christmas Break – Dec. 24 – Dec. 31



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Downsizing for Seniors

doesn't have to be scary, especially with **Team Gerrits**. Our flair for organization and design, coupled with a caring style, our down-to-earth nature, makes us the perfect choice to help senior adults and family members to downsize and move. Our team helps navigate the rough waters for your listing, selling, disposing of unwanted items, packing and moving your home. These things can be difficult for all of us but especially for seniors. We can make sure every aspect is taken care of in a thoughtful caring manner. If you have questions or we can help you in any way please call us.



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Call us for a complimentary market evaluation!

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# Seniors' Activity Centre update

Welcome back! We hope you had a wonderful summer. It's the perfect time to try something new or get back into your routine. We've been busy planning our programs and events and were excited to welcome new additions to our seasonal schedule. We encourage you to look through the guide to see everything that is offered this fall.

Virtual here we come! We are still hosting some of our fitness programs virtually due to popular demand. Be sure to join us in the comfort of your home. Do you not have access to a device to join us virtually? The Centre has an iPad lending program for those who are interested in joining our virtual programs. The iPad includes Wi-Fi and staff will train individuals how to use the iPad and join virtually.

Keep moving this season with us. The Centre is home to a number of fitness and dance programs for all levels. New to our fitness line up is Cardio Drum Fit, this fun program will get your heart and head pumping. We are also welcoming Pilates this session, this program provides a gentle workout to improve mobility, flexibility, balance and strength. We have added Heart and Flow Yoga on Wednesday evenings. It is a great opportunity to incorporate an evening routine in your schedule or participate in a program with friend or family member, that is only available in the evenings.

It's time to get social! We have a variety of special events and day trips planned, be sure to read on for a full listing. Pre-register for our events two weeks before the scheduled event date and the trips as per the listed deadline.

Did a program already start that you are interested in? Individuals can register for our programs at any time if space is permitted and the fee will be pro-rated. Visit the Front Desk for details.

We are excited to welcome back our volunteers for another great session. The volunteers are the heart of the Centre, next time you see one of our volunteers, be sure to thank them as they make each day brighter at the Centre for each and every one of us.

Thank you for joining us this fall and we look forward to another season filled with fun, laughter and memories.

Shannon Soule  
Coordinator, Recreation

## Centre staff:

**Shannon Soule**  
Coordinator, Recreation

**Lesley Fraser**  
Program Assistant

**Scott Denham**  
Facility Operator



## Memberships and passes

Please visit the front desk or call to confirm your membership status, to check the expiration date or to update personal information including your email.

For convenient online registration, we recommend purchasing a 10-visit or 30-visit pass to use for drop-in programs.

### Annual membership fees

(Prices include HST)

55–64 years	\$35
65–84 years	\$25
85+ years	FREE

### Drop-in fees

(Prices include HST)

Member – Single-visit	\$2.25
Member – 10-visit pass (get one visit free)	\$20.25
Member – 30-visit pass (get six visits free)	\$54
Non-member – Single-visit	\$4.50
Non-member – 10-visit pass (get one visit free)	\$40.50
Non-member – 30-visit pass (get six visits free)	\$107.95



## Income tax clinic

This program is available for active Centre members to file their income tax return with our clinic. The clinic is open for those with modest income and a simple tax situation.

### Eligibility criteria:

1 person	\$35,000
2 person	\$45,000

All income tax returns are filed electronically by a volunteer. This clinic requires individuals to drop of their income tax information at the Front Desk and complete the income tax consent form. Income tax returns will be prepared off site and arrangements will be made to pick up your completed information.

Donations for this service are welcomed.

# Upcoming events at the Centre

## Open House

Wednesday, Sept. 6 | 10 a.m. – 1:30 p.m. | FREE

See what the Centre has to offer! Take a tour, view or participate in program demonstrations and meet the instructors and volunteers. Enjoy the free light lunch and entertainment by Ain't Misbhavin. Special thanks to Bayshore Home Health for sponsoring this event.

Program Demonstrations		
10:05 – 10:20 a.m.	Yoga Chair Yoga Pilates Let's Get Fit Strengthen and Tone	
10:40 – 10:50 a.m.	Line Dancing	
11:15 – 11:25 a.m.	Total Cardio Total Body Fit and Flow	
11:30 a.m. – 12:45 p.m.	Light Lunch	
1 – 1:30 p.m.	Aint Misbhavin	

## Bouncing Back and Moving Forward – We are all in this together

How do we dust ourselves off, embrace new beginnings, take care of ourselves and each other, and courageously step into our new normal? Join motivation sensation speaker Rosita Hall as she offers six bold strategies to help us reboot, recharge, and build back stronger together in order to be our best, and to do our best in giving back to others and ourselves. Pre-registration required. Limited Seats. Light refreshments included.

**WARNING: Fasten your seat belts -This session is filled with lots of energy, positivity, practical strategies, and a few good chuckles!**

Date	Time	Fee
Wednesday, Sept. 20	11 a.m. – noon	FREE

## Bingo Social

This classic game never goes out of style. Enjoy a fun afternoon of Bingo with a chance to win a small cash prize. This social will allow individuals a chance to win prizes, as followed by the AGCO Social Gaming Licence.

Must be an active member of the Centre. Pre-Registration required for each date.

Date	Time	Fee
Tuesdays Excluding Sept. 5, Oct. 24, 31, Nov. 28	1:15– 2:30 p.m.	\$2 per person Exact change payable day of

## Bid-Euchre Social

Test your skills and enjoy a fun afternoon playing Bid-Euchre a chance to win a small cash prize. This social will allow individuals a chance to win prizes, as followed by the AGCO Social Gaming Licence.

Must be an active member of the Centre. Pre-Registration required for each date.

Date	Time	Fee
Mondays Sept. 25, Oct. 30, Nov. 27, Dec. 18	1– 3:30 p.m.	\$2 per person Exact change payable day of
Thursdays Sept. 21, 28, Oct. 19, 26, Nov. 23, 30, Dec. 14, 21	1– 3:30 p.m.	\$2 per person Exact change payable day of

## Thanksgiving Lunch

Enjoy a delicious turkey lunch with all the traditional fixings and end it with a delicious dessert. Pre-registration is required the Monday prior to the scheduled lunch. No refunds.

Date	Time	Fee
Wednesday, Oct. 4	Noon	\$14 Members \$17 Non-members

## Lunch Counter

Lunch includes a hot entree, dessert, tea or coffee. Pre-registration is required the Monday prior to the scheduled lunch. No refunds.

Date	Time	Fee
Wednesday Sept. 27 Quiche and salad	Noon	\$12 Members \$15 Non-members
Wednesday, Oct. 25 Turkey shepherd's pie	Noon	\$12 Members \$15 Non-members
Wednesday, Nov. 29 Lasagna and caesar salad	Noon	\$12 Members \$15 Non-members

## Karaoke Kraze (60's – 70's themed)

Join us for an afternoon of Karaoke. Sing like the stars, sing on your own or with a friend, or watch and enjoy the fun. All lyrics are shown on a large screen for all to see. Refreshments included. All skills welcome. Pre-registration required.

Date	Time	Fee
Wednesday, Oct. 25	1-2 p.m.	\$8.09

## Craft and Hidden Treasures Sale

Choose from a wide selection of crafts, Christmas gifts, baking, jewelry, books, and much more. Visit our treasures room.

Looking to donate gently used items for our white elephant and jewelry table? Donations will only be accepted at our Centre from Oct. 30 – Nov. 2. **No furniture, clothing or large items please.**

Special thanks to Acclaim Health for sponsoring this event.

Date	Time	Fee
Saturday, Nov. 4	9 a.m. – noon	FREE



## An Afternoon of Music

Relax with friends over a hot drink and some delicious home baking while enjoying the melodic sounds of your favorite tunes brought to you by local musical talent. Light refreshments served. No refunds.

Date	Time	Fee
Wednesday, Nov. 15	1 p.m. – 2:30 p.m.	\$11 Members \$14 Non-members

## Holiday Lunch and Social

Celebrate the holidays by joining us for our annual festive turkey lunch with all the trimmings. Enjoy a little jingle with some great prizes, a gift for all and entertainment. No refunds.

Date	Time	Fee
Wednesday, Dec. 6	Noon – 1:30 p.m.	\$20 Members \$23 Non-members



# Windrow Removal Program

Milton residents 65+ and persons with disabilities are invited to register for the windrow removal program for the 2023-2024 winter season.

## Program details

- Registrations must sign that no able-bodied person under the age of 65 is living at their residence
- The service begins when the total accumulation of snow on the roadway exceeds 10 cm (4 inches) and 24 hours after the Town has completed the plowing of all roads.
- Program Cost: \$63 (includes tax)

## What you need

- Identification with proof of address and age
- A doctors not for persons with disabilities
- Method of payment (Cash, debit, Visa, or Mastercard)

## Registration

- Online Registration: October 23 – 27, 2023 at [milton.ca/Windrows](https://milton.ca/Windrows)
- In-Person Registration: October 27 9 a.m. – 4 p.m. Milton Leisure Centre 1100 Main St.

## More Information

- Visit [milton.ca/Windrows](https://milton.ca/Windrows)
- Call 905-878-7252 ext. 2703



# Scene at the Centre

The Centre offered numerous programs during the spring and summer session. Please visit our program pages for a full listing of our drop-in and registered programs.



## Grant Recognition

We would like to thank the following ministry for Centre funding support:



## Thank you

We would like to thank Bayshore Home Health for sponsoring the 55+ Retirement & Lifestyle Fair.





## Recreation fee assistance

We want to ensure that everyone in Milton has an opportunity to take part in our recreation programs. The Town of Milton's Financial Assistance program supports the opportunity for all Milton residents to take part in recreation with up to \$200 annually per person to everyone who qualifies. For more information visit [milton.ca](https://milton.ca)

## Program disclaimer

All precautions are taken to ensure accurate program information and fees are printed in the Activity Guide. Occasionally, room locations, times, dates and fees are changed after the printing of the Activity Guide.

## Program and event cancellations

Programs, special events and trips are cancelled when minimum registration numbers are not met.

## Missed classes

Participants are to attend all classes as scheduled for the program in which they are registered. Make-up classes or credits/refunds for missed classes by a registered participant are not available.

## Non-resident program fees

A surcharge fee of 10% per person will be added to the registration fee of all non-residents.

Non-residents are individuals or landlords that do not pay property taxes to the Town Milton. The non-resident fee does not apply to special events, trips and cafe items.

## Refunds or withdrawals

- Refunds or make-up classes will not be granted for sessions that aren't attended due to illness, vacation or weather.
- All programs, seven (7) days or more before the start date have no cancellation fee.
- Please note for all programs, seven (7) days of the start date, or after the start date of any program.
- Cancellations and refund requests will be prorated as of the date we receive your Refund/Amendment. Classes that have passed prior to the cancellation request will not be refunded. Individuals can withdrawal online or in person.
- After the start of the third class, no refunds will be considered unless a doctor's note is provided.
- All withdrawals will be charged a cancellation fee unless accompanied by a doctor's note.
- A doctor's note will not be accepted, no refunds given once the program has ended.

## Waitlists

If all spaces are full in the program that you wanted to register for, you can add yourself to the waitlist. Placing yourself on the waitlist will help us to understand community interest and determine if additional programming is needed.

## Registration information

A recreation account is needed to register for programs, pre-register for drop-in activities, purchase membership, book appointments, see program schedules and more. New and returning user will need to create an account online through the new system.



## Creating an account

- 1 Go to [milton.ca/MyAccount](https://milton.ca/MyAccount)
- 2 Select the **'Create an Account'** button to launch account set up
- 3 Click **'Create an Account'** at the bottom of the sign-in box
- 4 Add the requested account details and click the **'Submit'** button
  - The first member created on any new account will be assigned as the primary contact for the account.
- 5 You are now logged into your account
  - You will receive an email with a one-time temporary password for the next time you log in.
  - When you use your temporary password, you will be prompted to create a new password. Your password must be at least 10 characters long, contain one uppercase letter, 1 number, and cannot contain a sequence (i.e. 123456 or 123abc).
- 6 Once logged in, you will land on the **'My Info'** page
  - You can verify or edit contact information, including mailing and email addresses, add credit card information and add family members to the account.

## Registering online

- 1 To register for recreation programs visit [milton.ca/Recreation](https://milton.ca/Recreation)
  - Here you can view available programs or select the **'Register/Book'** button within your account to browse courses open for registration.
- 2 Log in to your account or create a new account
- 3 Click on the **'Register/Book'** icon on the top of the web page
- 4 Select an available activity or program
- 5 Click **'Show Courses'** located under the program schedule
- 6 Select **'Register'**
- 7 Continue to follow the additional registration prompts until you reach a **'Thank You'** page
- 8 Check your email for a confirmation notice

### Please note:

- Google Chrome is the ideal browser to use when creating your account and registering online.
- Only the person set as the primary contact on your account is able to see/register any other members of your family. To change the primary contact, call us at [905-864-4132](tel:905-864-4132).

## Browsing for programs and activities

If you are browsing for available programs and activities on XplorRecreation , you do not need to create an account.

# Arts and crafts

## Art – Open Studio

Enjoy the space to work independently on a project. Helpful tips are offered from others for your masterpiece. No instructor available. Participants range from beginners to advanced. Materials not included.

Date	Time	Fee	Location
Mondays (Excluding Oct. 9)	9 a.m.–noon	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

## Carving - Wood

Work independently on projects at your own pace. Assistance and guidance is available from the group. Materials not included.

Date	Time	Fee	Location
Tuesdays	9 a.m.–noon	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre



## Creative Fingers Craft Club

Bring your ideas, talent and creativity to this volunteer group and make new friends while working together on a variety of handmade craft projects are sold as Centre fund-raisers. Projects include knitting, crafting and more. Materials are included. Individuals must provide several completed items for the Centre display case sales and craft sales to be part of this group. **To participate in this program individuals must complete a mandatory volunteer orientation before participating. Active Centre membership required for all participants.** Limited capacity. Pre-Registration required.

Date	Time	Fee	Location
Mondays and/or Wednesdays (Excluding Oct. 9)	9:30 a.m.–noon	FREE	Seniors' Activity Centre

## Folk Art – Drop In

Enjoy the space to work independently on a project. Explore the world of folk art paintings and crafts. Paint on any medium such as, wood, metal and other materials. Work independently or with group assistance. No instructor available. Participant must bring their own materials.

Date	Time	Fee	Location
Thursdays Starting Sept. 14	12:30–3:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

# Dance and music



## Scottish Country Dancing

Scottish Country Dancing is the social dancing of Scotland. This class introduces dancers to the basic steps and patterns of Scottish Country Dancing and familiarizes them with the music. This program is a great form of low to medium cardio exercise, where the dances include turns and patterns. No partner required, soft or comfortable shoes are required. All levels welcome.

Date	Time	Fee	Location
Fridays (6 classes) Sept. 29 – Nov. 3	10–11:30 a.m.	\$35.82	Sherwood Community Centre
Fridays (6 classes) Nov. 10 – Dec. 15	10–11:30 a.m.	\$35.82	Sherwood Community Centre

## Acoustic Guitar

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.

Date	Time	Fee	Location
Thursdays	9:30 – 11:30 a.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

## Jam Session: Classic Rock, Country and Jazz

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. First come, first served.

Date	Time	Fee	Location
Thursdays	Noon – 3 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

## Line Dancing

Line dancing uses a pattern of repeated steps with dancers in lines. This class will provide line dances by following the participants in front of you and focus on the basics of traditional line dancing. No experience or partners required. First come, first served.

Date	Time	Fee	Location
Thursdays	10–11:30 a.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre



# Coming Soon: Let's Play Cards

Free instruction playing card program starting in Late-October.

We are currently busy planning 8-week instruction card programs, for individuals that are new to cards. Participants from this program will learn the skills and have the ability to participate in our drop-in card programs.

Watch the Centre bulletin board and monthly membership emails for updates.



Bid Euchre

Bid Euchre is a variation of Euchre using Jacks to Aces from two decks (two of each card). All cards are dealt to the players, who are on two teams of two. This self-led group is for those with previous knowledge. No partners required. No prize money.

Date	Time	Fee	Location
Mondays and/or Thursdays	1–3:30 p.m.	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	

Billiards Snooker – Drop In

This activity is for Billiard fans who would like to work on their skills in a fun and social environment.

Date	Time	Fee	Location
Mondays–Thursdays (Excluding Oct. 9)	1:30–3 p.m.	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	

Canasta

This game is from the rummy family, commonly played by four in two partnerships. New and experienced players are welcome. No prize money.

Date	Time	Fee	Location
Mondays (Excluding Oct. 9)	12:30–2:30 p.m.	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	

Contract Bridge

A friendly game designed for the experienced bridge player. A pair competes to achieve the highest points against another pair. Partner required for Wednesday only. No prize money.

Date	Time	Fee	Location
Mondays (Excluding Oct. 9)	1 – 3:30 p.m.	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	
Wednesdays	9:15– 11:15 a.m.	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	

Cribbage

This is an independent or team game that will maximize opportunities when scoring points, making pairs, combination of 15s and sequences of the crib. Don't forget to avoid helping your opponent. No prize money.

Date	Time	Fee	Location
Tuesdays	11 a.m.– 1:30 p.m.	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	

Duplicate Bridge

A pair competes against other pairs to play the same hand. Experienced players are welcome to participate in this self-led group. Partner required. No prize money.

Date	Time	Fee	Location
Mondays (Excluding Oct. 9)	9:30 a.m. –noon	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	

Hearts

This is a trick-taking card game, where players don't want to end up with tricks containing hearts or the queen of spades with a goal to end up with the jack of diamonds. No prize money.

Date	Time	Fee	Location
Fridays	9:15–11:15 a.m.	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	

Mexican Train Dominoes

The object of the game is for a player to play all the dominoes from their hand onto one or more chains. No prize money.

Date	Time	Fee	Location
Thursdays	1:15–3:15 p.m.	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	

Snooker League

A version of the game of pool, played with 15 red and 6 coloured balls. This popular game will have you hooked in no time. Interested individuals are assigned a play time. Must be on the assigned schedule to participate in the season.

Date	Time	Fee	Location
Monday–Friday (Excluding Oct. 9)	9 a.m.–noon	\$2.25 Members	Seniors' Activity Centre
		\$4.50 Non-members	



NEW Cardio Drum Fit

March to the beat of your own drum while burning calories using simple drumming movements into a full-body fitness program. All equipment is provided.

Date	Time	Fee	Location
Mondays (7 classes) Sept. 11 – Oct. 30  (Excluding Oct. 9)	10:30 – 11:15 a.m.	\$37.10	Seniors' Activity Centre
Mondays (7 classes) Nov. 6 – Dec. 18  (Excluding Oct. 9)	10:30 – 11:15 a.m.	\$37.10	Seniors' Activity Centre

Fit and Flow

Enjoy a fitness program with a fusion of strength training using weights and bands followed by lengthening and strengthening movement incorporating elements of barre and yoga. This total body workout targets arms, glutes, abs and more. Please bring a mat.

Date	Time	Fee	Location
Thursdays (7 classes) Sept. 14 – Oct. 26	9:30 – 10:30 a.m.	\$49.42	Seniors' Activity Centre
Thursdays (7 classes) Nov. 9 – Dec. 21	9:30 – 10:30 a.m.	\$49.42	Seniors' Activity Centre

NEW Heart and Flow Yoga

Improve, mobility, flexibility, and balance. This class is appropriate for individuals who have some yoga experience or at least a good understanding of their body and how it moves in vigorous movements with the breath. Please bring a mat.

Date	Time	Fee	Location
Wednesdays (6 classes) Sept. 27 – Nov. 1	6 – 7 p.m.	\$42.36	Seniors' Activity Centre
Wednesdays (6 classes) Nov. 8 – Dec. 13	6 – 7 p.m.	\$42.36	Seniors' Activity Centre

Let's Get Fit

This program is designed for those who are welcoming fitness back into their lifestyle or those with mild osteoporosis, arthritis, etc. Enhance your fitness with this gentle strength, balance and coordination program. **New time on Thursdays.**

Date	Time	Fee	Location
Mondays (7 classes) Sept. 11 – Oct. 30  (Excluding Oct. 7)	11:15 a.m. – noon	\$37.10	Seniors' Activity Centre
Thursdays (5 classes) Sept. 14– Oct. 26	12:15 – 1 p.m.	\$37.10	Seniors' Activity Centre
Mondays (7 classes) Nov. 6 – Dec. 18	11:15 a.m. – noon	\$37.10	Seniors' Activity Centre
Thursdays (7 classes) Nov. 9 – Dec. 21	12:15 – 1 p.m.	\$37.10	Seniors' Activity Centre

NEW Pilates

Pilates is designed to lengthen, tone and strengthen your body while maintaining your core stability and improving your posture. This class is designed for older adults. Please bring a mat.

Date	Time	Fee	Location
Tuesdays (7 classes) Sept. 12 – Oct. 24	11:30 a.m. – 12:30 p.m.	\$49.42	Seniors' Activity Centre
Tuesdays (7 classes) Nov. 7 – Dec. 19	11:30 a.m. – 12:30 p.m.	\$49.42	Seniors' Activity Centre

Strengthen and Tone

In this program designed specifically for older adults. Work on strengthening your muscles and increasing flexibility by using hand weights and body weight. Weights provided. **New time on Thursdays.**

Date	Time	Fee	Location
Tuesdays (7 classes) Sept. 12 – Oct. 24	9 – 10 a.m.	\$49.42	Seniors' Activity Centre
Thursdays (5 classes) Sept. 14 – Oct. 26	11 a.m. – noon	\$49.42	Virtual
Fridays (7 classes) Sept. 15 – Oct. 27	9 – 10 a.m.	\$49.42	Seniors' Activity Centre
Tuesdays (7 classes) Nov. 7 – Dec. 19	9– 10 a.m.	\$49.42	Seniors' Activity Centre
Thursdays (5 classes) Nov. 9 – Dec. 21	11 a.m. – noon	\$49.42	Virtual
Fridays (7 classes) Nov. 10 – Dec. 22	9 – 10 a.m.	\$49.42	Seniors' Activity Centre

Table Tennis

Join us for recreational play of this exciting game! Experienced and new participants are welcome. Limited capacity. First come, first served. **New time on Fridays.**

Date	Time	Fee	Location
Mondays (Excluding Oct. 9)	Noon – 3 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
Tuesdays	11:30 a.m. – 2:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
Wednesdays	Noon – 3 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
Thursdays	11 a.m. – 2:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre
Fridays	10 a.m. – noon	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Tai Chi

Learn a sequence of slow continuous movements to improve circulation, coordination, balance, flexibility and concentration.

Date	Time	Fee	Location
Tuesdays (7 classes) Sept. 12 – Oct. 24	9:15–10:15 a.m.	\$50.61	Sherwood Community Centre
Tuesdays (7 classes) Nov. 7 – Dec. 19	9:15–10:15 a.m.	\$50.61	Sherwood Community Centre

Tai Chi Practice Drop-in

This is a practice session provided for individuals who are currently registered in our Tai Chi Registered program. No instruction is provided in this drop in. Pre-requisite: Must be registered in the current session.

Date	Time	Fee	Location
Mondays Sept. 5 – Dec. 19	9:15–11 a.m.	\$2.25 Members	Sherwood Community Centre
(Excluding Oct. 9)		\$4.50 Non-members	

Total Body Sculpt

A combination of total body conditioning that involves both strength and cardio exercises. Participants will be using hand weights, bands, sliders and stability balls.

Date	Time	Fee	Location
Wednesdays (7 classes) Sept. 13 – Oct. 25	10 – 11 a.m.	\$49.42	Seniors' Activity Centre
Thursdays (7 classes) Nov. 8 – Dec. 20	10 – 11 a.m.	\$49.42	Seniors' Activity Centre

Total Cardio – Virtual

Burn calories while moving your entire body to funky moves and music. Combinations will include step touch, hamstring curls, knee repeaters and more. No equipment will be used.

Date	Time	Fee	Location
Mondays (7 classes) Sept. 11 – Oct. 30	9:30 – 10:15 a.m.	\$37.10	Virtual
Mondays (7 classes) Nov. 6 – Dec. 18	9:30 – 10:15 a.m.	\$37.10	Virtual

Walking it Off

Walking is a great way to get fit. Meet great people while getting some exercise. This group meets rain or shine, walking outside or as indicated by the leader.

Date	Time	Fee/Location
Thursdays	9:30 a.m.–noon	FREE Not a Seniors' Activity Centre program Meeting spot only

Yoga

Improve your well-being with stretching and relaxation exercises for relief from lower back pain, headaches and neck pain. Participants can expect positional changes from chair, floor to standing followed by a meditative cool down. Please bring a mat.

Date	Time	Fee	Location
Mondays (7 classes) Sept. 11 – Oct. 30 (Excluding Oct. 9)	12:15 – 1:15 p.m.	\$49.42	Seniors' Activity Centre
Tuesdays (7 classes) Sept. 12 – Oct. 24	10:15–11:15 a.m.	\$49.42	Seniors' Activity Centre
Fridays (7 classes) Sept. 15 – Oct. 27	10:15–11:15 a.m.	\$49.42	Seniors' Activity Centre
Mondays (7 classes) Nov. 6 – Dec. 18	12:15 – 1:15 p.m.	\$49.42	Seniors' Activity Centre
Tuesdays (7 classes) Nov. 7 – Dec. 19	10:15 – 11:15 a.m.	\$49.42	Seniors' Activity Centre
Fridays (7 classes) Nov. 10 – Dec. 22	10:15 – 11:15 a.m.	\$49.42	Seniors' Activity Centre

Yoga – Chair

This program is ideal for the absolute beginner, mobility or balance issues. Enjoy the benefits of you using a chair and minimal standing poses. Individuals will improve flexibility, increase muscle tone, strength and balance.

Date	Time	Fee	Location
Mondays (7 classes) Sept. 11 – Oct. 30 (Excluding Oct. 9)	1:30 – 2:15 p.m.	\$37.10	Seniors' Activity Centre
Mondays (7 classes) Nov. 6 – Dec. 18	1:30 – 2:15 p.m.	\$37.10	Seniors' Activity Centre



Zumba® Gold

This program is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Date	Time	Fee	Location
Tuesdays (7 classes) Sept. 12 - Oct. 24	9:50 – 10:50 a.m.	\$49.42	Seniors' Activity Centre
Fridays (7 classes) Sept. 15 – Oct. 27	9 – 9:45 a.m.	\$37.07	Seniors' Activity Centre
Tuesdays (7 classes) Nov. 7 – Dec. 19	9:50 – 10:50 a.m.	\$49.42	Seniors' Activity Centre
Fridays (7 classes) Nov. 10 Dec. 22	9:50 – 10:50 a.m.	\$37.07	Seniors' Activity Centre



Book Club

Are you passionate about books? Do you love a good read? Join us for book club. One book a month will be chosen from the Milton Public Library and discussed by members in the group. Registered individuals will be contacted by Centre staff when they may pick-up the borrowed book. All books must be returned before receiving the upcoming months scheduled read. Must have a current membership at the Seniors' Activity Centre to participate.

Date	Time	Fee	Location
Thursdays Once/month (4 classes)	10:30–11:30 a.m.	\$7.96	Seniors' Activity Centre
Sept. 14, Oct. 12, Nov. 9, Dec. 14			

Fall Pumpkin Wreath Making

Join us in making a beautiful fall wreath for yourself or someone special. We will learn step by step how to make a wreath with materials and embellishments. All supplies included. Pre-registration required by Tuesday, September 19.

Date	Time	Fee	Location
Tuesday, Sept. 26	1 – 2:30 p.m.	\$37	Seniors' Activity Centre



Festive Fall Planter

Join us as we create a festive planter with Centre staff. A fun afternoon of planting and chatting while you create your own masterpiece. All planting supplies are provided by Terra Greenhouses. All materials included. Pre-registration required by Monday, September 25.

Date	Time	Fee	Location
Tuesday, Oct. 3	1:30 – 2:15 p.m.	\$45	Seniors' Activity Centre

Healthy Living – Anti Inflammatory Diet

Discussion will include choosing and preparing foods based on how they will support optimal eating.

Date	Time	Fee	Location
Wednesday, Nov. 22	1 – 2 p.m.	FREE	Seniors' Activity Centre

Healthy Living – Budget Savvy Eating

Discussion will include tips on choosing food with the best value, clever ways to eat healthy on a budget, reducing food waste and more. Limited seating. Pre-registration required.

Date	Time	Fee	Location
Wednesday, Oct. 18	1 – 2 p.m.	FREE	Seniors' Activity Centre

Healthy Living – Healthy Snacking

Discussion will include how to incorporate healthy snacking in your lifestyle, tips on affordable snacks and more.

Date	Time	Fee	Location
Wednesday, Nov. 29	1 – 2 p.m.	FREE	Seniors' Activity Centre

Holiday Table Centerpiece Workshop

Join us in making a beautiful holiday table centerpiece for yourself or someone special. We will learn step by step how to make a table centerpiece with faux materials and embellishments. All supplies included.

Date	Time	Fee	Location
Tuesday, Nov. 21	1 – 2:30 p.m.	\$35	Seniors' Activity Centre

Holiday Winter Planter

Join us as we create a holiday winter planter with Centre staff. A fun afternoon of planting and chatting while you create your own masterpiece. All planting supplies are provided by Terra Greenhouses. All materials included. All materials included. Pre-registration required by Monday, November 20.

Date	Time	Fee	Location
Tuesday, Nov. 28	1:30 – 2:15 p.m.	\$55	Seniors' Activity Centre

Introduction to Conversational French

Dreaming of traveling to a French speaking area or just want to learn a new language? Join us for this fun and engaging class! Learn basic greetings, ask for directions, order dinner and gain confidence in speaking French using simple phases and correct pronunciation. Are you ready to try something new? Oui! Oui!

Date	Time	Fee	Location
Wednesdays (5 classes) Sept. 27 – Oct. 25	10:30–11:30 a.m.	\$30.50	Seniors' Activity Centre
Wednesdays (5 classes) Nov. 8 – Dec. 6	10:30–11:30 a.m.	\$30.50	Seniors' Activity Centre

iPad and iPhone Coaching with Mike

Register for a 30 minute One-on-One session with Mike and have your iPad and iPhone questions answered! Spots are limited so one appointment per person please. Must pre-register for Monday time slot.

October 16, 23, 30, November 13, 20, 27, December 11, December 18.

Date	Time	Fee	Location
Mondays	1 – 1:30 p.m. or 1:30 – 2 p.m.	\$3.98	Seniors' Activity Centre





**NEW** Keeping Connected - Ladies Social Engagement

Primary languages spoken: English, Hindi, Punjabi, Urdu

This program provides a culturally inclusive opportunity for individuals to engage with others, exploring shared interests and passions through conversations. This social program will foster a sense of belonging and encourage connections.

Date	Time	Fee	Location
Tuesdays (Excluding Oct. 3, Nov. 28)	1 – 3:15 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

**NEW** Keeping Connected – Men’s Social Engagement

Primary languages spoken: English, Hindi, Punjabi, Urdu

This program provides a culturally inclusive opportunity for individuals to engage with others, exploring shared interests and passions through conversations. This social program will foster a sense of belonging and encourage connections.

Date	Time	Fee	Location
Tuesdays (Excluding Oct. 3, Nov. 28)	1 – 3:15 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre



**NEW** Pension Clinic

Learn about CPP (Canadian Pension Plan), OAS (Old Age Security), GIS (Guaranteed Income Supplement), Death Benefits and other Federal Benefits for seniors from a Service Canada representative. Do you have questions about Canada Pension Plan (CPP) or Old Age Security (OAS), Guaranteed Income Supplement (GIS), Death Benefits, Disability or how to submit an application, status of application or how to amend information previously submitted? Speak to a Service Canada representative one-on-one at our clinic.

Date	Time	Fee	Location
Tuesday, Oct. 24	10 a.m. – 1 p.m.	FREE	Seniors' Activity Centre
Tuesday, Nov. 21	10 a.m. – 1 p.m.	FREE	Seniors' Activity Centre

**NEW** Retirement Building Workshop

Have you been dreaming of beginning something new in retirement but not sure where to start? Join us for this fun and informative workshop and learn how to set positive and attainable goals to make your dreams a reality! Pre-registration required by Tuesday, Nov. 14.

Date	Time	Fee	Location
Thursday, Oct. 19	10 – 11:30 a.m.	\$6.10	Seniors' Activity Centre

**NEW** Tech Talk: iPad and iPhone Communications

In this session, we will dive into using your device to communicate with others. We will look at how to organize, save and delete emails, how to send messages using text, emojis and photos, how to use FaceTime safely, and how to navigate phone calls, voicemail, and blocking unwanted callers. Please bring your Apple phone or tablet with you. Please note: this class is for Apple products ONLY.

Date	Time	Fee	Location
Tuesday, Oct. 3	1 – 2 p.m.	\$3.98	Seniors' Activity Centre

**NEW** Tech Talk: iPad and iPhone Security

Join us for this informative session on iPad and iPhone Security. In this session we will discuss the Apple ID, passwords, notifications, and protecting your data. Please bring your Apple phone or tablet with you. Please note: this class is for Apple products ONLY.

Date	Time	Fee	Location
Tuesday, Nov. 7	1 – 2 p.m.	\$3.98	Seniors' Activity Centre

**NEW** Tech Talk: Having Fun with Your iPad and iPhone!

Join us for this informative session on iPad and iPhone Fun! In this session, we will talk about music apps, fun games to keep your mind sharp, how to use calendars, notes and reminders, and how to edit and share photos and create slide shows. Please bring your Apple phone or tablet with you. Please note: this class is for Apple products ONLY.

Date	Time	Fee	Location
Tuesday, Dec. 5	1 – 2 p.m.	\$3.98	Seniors' Activity Centre





Transportation

All trips travel by coach with Great Canadian Holidays Inc. A restroom is located on the coach for passengers. Individuals who are registered for a trip must arrive to the destination and return with the group.

Registrations

Seats on the coach are limited and a confirmation of passengers is required 8-4 weeks prior to the scheduled trip. To avoid cancellation please register early to guarantee your place.

New payment options: Cash, Visa, Mastercard or Debit.

Please note we are no longer accepting cheques.

Trip cancellations

Trips will be cancelled if minimum number of participants are not met. A full refund will be issued.

Refunds/withdrawal

If you are unable to attend a registered trip, you remain responsible for payment of the trip in full. If there is an existing waitlist for the trip, staff will attempt to fill the seat up to two weeks prior to the scheduled trip.

Non-member fees

A surcharge fee of \$5 per person, will be added to the registration fee of all non-centre members.

Gratuities

The gratuity for the driver is not included. It is common practice to provide the driver with a tip. Passengers are welcome to use their own tipping practice. Recommended tip is \$1.00 per person.

Travel requirements

All participants must be able to climb stairs and navigate curbs and steps independently.

Additional trip information

A bulletin board with trip information is located at the Centre providing additional trip information and upcoming trip details.



Fallsview Casino

Enjoy a luxury coach to Fallsview Casino in Niagara Falls for a five-hour visit and test your luck. A \$35 casino playing card is included. Participants must spend time in the casino during this trip to use their players cards. Must bring ID the day of the trip.

Trip Date	Registration Deadline	Time	Fee
Tuesday, Sept. 26	Monday, Sept. 18	Depart MSAC: 9 a.m.	\$42 members
		Return MSAC: 5 p.m.	\$47 non-members
Tuesday, Oct. 24	Monday, Oct. 16	Depart MSAC: 9 a.m.	\$42 members
		Return MSAC: 5 p.m.	\$47 non-members

Autumn in St. Jacobs

Enjoy the fall colours in a luxury coach to St. Jacobs. The trip will include a delicious lunch at the popular Anna Mae’s Restaurant and Bakery. After lunch enjoy free time to shop at St. Jacobs Market.

Trip Date	Registration Deadline	Time	Fee
Thursday, Oct. 12	Sunday, Sept. 17	Depart MSAC: 9:45 a.m.	\$93 members
		Return MSAC: 4:30 p.m.	\$98 non-members

Fallsview Casino and Lights Tour

Enjoy a luxury coach to Fallsview Casino in Niagara Falls for a five-hour visit and test your luck. A \$35 casino playing card is included. After time at the Casino enjoy a Niagara holiday lights tour. Participants must spend time in the casino during this trip to use their players cards. Must bring ID the day of the trip.

Trip Date	Registration Deadline	Time	Fee
Tuesday, Nov. 28	Friday, Nov. 3	Depart MSAC: 10:30 a.m.	\$46 members
		Return MSAC: 7:15 – 7:30 p.m.	\$51 non-members

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Are you an adult aged 55+ living in Halton and want to increase your social connections?



Jan 2023



**Connection in Action**  
Social Supports for Older Adults

### Connection in Action

The Connection in Action initiative supports older adults (55+) who live in Halton by increasing awareness of opportunities for social connections.

### Benefits of having social connections:

- Improves physical and mental health
- Boosts social and emotional well-being
- Strengthens memory and focus
- Lengthens one's life

### Contact our Connection Specialist

Our Connection Specialist is your first point of contact for accessing meaningful community supports. Get connected with information and services to help increase your social participation and sense of belonging.

**Call us at**  
**(905) 844-2299**

Free of cost

Community Safety & Well-Being in Halton



Hello@ConnectionInAction.ca  
www.ConnectionInAction.ca

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