

**Winter 2018 Activities**  
**The Rural Municipality of Miltonvale Park and the Milton Community Hall**

**\*Exercise Classes – Mondays and Fridays at 9:00 a.m.** at the **Milton Community Hall at 9:00 a.m. Cost \$3.** Join certified fitness professional Angelie Carter, for Fitness for 50+ classes, where the focus is on flexibility and balance. Exercise and yoga classes are cancelled on days there is a school delay or closure due to weather.



**Coffee Club** happens on **Mondays** and **Fridays** at the Milton Community Hall at 10:00 a.m. Drop in for coffee and snacks. By donation of coin or treats!

**Hiking Group** is taking a break until the weather is nicer. There is the possibility snowshoes can be borrowed from the Central Region Sport and Recreation Council, if this would be of interest to you, contact the Council office at [admin@miltonvalepark.com](mailto:admin@miltonvalepark.com)

**\*Walking Group** resumes January 9<sup>th</sup>. **Tuesdays at 1:00 p.m.** (weather permitting). Meeting at the back entrance to the Charlottetown Mall -for walking either in the mall or on the Confederation Trail. Connie and Allison will be swinging by the Milton Community Hall to pick up anyone who want to carpool at 12:45.

There are no longer Tuesday and Thursday AbBunDANCE classes at the Milton Community Hall.

**\*Chair Yoga** classes take place on **Wednesdays at 9:00 a.m.** at the Hall with Angelie Carter. \$4

**\*FREE Presentation - Eating for Weight Loss** –with home economist Margaret Prose – Tuesday., **January 30, 7:30 p.m.** Donations accepted for wellness programming.

**\*FREE Presentation - Healthy Snacking Ideas** with home economist Margaret Prouse – Monday, **February 12, 7 p.m.** Donations accepted for wellness programming.

\*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 are available to exercisers. In spring 2018, there will also be a tailored presentation by UPEI Applied Human Science Program Planning Students.

Contact 902-368-3090 or [admin@miltonvalepark.com](mailto:admin@miltonvalepark.com) for more info.

---

**Monday, January 8 – North Milton WI meeting at the Milton Community Hall at 7:00 p.m.** Everyone welcome.

**Thursday, January 11** from 10 a.m. -12 noon, **Water colour art classes** will be taking place at the Milton Community Hall with instructor Julia Purcell. Classes will continue for ten weeks and due to the support from the PEI Seniors Secretariat, the cost for Miltonvale Park residents and friends of the Milton Community Hall is \$25 for the series. Space is limited. Contact the hall at 902-566-3154 or [miltoncommunityhall@gmail.com](mailto:miltoncommunityhall@gmail.com) to pre-register. Julia will also be teaching Thursday afternoon classes, at the hall at her regular rates.

**Monday, January 15 – Memory Monday** – Bring your memories of growing up in Miltonvale Park -and stories and photos to work on the history book & eat lunch, from 11-1 at the Milton Community Hall.

**January 15** - Adult residents of Miltonvale Park are members of the **Milton Community Hall, Inc.**, which is governed by an elected board, and operates the Milton Community Hall. Join them for the **Annual General Meeting** for the hall at the hall on Monday, January 15 at **7:30 p.m.** Everyone is welcome. The meeting will include annual and financial reports, as well as elections to the board. For more information about the board, review the constitution which is found here: <https://drive.google.com/file/d/0B2D4X3-U3JM0YjlkWmh4REpMOGs/view?usp=sharing>

**Wednesday, January 17, 7:30 p.m. Council meeting for the “Rural Municipality of Miltonvale Park”.** All welcome. As a result of the new Municipal Government Act, the community has a new name, and Hal Parker is now the “Mayor”, Council will continue to meet the 3<sup>rd</sup> Wednesday of the month.

**Tuesday, January 23, 2018** -Join Kelly Robinson from the Community Legal Information Association to learn more about **Wills, Health Care Directives, Power of Attorney and Nursing Home Information** at the Milton Community Hall at **12 noon**. Lunch provided. FREE. Please pre-register at 902-368-3090 or [admin@miltonvalepark.com](mailto:admin@miltonvalepark.com) by January 20. Storm date January 24. Funded in part through the PEI Seniors Secretariat.

**LAST CALL** -Do you have a Canadian Moment to share for the Miltonvale Park Canada 150 Book? Please send your short story to [miltonvalepark.staff@gmail.com](mailto:miltonvalepark.staff@gmail.com) ASAP, so it can be included in the book. **Book launch and Canada 150 celebration event -Friday, January 26 at 7-8:30 p.m.** at the Milton Community Hall, storm date Saturday, February 27.

**Family Violence Prevention** - Join residents and friends on **Monday, February 12 at 10:30 a.m.** at the Milton Community Hall to make fringed and knotted fleece blankets to be donated to transition houses for their residents. Financially supported by the Premiers Action Committee for the Prevention of Family Violence. Stay for lunch and a presentation on Transition Housing.

**Tuesday, February 20 at 10:00 a.m.** Milton Community Hall - **Preserving Your Memories** – Interested in preserving artifacts and photos? Everyone is welcome to a presentation from the PEI Public Archives on how to preserve your treasures. This event is supported by the Government of Canada through the New Horizons for Seniors Program.

**Saturday, February 24<sup>th</sup>** - The Prince of Wales Lodge is holding a fundraising supper at the Milton Community Hall to support their Bikes for Books Project

**REMINDER** – Winter has arrived. Residents should be prepared to look after themselves for 72 hours in the event of an emergency – pack an emergency kit with cash, medicines, non-perishable foods.... When storms are forecast, fill your vehicles with gas, run some water in the tub and/or washer plus fill some pots with drinking water -at least one liter per person per day. The Milton Community Hall has a generator and can be used as a warming station, if needed.

**Contacts:** Hall – 902-566-3154, or [miltoncommunityhall@gmail.com](mailto:miltoncommunityhall@gmail.com) or Council at 902-368-3090 or [admin@miltonvalepark.com](mailto:admin@miltonvalepark.com) or through Facebook. Emergency contact:902-213-0597 or 902-566-2738.



COMMUNITY FOUNDATIONS OF CANADA  
FONDATIONS COMMUNAUTAIRES DU CANADA  
all for community. ensemble pour tous.



Canada