

MILTON

January 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 Special Saturday Dance on Jan 17th. Come to Listen or come to Dance to live Music from the 'Melody Makers Trio'!! 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: *Sandy Parr*

Treasurer: *Leonard Sanderson*

Secretary: *Kellie Engel*

Sunshine: *Paula Gierke*

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

Newsletter: *Claire Berry*

Thank You Inez!

Inez Hoffman is stepping down as Vice-Chairman of the Senior Advisory Board this month. Inez has been a strong, driving highly gifted force behind many events here at the MAC She has been serving many for years behind the kitchen doors and outside in the community. We will miss her leadership but wish her the best in more time spent with Hubby in travel!

Thank you Inez! -SAB

-Current News-

Senior 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!

**Do you love our Community?
Do you have a passion
to serve others?**

**Would you like to make a
difference in lives of others?**

Then We Need YOU!

**We are taking Applications for
Senior Advisory Board
Members!**

**There are Applications
at the Front Desk (MAC) available.**

'On The Hill' Community Fitness Challenge

BE A PART OF OUR COMMUNITY FITNESS CHALLENGE!

Win Prizes! Get in Shape!

- Pick up your 'Challenge Card' at our Fitness Sponsors / Participating businesses.
- Start or continue, working out for the next 60 DAYS (Jan & Feb)!
- The more times you work out, the more chances you get to win amazing prizes!
- Entry cost is only \$10. And just for participating, you receive a
'On the Hill' Challenge T-Shirt made by our sponsor **Northwest Embroidery.**
- The Challenge begins Jan 1st, 2015 and runs until Feb 28th, 2015.

Check out the Facebook Page: ['On The Hill Community Fitness Challenge'](#)



New Year's Resolutions Help

Do you have New Years' Resolutions?

Are you constantly starting your goals,
only to quit a few weeks or months later?

**Do you want to understand why
& gain control of your health?**

Join Sue Moore & Angela Fetch - Health Coaches
Call 253-242-7231 for more information.
(Meetings held at the Milton / Edgewood Library)

FITNESS CHALLENGE

SPONSORS:

- Yoga with Kim
- M.e. Zumba
- Zumba Gold with Kassie
- North Hill Fitness
- Cardio Kickboxing
& Adult Karate at Edgewood
Karate Academy

Activities at the Milton Activity Center

Pinochle!

12:45pm

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

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 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

1st and 3rd Tuesdays of the Month:

“Melody Makers Trio”

This Month! Special Saturday Dance Jan 17th

Come Listen Great Music & Dancing with friends!

\$4.00 Suggested Donation

Contact: Art for more info

@ 253-841-3502

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

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 & stretching.

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

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**

-Upcoming Events-

Saturday Dance!

Saturday, January 17th

2:00pm to 4:00pm

At the Milton Activity Center

Live Entertainment from

“The Melody Makers Trio”

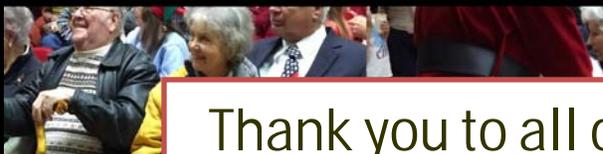
Come to Listen or Come to Dance!

All Ages Welcome!

Suggested Donation \$2.00



Milton Tree Lighting 2014 Pictures!



Thank you to all our precious Volunteers!



Milton Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 5 10:15am Zumba Gold 12:45pm Pinochle *Senior Foot Care 6:00pm Mixedfit 7:30pm Yoga Bread Day	6 9:00am Adult Fitness 12:30pm Senior Dance (The Melody Makers Trio) 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	7 11:30am Lunch* *January Birthday Celebration ** DRESS IN Black & White! 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	8 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	9 10:00am Quilting	10
12 10:15am Zumba Gold 12:45pm Pinochle 6:00pm Mixedfit 7:30pm Yoga Bread Day	13 9:00am Adult Fitness 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	14 11:30am Lunch 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	15 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	16 10:00am Quilting	17 Special Saturday Dance With Live Music from "The Melody Makers Trio" 2:00pm – 4:00pm
19 10:15am Zumba Gold 12:45pm Pinochle 6:00pm Mixedfit 7:30pm Yoga Bread Day	20 9:00am Adult Fitness 12:30 Senior Dance (The Melody Makers Trio) 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	21 11:30am Lunch** 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	22 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	23 10:00am Quilting	24 Thank you To Mill Ridge Village & Alder Ridge for their continued Lunch Donations & Support!
26 10:15am Zumba Gold 12:45pm Pinochle 6:00pm Mixedfit 7:30pm Yoga Bread Day	27 9:00am Adult Fitness 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	28 11:30am Lunch 12:30pm BINGO! 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	29 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	30 10:00am Quilting	
Feb 2 10:15am Zumba Gold *Senior Foot Care 12:45pm Pinochle 6:00pm Mixedfit 7:30pm Yoga Bread Day	3 TAX HELP DAY (8:30am-11:30am) 9:00am Adult Fitness 12:30 Senior Dance (The Melody Makers Trio) 6:15pm Zumba Fitness 7:30pm Yoga /Bread Day	4 11:30am Lunch 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	5 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	6 10:00am Quilting	

"Bread Day"
 Provided by
 Albertsons in
 Milton.
 Remaining
 donations go
 to Edgewood

January 2015 Events Calendar