



Winter  
**2024**

# 55+ Activity Guide



HearSay offers communication solutions across your lifespan

Hearing has never been easier.

New rechargeable hearing aids with lithium-ion batteries provide up to 24hrs of hearing with just one simple charge.

Providing you with an exceptional hearing experience without the hassle of buying batteries!

S

p

e

e

c

h

L

a

n

g

u

a

g

e

H

e

a

r

i

n

g





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

New Year's Day – Jan. 1  
Family Day – Feb. 19  
Good Friday – Mar. 29



Tyler Gerrits  
Broker  
905.878.8101  
TylerGerrits@royalpage.ca

Ingrid Hollinger  
Sales Representative  
416.822.5558  
IngridHollinger@royalpage.ca

Carole D. Budworth  
Consultant  
905.864.9242  
CaroleB42@hotmail.com

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.



475 Main St. E.  
Milton ON. L9T1R1  
Office: 905.878.8101

Facebook.com/TeamGerrits  
Email: tylergerrits@royalpage.ca  
Cell: (905) 878-8101



Call us for a complimentary market evaluation!

## Table of contents

Seniors' Activity Centre update.....	4
Memberships and passes .....	5
Upcoming events .....	6
In memoriam .....	6
Scene at the Centre .....	7
Get ready for recreation this Winter .....	8
Winter programs.....	10
Trips and tours .....	21

2 Winter 2024 / 55+ Activity Guide

Winter 2024 / 55+ Activity Guide 3



# Seniors’ Activity Centre update

Welcome to our Winter 2024 guide. We are looking forward to welcoming you to our Centre to fulfill new goals or try something new.

We encourage you to look through the guide to see the full listing of our events, programs and trips. Get active this season and incorporate our fitness programs with your weekly schedule. New to our fitness line up is Let’s Move, Men’s Fit and an additional Yoga chair. The Centre offers a number of fitness programs daily with something for everyone.

Get creative! This winter we are welcoming Woodcarving 101. Learn the fundamentals of this art form while making a bear or gnome. Wreath making is back, participants will make something sweet for Valentine’s Day.

We are excited to welcome back our volunteers for another great session. Our volunteers are the heart of the Centre and we are grateful for their time, dedication, leadership and sharing their many talents.

A big thank you to our Creative Fingers Craft Club, Bakers, Treasure room volunteers and Art participants. These amazing volunteers were busy preparing items for our Annual Craft and Treasures Sale, raising over \$4,000. Over 40 volunteers assisted with this event and we are extremely thankful for your time, dedication and hard work!

A special thank you to all of our Creative Fingers Craft club volunteers. Throughout the year, they have consistently been busy completing their projects for the craft sale, community craft sales and the Centre display cases.

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

## Centre staff:

**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

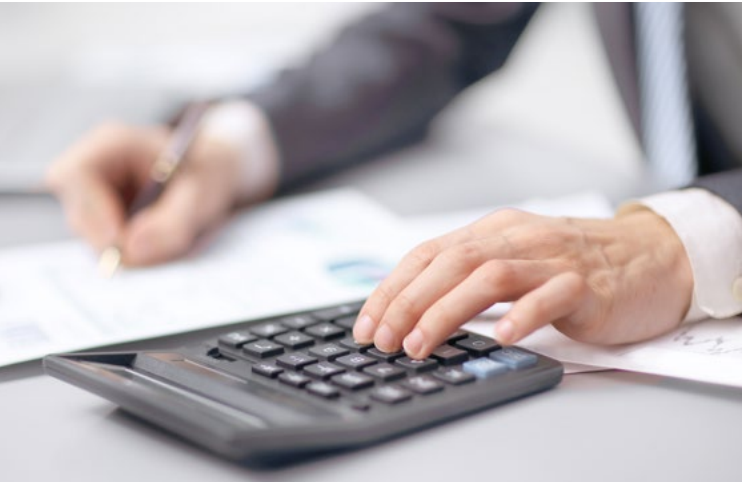
(Prices include HST)

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

## 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 Jan. 29, Feb. 26, March 25	1–3:30 p.m.	\$2 per person Exact change payable day of
Thursdays Jan. 18, 25, Feb. 22, 29, March 21, 28	1–3:30 p.m.	\$2 per person Exact change payable day of

## Bake & Craft Sale

Drop in and purchase one of the delicious goodies our Bakers have been busy baking and our crafts our Crafters have created. First come first serve.

Date	Time	Fee
Monday, March 25	9:30–11:30 a.m.	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. Fee: \$2 (exact change) per person the day of. 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.

Tuesday's 1:15– 2:30 p.m.  
(Excluding Jan. 2, 30, Feb. 27, March 26)

Date	Time	Fee
Tuesdays (excluding Jan. 2, 30, Feb. 27, March 26)	1:15–2:30 p.m.	\$2 per person Exact change payable day of

## 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, Jan. 31 (Turkey Shepherd's Pie)	Noon	\$12 Members \$15 Non-members
Wednesday, Feb. 28 (Lasagna and Caesar Salad)	Noon	\$12 Members \$15 Non-members

## Easter Lunch

Enjoy a delicious Easter ham lunch with all the traditional fixings and end it with a delicious dessert. Advance registration required. No refunds.

Date	Time	Fee
Wednesday, March 27	Noon–1:15 p.m.	\$14 Members \$17 Non-members

# Scene at the Centre

The Centre offered numerous programs during the winter 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 and Acclaim Health for their sponsorship with our events.





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, dates 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. There is no refunds on memberships.
- 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.
- 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 Feb. 19)	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. No instructor available.

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 Feb. 19)	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	12:30 – 3:30 p.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

# Dance and music



## 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

## 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) March. 1 – April 12 (excluding March 29)	10–11:30 a.m.	\$35.82	Sherwood Community 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 in mid-February: Let's Play Cards

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 sent from the Centre starting in late January.



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  (excluding Feb. 19)	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 Feb. 19)	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 Feb. 19)	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 Feb. 19)	12:30–3:30 p.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 Feb. 19)	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 Feb. 19, Mar. 29)	9 a.m. – noon	\$2.25 Members	Seniors' Activity Centre
		\$4.50	
		Non-members	



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 (6 classes) Jan. 8 – Feb. 12	10:30–11:15 a.m.	\$31.80	Seniors' Activity Centre
Mondays (6 classes) Feb. 26 – April 8 (excluding April 1)	10:30–11:15 a.m.	\$31.80	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) Jan. 11 – Feb. 22	9:30–10:30 a.m.	\$49.42	Seniors' Activity Centre
Thursdays (7 classes) Feb. 29 – April 11	9:30–10:30 a.m.	\$49.42	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.

Date	Time	Fee	Location
Mondays (5 classes) Jan. 15 – Feb. 12	11:15 a.m. – noon	\$26.50	Seniors' Activity Centre
Thursdays (5 classes) Jan. 18 – Feb. 15	12:15–1 p.m.	\$26.50	Seniors' Activity Centre
Mondays (5 classes) March 4 – April 8 (excluding Apr. 1)	11:15 a.m. – noon	\$26.50	Seniors' Activity Centre
Thursdays (5 classes) March 7 – April 4	12:15–1 p.m.	\$26.50	Seniors' Activity Centre

Let’s Move

This program is Ideal for those who are welcoming fitness into their lifestyle or for a modified fitness program. Enhance your fitness with this gentle strength, balance and coordination program. This program will utilize the chair, weights and resistance bands. All equipment is provided.

Date	Time	Fee	Location
Wednesday, (1 class) Jan. 24	12:30–1:15 p.m.	FREE	Seniors' Activity Centre
Wednesdays (6 classes) Jan. 31 – March 6	12:30–1:15 p.m.	\$31.80	Seniors' Activity Centre
Wednesdays (5 classes) March 13 – April 17 (excluding March 27)	12:30–1:15 p.m.	\$26.50	Seniors' Activity Centre

Men’s Fit

This program is open to all levels. Get stronger in resistance training, balance, range of motion and flexibility exercises. All equipment is provided.

Date	Time	Fee	Location
Wednesday, Jan. 24 (1 class)	11:15 a.m. – 12:15 p.m.	FREE	Seniors' Activity Centre
Wednesdays (6 classes) Jan. 31 – March 6	11:15 a.m. – 12:15 p.m.	\$42.36	Seniors' Activity Centre
Wednesdays (5 classes) March 13 – April 17 (excluding March 27)	11:15 a.m. – 12:15 p.m.	\$35.30	Seniors' Activity Centre

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 (5 classes) Jan. 16 – Feb. 13	11:30 a.m. – 12:30 p.m.	\$35.30	Seniors' Activity Centre
Tuesdays (5 classes) March 5 – April 2	11:30 a.m. – 12:30 p.m.	\$35.30	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 (5 classes) Jan. 16 – Feb. 13	9–10 a.m.	\$35.30	Seniors' Activity Centre
Thursdays (5 classes) Jan. 18 – Feb. 15	11 a.m. – noon	\$35.30	Virtual
Fridays (5 classes) Jan. 19 – Feb. 16	9–10 a.m.	\$35.30	Seniors' Activity Centre
Tuesdays (5 classes) March 5 – April 2	9–10 a.m.	\$35.30	Seniors' Activity Centre
Tuesdays (5 classes) March 5 – April 2	11 a.m. – noon	\$35.30	Virtual
Fridays (5 classes) March 8 – April 12 (excluding March 29)	9–10 a.m.	\$35.30	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.

Date	Time	Fee	Location
Mondays (excluding Feb. 19)	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 (excluding Mar. 29)	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 (6 classes) Jan. 9 – Feb. 13	9:15–10:15 a.m.	\$43.38	Sherwood Community Centre
Tuesdays (6 classes) Feb. 27 – April 2	9:15–10:15 a.m.	\$43.38	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, starting Jan. 8 (excluding Feb. 19)	9:15–11 a.m.	\$2.25 Members \$4.50 Non-members	Sherwood Community Centre

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) Jan. 10 – Feb. 21	10–11 a.m.	\$49.42	Seniors' Activity Centre
Wednesdays (7 classes) Feb. 28 – April 10	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 (6 classes) Jan. 8 – Feb. 12	9:30–10:15 a.m.	\$31.80	Virtual
Mondays (6 classes) Feb. 26 – April 8 (excluding April 1)	9:30–10:15 a.m.	\$31.80	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 (5 classes) Jan. 15 – Feb. 12	12:15–1:15 p.m.	\$35.30	Seniors' Activity Centre
Tuesdays (5 classes) Jan. 16 – Feb. 13	10:15–11:15 a.m.	\$35.30	Seniors' Activity Centre
Fridays (5 classes) Jan. 19 – Feb. 16	10:15–11:15 a.m.	\$35.30	Seniors' Activity Centre
Mondays (5 classes) March 4 – April 8 (excluding April 1)	12:15–1:15 p.m.	\$35.30	Seniors' Activity Centre
Tuesdays (5 classes) March 5 – April 2	10:15–11:15 a.m.	\$35.30	Seniors' Activity Centre
Fridays (5 classes) March 8 – April 12 (excluding March 29)	10:15–11:15 a.m.	\$35.30	Seniors' Activity Centre



Fitness and sports

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 (5 classes) Jan. 15 – Feb. 12	1:30–2:15 p.m.	\$26.50	Seniors' Activity Centre
Thursdays (5 classes) Jan. 18 – Feb. 15	1:15–2 p.m.	\$26.50	Seniors' Activity Centre
Mondays (5 classes) March 4 – April 8 (excluding April 1)	1:30–2:15 p.m.	\$26.50	Seniors' Activity Centre
Thursdays (5 classes) March 7 – April 4	1:15–2 p.m.	\$26.50	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 (6 classes) Jan. 9 – Feb. 13	9:50–10:50 a.m.	\$42.36	Seniors' Activity Centre
Fridays (6 classes) Jan. 12 – Feb. 16	9–9:45 a.m.	\$31.80	Seniors' Activity Centre
Tuesdays (6 classes) Feb. 27 – April 2	9:50–10:50 a.m.	\$42.36	Seniors' Activity Centre
Fridays (6 classes) March 1 – April 12 (excluding March 29)	9:50–10:50 a.m.	\$31.80	Seniors' Activity Centre



General interest and life learning

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
Tuesdays Jan. 9, Feb. 6, March 12	11 a.m. – noon	\$6.25	Seniors' Activity Centre

Heart to Health

Join us as we discuss tips on; food, nutrition, physical and mental health to maintain a healthy lifestyle. A sampling of healthy food options will be included. Presented by: Heart to Home Meals. Individuals must pre-register to participate.

Date	Time	Fee	Location
Wednesday (1 class) March 6	10–11 a.m.	FREE	Seniors' Activity Centre

Social Health and Wellbeing

Join us for an interactive discussion on social health and wellbeing. Learn about the benefits of social connections, as well as the risk factors and health outcomes of isolation and loneliness. We will share some practical ways to help increase social participation for yourself and for your peers. This is an opportunity for you to ask questions and to learn about age-friendly practices. Presented by: Connection in Action. Individuals must pre-register to participate.

Date	Time	Fee	Location
Wednesday (1 class) March 27	10–11 a.m.	FREE	Seniors' Activity Centre

Spring Planter

Join us as we create a 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, March 18.

Date	Time	Fee	Location
Tuesday (1 class) March 26	1:30–2:15 p.m.	\$35	Seniors' Activity Centre

Valentine Wreath Making Workshop

Join us in making a beautiful theme valentine's wreath for yourself or someone special. We will learn step by step how to make a wreath. All supplies included. Pre-registration required by Tuesday, January 30.

Date	Time	Fee	Location
Tuesday (1 class) Feb. 6	1–2:30 p.m	\$35	Seniors' Activity Centre

Wood Carving 101 – Creating a Gnome

Learn the fundamentals of woodcarving by creating a gnome. This program is welcome for all and ideal for beginners. All materials included.

Date	Time	Fee	Location
Tuesday (2 classes) Feb. 6–13	9:30–11 a.m.	\$13	Seniors' Activity Centre

Wood Carving 101 – Creating a Bear

Learn the fundamentals of woodcarving by creating a bear. This program is welcome for all and ideal for beginners. All materials included.

Date	Time	Fee	Location
Tuesday (2 classes) Feb. 20–27	9:30–11 a.m.	\$13	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. 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, Feb. 27	Friday, Feb. 16	Depart MSAC: 9 a.m.	\$43 members
		Return MSAC: 5 p.m.	\$48 non-members
Tuesday, March 26	Friday, March 15	Depart MSAC: 9 a.m.	\$43 members
		Return MSAC: 5 p.m.	\$48 non-members
Tuesday, April 23	Friday, April 12	Depart MSAC: 9 a.m.	\$43 members
		Return MSAC: 5 p.m.	\$48 non-members



# MEALSONWHEELS

- Persons recovering from illness or injury
  - Post operative patients needing assistance during recovery period
  - Short or long term service available
- Flexible to accommodate client's needs & diets
  - Dietician-outlined meals prepared daily

Delivery service Mon-Fri, 11:30am-12:45pm  
Office Mon-Fri, 9:00am-3:00pm

**905-878-6699**  
**www.miltonmow.com**



## MAGC Care Solutions

Care & Transportation Services

Connecting Senior Care service providers with clients' needs and helping them solve care challenges!

Assisting Halton & Surrounding Area with:

Home Support  
Personal Shopping  
Medical Appointments  
Social & Day Programs  
Companionship & More

How can we support you? Contact us today!  
p: (905) 399-6831 | e: magccares@gmail.com



## Help build a hospice for our community.

The Townsend Smith Foundation is a charitable organization working to build a hospice for North Halton.

Donate. Volunteer. Connect with us.  
Together we will build a hospice.



289-878-3407 | www.townsend-smith.ca



## SENIOR LIVING AT ITS FINEST

- Spacious senior-friendly apartments
- One and Two Bedrooms Available
- Walking Distance to Milton Seniors' Activity Centre, Milton Mall and Downtown Core
- Quiet and Independent Living in Low Rise Surroundings
- Individually Heat-Controlled and Central Air Conditioned Comfort

**COME AND ENJOY SENIOR LIVING  
WITHIN A SENIOR COMMUNITY**

**Call (905)330-6416**  
Gridiron Developments Inc.



**Program Instructor Convener  
Board Games**

**Interested?**  
Contact Lesley at  
905-875-7252 ext. 2766



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



Hello@ConnectionInAction.ca  
www.ConnectionInAction.ca

## Personalized home care services



- ~ Personal Care
- ~ Caregiver Relief
- ~ Nursing
- ~ Companionship
- ~ Meal Preparation
- ~ Medication Reminders
- ~ Light Housekeeping
- ~ Palliative / End of Life Care
- ~ Physio & Occupational Therapy
- ~ Hospital Bedside Care

**Bayshore®**  
Home Health

www.bayshore.ca

Support is just a phone call away.

**1.877.289.3997**

clientservice@bayshore.ca





# Milton's Source for all your Home Health Care Needs

## AdjusttoHome

- \*After surgery equipment needs
- \*Compression Stockings
- \*Ostomy supplies
- \*Hospital Beds
- \*Incontinence products
- \*Specialty Bandages & Woundcare
- \*Aircasts, Crutches, Canes
- \*Wheelchairs, Rollators, Walkers

\*Some items available for Rental and/or Purchase

Free Delivery within Milton Area

108-400 Bronte Street South, Milton  
(Inside Bronte Corporate Centre)

[www.adjusttohome.com](http://www.adjusttohome.com) 905-878-1142 [info@adjusttohome.com](mailto:info@adjusttohome.com)

# ME

## MCKERSIE & EARLY FUNERAL HOME



- 24 hour personal and caring service
- Caring for the community since 1953
  - Serving all faiths
- Burial, Cremation and Memorial Services
  - Rental caskets available
  - Pre-arranged funeral plans
- Bright and spacious visitation rooms
  - Full Wheelchair Access

114 Main St E, Milton | (905) 878-4452  
[www.mckersie-kocher.ca](http://www.mckersie-kocher.ca)

# ONE HOUR IS ALL IT TAKES TO CHANGE A LIFE

Volunteer and help  
someone in your  
community!

Visit [www.acclaimhealth.ca/volunteer](http://www.acclaimhealth.ca/volunteer)  
to see all of the available opportunities.



2370 Speers Road  
Oakville, ON, L6L 5M2  
(905) 827-8800 Toll-free: 1 (800) 387-7127  
[www.acclaimhealth.ca](http://www.acclaimhealth.ca)

Acclaim Health provides nursing and personal support services under contract with Home and Community Care Support Services Mississauga Halton (MH) and Home and Community Care Support Services Hamilton Niagara Haldimand Brant (HNHB) in accordance with their programs and service guidelines. The views expressed are those of Acclaim Health and do not necessarily reflect those of MH, HNHB, Ontario Health or the Government of Ontario. Charitable Registration Number: 11928 4602 RR0001.

Accredited by:



Funded in part by:



[f](https://www.facebook.com/acclaimhealth) [i](https://www.instagram.com/acclaimhealth) [in](https://www.linkedin.com/company/acclaimhealth) @acclaimhealth