

May 2016 News

AT THE
MIAAC

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, May 14th and Saturday, May 28th this month. Thank you to all of you that helped donate items to the Rummage Sale. You helped raise money for needy families this upcoming holiday season!

We hope to see you soon and thank you in person!

Milton Activity Center
Phone: 253-922-6586

Senior Advisory Board

Happy Birthday!

May Birthdays

Richard Schmaucher – May 1st
Marie Fiebig – May 24th
Wendy McMillian – May 24th

Please Come & Enjoy Birthday Cake
courtesy of Alder Ridge the first
Wednesday of every month.

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 -

Thanks to all those who donated items for our **ANNUAL RUMMAGE SALE!**

A Big Thanks to the City of Milton
(Mayor Debra P., Jill & Brent's Team) for all their help!

And a HUGE Thanks to Sandy, Ken P., Paula G., Leonard & Poppy S., Barbara G., Harriette K., Pat & Dean Hersee, Claire B., Delores & Jon, Kelly, Jan B., and Jan L and all the other folks who donated their time and, treasures.

And, of course, a **BIG THANKS** to **INEZ!**

And to the many others would spent their time loading, prepping, helping & organizing all the items!

Together we raised a lot of money which will now go to help with needy families this Christmas season!

We couldn't have done this without all of **YOU!**

Bingo!

Wednesday, May 25th



Come to have fun, meet friends and win prizes!

Bunco

at Mill Ridge Village
MONDAY, MAY 16TH
2:00pm – 4:00pm

It's time to Get Moving!

There are many ways to get in shape at the MAC!

Here are some options:

Adult Fitness Classes:

Tuesdays & Thursdays @ 9:00am

Bootcamp with Grace:

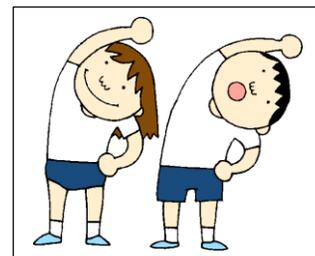
Tuesdays @ 5:00pm

Zumba Fitness Classes:

Tuesdays & Thursdays @ 6:15pm

Yoga with Kim:

**Tuesdays
& Thursdays
@ 7:30pm**



-Activities at the MAC-

Dance

2:00pm – 4:00pm

**Saturday, May 14th
&**

Saturday, May 28th

**“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,
May 25th**

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

May

AT THE
MAC
 Milton Activity Center 1000 Laurel St

Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2 12:45pm Pinochle *Senior Foot Care	3 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	4 11:30am Lunch* *May Birthday Celebration	5 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	6 10:00am Quilting	7
9 12:45pm Pinochle	10 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	11 11:30am Lunch	12 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	13 10:00am Quilting	14 Saturday Dance 2:00pm-4:00pm All Ages Welcome!
16 12:45pm Pinochle 2:00pm BUNCO at Mill Ridge Village	17 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	18 11:30am Lunch	19 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	20 10:00am Quilting	21
23 12:45pm Pinochle	24 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	25 11:30am Lunch 12:30pm BINGO	26 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	27 10:00am Quilting	28 Saturday Dance 2:00pm-4:00pm All Ages Welcome!
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	THANK YOU To <u>Mill Ridge Village & Alder Ridge</u> for their continued Lunch Donations & Support!