

June 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 we have changed our Dance days! This month, there will be an all-ages Dance Event Saturday, June 6th! The 'House Band' The Melody Maker's Trio will be bringing the music so come bring your family & friends! Come join us for a Bunko event hosted by Mill Ridge Village on June 15th! Come help us make the Milton Activity Center the best place to have fun in Milton!

Senior Advisory Board

Milton Activity Center
Phone: 253-922-6586

Vice-President: Sandy Parr
Treasurer: Leonard Sanderson
Secretary: Kellie Fiebig
Sunshine: Paula Gierke
Members: Janis Briski,
Debra Irle, Wendy McMillian,
Poppy Sanderson & Don Wilson
Newsletter: Claire Berry

Happy Birthday!



**Wishing you all a
Wonderful Birthday!**

Helen Finlayson – June 16th
Paula Gierke – June 17th
Poppy Sanderson – June 19th
**Enjoy Birthday Cake courtesy of
Alder Ridge the first Wednesday of
every month.**

-Current News-

CPR & Defibrillator Class

Milton Activity Center
Thursday, June 4th
3:00pm - 4:00pm
Sign-up at MAC Desk or
Contact Sandy Parr
for more information



GARDENING CORNER -TIPS FOR JUNE-

The nurseries are full of beautiful things. If you haven't tried "Vasseys" in Puyallup, you must go. Their prices are better than most and their stuff always grows. A lot of perennials can be grown in pots. Try some lilies and some dahlias in pots. They will do beautifully. The lilies can stay for years—will just have to keep having more pots. The Dahlias may not survive the winter unless put in the garage but a package of tubers are not very much. Every year I try and save my geraniums but they usually croak.

The slugs will slow down now that the sun is out.

Have a Great Summer.

-SandyParr

-Bunco- at Mill Ridge Village

Monday, July 15th
2:00pm – 4:00pm
Come Play & Enjoy
Appetizers & Prizes!
Bring a friend!



BOOTCAMP WITH GRACE

Coming in July to the MAC!

Tuesdays @ 5:00pm

Come check out a Bootcamp Class! Certified Personal Trainer Grace can modify for any body type and get you on the road to physical health and fitness with this class. Grace also has a passion for nutrition and will be pairing that with training itself. Bring good shoes, bottled water & a towel. Come see what it's all about!

Contact Grace for more information:
Kiesg21@gmail.com or 253-651-6309

-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

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!

Mixedfit

6:00pm – 7:00pm

Mondays

5:30pm – 6:45pm

Wednesdays

A "People-Inspired" Dance Fitness program.

Contact: Danielle for more info @ 206-802-5399

Dance

2:00pm – 4:00pm

Saturday, June 6th

"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

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

Zumba Fitness

6:15pm - 7:15pm

Tuesdays & Thursdays

7:00pm - 8:00pm

Wednesdays

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

Bingo

12:30pm-2:30pm

4th Wednesdays 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

Quilting Group

"Friday-Friends"

10:00am Fridays

Work on your project with great company!

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

Yoga

7:30pm - 8:30pm

Tuesdays & Thursdays

All Ages welcome

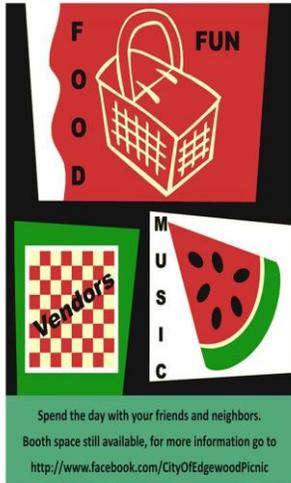
Come join Kim Yee, who teaches a physical style of yoga. Building strong muscles with poses & stretching.

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

-Upcoming Events -

EDGEWOOD PICNIC

JULY 18, 2015 11AM TO 4 PM



EDGEWOOD COMMUNITY PICNIC

Saturday, July 18th

Edgemont Park

11:00am to 4:00pm

Time to have a picnic
with our neighbors!

Enjoy games, music, vendors and food
all in the Park!

Bring your family & friends!

Check out www.cityofedgewood.org OR www.facebook.com/cityofedgewoodpicnic

Milton Days!

"Rock the Park"

Salute to Service

August 15th & 16th

Come Experience the Fun

& Excitement Milton has to offer!



For more information go to cityofmilton.org

OR Facebook: Milton events committee