

**“BREAD DAY”**

Provided by *'Haggens'* in Milton. Remaining donations go to the Edgewood Food Bank.

AT THE  
**MAC**

Milton Activity Center 1000 Laurel St

**THANK YOU**

To Mill Ridge Village & Alder Ridge for their continued Lunch Donations & Support!

**July 2015**

**Calendar**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
June 29 12:45pm Pinochle  Bread Day	June 30 9:00am Adult Fitness 6:15pm Zumba Fitness 7:30pm Yoga  Bread Day	July 1 <b>11:30am Lunch*</b> *Birthday celebration 7:00pm Zumba Fitness  Bread Day	2 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	3 10:00am Quilting	4 Independence Day!  
6 12:45pm Pinochle *Senior Foot Care  Bread Day	7 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga  Bread Day	8 11:30am Lunch  7:00pm Zumba Fitness  Bread Day	9 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	10 10:00am Quilting	11 Saturday Dance 2:00pm- 4:00pm All Ages welcome!
13 12:45pm Pinochle  Bread Day	14 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga  Bread Day	15 11:30am Lunch  7:00pm 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 16 <sup>th</sup> Annual Tour of Gardens at Triangle Park 10am-5pm Edgewood Picnic 11:00- 4:00pm
20 12:45pm Pinochle 2:00pm BUNCO at Mill Ridge Village  Bread Day	21 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga  Bread Day	22 11:30am Lunch  7:00pm Zumba Fitness  Bread Day	23 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	24 10:00am Quilting	25 Saturday Dance 2:00pm- 4:00pm All Ages welcome!
27 12:45pm Pinochle  Bread Day	28 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga  Bread Day	29 11:30am Lunch 12:30pm BINGO! 7:15pm Zumba Fitness  Bread Day	30 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	31 10:00am Quilting	August 1  MAC CLOSURE AUGUST 3rd - AUGUST 7th