

April 2015 News

AT THE
MIAC

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 we have Rummage and Antique Sale, April 24th & 25th, benefitting needy families next Christmas season. We also will have a Saturday Dance on April 18th. Come see what all the excitement is about! Come help us make the Milton Activity Center the best place to have fun in Milton!

Senior Advisory Board

Vice-President: Sandy Parr

Treasurer: Leonard Sanderson

Secretary: Kellie Engel

Sunshine: Paula Gierke

Members: Janis Briski,

Debra Irle, Wendy McMillian

Poppy Sanderson & Don Wilson

Newsletter: Claire Berry

Milton Activity Center Phone: 253-922-6586

Happy Birthday!



Wishing you a wonderful day!

Pat Gordon – April 1st

Patty Hersee – April 14th

**Happy Anniversary to
Bob & Inez Hofman**

**Enjoy Birthday Cake courtesy
of Alder Ridge April 1st.**

-Current News-



Friday, April 24th
9:00am to 5:00pm
&
Saturday, April 25th
10:00am to 3:00pm

Milton Activity Center
1000 Laurel Street,
Milton

- Profits go towards Local Families in Need Christmas 2015.

Antiques! House Plants!
Donuts & Coffee!

- Donations welcome! Contact 253-778-0186 for more information.
- Hosted by the Milton Senior Activity Board.

Gardening
Corner



GARDENING TIPS FOR APRIL



Isn't Spring lovely? One day the Maples are dead looking the next all 'leafed out'! In a recent Rose class I learned the names of roses that are disease free. A good climber is named Dortmund and one named Westerland. Good Floribundas are Hot Cocoa and Living Easy, and good Hybrids are About Face and Francis Meiland. Shrub roses are Brothers Grimm Fairy Tale and Cinderella Fairy Tale. Stay away from the Rugosa unless you want one for out somewhere. They get really big and full of stickers. Now is the time to plant roses and other scrubs. It will be too late soon. Be sure and not purchase annuals now. They will freeze outside...more on that in the May issue.

- Sandy Parr

-Activities at the MAC-

Pinochle!

12:45pm

Mondays

Come and join this fun Monday afternoon Pinochle Group.

Contact: Bill Pederson or Gerald for more info

@253-922-6794

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!

Mixedfit

5:30pm – 6:45pm

Mondays

5:30pm-6:45pm

Wednesdays

“People-Inspired”
Dance Fitness program.

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

Senior Dance

12:30pm – 3:00pm

1st & 3rd Tuesdays

(of each Month)

**“The Melody Makers Trio”
Special Dance Event
this Month!**

Saturday, April 18th

2:00pm to 4:00pm

ALL AGES WELCOME!

Come to Listen or Dance to great Music with friends!

\$4.00 suggested donation

Contact: Art for more information @ 253-841-3502

**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**

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

Bingo

12:30pm-2:30pm

last Wednesday of each 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

Quilting Group

“Friday-Friends”

10:00am Fridays

Work on your project with great company!

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

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

-Upcoming Events-

AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety Program is the largest in the nation, and is designed to help older adults stay safe on the road. Course taught by Clara Hayes.

This course will help you learn:

- ✓ New rules of the road
- ✓ About normal, age-related changes that affect driving and ways to adjust your driving to compensate for these changes
- ✓ Help reduce your chances of traffic accidents & injuries
- ✓ How to be a safe driver

Where? At the Milton Activity Center

When? Wednesday, May 13th

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 so call now to register.

Back by Popular Demand!

Special Saturday Dance!

SATURDAY, APRIL 18TH

2:00pm to 4:00pm

At the Milton Activity Center

Live Entertainment from

Lynn Leo Art
“THE MELODY MAKERS TRIO”

Come to Listen or Come to Dance!

All Ages Welcome!

Suggested Donation \$4.00



April 2015

AT THE
MAC

Calendar

Milton Activity Center 1000 Laurel St

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
March 30 12:45pm Pinochle *Senior Foot Care Bread Day	March 31 9:00am Adult Fitness 12:30pm Senior Dance 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	April 1 11:30am Lunch* *Birthday celebration 5:30pm Mixxedfit 7:15pm Zumba Fitness Bread Day	April 2 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	April 3 10:00am Quilting	April 4 Lunch Menu <table border="1"> <tr> <td>April 1st April 15th April 29th</td> <td>Oliver's Sandwiches</td> </tr> <tr> <td>April 8th</td> <td>BBQ Pork with Buns & French Fries</td> </tr> <tr> <td>April 22nd</td> <td>Hot Dogs with Buns & Beans</td> </tr> </table>	April 1 st April 15 th April 29 th	Oliver's Sandwiches	April 8 th	BBQ Pork with Buns & French Fries	April 22 nd	Hot Dogs with Buns & Beans
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13 12:45pm Pinochle 5:30pm Mixxedfit Bread Day	14 9:00am Adult Fitness 12:30pm Senior Dance 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	15 11:30am Lunch 5:30pm Mixxedfit 7:15pm Zumba Fitness Bread Day	16 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	17 10:00am Quilting	18 RUMMAGE, PLANT & ANTIQUE SALE! 9:00am- 5:00pm						
20 12:45pm Pinochle 5:30pm Mixxedfit Bread Day	21 9:00am Adult Fitness 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	22 11:30am Lunch 5:30pm Mixxedfit 7:15pm Zumba Fitness Bread Day	23 9:00am Adult Fitness*meet in city chambers 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	24 RUMMAGE, PLANT & ANTIQUE SALE! 9:00am- 5:00pm	25 RUMMAGE, PLANT & ANTIQUE SALE! 9:00am- 3:00pm						
27 12:45pm Pinochle *Senior Foot Care 5:30pm Mixxedfit Bread Day	28 9:00am Adult Fitness 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	29 11:30am Lunch 12:30pm BINGO! 5:30pm Mixxedfit 7:15pm Zumba Fitness Bread Day	30 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	May 1 10:00am Quilting "Bread Day" Provided by Albertsons in Milton. Remaining donations go to Edgewood Food	Thank you To Mill Ridge Village & Alder Ridge for their continued Lunch Donations & Support!						