

March 2015 News

AT THE
MIAC

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, March 12th and Saturday, March 26th this month. There is also a great event happening at Mill Ridge Village this Month called the "Luck O' the Irish" Dinner. Get your tickets soon! See you soon!

Milton Activity Center

Phone: 253-922-6586

Happy Birthday!

March Birthdays

Ken Fiebig – March 3rd

Rhonda Max – March 16th

Wendy McMillian – March 24th

Don Wilson – March 29th

**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 -

‘Luck O’ the Irish’

Corned Beef & Cabbage Dinner

When? Thursday, March 10th at 6:00pm

Where? Mill Ridge Village (607 28th Ave, Milton)

Cost? \$12 for Seniors (& Children under 10)

Or \$15 for Adults



Mill Ridge is Proud to Sponsor the annual traditional ‘Corned Beef & Cabbage Dinner’ for the Milton Activity Center. All proceeds will go to the MAC’s Community Programs. Come enjoy Irish Music by Jim ‘Finn’ Finneran &

Join us supporting this wonderful cause.

Tickets can be purchased at Mill Ridge Village (253-925-9200) or

Contact Senior Board President Sandy Parr.

Tax Help!

-2 Locations-

Milton Activity Center, Milton
& 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

Bunko

at Mill Ridge Village
MONDAY, MARCH 21ST

2:00pm – 4:00pm

Rummage
SALE

Annual Rummage Sale

Where? Milton Activity Center

When? Friday, April 29th 9:00am to 5:00pm
& Saturday, April 30th 10:00am to 3:00pm

Profits from the Sale will go towards local needs

Christmas 2016

-Activities at the MAC-

Dance

2:00pm – 4:00pm

Saturday, March 12th
&

Saturday, March 26th

**“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,
March 30th

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 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

March



Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|-----------------------------|---|
| Feb 29th 12:45pm Pinochle | March 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 | 5 |
| 7 12:45pm Pinochle *Senior Foot Care | 8 8:30am Tax Help 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga | 9 No Lunch | 10 9:00am Adult Fitness 10:00am Craft Group 6:00pm 'Luck O' the Irish' Dinner (at Mill Ridge) 6:15pm Zumba 7:30pm Yoga | 11 10:00am Quilting | 12 Saturday Dance 2:00pm-4:00pm All Ages Welcome! |
| 14 12:45pm Pinochle | 15 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga | 16 11:30am Lunch | 17 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga | 18 10:00am Quilting | 19 |
| 21 12:45pm Pinochle 2:00pm BUNCO at Mill Ridge Village | 22 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga | 23 11:30am Lunch | 24 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga | 25 10:00am Quilting | 26 Saturday Dance 2:00pm-4:00pm All Ages Welcome! |
| 28 12:45pm Pinochle | 29 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga | 30 11:30am Lunch 12:30pm BINGO | 31 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga | April 1 10:00am Quilting | THANK YOU <i>To Mill Ridge Village & Alder Ridge for their continued Lunch Donations & Support!</i> |