

**MILTON**

# February 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 a Special Saturday Dance on February 21st. Come to listen or come to Dance to live Music from the 'Melody Makers Trio'!! Together we can make the Milton Activity Center the best place to have fun in Milton!*

Milton Activity Center

### Senior Advisory Board

**President:** *Poppy Sanderson*

**Vice-President:** *Sandy Parr*

**Treasurer:** *Leonard Sanderson*

**Secretary:** *Kellie Engel*

**Sunshine:** *Paula Gierke*

**Members:** *Janis Briski,  
Debra Irle, Wendy McMillian  
& Don Wilson.*

**Newsletter:** *Claire Berry*

### Happy Birthday!

**Wishing you a wonderful day!**

**Kendra Dixon – Feb 8<sup>th</sup>**

**Jean Waldherr – Feb 9<sup>th</sup>**

**Dottie Amrein – Feb 18<sup>th</sup>**

**Martha Schumacher – Feb 18<sup>th</sup>**

**Jan Ljunggren – Feb 21<sup>st</sup>**

**Come Celebrate with us on Wednesday, Feb 4<sup>th</sup>!**

**Enjoy Birthday Cake courtesy of the fine people of Alder Ridge.**

# -Current News-

Do you love our Community?  
Do you have a passion  
to serve others?

**Would you like to make a  
difference in lives of others?**

**Then We Need YOU!**

We are taking Applications for  
Senior Advisory Board Members!

There are Applications  
at the Front Desk (MAC) available.

## Do you need Tax Help?

**Where: Milton Activity Center**

**When: Tuesdays**

**8:30am to 11:30am**

**(Feb 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>  
March 3<sup>rd</sup>, 10<sup>th</sup>)**

## Save the Date

### **Rummage Sale!**

Coming to the MAC!

April 24-25 (Friday & Saturday)

Look for more information in March!



## Local History

### **The Seattle-Tacoma Interurban Railway Film**

Presented by: The Edgewood  
Park Board

**Where: Edgewood City Hall**

**When: 6:30pm**

**Thursday, February 5<sup>th</sup>**

Learn about the history of the  
Interurban Railway – now known  
as the Interurban Trail!

Popcorn and refreshments  
provided. Enjoy this 42 minute  
Film with your community.

Questions Call: (253) 952-3299

## Treat your sweetheart!



### **Candy Making at Mill Ridge**

Friday, February 13<sup>th</sup> at 2:00pm

Only \$5 per person;

Pre-pay by February 9<sup>th</sup>

Call (253) 925-9200 for more information

# -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

## 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

**\*4<sup>th</sup> 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 info @ 253-568-7727

## Craft Group

10:00am – 2:00pm

**Thursdays**

Get crafty! Learn how to make cards and so much more!

## 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!

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

## Senior Dance

12:30pm-3:00pm

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the Month:**

**“Melody Makers Trio”**

**This Month! Special Saturday Dance Feb 21<sup>st</sup>**

Come Listen Great Music & Dancing with friends!

\$4.00 Suggested Donation

Contact: Art for more info

@ 253-841-3502

## 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 & stretching.

Contact: Kim for more info:

@ 253-891-1036 or

yogawithkim@hotmail.com

## Mixedfit

6:00pm-7:15pm

**Mondays**

5:30pm-6:45pm

**Wednesdays**

“People-Inspired” Dance Fitness program.

Contact: Danielle for more info

@ 206-802-5399

**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-

## Saturday Dance!

**Saturday, February 21st**

**2:00pm to 4:00pm**

At the Milton Activity Center

Live Entertainment from

**“The Melody Makers Trio”**

**Come to Listen or Come to Dance!**

All Ages Welcome!

Suggested Donation \$4.00



## St.Paddy's Dinner & Silent Auction

**Wednesday, March 11<sup>th</sup>**

**6:00pm**

At the Milton Activity Center

Silent Auction provided by Mill Ridge

**\$15 for Adults / \$12 for Seniors**

**Come Enjoy a fun evening full of**

**Great Food,**

**Friends &**

**a Silent Auction!**

<b>Dinner Menu</b>	<b>Dessert Menu</b>
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**Corned  
Beef &  
Cabbage**

**Red  
Potatoes  
Dill Baby  
Carrots**

**Irish Soda  
Bread**

**Key Lime  
Pie**

**Key Lime  
Punch  
Coffee  
Tea**



# Milton Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday									
February 2 10:15am Zumba Gold 12:45pm Pinochle *Senior Foot Care 6:00pm Mixedfit 7:30pm Yoga Bread Day	3 TAX HELP DAY (8:30am-11:30am) 9:00am Adult Fitness 12:30pm Senior Dance 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	4 11:30am Lunch* *February Birthday Celebration ** 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	5 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	6 10:00am Quilting	7 Thank you To <u>Mill Ridge Village</u> & <u>Alder Ridge</u> for their continued Lunch Donations & Support!									
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"Bread Day"  
 Provided by  
 Albertsons in  
 Milton.  
 Remaining  
 donations go  
 to Edgewood

## February 2015 Events Calendar