



# December 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 fun events like meeting Santa after a Parade, the Milton Tree Lighting Event, the Fun Christmas Dance on December 16<sup>th</sup>! 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:** *Inez Hofmann*

**Treasurer:** *Leonard Sanderson*

**Secretary:** *Kellie Engel*

**Sunshine:** Barbara Gordon

**Members:** *Janis Briski, Debra*

*Irle, Don Wilson, Paula Gierke*

*& Wendy McMillian.*

**Newsletter:** *Claire Berry*

## Happy Birthday!

**Victor Kring – Dec 3<sup>rd</sup>**

**Merle Mickelson- Dec 23<sup>rd</sup>**

**Carol Proff – Dec 23<sup>rd</sup>**

**Claire Berry – Dec 24<sup>th</sup>**

**Dwayne Proff – Dec 31st**

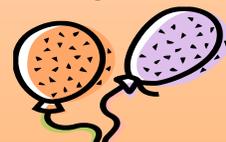
**Come Celebrate December**

**Birthdays with us on**

**Wednesday, Dec.3rd**

**with Birthday Cake**

**provided by Alder Ridge.**



# -Current News-

## Senior Foot Care

is provided the  
**first Monday of every  
month\***,  
at the Milton Activity  
Center.

Highly qualified Nurses  
(RNs & LPNs) are ready to give  
help and advice.

**By appointment only!**

Call @ 253-848-9625  
to schedule your time.  
Cost is only \$30.00 Call

## 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](http://www.soundchristian.org)



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.  
We hope we can see  
you soon!

# We Thank You!

We couldn't have done it without YOU!

A Huge 'THANK YOU'...

- ..To all the amazing Volunteers that helped in the kitchen with meals, and special events, you made life sweet and full this year!
- ..To all the people who volunteered their time, you kept the Center running this year. Your help was essential to the life of the facility!
- ..To Mayor Debra Perry, to Marci Mayer, to Kendra Dixon at Albertsons, the folks at Alder Ridge and Mill Ridge for your continued care, support and donations of time and goods. This Community thanks you!
- ...To the VFW, all your help and support has been so incredible, thank you!
- ...To Brent and his team, we truly thank you for the care you take in our facility and how amazing you all are!
- ..to all the wonderful people who donated items throughout the year towards events (Rummage Sale etc.), we thank you for your generosity as well!

Merry Christmas and Happy Holidays from the Senior Board!

# 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

**\*4<sup>th</sup> Wednesdays of every month\***

**\*This month on Dec 17<sup>th</sup>\***  
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”  
(Special Christmas Dance on Dec. 16<sup>th</sup>)**

Come enjoy Great Music and Dancing with friends!  
\$4.00 Suggested Donation

## 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

## 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

## Mixedfit

6:00pm-7:00pm

**Mondays**

5:30pm-6:30pm

**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

## Milton Tree Lighting

**Saturday, December 6th**

**3:00pm to 8:00pm**

**at the Milton Activity Center**

Kick off the holiday season  
with your Community!

Enjoy Holiday crafts for the kids,  
food & beverages.



**3:00pm to 5:00pm - The 'Santa Parade'**

(Santa with East Pierce Fire Dept,  
Milton Police Dept and Special Guests) will tour the city.

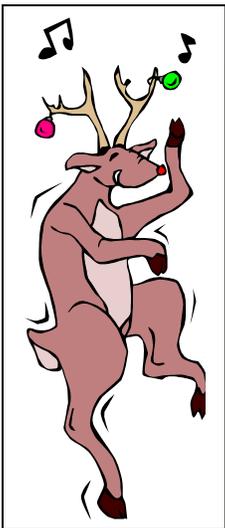
**5:00pm to 6:00pm – Tree Lighting**

Santa will arrive back at the Milton Activity Center  
to light the Christmas Tree.

**6:00pm to 8:00 pm - Visit with Santa**

Enjoy of Santa's Company for photos & a gift!  
Come enjoy the festive music and refreshments.

## Christmas Dance



**A Very Special Holiday Event!**

**Tuesday, December 16<sup>th</sup>**

**12:00pm to 3:00pm**

**At the Milton Activity Center**

All Ages welcome!

Enjoy Live Music from "The Melody Makers"

Come Just to Listen, or Dance or Both!

\$4.00 Suggested Donation

Snacks & Coffee Provided! Bring a friend!

**Come and Celebrate the Season!**

# Milton Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday														
Dec 1 10:15am Zumba Gold 1:00pm Pinochle 6:00pm Mixedfit 7:30pm Yoga Bread Day	2 9:00am Adult Fitness 12:30pm Senior Dance (The Melody Makers Trio) 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	3 <b>11:30am Lunch*</b> *December Birthday Celebration ** DRESS IN 1950's Attire!! ** 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	4 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	5 10:00am Quilting	6 <b>Milton Tree Lighting</b>														
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Thank you to Mill Ridge Village and Alder Ridge for continued Lunch Donations &

## December 2014 Events Calendar

"Bread Day" Provided by Albertsons in Milton. Remaining donations go to Edgewood Food