

# July 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 changed our Dance days! This month, there are TWO Dance Events; Saturday, July 11<sup>th</sup> and Saturday, July 25<sup>th</sup>! The 'House Band' The Melody Maker's Trio will be bringing the music so come bring your family & friends! Come join us at the Edgewood Community Picnic Saturday, June 18<sup>th</sup>. Come help us make the Milton Activity Center the best place to have fun in Milton!*

## Senior Advisory Board

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

**Vice-President:** Sandy Parr

**Treasurer:** Leonard Sanderson

**Secretary:** Kellie Fiebig

**Sunshine:** Paula Gierke

**Members:** Debra Irle, Don Wilson,  
Janis Briski, Kedra Dixon  
Poppy Sanderson &  
Wendy McMillian.

**Newsletter:** Claire Berry

## Happy Birthday!



**Wishing you all a  
Wonderful Birthday!**

**Loris Shoemaker – July 10<sup>th</sup>**  
**Harriette Kring – July 15<sup>th</sup>**  
**Shirely Olive - July 15<sup>th</sup>**

**Enjoy Birthday Cake courtesy of  
Alder Ridge the first Wednesday of  
every month.**

# -Current News-

## EDGEWOOD COMMUNITY PICNIC

Saturday, July 18<sup>th</sup>  
Edgemont Park  
11:00am to 4:00pm

Come Support Kendra  
& Hagen Team  
Raffle Tickets will be Sold at  
Our 'MAC' booth!

Enjoy games, music, vendors &  
food all in the Park!  
Bring your family & friends!

Check out [www.cityofedgewood.org](http://www.cityofedgewood.org) OR  
[www.facebook.com/cityofedgewoodpicnic](https://www.facebook.com/cityofedgewoodpicnic)



## -Bunco-

at Mill Ridge Village

MONDAY, JULY 20TH

2:00pm – 4:00pm

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

## Reminder!

MAC Closure week of  
August 3<sup>rd</sup> to August 7<sup>th</sup>

## -Veep Corner-

A word from Sandy Parr,  
Vice-President of  
The Milton Senior Board:

*I'd like to take this chance to thank  
**Paula Gierke** for all of her work.  
Even when she has just had surgery  
she is always at the MAC handling  
a million things. She volunteers at  
the Dances, organized the Driver's  
education Class, Keeps up with the  
crafters and handles the Bingo.  
Paula is always at the Wednesday  
lunches, helping in many ways. She  
is always lending a hand serving  
and cleaning as well. I have never  
heard a cross word from her.*

**Thanks Paula,**  
*we could use three of you!*

# -Activities at the MAC-

## Dance

2:00pm – 4:00pm

Saturday, July 11th  
& Saturday, July 25th

“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

4<sup>th</sup> 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

## 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!

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

## 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

7:00pm - 8:00pm  
Wednesdays

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

Come out on July 18<sup>th</sup>  
To the Milton Community Park

Tour our community fuchsia  
demonstration garden,  
Meet local gardening experts and  
shop with unique artisans.

Call City Hall  
for more information  
and ticket pricing.



FEDERAL WAY  
*Symphony*  
EST. 1983  
A. GORDON EVANS, FUCHSIA DIRECTOR

16<sup>th</sup> Annual  
*Tour of Gardens*  
- SATURDAY, JULY 18, 2015 • 10AM-5PM -

*View & tour 6 beautiful private gardens & fuchsia demonstration garden, talk to Master Gardeners, shop unique artisans*

**Ticket Information**  
Pre-Sale discount, prices increase July 1  
Tickets available at all gardens on day of tour  
& at Twin Lakes.

**Keynote Speaker**  
**Susie Egan**



Shade Gardening  
11:30AM - 12:30PM  
Twin Lakes Golf & Country Club  
3583 SW 320th St  
Federal Way

Learn about shade gardening from Susie Egan, owner of Cottage Lake Gardens, from in the ballroom at Twin Lakes Golf & Country Club in Federal Way. Preview vendor artwork for sale, plus pre-order lunch is available for an added cost (reservations required).

**Ticket Locations**

- Online: [federalwaysymphony.org](http://federalwaysymphony.org)
- Phone: 253-529-9857
- Branches Garden Center, Federal Way Commons Mall
- Branches Garden Center, Federal Way Military Rd.
- Oriental Garden Center, Federal Way
- Marlene's Market, Federal Way
- Rhododendron Species Botanical Garden Gift Shop
- Horney's Nursery, Des Moines
- Watson's Greenhouse & Nursery, Puyallup
- Milton City Hall

MILTON [federalwaysymphony.org](http://federalwaysymphony.org)

## -Upcoming Events -

# Milton Days!

## "Rock the Park" Salute to Service

August 15<sup>th</sup> & 16<sup>th</sup>

Come Experience the Fun

& Excitement Milton has to offer!

For more information go to [cityofmilton.net](http://cityofmilton.net)

OR Facebook: Milton events committee

