

Milton Activity Center



June News

1000 Laurel Street, Milton WA 98354 Phone: 253-922-6586

About the Milton Senior Center

Welcome to the Milton Senior 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 is full of fun as we have a Flag Day Special Lunch, June 14th. Together we can make the Milton Senior 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: *Barbara Gordon*

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

Newsletter: *Claire Berry*



Happy
Birthday!

June 17th: *Paula Gierke*
June 19th: *Poppy Sanderson*

Come Celebrate June Birthdays with us on Wednesday, June 4th with Birthday Cake (provided by Alder Ridge).

Local School Info

School is out for the summer starting this month! Kids will be home and having fun around the city mid-June.

-Schools in the Fife School District have their last day of School as Friday, June 13th.

-In Auburn, The Elementary School gets out Thursday, June 18th followed by Middle School and High School on Friday, June 19th.

-In Puyallup School District kids will be released Friday, June 19th.

Senior Foot Care

Foot Care 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.

By appointment only! Call @ 253-848-9625 to schedule your time.

Cost is only \$30.00. Call today!

Tech-Talk

Do you have a “Smart-Phone”, Tablet or I-pad? Interested in what “Apps” to use, which are helpful or even user-friendly? Don’t worry! Here are some suggestions on some good “apps” to add to your device to help you.

Health Apps:

-“Heart-wise Blood-Pressure Tracker” (I-phone & I-pad) \$.99-\$2.99

Easily record your blood-pressure, resting heart-rate and weight using your device.

There is a **free** version with just the Heart-rate portion called **“Instant Heart Rate” (I-phone).**

-“Eye-Reader” (I-phone) \$1.99

Hold your device over a book or paperwork and instantly, it becomes a magnifying glass.

Complete with a light to help brighten the text.

News Apps (free):

-“Flipboard”

Keep up with current events around the world, complete with incredible pictures.

-“The Weather Channel”

Know what will happen next...umbrella or sunscreen?

‘Smart Games’ Apps (free):

-“Clevermind”

People struggling with cognitive impairments may benefit with the vast amount of games, puzzles and quizzes.

-“Lumosity”

Keep your mind sharp with the best mind games out there.

Designed by neuroscientists, specifically to enhance memory skills.

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 @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-3:00pm

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 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

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

Mixedfit

5:30pm-6:30pm

Wednesdays*

*Begins June 11th

“People-Inspired” Dance fitness program.

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

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 and stretching.

Contact: Kim for more info: @253-891-1036 or yogawithkim@hotmail.com

-Current News-

Thank You "Crazy Quilters"!

Thank you for making the very lovely Quilt that will be raffled at "Milton Days", August 16th & 17th!

Tickets for the Raffle are being sold now, for \$1.00 per ticket. All proceeds will be going to the Milton Activity Projects.

We all thank you for your creativity, hard-work and generosity!



Picture of Front & Back of this Beautiful Handmade Quilt!

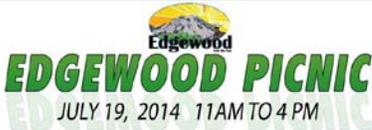
Thank you
Don Wilson!
You helped make the Pancake Breakfast a Success! We couldn't have done it without your help Don! Thank you to all the others who made this event a success!
Great Job!

-Upcoming Events-

Edgewood Community Picnic

Saturday, July 19th
11:00am to 4:00pm

Edgemont Park (24th St. & 110th Ave E., Edgewood)



Spend the day with your friends and neighbors. Booth space still available, for more information go to <http://www.facebook.com/CityOfEdgewoodPicnic>

Flag Day Special Lunch

Saturday, June 14th
12:00pm to 2:00pm

Milton Activity Center

Cost: \$5.00

(Children 10yrs & under Free)

Bring the family and celebrate Father's Day with a yummy lunch. On the menu will be Hot Dogs, Beans, Chips and Ice-cream. Music provided by " "

All proceeds from this fundraiser will go to the Milton Senior Society.

Dance All-Ages Welcome!

Saturday, June 21st
2:00pm to 4:00pm
\$2.00 Suggested Donation
Milton Activity Center

Milton Days

"Rock the Park" 2014!

Go Seahawks!

August 16th & 17th

Milton Community Park



Milton Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
2 10:15am Zumba Gold Senior Foot Care (by apt) 1:00pm Pinochle Bread Day	3 9:00am Adult Fitness 12:30pm Senior Dance 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	4 11:30 Lunch* *June Birthday Celebration 7:00pm 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								
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"Bread Day" (Mon/Tues/Wed)
 Provided by Albertsons in Milton.
 Remaining donations go to
 Edgewood Food Bank.

June 2014 Events Calendar