

AT THE  
**MIAC**  
Milton Activity Center 1000 Laurel St

## Senior Advisory Board

**President:** Sandy Parr / **Vice-President:** Paula Gierke  
**Secretary:** Kellie Fiebig / **Treasurer:** Leonard Sanderson  
**Sunshine:** Dolores Tomta / **Members:** Debra Irlle, Don Wilson,  
Janis Briski, Laurie Arndt, Mike Perry & Poppy Sanderson

## **Valentines Dance**

**"The Melody Makers Trio"**

**2:00pm – 4:00pm February 11th**

Come to listen or dance to great music with friends!

\$4.00 Suggested Donation

Contact Art for more info @ 253-841-3502

## Pinochle

**12:45pm Mondays**

Come and join this fun  
Pinochle Group.

Contact Bill Pederson or Gerald for  
more info @ 253-922-6794

## Adult Fitness

**9:00am - Tuesdays &**

**3:30pm - Wednesdays**

Your chance to move your body to music, increasing  
your mobility, strength & cardiovascular health.

Contact Nancy for more info @ 253-820-4176

## Bingo

**12:30pm - 2:00pm**

Last Wednesday of Each Month

Join us for Bingo with friends! Win Prizes!

Cost is \$1.00

Contact Paula for more info @ 253-568-7727

## Lunch

**Every Wednesday of the Month**

Come enjoy a lovely prepared lunch  
With friends!

\$4.00 Suggested Donation

## Senior Foot Care

**The First Monday of the Month**

Highly qualified Nurses (RNs and LPNs)

Ready to give help & advice. Cost is only \$30.00

**By appointment only. Call: 253-848-9625**

## Zumba Fitness

**6:15pm - 7:15pm Tuesdays & Thursdays**

Join Claire Berry- for a full hour of fun, aerobic dance  
set to Latin & World music & moves.

Contact Claire for more info @ 253-315-0237

## Craft Group

**10:00am – 2:00pm**

Thursdays

Learn how to make cards & much more!

## Yoga

**7:30pm - 8:30pm Tuesdays & Thursdays**

All ages welcome to come join 'Yoga with Kim', to build  
strong muscles through poses & stretching.

Contact Kim for more info @253-891-1036 or  
yogawithkim@hotmail.com

## Quilting Group

**10:00am Fridays**

Work on your project with "Friday  
Friends".

Take time to 'stich' & have fun with  
others doing the same thing!

# February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  <b>11:30am Lunch</b> *Birthday Celebration  <b>3:30pm Adult Fitness</b>	2  <b>10:00am Craft Group</b>  <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>	3  <b>10:00am Quilting</b>	4  <b>Happy Birthday Betty Mahmood!</b>
6  <b>12:45pm Pinochle</b>	7 <b>8am-12pm AARP Taxes</b> <b>9:00am Adult Fitness</b> <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>	8  <b>11:30am Lunch</b>  <b>3:30pm Adult Fitness</b>	9 <b>10:00am Craft Group</b> <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>  <b>Happy Birthday Jean Waldherr!</b>	10  <b>10:00am Quilting</b>	11 <b>Valentines Day Dance</b> <b>2:00pm</b>
13 <b>12:45pm Pinochle</b>  <b>2:00pm BUNCO @ Mill Ridge Village</b>	14 <b>8am-12pm AARP Taxes</b> <b>9:00am Adult Fitness</b> <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>	15  <b>11:30am Valentines Lunch</b>  <b>3:30pm Adult Fitness</b> <b>Happy Birthday Martha Schmaucher!</b>	16  <b>10:00am Craft Group</b>  <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>	17  <b>10:00am Quilting</b>	18  <b>Happy Birthday Jan Ljunggren!</b>
20  <b>12:45pm Pinochle</b>	21 <b>8am-12pm AARP Taxes</b> <b>9:00am Adult Fitness</b> <b>6:15pm Zumba</b> <b>7:30pm Yoga</b> <b>Happy Birthday Jan Ljunggren!</b>	22  <b>11:30am Lunch</b> <b>12:30pm BINGO</b>  <b>3:30pm Adult Fitness</b>	23 <b>10:00am Craft Group</b> <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>  <b>Happy Birthday Barbara Gordon!</b>	24  <b>10:00am Quilting</b>	25
27  <b>12:45pm Pinochle</b>	28 <b>8am-12pm AARP Taxes</b> <b>9:00am Adult Fitness</b> <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>	March 1  <b>11:30am Lunch</b>  <b>3:30pm Adult Fitness</b>	2  <b>10:00am Craft Group</b>  <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>	3  <b>10:00am Quilting</b>	<b>THANK YOU</b> Mill Ridge Village & Alder Ridge for your Lunch Donations & Support!