

# Drop-in Older Adult Schedule

Effective: April 1, 2017 – August 31, 2017



Visit [www.milton.ca/dropin](http://www.milton.ca/dropin) for:

Cancellations, updated schedules, admission fees and program descriptions

**Programs cancelled:** Apr 15, May 20, Jul 1, Aug 5, 2017

**Closed for statutory holidays:** Apr 14, May 22, Jul 3, Aug 7, 2017

**Watch for special schedules:** Apr 17, 2017

**Milton Seniors' Activity Centre** 500 Childs Drive, [905-875-1681](tel:905-875-1681)

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Acoustic Guitar*				9:00 - 11:30 am		
Art	9:00 am - 12:00 pm					
Bid Euchre*	1:30 - 4:00 pm	7:30 - 10:00 pm		1:30 - 4:00 pm	7:30 - 10:30 pm**	
Billiards	12:00 - 4:00 pm 4:00 - 9:00 pm	12:00 - 4:00 pm	12:30 - 3:00 pm			
Bingo		1:30 - 4:00 pm	7:00 - 9:00 pm		9:30 am - 12:00 pm	
Canasta	1:00 - 3:30 pm		1:00 - 3:30 pm			
Carving - Soft Wood		9:00 am - 12:00 pm				
Clogging				2:00 - 3:00 pm		
Computers - Technology Support	1:00 - 3:00 pm				1:00 - 3:00 pm	
Contract Bridge*	1:30 - 4:00 pm		9:15 - 11:30 am		9:00 am - 12:00 pm	
Colouring and Conversation		10:00 - 11:30 am				
Cribbage		1:00 - 3:00 pm				
Duplicate Bridge	9:15 am - 12:00 pm					
Folk Art*				1:00 - 4:00 pm		
Hearts				1:00 - 3:30 pm		
Jam Session: Classic Rock, Country & Jazz				12:30 - 3:00 pm		
Kitchen Band		9:00 - 11:30 am				
Line Dancing				10:00 - 11:30 am		
Mexican Train Dominoes				1:00 - 3:30 pm		
Snooker League	9:00 am - 12:00 pm	9:00 am - 12:00 pm				
Table Tennis	7:00 - 9:00 pm	1:00 - 4:00 pm		7:00 - 9:00 pm		12:30 - 3:00 pm
Tai Chi	9:30 - 11:00 am				9:30 - 11:00 am	
Walk It Off - Walking*				9:30 am - 12:00 pm		

\*Call the Centre for more details and dates. \*\*This program is held at the Nassagaweya Tennis Centre & Community Hall. Drop-in Bid Euchre is \$3.00 per visit.

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## Program Descriptions

Program	Description
<b>Acoustic Guitar</b>	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.
<b>Art</b>	Enjoy the space to work independently on a project. Helpful tips are received from each other for your masterpiece. Participants range from beginners to advanced.
<b>Bid Euchre</b>	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. Friday evening Bid Euchre is being held at Nassagaweya Tennis Centre & Community Hall.
<b>Billiards</b>	This activity is for Billiard fans who would like to work on their skills in a fun and social environment. Stop by for a game. One billiard table is available.
<b>Bingo</b>	This classic game never goes out of style. Experience the never-ending thrill and excitement of bingo and feel like a winner!
<b>Canasta</b>	This game is from the rummy family commonly played by four in two partnerships. New and experienced players are welcome.
<b>Carving - Soft Wood</b>	Work independently on projects at your own pace. Assistance and guidance is available from the group. Materials not included.
<b>Clogging</b>	This class is for dancers who wish to develop their clogging skills and learn from each other. Previous clogging experience required.
<b>Colouring and Conversation</b>	Colouring is proved to be a wonderful stress reliever and exercise for mindfulness among adults. Join us for colouring and conversation.
<b>Computers - Technology Support</b>	Use computers for e-mailing, web searching and using a variety of different computer programs or tablet computers. Have a question? A computer volunteer will be on hand to help!
<b>Contract Bridge</b>	A friendly game designed for the experienced bridge player. A pair competes to achieve the highest points against another pair. No partners required.
<b>Cribbage</b>	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.
<b>Duplicate Bridge</b>	A pair competes against other pairs to play the same hand. Experienced players are welcome to participate in this self-led group. No partners required.
<b>Folk Art</b>	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.
<b>Hearts</b>	This is a trick-taking playing 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.
<b>Jam Session: Classic Rock, Country &amp; Jazz</b>	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.
<b>Kitchen Band</b>	Accompanied by our pianist, the band uses a variety of instruments from each of the percussion groups. The band also performs throughout the community.
<b>Line Dancing</b>	Line dancing uses a pattern of repeated steps with dancers in lines. This class will provide choreographed line dances and focus on some of the basics of Traditional Line Dancing. No experience or partners required.
<b>Mexican Train Dominoes</b>	The object of the game is for a player to play all the dominoes from their hand onto one or more chains.
<b>Snooker League</b>	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.
<b>Table Tennis</b>	Join us for recreational play of this exciting game! Experienced and new participants are welcome. General equipment is available.
<b>Tai Chi</b>	Tai Chi is an ancient Chinese exercise form for health, consisting of slow and graceful moments which relax and strengthen both the body and mind. Participants must have Tai Chi experience.
<b>Walk It Off - Walking</b>	Walking is a great way to get fit. Meet great people while getting some exercise. This group meets rain or shine, walking outside or at the Milton Sports Centre Walking Track.

## Program Fees (Includes HST)

Program	1 Visit	10 Visits	30 Visits
Drop-in (Member)	\$2	\$18.00	\$48.00
Drop-in (Non-member)	\$4.25	\$38.25	\$102.00

**Passes:** Expire one year from date of purchase.



## Annual Membership Fees (Includes HST)

Program	Fees
55 - 64 years	\$35
65 - 84 years	\$25
85+ years	Free