

August 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, there are TWO Dance Events! The 'House Band' The Melody Maker's Trio will be bringing the music; Saturday, August 1st and Saturday, August 22nd! Come find our booth at the Milton Days Saturday, August 15th and August 16th. Come help us make the Milton best place to live!

Senior Advisory Board

Vice-President: Sandy Parr

Treasurer: Leonard Sanderson

Secretary: Kellie Fiebig

Sunshine: Paula Gierke

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

Newsletter: Claire Berry

Milton Activity Center
Phone: 253-922-6586

Happy Birthday!



**Wishing you all a
Wonderful Birthday!**

Meloney Dexheimer – Aug 8th
Leonard Sanderson – Aug 21st
Inez Hofmann – Aug 26th

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

-Events This Month-

Milton Days!

August 15th & 16th

*Milton Community Park
(Triangle Park, Milton WA)*

Saturday: 10am to 10pm

Parade @ 10am

Opening Ceremony @ 11:00am

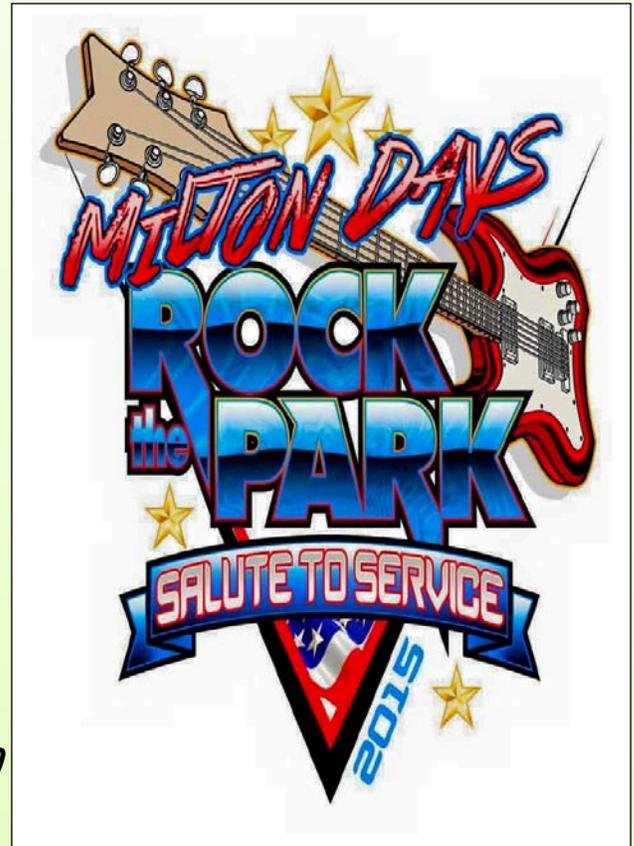
Sunday: 11am to 3pm

Vendors, Food, Games, Music & Raffle Prizes

Fun for the whole family!

*Puyallup Valley Fuchsia Society will have beautiful
Fuchsias available to purchase in the Fuchsia Garden*

For more information go to www.cityofmilton.net



Reminder!

**MAC Closure week of
August 3rd to August 7th**

-Bunco-

**at Mill Ridge Village
MONDAY, AUGUST 17TH**

2:00pm – 4:00pm

**Come Play for Free & Enjoy
Appetizers & Prizes! Bring a friend!**

-Activities at the MAC-

Dance

2:00pm – 4:00pm

Saturday, August 1st
&
& Saturday, August 22nd
“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

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

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. Stich away
and have fun here!

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!

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

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

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

-Other News-

The Quilt for the Raffle is Complete!

**A Big Thank you to Martha Schumacher
for the beautiful Quilt!**

**The “Crazy Quilters” have helped completed it!
ONLY \$1 TO HAVE A CHANCE TO WIN THIS!**



**\$1
Raffle
Ticket**

Raffle Tickets On Sale at the Milton Activity Center Booth

At Milton Days – August 15th & 16th

**Thank you “Crazy Quilters” & Martha for your
hard work and talent!**

**Thank you to all our hardworking volunteers
and helpers that provide support and service
to our Seniors during the week.**

**Also, a Big Thanks to ‘Mill Ridge Village’, ‘the Meridian
at Stone Creek’ and ‘Haggen’ for their consistent
support and generosity!
We appreciate you all!**

“BREAD DAY”

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



THANK YOU

Mill Ridge Village & The Meridian @ Stone Creek for their continued Lunch Donations & Support!

August 2015

Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 3 MAC CLOSED	4 MAC CLOSED	5 MAC CLOSED	6 MAC CLOSED	7 MAC CLOSED	8 MAC CLOSED
10 12:45pm Pinochle *Senior Foot Care Bread Day	11 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	12 11:30am Lunch* *Birthday Celebration Bread Day	13 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	14 10:00am Quilting	15 Milton Days Saturday 10am-9:30pm & Sunday 11am-3pm
17 12:45pm Pinochle 2:00pm BUNCO at Mill Ridge Village Bread Day	18 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	19 11:30am Lunch Bread Day	20 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	21 10:00am Quilting	22 Saturday Dance 2:00pm- 4:00pm All Ages Welcome!
24 12:45pm Pinochle Bread Day	25 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	26 11:30am Lunch 12:30pm BINGO! Bread Day	27 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	28 10:00am Quilting	29
31 12:45pm Pinochle Bread Day	Sept 1 9:00am Adult Fitness 5:00pm Bootcamp 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	2 11:30am Lunch Bread Day	3 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	4 10:00am Quilting	5