

Milton Activity Center



September 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 fun event like a BBQ with Live Music by Mark Stern. Also, note the change to the Senior Dance, now on the first and third Tuesdays of the month. Together we can make the Milton Activity 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: *Paula Gierke*

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

Newsletter: *Claire Berry*



Happy Birthday!

Barbara Mathews- Sept 5th
Gloria Fredrickson- Sept 17th

Come Celebrate September Birthdays with us on Wednesday, Sept. 3rd! with Birthday Cake (provided by Alder Ridge)

-Current News-

Thank you!

Thank you to all of those who came and helped at the Milton Days “Rock the Park” Celebration. Thank you for representing us at the Parade and the MAC booth!

Thank you “Crazy Quilters” for making the beautiful Quilt that was raffled at this event.

Congratulations to our very own Marci Mayer for winning!

We need your help!

The Senior Board donated \$100 towards school supplies for kids through the Edgewood Community Center.

Supplies still needed!
Drop off your donations at the MAC marked “donation for ECC”

Congrats!

Long-time City of Milton Employee Judy,
Retired on August 27th.

Congratulations Judy!

Senior Foot Care

Foot Care is 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!

T-Shirts for Sale!

“AT THE MAC”

T-shirts for Sale - Only \$10



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

Sound Christian Fellowship

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

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 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

1st & 3rd Tuesdays

1st Tuesday of the Month:
“Melody Makers Trio”

&

3rd Tuesday of the Month:
Guest Performer (TBA)

\$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

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 and stretching.

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

Mixedfit

5:30pm-6:45pm

Wednesdays

“People-Inspired” Dance Fitness program.

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

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-

24th Annual Milton Craft Bazaar

Friday, October 10th:
10am to 6pm

Saturday, October 11th:
10am to 5pm

Milton Activity Center, City Chambers
&
City Hall Parking Area

Oktoberfest

Wednesday, October 15th
NOON

Milton Activity Center

Bratwurst, Kraut & Cabbage Meal
with LIVE music!

Tickets: \$7 sold at Albertsons
or at the MAC



Live Music & BBQ

Saturday, September 13th
12:00pm to 2:00pm

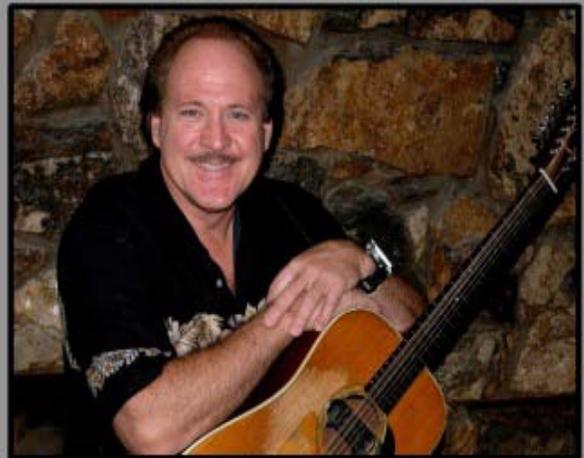
Milton Activity Center

Come enjoy BBQ food with Live Music!

Then get an hour of awesome
Entertainment by Mark Stern
(12:00pm to 1:00pm)

Mark Stern

PERFORMS - JULY 12th, AUG 9th, SEPT 13 - at 12:00pm (NOON)
12-STRING GUITAR and VOCAL with SONGS from the EARLY
1900's ON!! - DON'T MISS THESE FUN FILLED SHOWS!!!



COME and ENJOY the FUN!!

Milton Activity Center

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|
| 1 10:15am Zumba Gold 1:00pm Pinochle 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 11:30 Lunch* *September Birthday Celebration (cake provided by Alder Ridge) 5:30pm Mixxedfit 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 |
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| 14 10:15am Zumba Gold 1:00pm Pinochle 7:30pm Yoga Bread Day | 15 9:00am Adult Fitness 12:30pm Senior Dance (Guest Performer TBA) 6:15pm Zumba Fitness 7:30pm Yoga Bread Day | 16 11:30 Lunch 5:30pm Mixxedfit 7:15pm Zumba Fitness Bread Day | 17 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga | 18 10:00am Quilting | 19 |
| 22 10:15am Zumba Gold 1:00pm Pinochle 7:30pm Yoga Bread Day | 23 9:00am Adult Fitness 6:15pm Zumba Fitness 7:30pm Yoga Bread Day | 24 11:30 Lunch 12:30pm BINGO! 5:30pm Mixxedfit 7:15pm Zumba Fitness Bread Day | 25 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga | 26 10:00am Quilting | 27 |
| 29 10:15am Zumba Gold 1:00pm Pinochle 7:30pm Yoga Bread Day | 30 9:00am Adult Fitness 12:30pm Senior Dance 6:15pm Zumba Fitness 7:30pm Yoga Bread Day | "Bread Day" (Mon/Tues/Wed) Provided by Albertsons in Milton. Remaining donations go to Edgewood Food Bank Thank you to MillRidge Village and Alder Ridge for continued Lunch Donations and support! | | | |

Lunch Menu

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|-------------------------------|---------------------------------------|
| Sept 3rd | Sept 10th |
| Lasagna, Salad & French Bread | Polish Sausage, Stadium Rolls & Chips |
| Sept 17th | Sept 24th |
| Macaroni Casserole, Salad | Pepperoni Pizza & Salad |

September 2014 Events Calendar