



Spring/
Summer
2024

55+ Activity Guide



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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

Victoria Day – May 20
Canada Day – July 1
Civic Holiday – Aug. 5

Table of contents

Seniors' Activity Centre update.....	4
In memoriam	4
Memberships and passes	5
Upcoming events	6
Scene at the Centre	7
Get ready for recreation this Spring and Summer	8
Programs.....	10

Seniors' Activity Centre update

Hello and welcome to the Spring and Summer 2024 edition of the 55+ Activity Guide. Please allow me to introduce myself, my name is Tara Petropoulos and I have worked in various positions with the Town of Milton for 17 years. I am happy to be joining you here at the Milton Seniors' Activity Centre while Shannon Soule pursues a development opportunity. I have had the pleasure of meeting many of you and I thank you for making me feel welcomed and at home.

For those who I have not met, I hope we cross paths soon. If you are new yourself, we welcome you to join us for one of our many activities. Whether you are looking to move more or to meet some new people, the Centre is sure to have something you will enjoy.

Two new programs include Home Transitions on May 15 or our Summer Wreath Making Workshop on June 4.

June is a big month at our Centre as we celebrate Seniors' Month! Be sure to stop by our 55+ Retirement and Lifestyle Fair on June 12. On June 19 we honour our amazing volunteers who are vital to our community and allow us to offer the many programs that we do.

Our trips to Fallsview Casino are running monthly along with three special trips: A Day in Port Dover, Grand River Lunch Cruise, and Georgian Bay Lunch & Cruise. I hope you can join us!

Lunch Counter is available on April 24, May 29 and June 26 or feel free to visit with friends Monday-Thursday in the cafeteria and enjoy a coffee, cookie or sandwich.

Please be sure to look through this guide for all the wonderful programs and events planned for this season. Our warm and friendly customer service team is available to help you so please feel free to call us or stop by the front desk.

We look forward to seeing you at the Centre!

Tara Petropoulos
Coordinator, Recreation

Centre staff:

Tara Petropoulos
Coordinator, Recreation

Lesley Fraser
Assistant Program Coordinator

Scott Denham
Facility Operator

In memoriam

We extend our deepest condolences to the families and friends of Centre members who are no longer with us.

- **Earl MacDonald (volunteer)**
- **John Hadlow (member)**
- **Shirley Baker (member)**
- **Brother of member Daryll Scott**
- **Son of member Murray McConnell**



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

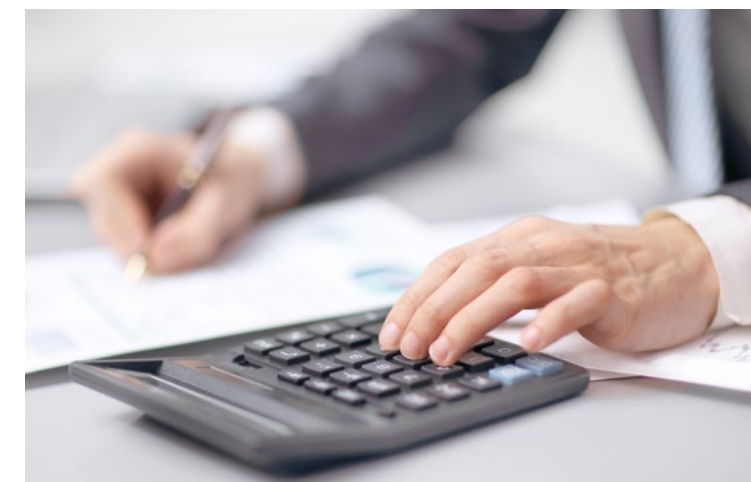
(Prices include HST)

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 April 29, May 27, June 24, July 29, Aug. 26	1–3:30 p.m.	\$2 per person Exact change payable day of
Thursdays April 18, 25, May 23, 30, June 20, 27, July 18, 25, Aug. 22, 29	1–3:30 p.m.	\$2 per person Exact change payable day of

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.

Date	Time	Fee
Tuesdays (Excluding April 23, 30, May 28, June 25, July 23, 30, Aug. 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, April 24 (Quiche and salad)	Noon	\$12 Members \$15 Non-members
Wednesday, May 29 (Lasagna and caesar salad)	Noon	\$12 Members \$15 Non-members
Wednesday, June 26 (Barbecue chicken and seasonal vegetables)	Noon	\$12 Members \$15 Non-members

June is Seniors' Month!

55+ Retirement and Lifestyle Fair – FREE

Wednesday, June 12 | 10 a.m. – 1 p.m.

Experience an event dedicated to individuals 55+ or soon-to-be-retirees. Enjoy a light lunch, a variety of local exhibitors, guest speakers, program demonstrations, prizes and more. Free barbeque lunch.

Interested in having your business or organization be a vendor at the event? For more information about this exciting opportunity, contact 905-878-7252 x2755. Space is limited.

Volunteer Appreciation

Wednesday, June 19 | 12:30 – 2 p.m.

Our volunteers are amazing and we want to celebrate all they do. We will be hosting our annual volunteer appreciation even for individuals who volunteered from June 2023 – May 2024. Invitations to this exciting event will be hand delivered or mailed in late May. Register at the Front Desk, once you receive your invitation.

Scene at the Centre

The Centre offered numerous programs during the winter session.

We would like to thank Bayshore Home Health and Acclaim Health for their sponsorship of our events.

Please visit our program pages for a full listing of our drop-in and registered programs.



Grant Recognition

We would like to thank the Ministry for Seniors and Accessibility for Centre funding support through the Seniors Active Living Centres (SALC) Program.



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.

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

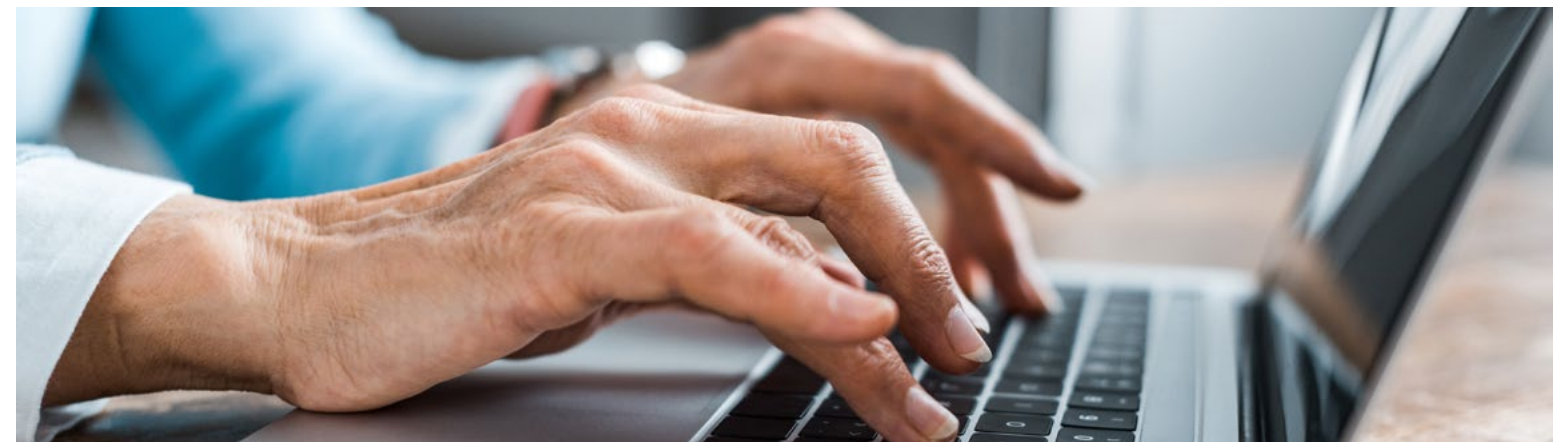
- Refunds or make-up classes will not be granted for sessions that aren't attended due to illness, vacation or weather.
- All programs, seven (7) days or more before the start date have no cancellation fee.
- Please note for all programs, seven (7) days of the start date, or after the start date of any 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
- 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
 - 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

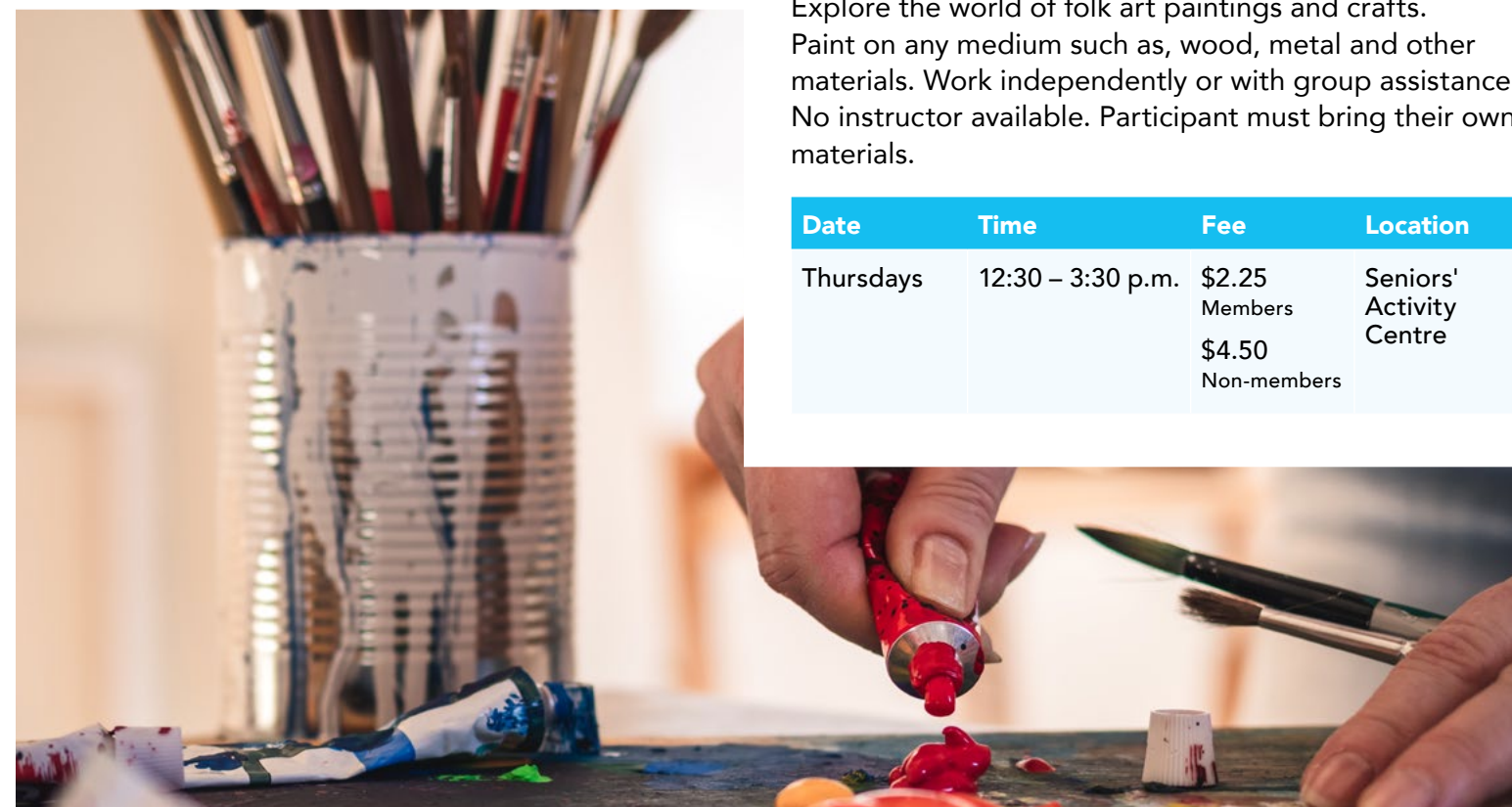
Enjoy the space to work independently on a project. Helpful tips are offered from others for your masterpiece. No instructor available. Participants range from beginners to advanced. Materials not included.

Date	Time	Fee	Location
Mondays (excluding May 20, July 1, Aug. 5)	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, Wednesdays and Fridays (excluding May 20, July 1, Aug. 5)	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 (5 classes) April 26 – May 24	10–11:30 a.m.	\$29.85	Sherwood Community Centre
Fridays (5 classes) May 31 – Jun. 28	10–11:30 a.m.	\$29.85	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 April 4 – June 27, July 11, Aug. 8	10–11:30 a.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

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
(excluding May 20, July 1, Aug. 5)		\$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	1:30–3 p.m.	\$2.25 Members	Seniors' Activity Centre
(excluding May 20, July 1, Aug. 5)		\$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	12:30–2:30 p.m.	\$2.25 Members	Seniors' Activity Centre
(excluding May 20, July 1, Aug. 5)		\$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	12:30–3:30 p.m.	\$2.25 Members	Seniors' Activity Centre
(excluding May 20, July 1, Aug. 5)		\$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	9:30 a.m. – noon	\$2.25 Members	Seniors' Activity Centre
(excluding May 20, July 1, Aug. 5)		\$4.50 Non-members	
Wednesdays	12:30 – 3:30 p.m.	\$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

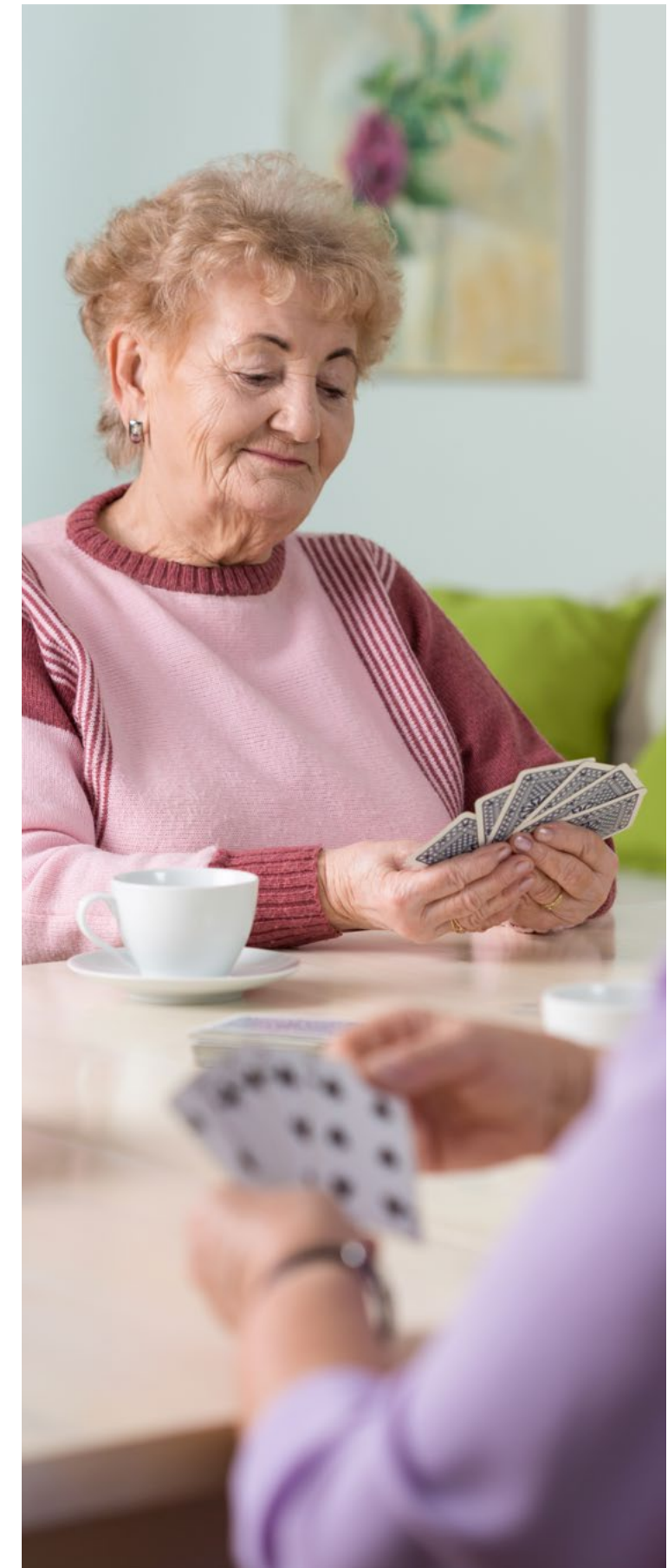
The object of the game is for a player to play all the dominoes from their hand onto one or more chains. No prize money.

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	9 a.m. – noon	\$2.25 Members	Seniors' Activity Centre
(excluding May 20, July 1, Aug. 5)		\$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 (5 classes) April 15 – May 13	10:30–11:15 a.m.	\$26.50	Seniors' Activity Centre
Mondays (5 classes) May 27 – June 24	10:30–11:15 a.m.	\$26.50	Seniors' Activity Centre
Mondays (3 classes) July 8 – 22	10:30–11:15 a.m.	\$15.90	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 (5 classes) April 18 – May 16	9:30–10:30 a.m.		Seniors' Activity Centre
Thursdays (5 classes) May 30 – June 27	9:30–10:30 a.m.		Seniors' Activity Centre
Thursdays (3 classes) July 11 – July 25	9:30–10:30 a.m.		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 (4 classes) April 22 – May 13	11:15 a.m. – noon	\$21.20	Seniors' Activity Centre
Thursdays (5 classes) April 25 – May 23	12:15 – 1 p.m.	\$26.50	Seniors' Activity Centre
Mondays (5 classes) May 27 – June 24	11:15 a.m. – noon	\$26.50	Seniors' Activity Centre
Thursdays (4 classes) June 6 – June 27	12:15 – 1 p.m.	\$21.20	Seniors' Activity Centre
Mondays (3 classes) July 8 – July 22	11:15 a.m. – noon	\$15.90	Seniors' Activity Centre
Thursdays (3 classes) July 11 – July 25	12:15 – 1 p.m.	\$15.90	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
Wednesdays (7 classes) April 24 – June 5	12:30–1:15 p.m.	\$37.10	Seniors' Activity Centre
Wednesdays (1 class) Jun. 26	12:30–1:15 p.m.	FREE (pre-registration required)	Seniors' Activity Centre
Wednesdays (3 classes) July 10 – July 24	12:30–1:15 p.m.	\$15.90	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
Wednesdays (7 classes) April 24 – June 5	11:15 a.m. – 12:15 p.m.	\$37.10	Seniors' Activity Centre
Wednesdays (1 class) June 26	11:15 a.m. – 12:15 p.m.	FREE (pre-registration required)	Seniors' Activity Centre
Wednesdays (3 classes) July 10 – July 24	11:15 a.m. – 12:15 p.m.	\$15.90	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) April 23 – May 21	11:30 a.m. – 12:30 p.m.	\$35.30	Seniors' Activity Centre
Tuesdays (4 classes) June 4 – June 25	11:30 a.m. – 12:30 p.m.	\$28.24	Seniors' Activity Centre
Tuesdays (3 classes) July 9 – July 23	11:30 a.m. – 12:30 p.m.	\$21.28	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) April 23 – May 21	9–10 a.m.	\$35.30	Seniors' Activity Centre
Thursdays (5 classes) April 25 – May 23	11 a.m. – noon	\$35.30	Virtual
Fridays (5 classes) April 26 – May 24	9–10 a.m.	\$35.30	Seniors' Activity Centre
Tuesdays (4 classes) June 4 – June 25	9–10 a.m.	\$28.24	Seniors' Activity Centre
Thursdays (4 classes) June 6 – June 27	11 a.m. – noon	\$28.24	Virtual
Fridays (4 classes) June 7 – June 28	9–10 a.m.	\$28.24	Seniors' Activity Centre
Tuesdays (3 classes) July 9 – July 23	9–10 a.m.	\$21.18	Virtual
Thursdays (3 classes) July 11 – July 25	11 a.m. – noon	\$21.18	
Fridays (3 classes) July 12 – July 26	9 – 10 a.m.	\$21.18	Virtual

Table Tennis

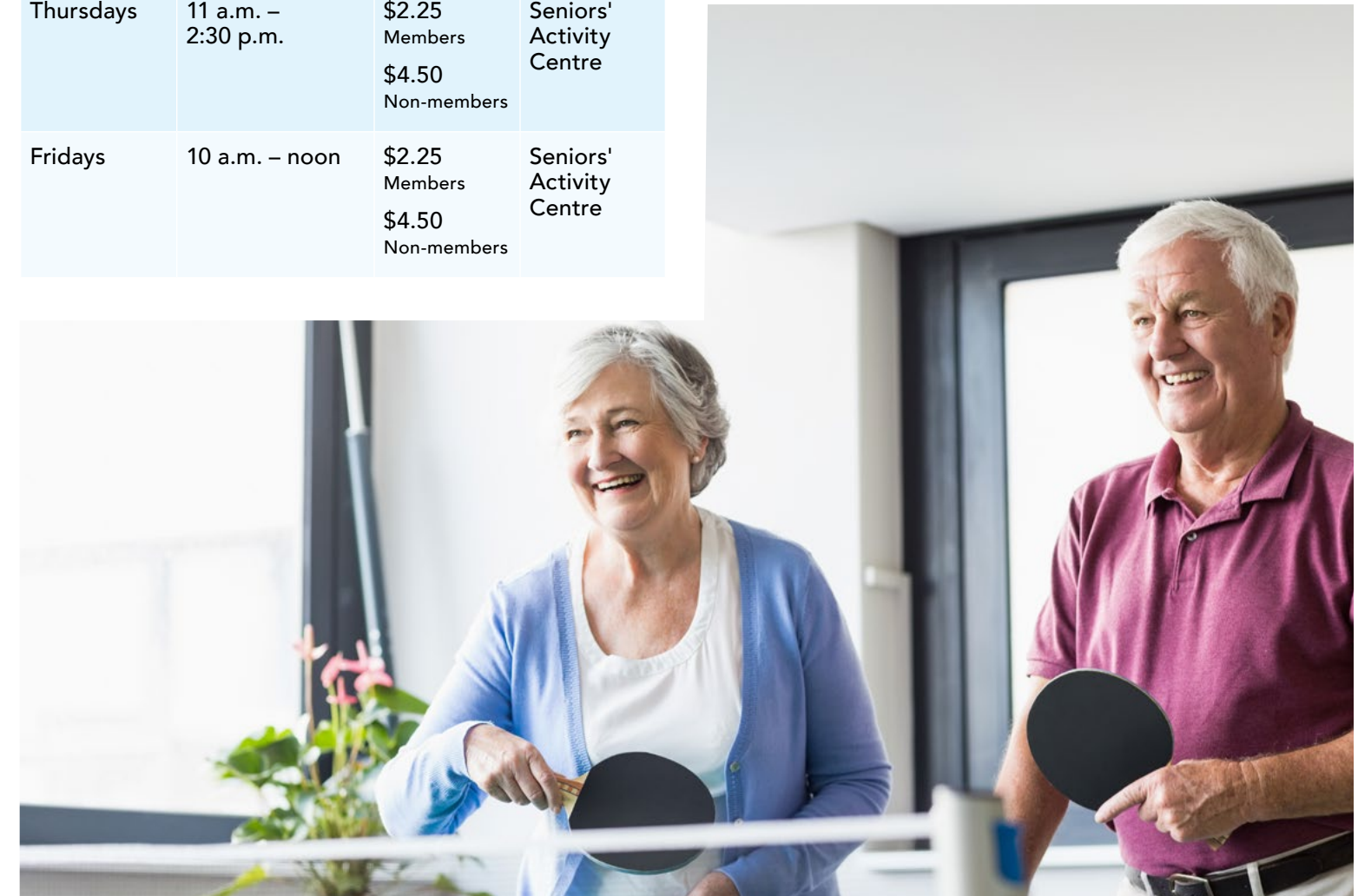
Join us for recreational play of this exciting game! Experienced and new participants are welcome. Limited capacity. First come, first served. New time on Fridays.

Date	Time	Fee	Location
Mondays (excluding May 20, July 1, Aug. 5)	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 (6 classes) April 16 – May 21	9:15–10:15 a.m.	\$43.38	Sherwood Community Centre
Tuesdays (6 classes) June 4 – July 9	9:15–10:15 a.m.	\$43.38	Sherwood Community Centre
Tuesdays (6 classes) July 23– Aug. 27	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, (excluding May 20, July 1, Aug. 5)	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 (5 classes) April 18 – May 15	10–11 a.m.	\$35.30	Seniors' Activity Centre
Wednesdays (5 classes) May 29 – June 26	10–11 a.m.	\$35.30	Seniors' Activity Centre
Wednesdays (5 classes) July 8 – July 22	10–11 a.m.	\$21.18	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) April 15 – May 13	9:30–10:15 a.m.	\$26.50	Virtual
Mondays (5 classes) May 27 – June 24	9:30–10:15 a.m.	\$26.50	Virtual
Mondays (3 classes) July 8 – July 22	9:30–10:15 a.m.	\$15.90	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 (4 classes) April 22 – May 13	12:15–1:15 p.m.	\$28.24	Seniors' Activity Centre
Tuesdays (5 classes) April 23 – May 21	10:15–11:15 a.m.	\$35.30	Seniors' Activity Centre
Fridays (5 classes) April 26 – May 24	10:15–11:15 a.m.	\$35.30	Seniors' Activity Centre
Mondays (5 classes) May 27 – June 24	12:15–1:15 p.m.	\$35.30	Seniors' Activity Centre
Tuesdays (4 classes) June 4 – June 25	10:15–11:15 a.m.	\$28.24	Seniors' Activity Centre
Fridays (4 classes) June 7 – June 28	10:15–11:15 a.m.	\$28.24	Seniors' Activity Centre
Mondays (3 classes) July 8 – July 22	12:15–1:15 p.m.	\$21.18	Seniors' Activity Centre
Tuesdays (3 classes) July 9 – July 23	10:15–11:15 a.m.	\$21.18	Seniors' Activity Centre
Fridays (3 classes) July 12 – July 26	10:15–11:15 a.m.	\$21.18	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 (4 classes) April 22 – May 13	1:30–2:15 p.m.	\$21.20	Seniors' Activity Centre
Thursdays (5 classes) April 25 – May 23	1:15–2 p.m.	\$26.50	Seniors' Activity Centre
Mondays (5 classes) May 27 – June 24	1:30–2:15 p.m.	\$26.50	Seniors' Activity Centre
Thursdays (4 classes) June 6 – June 27	1:15–2 p.m.	\$21.20	Seniors' Activity Centre
Mondays (3 classes) July 8 – July 22	1:30–2:15 p.m.	\$15.90	Seniors' Activity Centre
Thursdays (3 classes) July 11 – July 25	1:15–2 p.m.	\$15.90	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 (5 classes) April 16 – May 14	9:50–10:50 a.m.	\$35.30	Seniors' Activity Centre
Fridays (5 classes) April 19 – May 24 (Excluding May 10)	9–9:45 a.m.	\$26.50	Seniors' Activity Centre
Tuesdays (5 classes) May 28 – June 25	9:50–10:50 a.m.	\$35.30	Seniors' Activity Centre
Fridays (5 classes) May 31 – June 28	9–9:45 a.m.	\$26.50	Seniors' Activity Centre
Tuesdays (3 classes) July 9 – July 23	9:50–10:50 a.m.	\$15.90	Seniors' Activity Centre
Tuesdays (5 classes) Aug. 6 – Aug. 20	9:50–10:50 a.m.	\$15.90	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 Once a month (5 classes)	10:30 – 11:30 a.m.	\$6.25	Seniors' Activity Centre
April 9, May 14, June 6, July 9, Aug. 13			



NEW Home Transitions

Join us as we discuss considerations for simplifying, downsizing and relocating during life's transitions. Our guest speaker will walk us through the steps to making these life decisions simpler, focusing on home safety and organization. Individuals must pre-register to participate.

Date	Time	Fee	Location
Wednesday (1 class) May 15	10:30 – 11:30 a.m.	FREE	Seniors' Activity Centre

Mobile Devices One-on-One Coaching

Learn tips from our student on how to use your personal device including: using apps, setting up email, texting, and taking and saving photos. Must pre-register for date and time slot in person at the Centre.

Date	Time	Fee	Location
Mondays July 8 – Aug. 23 (excluding Aug. 5)	9 – 9:45 a.m. 10 -10:45 a.m. 11 – 11:45 a.m.	\$2.25 Members \$4.50 Non-members	Seniors' Activity Centre

Spring Wreath Making Workshop

Join us as we create a beautiful magnolia wreath to welcome spring for yourself or someone special. We will learn step-by-step how to create this wreath using deco-mesh and embellishments. All materials and supplies included.

Pre-registration required by April 1.

Date	Time	Fee	Location
Tuesday (1 class) April 9	1 – 2:30 p.m.	\$35	Seniors' Activity Centre

NEW Summer Wreath Making Workshop

Join us as we create a beautiful welcoming wreath for yourself or someone special. We will learn step-by-step how to create this wreath using deco-mesh and embellishments. All materials and supplies included.

Pre-registration required by May 21.

Date	Time	Fee	Location
Tuesday (1 class) June 4	1 – 2:30 p.m.	\$35	Seniors' Activity Centre

Tech Talk: iPad and iPhone Communications

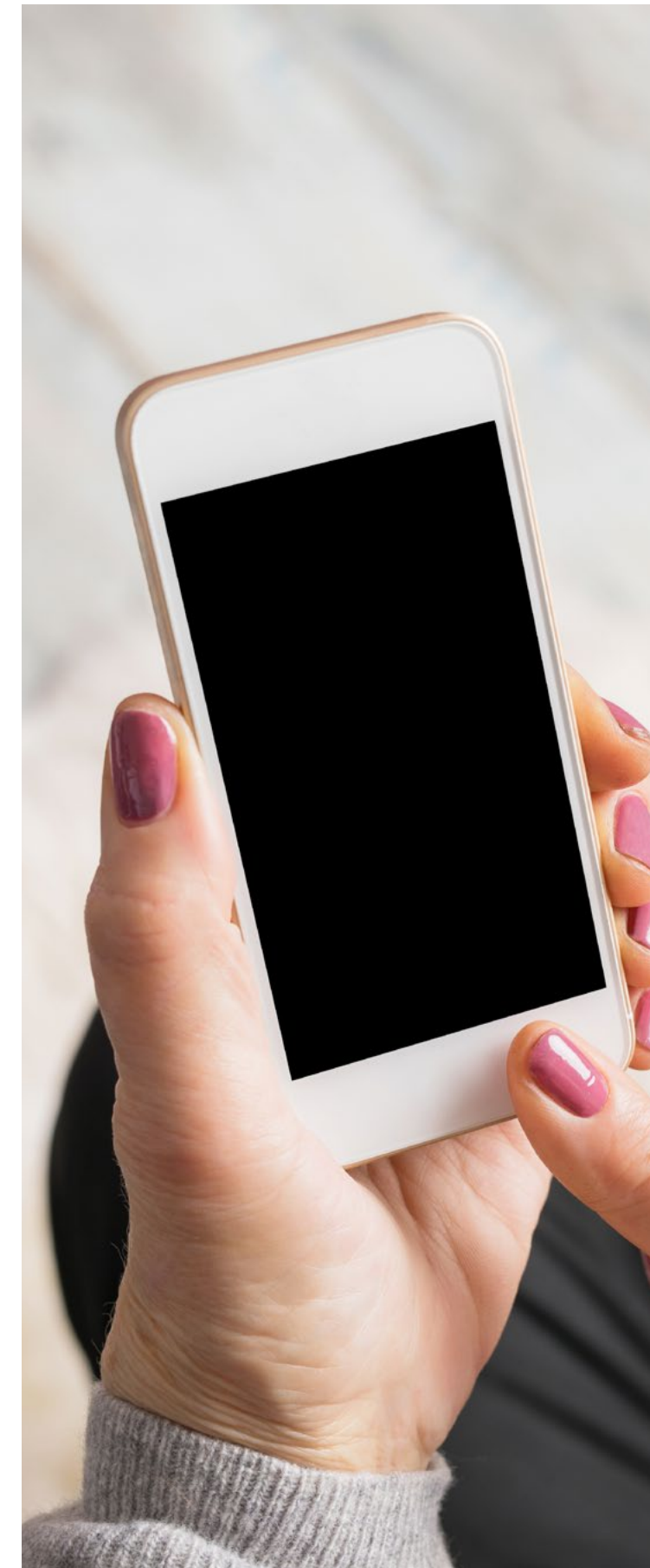
In this session we will dive into using your device to communicate with others using email, text, FaceTime, and how to navigate phone calls, voicemail and blocking unwanted callers. Please bring your Apple phone or tablet with you. Please note: This class is for Apple products ONLY.

Date	Time	Fee	Location
Monday (1 class) May 6	1 – 2 p.m.	\$3.98	Seniors' Activity Centre

Tech Talk: Having Fun with Your iPad and iPhone!

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. This class is for Apple products ONLY.

Date	Time	Fee	Location
Monday (1 class) June 3	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. 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 and 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 - \$2 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, May 28	Friday, May 14	Depart MSAC: 9 a.m.	\$43 members
		Return MSAC: 5 p.m.	\$48 non-members
Tuesday, June 25	Friday, June 11	Depart MSAC: 9 a.m.	\$43 members
		Return MSAC: 5 p.m.	\$48 non-members
Tuesday, July 23	Friday, July 9	Depart MSAC: 9 a.m.	\$43 members
		Return MSAC: 5 p.m.	\$48 non-members
Tuesday, Aug. 27	Friday, Aug. 13	Depart MSAC: 9 a.m.	\$43 members
		Return MSAC: 5 p.m.	\$48 non-members



A Day in Port Dover

Enjoy a delicious lunch at the Erie Beach Hotel in the heart of Port Dover, just steps from the popular beach on the north shore of Lake Erie. After lunch enjoy get ready for a laugh riot, jump scare, whodunit, murder mystery, comedy extravaganza. In this Agatha Christie murder mystery spoof at the Lighthouse Festival Theatre. Get ready to be entertained in a great beach community.

Trip Date	Registration Deadline	Time	Fee
Tuesday, June 18	Monday, April 22	Depart MSAC: 10 a.m.	\$143 members
		Return MSAC: 6 p.m.	\$148 non-members

Grand River Lunch Cruise

Join us for a three-hour cruise along Southern Ontario's largest river. Enjoy a beautiful river scenery, delicious lunch and live music featuring Blazing Fiddles.

Meal Choice: Chicken, Roast beef or vegetarian chili

Trip Date	Registration Deadline	Time	Fee
Tuesday, July 30	Friday, July 5	Depart MSAC: 10 a.m.	\$138 members
		Return MSAC: 4:30 p.m.	\$143 non-members

Georgian Bay Lunch & Cruise

Join us for a delicious lunch at the Boat House Eatery. After lunch we will set sail from Penetanguishen Harbor for a sightseeing cruise around the 30,000 islands.

Trip Date	Registration Deadline	Time	Fee
Tuesday, Sept. 16	Tuesday, Aug. 6	Depart MSAC: 10 a.m.	\$160 members
		Return MSAC: p.m.	\$165 non-members

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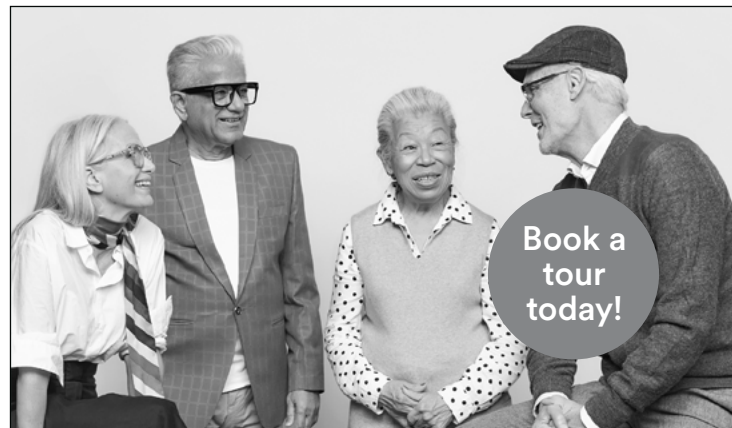


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Are you an adult aged 55+ living in Halton and want to increase your social connections?



Jan 2023



Connection in Action

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
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Free of cost



Hello@ConnectionInAction.ca
www.ConnectionInAction.ca

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