

What's Happening..... in the Community of Miltonvale Park October 12, 2017

Walking Group –The Community of Miltonvale Park has started a **Tuesday afternoon** walking group, now happening **Tuesdays at 3:00 p.m.** at the Miltonvale Community Park, 413 Sleepy Hollow Road, (or carpool from the Milton Community Hall at 2:45). Please bring a reusable water bottle and wear sturdy footwear. For information, contact admin@miltonvalepark.com or 902 368-3090 or check Facebook to confirm the location. This is part of the Fit as a Fiddle Program.*

FREE Presentation – “**Ready, Set, Go... Exercise!**” - **Thursday, October 12 - 6:30 p.m.** at Milton Community Hall. Lynn Anne Hogan will share information about proper exercise footwear and clothing, stretching and warmups, and things to consider when contemplating an exercise class. Lynn Anne Hogan, a runner, is a former president of the Central Region Sport and Recreation Council and is one of five PEI wellness ambassadors. FREE, with donations accepted towards exercise programming. *This is part of the Fit as a Fiddle Program. For information, call 902-368-3090 or admin@miltonvalepark.com.

Ladies in the North Milton area are invited to attend a gathering hosted by the **North Milton Women's Institute** on **Monday, October 16 at 7:30 p.m.** at the Milton Community Hall. Guest speaker will be Marie Kenny, the 2017 Adelaide Hunter Hoodless Canadian Woman of the Year.

Hiking Group – The Community of Miltonvale Park is hosting a **Monday midday Hiking Group, with the first outing being Monday, Oct. 16. 1:00 p.m. at the Bonshaw Provincial Park** (or carpool from the Milton Community Hall at 12:30 sharp). Please bring a reusable water bottle and wear sturdy footwear. For information or to be put on the notification list, contact admin@miltonvalepark.com or 902 368-3090. *This is part of the Fit as a Fiddle Program.

Exercise Classes will be held at the Milton Community Hall **Tuesday & Thursday** evenings at **6:00 p.m.**, starting with **AbBunDance** -a mix of cardio dance and strength with instructor Krista Griffin, at the Milton Community Hall -\$4. Classes will be **October 17, 19 and 26**, with classes continuing into November. For information, contact admin@miltonvalepark.com or 902 368-3090. *This is part of the Fit as a Fiddle Program.

The regular “Third Wednesday of the month” **Council meeting** for the Community of Miltonvale Park will be held at the Milton Community Hall on **October 18 at 7:30 p.m.** All are welcome. Next meeting -**Nov. 15th**.

The Community of Miltonvale Park is hosting a **CANADA 150 ART NIGHT** on **Friday, October 20th**, 2017 from **6:00 p.m. - 8:00 p.m.** at the Milton Community Hall. This is a FREE all ages event. Illustrate and share some great Canadian Stories as part of the Miltonvale Park 150 Canada Stories project to capture “Canadian Moments” for a FREE commemorative book. Art supplies and snacks will be provided.

For more information, email miltonvalepark.staff@gmail.com or call 902-368-3090.



Canada 

Dance to Classic Country music provided by “The Boys” at the Milton Community Hall from 9 p.m.- midnight on **Saturday, October 21**. Admission is \$10 for this licensed. 19+ event. They plan to be back at the hall for more dances **December 16** and **December 30**.

UPCOMING -Watch for more information on Art Classes, Scrapbooking, Seniors Lunch & Learns on Abuse & Healthy Eating Sessions (late Nov). **REMINDER** - Child Bursary Program, Low Flow Toilet & Showerhead & HE washer rebates have a mid-December deadline. Miltonvalepark.com

Fitness for the 50+ - Monday and Friday 9:00 a.m. exercise classes are held at Milton Community Hall. The cost is \$3. **(No classes Oct 9-20 - They resume Oct. 23)**. For information, contact admin@miltonvalepark.com or 902 368-3090. This is part of the Fit as a Fiddle Program. **Coffee Club** follows at **10 a.m.**

The Prince Edward Island Home Economics Association invites all home economists, family scientists, nutritionists and like professionals to a gathering at the Milton Community Hall on **Monday, October 23** at 6:00. Enjoy a supper provided by Red Island Baked Potato and participate in an Alzheimer blanket work bee. RSVP to peihea@hotmail.com or 902-213-0597. RSVP by Oct. 19. Cost \$20.

Chair Yoga will be held on **Wednesdays** at **9:00 a.m.** at the Milton Community Hall beginning **October 25**, with instructor Angelie Carter. The cost is \$4. This is part of the Fit as a Fiddle Program.*

The Community of Miltonvale Park will be holding a **Halloween Party** for children of the Community on **Saturday, Oct 28** from 2-4 p.m. at the Milton Community Hall. Please RSVP to admin@miltonvalepark.com or 902-368-3090.

Join **Neil and Sue** for a Classic Country Halloween Dance on **Saturday, October 28** beginning at 8:30 -p.m. at the Milton Community Hall. Admission is \$10. Neil Matthews and Susan Pitre will be joined by Fred Arsenault and Brad Matthews. Licensed. 19+

Memory Mondays – to work on the “Memories of Miltonvale Park” history book will take place from 11 a.m. - 1 p.m. on **October 30** and **November 20**, to gather information and work on the book. Drop by with your memories and old photos or bring them to the Council office at any time. Lunch is provided.

Join **Neil and Sue** for a Classic Country Dance on **Saturday, November 2** and **December 4** beginning at 8:30 -p.m. at the Milton Community Hall. Admission is \$10. Neil Matthews and Susan Pitre will be joined by Fred Arsenault and Brad Matthews. Licensed. 19+

“Gus and Good Company” – **Tuesday night Coffee Houses/Open Mic Nights** will be held at the Milton Community Hall on Tuesdays, with the first three - **November 7th, 21st, and 28th** at **8:00 p.m.** Watch for details.

FREE Presentation – Tuesday, November 14 - 7:30 p.m. Strengthening Inner Motivation - Moving from Goals to Lifestyle. Tara Costello, from “A Head in the Game” will share the most important principles sustaining healthy lifestyle behaviors. The session will be a blend of information, reflection and discussion, and will take place at the Milton Community Hall. This is part of the Fit as a Fiddle Program.*

Saturday, November 25, 2017 is the annual Milton Community Hall **Christmas Craft Fair** from 9:30-3:30 p.m. For information on becoming a vendor, visit miltoncommunityhall.ca or call 902.566.3154. The Craft Fair is open 9:30-3:30. Admission is \$2 for adults. Children under 12 are free.

St. John’s Anglican Church annual **Christmas Ceilidh** will be held on Sunday November 26th at the Church.

The **Community Play** is **Jan. 25-27**, 2018. Want to act? Email miltonvaleCommunityPlayers@gmail.com.

The **Fit as a Fiddle program is funded in part by the Province of Prince Edward Island through the Department of Health and Wellness. Pedometers will be provided for participant.*

