

January 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. "The Melody Maker's Trio" will be performing for your dancing pleasure, Saturday, January 9th and Saturday, January 23rd. We also have brought back, by popular demand, the AARP Driving Class this month! A wonderful opportunity to get more skills on the road this year. Happy New Year from your friends at the MAC!

Milton Activity Center
Phone: 253-922-6586

Happy Birthday!



**Happy
Birthday!**

Debra Irle - January 10th
Marian Palas - January 25th

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 -

AARP DRIVER SAFETY PROGRAM

Course taught by Clara Hayes.

Where: Milton Activity Center

When: Wednesday, January 20th

Time: 9:00am to 5:00pm

Cost: \$15 for AARP Members
\$20 for Non-Members

More information call

Paula @ 253-568-7727

Limited space available - Call now
to register.



-Bunco-

at Mill Ridge Village
MONDAY, JANUARY 18TH

2:00pm – 4:00pm

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

Senior Foot Care

is provided the

First Monday of Every Month,

at the Milton Activity Center.

Highly qualified Nurses
(RNs & LPNs) are ready to give help
and advice.

By appointment only so call today.

Call @ 253-848-9625
to schedule a time.

Come Dance with us!

Saturday, January 9th
& Saturday, January 20th

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



-Activities at the MAC-

Dance

2:00pm – 4:00pm

Saturday, January 9th
&
Saturday, January 23rd

“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,
January 27th

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

January



Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 4th 12:45pm Pinochle *Senior Foot Care	5 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	6 11:30am Lunch* *January Birthday Celebration	7 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	8 10:00am Quilting	9 Saturday Dance 2:00pm-4:00pm All Ages Welcome!
11 12:45pm Pinochle	12 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	13 11:30am Lunch	14 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	15 10:00am Quilting	16
18 12:45pm Pinochle 2:00pm BUNCO at Mill Ridge Village	19 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	20 AARP Class 9:00am-5:00pm (Registration Required) 11:30am Lunch	21 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	22 10:00am Quilting	23 Saturday Dance 2:00pm-4:00pm All Ages Welcome!
25 12:45pm Pinochle	26 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	27 11:30am Lunch 12:30pm BINGO	28 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	29 10:00am Quilting	30
Feb 1st 12:45pm Pinochle *Senior Foot Care	2 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	THANK YOU To Mill Ridge Village & Alder Ridge for their continued Lunch Donations & Support!

