

Milton Activity Center



August 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 amazing events like our Waffle Breakfast with Live Music by Mark Sterns, "Milton Days"-Rock the Park Celebration and an all-ages Dance featuring "The Melody Trio". 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: *Paula Gierke*

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

Newsletter: *Claire Berry*



Happy
Birthday!

Come Celebrate August Birthdays with us on Wednesday, August 6th!

- Margie Wilson
- Leonard Sanderson
- Inez Hofmann

with Birthday Cake (provided by Alder Ridge)

Thank you “Crazy Quilters” for making the very lovely Quilt that will be raffled at this event!



Tickets to win this beautiful Quilt are being sold now for \$1.00 per ticket.

THANK YOU ALBERTSONS!!

BIG THANKS

to Kendra and Her Crew

from Albertsons in Milton

for their Generous Donation to the Senior Activities in Milton from the Edgewood Picnic in July.

We really appreciate you!!

Senior Foot Care

Foot Care is 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.

*September's Foot Care will be offered on Monday, August 25th (not Monday, Sept 1st)

By appointment only!

Call @ 253-848-9625 to schedule your time.

Cost is only \$30.00 Call today!

Milton Days

“Rock the Park” 2014!

Go Seahawks!!

August 16th & 17th

Milton Community Park



We need volunteers to hand out newsletters and information at our tent during Milton Days. If you are interested, Please contact Poppy or Inez (via the MAC).

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

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

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.

***Mondays beginning Aug 18th**

Contact: Kim for more info:

@253-891-1036 or
yogawithkim@hotmail.com

Mixedfit

5:30pm-6:45pm

Wednesdays

“People-Inspired” Dance Fitness program.

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

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-

Dance Event!!

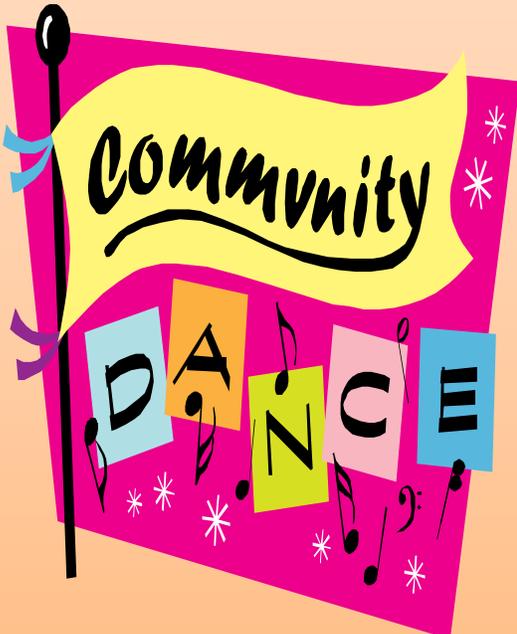
Featuring the Music of the
“Melody Makers Trio”

Saturday, August 23rd

2:00pm to 4:00pm

Milton Activity Center

Suggested Donation \$2.00
ALL AGES WELCOME!!



Waffles &

Strawberries Breakfast

& Live Music

Saturday, August 9th

8:00am to 11:00am

Milton Activity Center

Come enjoy a delightful Breakfast full of
Waffles & Strawberries!

Come enjoy an hour of Live Musical Entertainment
by Mark Sterns (10:00am to 11:00am)

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

Sound Christian Fellowship

Did you know?..

Milton Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
(Aug) 4 10:15am Zumba Gold 1:00pm Pinochle Senior Foot Care (by apt) Bread Day	5 9:00am Adult Fitness 12:30pm Senior Dance 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	6 11:30 Lunch* *August Birthday Celebration 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	7 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	8 10:00am Quilting	9 Waffles & Strawberries Breakfast! With Music by Mark Sterns*! Begins 8am to 11am. *Music from 10am to 11am								
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August 2014 Events Calendar