

# November 2015

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 are also open to new programs and activities that you are interested in having here. This month, there are Dances with our very own house band, "The Melody Maker's Trio"; Saturday, November 14<sup>th</sup> and November 28<sup>th</sup>; Come check out a round of Bingo on November 18<sup>th</sup>. See you soon at the MAC!*

**Milton Activity Center**  
**Phone: 253-922-6586**

## Happy Birthday!



**Wishing You a  
Wonderful Birthday!**

**Janice Briski – Nov 23rd**  
**Victor Kring – Dec 3<sup>rd</sup>**

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 -



## Free Pancake Breakfast

**Where:** Milton Activity Center  
**When:** Saturday, November 7<sup>th</sup>  
**Time:** 8:00am to 9:00am

Come Honor the Veterans of our Community & Enjoy a Pancake Breakfast with Friends, Family & Neighbors



**Congratulations Local Friend Marian Meyer for winning this Beautiful Quilt! Enjoy!**

## AARP DRIVER SAFETY PROGRAM

Course taught by Clara Hayes.

**Where:** Milton Activity Center  
**When:** Wednesday, December 9<sup>th</sup>  
**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, NOVEMBER 16<sup>TH</sup>**

**2:00pm – 4:00pm**

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

A **Big Thank You** to all who Donated goods to the families that lost their homes & belongings in the fires this summer. The items were delivered last week to Omak & Twisp Communities! Thank you for your love and support to get these families back on their feet.

*-Sandy Parr & Senior Board*

# -Activities at the MAC-

## Dance

2:00pm – 4:00pm

Saturday, November 14<sup>th</sup>  
&  
Saturday, November 28<sup>th</sup>

“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

**This month Bingo is  
November 18<sup>th</sup>!**

Enjoy 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

# THANK YOU

To Mill Ridge Village & Alder Ridge for their continued Lunch Donations & Support!



# November

# Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 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* *November Birthday Celebration	5 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	6 10:00am Quilting	7 Free Pancake Breakfast 8:00am-9:00am Come Honor Veterans in our Community
9 12:45pm Pinochle	10 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	11 Veteran's Day No Lunch Today City Offices Closed	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 12:30pm BINGO	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 No Lunch Today	26 Thanksgiving Day 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	Dec 1 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga	2 11:30am Lunch* *December Birthday Celebration	3 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	4 10:00am Quilting	5 Milton Tree Lighting Event 5:00pm