

June 2016 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 Saturday, June 11th and Saturday, June 25th this month. Look for upcoming events in our community in July and August!

We hope to see you soon at the MAC!

Milton Activity Center

Phone: 253-922-6586

Happy Birthday!

June Birthdays

Helen Finlayson – June 16th

Paula Gierke – June 17th

Poppy Sanderson – June 19th

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: *Dolores Tomta*

Members: *Janis Briski, Paula Gierke, Debra Irle, Mike Perry, Don Wilson & Poppy Sanderson*

Newsletter: *Claire Berry*

- News & Events -



The Fife Milton Edgewood
Chamber of Commerce
challenges **YOU** to join the
FME Food Fight!

Pledge your loyalty to either
Team Jennifer or **Team April**.

You can also form your own team,
or join a local business, school, or
church team.

FME FOOD FIGHT

Food Drive
From: May 23rd
To: June 17th
Sponsored by:



**Mill Ridge
Village**

A VILLAGE CONCEPTS
RETIREMENT COMMUNITY

607 28th Avenue, Milton, WA 98354



**The
Chamber**

Fife • Milton • Edgewood



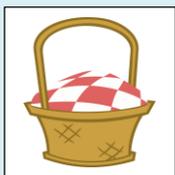
Bring your
Non-Perishable Foods
to the MAC Labelled:

**“FME FOOD FIGHT
TEAM JENNIFER
or
TEAM APRIL”**

-Thank you!

Mark Your Calendars!

City of Edgewood
Community Picnic
Saturday, July 16th
11am – 4pm



Milton Days
Friday, August 19th
& Saturday, August 20th

Road Improvements!

Beginning May 31st,
(continuing into June)
there will be Road
Improvements/Construction
on Milton Way.



Bunco!
at **Mill Ridge Village**
MONDAY, JUNE 20th
2:00pm – 4:00pm

-Activities at the MAC-

Dance

2:00pm – 4:00pm

Saturday, June 11th
&

Saturday, June 25th

“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 - 2:00pm

Wednesday,
June 29th

Join us for
One & Half 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 Claire Berry- a Licensed
Zumba Instructor for
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

June

AT THE
MIAC
 Milton Activity Center 1000 Laurel St

Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 30 12:45pm Pinochle	31 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	June 1 11:30am Lunch *June Birthday Celebration	2 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	3 10:00am Quilting	4
6 12:45pm Pinochle *Senior Foot Care	7 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	8 11:30am Lunch	9 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	10 10:00am Quilting	11 Saturday Dance 2:00pm- 4:00pm All Ages Welcome!
13 12:45pm Pinochle 6:15pm Zumba Fitness	14 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	15 11:30am Lunch	16 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	17 10:00am Quilting	18
20 12:45pm Pinochle 2:00pm BUNCO at Mill Ridge Village	21 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	22 11:30am Lunch	23 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	24 10:00am Quilting	25 Saturday Dance 2:00pm- 4:00pm All Ages Welcome!
27 12:45pm Pinochle	28 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	29 11:30am Lunch 12:30pm BINGO	30 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	July 1 10:00am Quilting	THANK YOU To <u>Mill Ridge</u> <u>Village</u> & <u>Alder</u> <u>Ridge</u> for their continued Lunch Donations & Support!