



# November News

1000 Laurel Street, Milton WA 98354 Phone: 253-922-6586

## About the Milton Activity Center

### 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. Please feel free to inquire about any of the resources we are offering. We are also open to new programs and activities that you are interested in having here. This month we have a fun event like our special Thanksgiving Lunch. This is your chance to dress up like a Pilgrim, Native American or whatever you'd like to represent the holiday! Together we can make the Milton Activity Center the best place to have fun in Milton!*

# Milton Activity Center

## Senior Advisory Board

**President:** *Poppy Sanderson*

**Vice-President:** *Inez Hofmann*

**Treasurer:** *Leonard Sanderson*

**Secretary:** *Kellie Engel*

**Sunshine:** *Barbara Gordon*

**Members:** *Janis Briski, Debra Irle, Don Wilson, Paula Gierke & Wendy McMillian.*

**Newsletter:** *Claire Berry*



## Happy Birthday!

**Janis Briski – Nov 23<sup>rd</sup>**

**Victor Kring – Dec 3<sup>rd</sup>**

**Come Celebrate November Birthdays with us on Wednesday, Nov.4th with Birthday Cake provided by Alder Ridge.**

# -Current News-

## Senior Foot Care

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!**

Call @ 253-848-9625 to schedule your time. Cost is only \$30.00 Call today!

## Thank You!

**THANK YOU**

To all the amazing Volunteers that helped with the Milton Bazaar and Oktoberfest Event in October! We couldn't have done it without **YOU!**

## LET US KNOW!



**We Need Your Help Handing Out "Sunshine"!**

**Do you know someone that needs encouragement or recognition through a thoughtful card?**

We need your help in finding out who they are!

Look for the Card Request Box at the MAC to drop off your requests on behalf of your loved ones. **Thank you!**

## Sound Christian Church

Meets at the Milton Activity Center

Service Starts at 10:45am

**Sundays**

Coffee and desserts after Service

Contact: Eve for more information at 253-202-9230

[www.soundchristian.org](http://www.soundchristian.org)

**Sound** Christian Fellowship

## Upcoming Events

### **MILTON TREE LIGHTING**

**Saturday, December 6th**

**3:00pm to 8:00pm**

**at the Milton Activity Center**

Kick off the holiday season with your neighbors!

There will be Holiday crafts for the kids, food & beverages.

The Santa Parade will tour the city from 3:00pm to 5:00pm.

Santa will arrive back at the Milton Activity Center at 5:00pm.

Tree Lighting at 5:30pm

Visit with Santa for photos & a gift between 6:00pm to 8:00 pm.

Come enjoy the festive music and refreshments as well!

# Activities at the Milton Activity Center

## Pinochle

1:00pm

**Mondays**

Come and join this fun Monday afternoon Pinochle Group.

Contact: Bill Pederson or Gerald for more info

@253-922-6794

## Zumba Gold

10:15am-11:15am

**Mondays**

Zumba Gold Classes provide low-impact, modified moves for active older adults. First Class is free!

Contact: Kassie Brown for more info

@ 253-312-5592

## Bingo

12:30pm-2:30pm

**4<sup>th</sup> Wednesdays of every month**

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

## Craft Group

10:00am – 2:00pm  
**Thursdays**

Get crafty! Learn how to make cards and so much more!

## 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

## Quilting Group

**“Friday-Friends”**

**10:00am Fridays**

Work on your project with great company!

Contact: Angie for more info  
@ 253-922-7264

## Senior Dance

12:30pm-3:00pm

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the Month:  
“Melody Makers Trio”**

Come enjoy Great Music and Dancing with friends!

\$4.00 Drop-in

## Yoga

7:30pm- 8:30pm

**Mondays,  
Tuesdays  
& Thursdays**

**All Ages welcome**

Come join Kim Yee, who teaches a physical style of yoga. Building strong muscles with poses and stretching.

Contact: Kim for more info:  
@253-891-1036 or  
yogawithkim@hotmail.com

## Zumba Fitness

6:15pm-7:15pm  
**Tuesdays & Thursdays**

7:15pm-8:15pm  
**Wednesdays**

Join the M.E Zumba Team (Milton-Edgewood) for a full hour of fun and aerobic dance set to Latin music and moves.

Contact: Claire for more info  
@ 253-315-0237

## Mixedfit

6:00pm-7:15pm  
**Mondays**

5:30pm-6:45pm  
**Wednesdays**

“People-Inspired” Dance Fitness program.

Contact: Danielle for more info  
@ 206-802-5399

**Consider having your next large gathering or event at the Milton Activity Center!**

**Rental rates are available.**

**For more info call:  
253-922-8733 ext:2005**

# Milton Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 3 <b>10:15am Zumba Gold</b> <b>1:00pm Pinochle</b> <b>6:00pm Mixxedfit</b> <b>7:30pm Yoga</b>  Bread Day	4 <b>9:00am Adult Fitness</b> <b>12:30pm Senior Dance</b> (The Melody Makers Trio) <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b> Bread Day	5 <b>11:30 Lunch*</b> *November Birthday Celebration <b>5:30pm Mixxedfit</b> <b>7:15pm Zumba Fitness</b> Bread Day	6 <b>9:00am Adult Fitness</b> <b>10:00am Craft Group</b> <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>	7 <b>10:00am Quilting</b>
10 <b>10:15am Zumba Gold</b> <b>1:00pm Pinochle</b> <b>6:00pm Mixxedfit</b> <b>7:30pm Yoga</b> Bread Day	11 <b>9:00am Adult Fitness</b>  <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b> Bread Day	12 <b>11:30 Lunch</b>  <b>5:30pm Mixxedfit</b> <b>7:15pm Zumba Fitness</b> Bread Day	13 <b>9:00am Adult Fitness</b> <b>10:00am Craft Group</b> <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>	14 <b>10:00am Quilting</b>
17 <b>10:15am Zumba Gold</b> <b>1:00pm Pinochle</b> <b>6:00pm Mixxedfit</b> <b>7:30pm Yoga</b>  Bread Day	18 <b>9:00am Adult Fitness</b> <b>12:30 Senior Dance</b> (The Melody Makers Trio)  <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b> Bread Day	19 <b>11:30 Thanksgiving Lunch *</b> <b>12:30pm BINGO!</b>  <b>5:30pm Mixxedfit</b> <b>7:15pm Zumba Fitness</b> Bread Day	20 <b>9:00am Adult Fitness</b> <b>10:00am Craft Group</b> <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b>	21 <b>10:00am Quilting</b>
24 <b>10:15am Zumba Gold</b> <b>1:00pm Pinochle</b> <b>6:00pm Mixxedfit</b> <b>7:30pm Yoga</b> Bread Day	25 <b>9:00am Adult Fitness</b>  <b>6:15pm Zumba Fitness</b> <b>7:30pm Yoga</b> Bread Day	26 <b>11:30 Lunch</b>  <b>5:30pm Mixxedfit</b> <b>7:15pm Zumba Fitness</b> Bread Day	27 <b>THANKSGIVING</b> <del>9:00am Adult Fitness</del> <del>10:00am Craft Group</del> <del>6:15pm Zumba Fitness</del> <del>7:30pm Yoga</del>	28 <del>10:00am Quilting</del>

## Lunch Menu

Nov 5th	Nov 12th	Thanksgiving Lunch * Nov 19th
Chicken Noodle Soup and Ham & Cheese Sandwiches	Beef Lasagna Tossed Salad & French Bread	Hot Turkey Sandwiches w/ Gravy & Dressing/ Cranberry Salad & Vegetables