

October 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 "Okoberfest" on Wednesday, October 15th at 12:00pm. Entertainment provided at the event by "Old Time Fiddler". And, of course, the Milton Bazaar on October 10 & 11th. 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: *Paula Gierke*

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

Newsletter: *Claire Berry*

Happy Birthday!



Nellie Andrews- Oct 9th

Nellie Aldridge – Oct 9th

Janet Sterns – Oct 19th

Kellie Engel – Oct 22nd

Bob Hofmann – Oct 24th

Maxine Erickson – Oct 26th

Carol Uhl – Oct 28th

Come Celebrate October Birthdays with us on Wednesday, Oct. 1st with Birthday Cake provided by Alder Ridge.

-Current News-

Fife Harvest Festival

Saturday, October 4th

At Dacca Park, Fife

All Day Events (10:30am to 6:00pm)

Parade at 10:00am

10:30am to 6:00pm:

Free Kid's activities, Vendors, Food, Live Entertainment, Hay Rides, Petting Zoo and Pony Rides.

Really Big Show at 5:45pm to 6:45pm & Fireworks at 6:45pm



T-Shirts for Sale!

“AT THE MAC”

T-shirts for Sale - Only \$10



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!

Advice

Fall Class for Senior Wellness
The Center at Norpoint
Federal Way

“Hiring a Contractor for Home Maintenance or Improvements”

Wednesday, October 8th at 10:00am

To Register call: (253) 404-3900

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 and 3rd Tuesdays of the Month:

“Melody Makers Trio”

Come enjoy Great Music and Dancing with friends!

\$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

(Look for upcoming Monday Night Classes being added this month!)

“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

**Crafts, Games, Food
& much, much more!**

**At the Milton Activity Center,
City Chambers &
City Hall Parking Area**

Oktoberfest

Wednesday, October 15th

12:00pm

Milton Activity Center

Bratwurst, Kraut & Cabbage Meal

with LIVE music with

“Old Time Fiddler”

**Come Join Friends and Neighbors for
Fellowship and a great meal!**

**Donations will be used for the
Milton Activity Board’s
“Fund for Needy Families”**

Tickets: \$7

(sold at Albertsons or at the M.A.C)



Milton Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 29 10:15am Zumba Gold 1:00pm Pinochle 7:30pm Yoga Bread Day	Sept 30 9:00am Adult Fitness 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	Oct 1 11:30 Lunch* *October Birthday Celebration (cake provided by Alder Ridge) 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	2 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	3 10:00am Quilting	4
6 10:15am Zumba Gold 1:00pm Pinochle 7:30pm Yoga Bread Day	7 9:00am Adult Fitness 12:30pm Senior Dance (The Melody Makers Trio) 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	8 11:30 Lunch 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	9 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga (Due to Bazaar Set-up)	10 Craft Bazaar 10:00am to 6:00pm	11 Craft Bazaar 10:00am to 5:00pm
13 10:15am Zumba Gold 1:00pm Pinochle 7:30pm Yoga Bread Day	14 9:00am Adult Fitness 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	15 Oktoberfest! 12:00pm Lunch (with Live Music) 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	16 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	17 10:00am Quilting	18
20 10:15am Zumba Gold 1:00pm Pinochle 7:30pm Yoga Bread Day	21 9:00am Adult Fitness 12:30 Senior Dance ("1928") – for 1 hr 6:15pm Zumba Fitness 7:30pm Yoga / Bread Day	22 11:30 Lunch 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	23 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness 7:30pm Yoga	24 10:00am Quilting	
27 10:15am Zumba Gold 1:00pm Pinochle 7:30pm Yoga Bread Day	28 9:00am Adult Fitness 6:15pm Zumba Fitness 7:30pm Yoga Bread Day	29 11:30 Lunch 12:30pm BINGO! 5:30pm Mixedfit 7:15pm Zumba Fitness Bread Day	30 9:00am Adult Fitness 10:00am Craft Group 6:15pm Zumba Fitness & Free Kid's Halloween Party 7:30pm Yoga	31 10:00am Quilting	

Lunch Menu

Oct 1st
Tomato Beef Soup with Grilled Cheese Sandwiches
Oct 8th
Stuffed Peppers Tossed Salad & French Bread
Oct 22nd
Cabbage Roll, Tossed Salad & Buttered Flaked Rolls
Oct 29 th
Soup & Sandwiches

Thank you to MillRidge Village and Alder Ridge for continued Lunch Donations and support!

"Bread Day" (Mon/Tues/Wed) Provided by Albertsons in Milton. Remaining donations go to Edgewood Food Bank.

October 2014 Events Calendar