



Helping Others in the Community

Please join Milestone and Jenkins Eliason Interiors in supporting our local Day Spring organization to help others in need. This non-profit organization helps empower adults with intellectual disabilities to live fulfilling lives by offering support in a residential setting.

Donations are being accepted to help renovate a space where a group of ladies live, to help make them feel at home. You may also give monetary donations so they may purchase new items as well as sewing needs to help with updates. Items donated may be new or gently used. Day Spring shopping list includes various items such as:

- Small round coffee tables
- End tables
- Large television
- Artwork
- Lamps
- Lounge chair
- Loveseat 62" wide
- Library table
- Window treatments
- Round cocktail table

A full Day Spring shopping list is available at our Information Center in the lobby. To make arrangements to donate items, email Summer, summereliason@hotmail.com. To learn more about Day Spring, visit www.dayspringky.org. Your help is greatly appreciated.

Summer Slim Down

4-Week Fitness Challenge

Kick-off Saturday, June 13, 10 -11 AM

Program begins Monday, June 15

\$20 members / \$99 Non-members

Get summer-ready with our great motivational challenge! Join guest speaker Laura Wagner, Licensed Therapist, Life Coach and Group Fitness Instructor, to kick-off your new summer goals and get prepared for a new you! Program includes body composition testing, weekly prize drawings, grand prizes and a Summer Slim Down T-shirt! See program flyer for details and rules. Sign up today at the Service Desk. More info: call Melanie x142.



Milestone/Alzheimer's Partnership

Milestone is excited to announce our new partnership with Alzheimer's Association. Milestone will be hosting exciting events to help raise money and support services on behalf of the people of Kentucky who suffer from Alzheimer's disease. **Share in our Paint Milestone Purple Day on Monday, June 22 and wear purple!** Watch for more information regarding our new partnership coming soon!

Happy Father's Day

Sunday, June 21

Treat dad to a relaxing massage or Spa service for Father's Day. Handsomely packaged gift cards are available at the Service Desk or Oasis Spa, x121.

Social Dance Party

Sunday, June 28, 4 – 6 PM

Enjoy the rhythms of Cha Cha, Salsa, Swing, Rumba, Waltz and Foxtrot. Everyone welcome, invite your friends! Refreshments will be served. Dress attire is dressy casual. Party Hosts: Sue Schonberger, Group Exercise Director and Jane Blum, Professional Dancer and Teacher. RSVP at the Service Desk. More info: call Sue, x114.

Children's Swim Lessons

Children 4+ years.

Session I: June 1 – 11

Session II: June 15 – 25

Session III: June 29 – July 9

Monday – Thursday, 5:30 PM

\$80 members / \$90 non-members

Pre-register today at the Service Desk. More info: call Mary Duke, x132.

Learn to Exercise

Free Orientation

Monday, June 1, 6:30 – 7:45 PM

6-Week program begins

Monday, June 8, 6:30 – 7:45 PM

\$59 members / \$99 Non-members

New to exercise? This program is for you! Join Glenda Wagner, Certified Active Living Everyday Instructor; The Cooper Institute. More info: call Glenda, 753-7552.

Mark Your Calendars!

Annual Shutdown

Monday, July 20 – Sunday, July 26

All Aquatic Pools Closed

Milestone members may use Mary T. Meagher Aquatic Center while our pools are closed.

Wednesday, July 22 – Sunday, July 26

Steam Rooms Closed

Friday, July 24 @ 2 PM – Sunday, July 26

Entire Facility Closed

Milestone will re-open Monday, July 27 at 5:30 AM.

Health & Wellness

Calendar of Events June 2015

1 Monday

Summer Kid's Club

Summer savings begins!
See Child Care staff for details or call x119.

HMR® Orientation, Noon – 1:00 PM
Weight Loss Program
Find out about our very successful Healthy Solutions program at this free informational session. Call Lynn to pre-register, x124.

Children's Swim Lessons, 5:30 PM
Session I begins.
See side one.

Learn to Exercise, 6:30 – 7:45 PM
Free Program Orientation
See side one.

3 Wednesday

Ask the Trainer & Body Composition Testing, 9 AM – Noon & 4 – 7 PM
Free / Lobby
Do you have a question about your workout routine or need some guidance? Meet our trainers and weigh-in on the Tanita scale at the same time! Keep track of your progress!

5 Friday

Family Swim Night, 6 – 8 PM
\$5 for non-members and children. Splash into our fabulous warm pools! Bring kids, family and friends (parents stay in the pool area with children under 15). More info: call Mary Duke, x132.

6 Saturday

NAMI Family Support Group Meeting, 11:00 AM – 12:30 PM
For friends and family affected by someone's mental illness. Everyone welcome. More info: call Michael, (502) 588-2008.

8 Monday

HMR® Orientation, 5:15 – 6:15 PM
Weight Loss Program
See June 1.

Learn to Exercise, 6:30 – 7:45 PM
6-Week Program begins.
See side one.

12 Friday

The Lunch Group, 11 AM – Noon
Enjoy our soup and sandwich menu with friends. More info: call Café, x117.

ZUMBA, 7 – 8 PM
Free for members/\$5 guest
Join the Latin dance fun! Class meets on 2nd Friday each month. More info: call Sue, x114.

13 Saturday

Summer Slim Down Kick-Off, 10 AM
4-Week Fitness Challenge
See side one.

15 Monday

Summer Slim Down begins
Be sure to sign up at the Service Desk!

HMR® Orientation, Noon – 1 PM
Weight Loss Program
See June 1.

Children's Swim Lessons, 5:30 PM
Session II begins.
See side one.

19 Friday

Family Swim Night, 6 – 8 PM
See May 5.

21 Sunday

Happy Father's Day!
It's time to treat dad! See gift ideas on side one.

22 Monday

Paint Milestone Purple Day!
Be sure to wear purple today and support Alzheimer's Association. See side one.

HMR® Orientation, 5:15 – 6:15 PM
Weight Loss Program
See June 1.

28 Sunday

Social Dance Party, 4 – 6 PM
See side one.

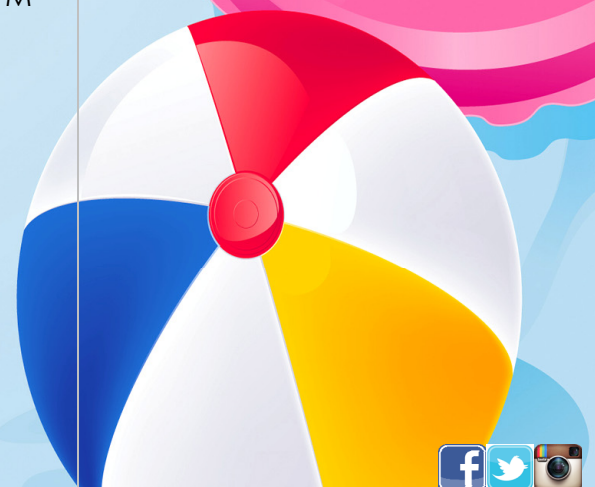
29 Monday

HMR® Orientation, Noon – 1 PM
Weight Loss Program
See June 1.

Children's Swim Lessons, 5:30 PM
Session III begins
See side one.

Unless otherwise noted in the newsletter, all sessions are free. Most meetings are held in the first-floor Conference Rooms. Please bring your friends, we welcome everyone!

Let's stay connected! Please be sure to update your email address at the Service Desk so that we can keep you informed of the latest events, special programs and new classes.



Learn more about our programs at the Information Center in the Lobby or visit baptistmilestone.com