

February 2015 News

AT THE
MAC

Milton Activity Center 1000 Laurel St

Welcome to the Milton Activity Center!

Our Mission is to provide enjoyable activities, social interaction and educational experiences for the citizens of Milton and surrounding areas. The driving force of the Milton Activity Center is our dedication to continuous improvement, accountable leadership and the accomplishment of our Mission. We have a Quilter's Seminar on February 13th, Bingo offered on February 24th, and "The Melody Maker's Trio" will be performing Saturday, February 27th this month. Come join Fun February at the MAC!

Milton Activity Center

Phone: 253-922-6586

Happy Birthday!

February Birthdays

Betty Mahood- Feb 4th

Kendra Dixon – Feb 8th

Jean Waldherr – Feb 9th

Dottie Amrein – Feb 18th

Martha Schmaucher – Feb 18th

Jan Ljunggren – Feb 21st

Barbara Gordon – Feb 23rd

Please come & enjoy Birthday Cake
courtesy of Alder Ridge the first
Wednesday of every month.

Senior Advisory Board

President: Sandy Parr

Vice-President: Paula Gierke

Treasurer: Leonard Sanderson

Secretary: Kellie Fiebig

Sunshine: Paula Gierke

Members: Debra Irle,

Mike Perry, Don Wilson,

Janis Briski, Dolores Tomta,

Kendra Dixon & Poppy Sanderson

Newsletter: Claire Berry

- News & Events -

Come Dance with us!

Saturday, February 27th

2:00pm to 4:00pm

Live Entertainment from

“The Melody Makers Trio”

Come to Listen or Come to Dance!

All Ages Welcome!

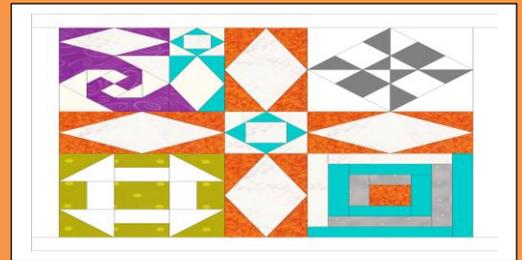
Suggested Donation \$4.00

Quilter's Seminar **SATURDAY, FEBRUARY 13TH**

10:00am

Milton Activity Center

Come see what
It's all about!



Tax Help!

-2 Locations-

At the Milton Activity Center, Milton

Tuesdays

Feb 2nd to March 8th

8:30am to 11:30am

Walk-in, No Appointments needed

At the Mountain View Community Center,

Edgewood

Tuesdays

Feb 2nd to March 8th

8:30am to 11:30am

Walk-in, No Appointments needed

Very important Reminder

Please do not come through the
Kitchen door when entering the
Activity Center! This is a potential
health code issue. Thank you.

-Senior Board

-Bunco-

at Mill Ridge Village

MONDAY, FEBRUARY 15TH

2:00pm – 4:00pm

Come Play & Enjoy Appetizers &
Prizes! Bring a friend!

Mark Your Calendars!

St. Patty's Day Dinner

Thursday, March 10th

Hosted at & by Mill Ridge Village

**Come Enjoy a fun evening full of
Great Food & Friends**

Tickets on Sale soon!



-Activities at the MAC-

Dance

2:00pm – 4:00pm

Saturday, February 27th

“The Melody Makers Trio”

ALL AGES WELCOME!

Come to Listen or Dance to great Music with friends! Coffee & Tea are provided.

\$4.00 Suggested Donation

Contact: Art for more information @ 253-841-3502

Bingo

12:30pm - 2:30pm

Wednesday,
February 24th

Join us in January for two hours of Bingo with friends! Win Prizes!

Cost is \$1.00 and includes coffee and / or tea.

Contact: Paula for more info @ 253-568-7727

Adult Fitness

9:00am-10:00am

Tuesdays & Thursdays

This class offers a chance to move your body to music, increasing your mobility, strength and cardiovascular health.

Contact: Nancy for more info @ 253-820-4176

Pinochle

12:45pm

Mondays

Come and join this fun Monday afternoon Pinochle Group. Contact: Bill Pederson or Gerald for more info @ 253-922-6794

Craft Group

10:00am – 2:00pm

Thursdays

Get crafty!

Learn how to make cards & so much more!

Quilting Group

“Friday-Friends”

10:00am Fridays

Work on your project with great company. Stich away and have fun here!

Bootcamp

with Grace

5:00pm – 6:00pm

Tuesdays

Increase your cardiovascular health & strength in a circuit training style, tailored to you. Nutritional advice will be a part of this class as well! Contact: Grace for more info @ 253-651-6309

Zumba Fitness

6:15pm - 7:15pm

Tuesdays & Thursdays

Join the M.e Zumba Team (Milton-Edgewood)

A full hour of fun & aerobic dance set to Latin & World music & moves.

Contact: Claire for more info @ 253-315-0237

Yoga

7:30pm - 8:30pm

Tuesdays
& Thursdays

All Ages welcome

Come join Kim Yee, who teaches a physical style of yoga.

Building strong muscles with poses & stretching.

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

February



Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 1st 12:45pm Pinochle *Senior Foot Care	2 8:30am Tax Help 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	3 11:30am Lunch* *February Birthday Celebration	4 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	5 10:00am Quilting	6 Quilter's Seminar 10:00am
8 12:45pm Pinochle	9 8:30am Tax Help 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	10 11:30am Lunch	11 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	12 10:00am Quilting	13
15 12:45pm Pinochle 2:00pm BUNCO at Mill Ridge Village	16 8:30am Tax Help 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	17 11:30am Lunch	18 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	19 10:00am Quilting	20
22 12:45pm Pinochle	23 8:30am Tax Help 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	24 11:30am Lunch 12:30pm BINGO	25 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	26 10:00am Quilting	27 Saturday Dance 2:00pm-4:00pm All Ages Welcome!
29 12:45pm Pinochle	Mar 1 8:30am Tax Help 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	2 11:30am Lunch* *March Birthday Celebration	3 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	4 10:00am Quilting	THANK YOU To Mill Ridge Village & Alder Ridge for their continued Lunch Donations & Support!

