

Milton Activity Center



July 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 special events like an all ages Dance with the "Melody Makers Trio" and a BBQ with Live Music (with special guest). Together we can make the Milton Activity Center the best place to have fun in Milton!

Senior Advisory Board

President: *Poppy Sanderson*

Vice-President: *Inez Hofmann*

Treasurer: *Leonard Sanderson*

Secretary: *Kellie Engel*

Sunshine: *Barbara Gordon*

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

Newsletter: *Claire Berry*



Happy
Birthday!

July 10th: **Loris Shoemaker**

July 15th: **Harriette Kring**

July 15th: **Shirely Olive**

Come Celebrate July Birthdays with us on Wednesday, July 2ndth with Birthday Cake (provided by Alder Ridge).

Recipe Corner

Baked French Toast

“A sweet and sumptuous baked French Toast recipe which is prepared the night before and baked in the morning.”

Ingredients:

- 1 (1 pound) loaf French bread, cut diagonally in 1 inch slices
- 8 eggs
- 2 cups milk
- 1 ½ cups half & half cream
- 2 teaspoons vanilla extract
- ¼ teaspoon ground cinnamon
- ¾ cup butter
- 1 1/3 cups brown sugar
- 3 tablespoons light corn syrup

Directions:

- 1.) Butter a 9x13 inch baking dish. Arrange the slices of bread in the bottom. In a large bowl, beat together the eggs, milk, cream, vanilla and cinnamon. Pour over bread slices, cover and refrigerate overnight.
- 2.) The next morning, pre-heat the oven to 350 degrees F. In a small saucepan, combine butter, brown sugar and corn syrup; Heat until bubbling. Pour over bread and egg mixture.
- 3.) Bake in preheated oven, uncovered for 40 minutes.
- 4.) Remove from oven and let cool for 5-10 minutes. Serve with toppings if desired (maple syrup, fruit or whip cream)

Enjoy!

Free Tree Advice

Get Tree advice from 41-year Forestry Research Advisor!

Recommendations / Advice on:

- **What & How to plant**
- **Growing**
- **Harvesting**
- **Pruning**
- **Diseases**
- **Insects**
- **pesticides**

Contact Jim for more information:

(253) 442-5623 or

hjamesreno@hotmail.com

Health News

Senior Foot Care

Foot Care provided the **first Monday of every month**, at the Milton Activity Center.

Highly qualified Nurses (RNs and 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!

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 @ 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

4th 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 details @ 253-568-7727

Quilting Group

"Friday-Friends"

10:00am Fridays

Work on your project with great company!

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

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

Craft Group

10:00am – 2:00pm

Thursdays

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

Senior Dance

12:30pm-3:00pm

Tuesdays

Featuring the "Melody Makers Trio"!!

\$4.00 Drop-in

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

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

Mixedfit

5:30pm-6:30pm

Wednesdays*

"People-Inspired" Dance fitness program.

Contact: Danielle for more info @ 206-820-5399

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 and stretching.

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

In Memory Of...

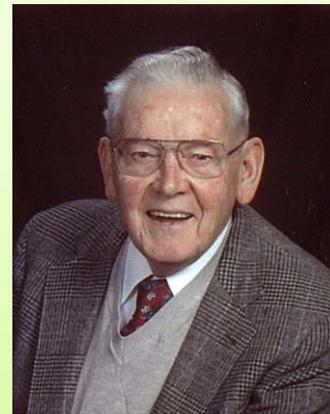
**Lawana Karin Johannesen
Bernhoff**



June 2014



Werner Josef Amrein



June 2014

-Upcoming Events-

Milton Days

“Rock the Park” 2014!

Go Seahawks!

August 16th & 17th

Milton Community Park



Thank you “Crazy Quilters” for making the very lovely Quilt that will be raffled at this event! Tickets for the Raffle to win this Quilt are being sold now, for \$1.00 per ticket. All proceeds will be going to the Milton Activity Projects.

BBQ & Live Music

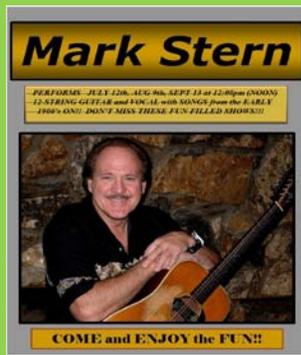
Saturday, July 12th
12:00pm to 2:00pm

Milton Activity Center

Hamburgers, hot dogs,
beans chips, drinks and Ice
Cream Sundaes!

Suggested Donation \$5.00
(kids 10yrs & under are Free)

Come enjoy One hour of Live
Musical Entertainment by
Mark Sterns (12pm to 1pm)
along with a Full BBQ meal!



All Ages Dance Event!

Featuring the Music of the
“Melody Makers Trio”

Saturday, July 19th
2:00pm to 4:00pm

Milton Activity Center

Suggested Donation \$2.00

Edgewood Community

Picnic

Saturday, July 19th
11:00am to 4:00pm

Edgemont Park
(24th St. & 110th Ave E.,
Edgewood)

Milton Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday													
June 30 10:15am Zumba Gold 1:00pm Pinochle Bread Day	1 9:00am Adult Fitness 12:30pm Senior Dance 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	2 11:30 Lunch* *July Birthday Celebration 5:30pm Mixxedfit 7:15pm Zumba Fitness Bread Day	3 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	4 10:00am Quilting	5													
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"Bread Day" (Mon/Tues/Wed) Provided by Albertsons in Milton. Remaining donations go to Edgewood Food Bank.

July 2014 Events Calendar