



The Grapevine

January/
February 2022



HEALTH &
WELLNESS

Page 10

RESOURCES

Page 8

PROFESSIONAL
ASSISTANCE

Page 9

ABOUT MCSC

Center Hours

Monday-Friday 9:00am-3:00pm

Contact

Phone: 360.794.6359

Email: info@mcsc.org

Mailing Address

P.O. Box 602

Monroe, WA 98272

Executive Director

Jacob McGee director@mcsc.org

Program Manager

Candace Ranz programs@mcsc.org

Reception Coordinator

Kim Borup reception@mcsc.org

Kitchen Staff

Cheryl Hopkins, Gary Newman

Transportation Drivers

Shara Hathaway

Board of Directors:

President: Craig Hertz

Vice President: Todd Strickler

Secretary: Jill Ruth

Treasurer: Lory Tossey

Board Members at Large:

Joan Brown, Denise Jacobsen,
Loretta Johnson, Johanna Keen,
Wendy McCune, Robin Parker,
Lora Stonebridge

Board meetings are held on the
4th Friday of the month at 8:30am.
If you would like to be included
on the agenda, please contact
director@mcsc.org
mcscboardofdirectors@gmail.com



The Mission of the Monroe Community Senior Center is to promote the physical, emotional, and economic well-being of older adults and to promote their participation in all aspects of community life.

When you become a Supporting Member, you'll enjoy many benefits such as; receiving The Grapevine newsletter in your mailbox, free activities, discounted rates on trips, health services, classes, groups, and facility rentals.

**The annual supporting membership rate is:
\$30 per individual or \$50 per family (same residence).
Lifetime Legacy Membership \$300 per individual
or \$500 per family**

Your lifetime membership will keep MCSC going strong for years through our endowment fund.



FROM THE DIRECTOR

Happy New Year from all of the staff at Monroe Community Senior Center!!!

Our hope is that you had an enjoyable and meaningful holiday season and are ready to jump into the new year with excitement and happiness. Let's hope 2022 brings good news to us all. MCSC wishes the best positive vibes to you to start this new year!

If making a New Year's Resolution, consider tying it to something fun or healthy. MCSC offers both fun and healthy activities to keep you on an honest-with-yourself path to meeting your resolutions! Getting together with like-minded people to do something you enjoy can be life affirming – ok, let's settle for fun. Whatever you choose to participate in, know that people here are welcoming, kind and always looking to make new friends!

A few reminders – stay warm this winter and listen for Monroe School District closures in the event of bad weather. There is nothing more important than your safety; if the weather is terrible at your house, it's probably terrible here at MCSC too. It is okay to stay home and off the terrible roads.

~Jacob McGee, Director

360-794-6359 | director@mcsc.org



<p>AVAILABLE FOR A LIMITED TIME!</p> <p>ADVERTISE HERE NOW!</p> <p>Contact Brett Reineck to place an ad today! breineck@lpicommunities.com or (800) 950-9952 x2511</p>	<p>Living Faith Monroe Sunday Worship Service 2:30PM Tuesdays Bible Study/Faith Group 7PM</p> <p>Monroe Senior Center www.livingfaithministries.church Pastor Noah Ranniger (425) 220-4473</p>
	A graphic with a red background and a white building illustration. The text "Thrive Locally" is written in a white, stylized font with a blue brushstroke effect behind the word "Thrive".

SUPPORT OUR ADVERTISERS!

The LPi logo, consisting of the letters "LPi" inside a red circle.



Rainbow Bingo

Hosted by Sylvia O'Stayformore



Saturday | January 15, 2022

**DOORS OPEN
5:00PM
BINGO 6:00PM**

**\$20 ADMISSION,
ENTERTAINMENT
& LOADED NACHOS**

**MUSIC,
GAMES
&
BINGO!**

**BINGO PACKETS
SOLD AT THE DOOR
\$5.00 EACH**

**CASH & PRIZES,
RAFFLES TOO!**

21+ EVENT



**BEER, WINE &
MARGARITAS
AVAILABLE FOR
PURCHASE**

THANK YOU TO
OUR SPONSOR



RESERVE YOUR SPOT AT MCSC.ORG



LEARNING IS FUN!

Growing Sprouts in a Mason Jar

Wednesday February 16 at 12:30

Come and learn how to grow delicious sprouts in a mason jar.

Donna Murphy will be here to show you how easy and affordable it is to grow your own fresh and delicious sprouts right in your own your kitchen!



This class is **FREE**.

Bring a 1 qt. wide mouth mason jar, sprouting lid or cheese cloth if you'd like to try it out.

RSVP at 360-794-6359

Color and Sound Healing

Wednesday, January 26 at 12:30

Recent scientific evidence has shown that certain types of energy healing using sounds and colors are quite effective at soothing and uplifting the body. Using certain soothing sounds and colors to calm down, and brighter, more energetic ones to rev up can be easy, natural ways to get in the right mood.

During this talk, we'll explore the diverse worlds of sound and color and how to use them to heal ourselves and others. Sound healing can improve physical and emotional health and well-being. Its primary purpose is to move us from a place of imbalance to a place of balance.

In this class you'll learn about the different healing aspects of colors and then experience a sound healing. These healing techniques we'll be sharing are rooted in the Rainforest and Inka medicine of Peru.

Call to sign up at 360-794-6359 or stop by to RSVP.

\$ 20 MCSC Member / \$ 25 guest price.

**** Upcoming Closed Dates ****

Monday, Jan 17 Martin Luther King Jr Day & Monday, Feb 21 President's Day

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

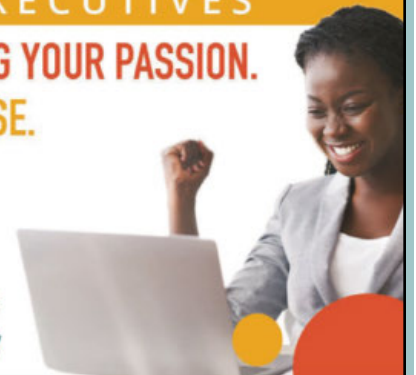
TO ADVERTISE HERE CALL 800.950.9952
or visit www.lpicommunities.com/advertising

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

Mental Illness - Philippians 4 verses 4-8
Criminals - Galatians 5 verses 19-23
Understanding the Bible - John 1 verses 1-5
Salvation - John 3 verses 16-17



Call me for a Free Comic Book - Spanish & English
Mr. Buddy Myers • 360-763-9218



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Monroe Community Senior Center, Monroe, WA

B 4C 05-1186

COMMUNITY ASSISTANCE



AARP TAX AID 2022

AARP Tax Aid volunteers will be offering in-person tax prep appointments at MCSC in February.

Limited signups will begin **January 18**

(due to the limited number of timeslots available, appointments will be scheduled for MCSC Members first.)

If you would like to become an MCSC Member, it's easy!

Stop by the front desk and fill out a membership form.

Our membership fee is only \$30 per year.

Inclement Weather Info

During severe weather events, Monroe Community Senior Center closely monitors school closures issued by the Monroe School District. If the Monroe School District closes all schools, MCSC will also close. If MSD schools are running 1 or 2 hours late, we will also.

Closures are based on road conditions and current/predicted weather conditions. Stay safe!

AARP Safe Driving Courses for 2022

The AARP team has scheduled Virtual Smart Driver courses which can be attended via Zoom from the comfort of your home. AARP will work directly with those who register to insure they are able to access Zoom and fully participate in the experience.

The 2022 course dates and times are:

January 11, 13 & 20
10:00am to Noon each day

February 8, 10, 15 & 17
10:00am to Noon each day

March 8, 10, 15 & 17
6:00pm to 8:00pm each day

Contact AARP to register:

Email: aarpwashingtondriversafety.com

Phone: 425-830-1409

Let's Eat!

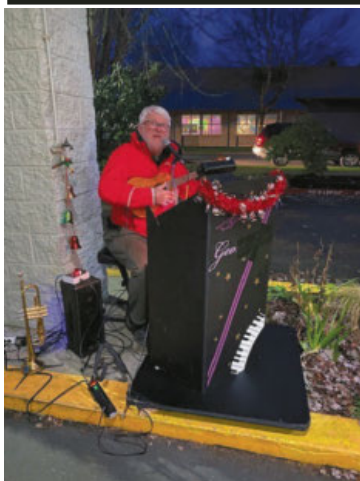
Hot lunches are available at MCSC for dine-in or pick-up Monday-Friday from 12:00-12:30.

Inside Dining is OPEN!

Feel free to dine in the Main Hall or take your lunch to-go!

Suggested donation is \$3.00 per meal. **Menu is at mcsc.org**

Frozen take home meals are available upon request.



MENTAL HEALTH COUNSELING AT MCSC

Therapy can be an effective treatment for a host of mental and emotional problems. Simply talking about your thoughts and feelings with a supportive person can often make you feel better. It can be very healing, in and of itself, to voice your worries or talk about something that's weighing on your mind. And it feels good to be listened to—to know that someone else cares about you and wants to help.



Monroe Community Senior Center is offering FREE 30 minute, one-on-one, in-person, on-site counseling sessions for those 60+.

Steve Harper, LMFT, CMHS of Monroe Counseling is taking appointments at MCSC. Steve's approach is to work together to strengthen self-acceptance, independence and inner freedom and lessen feelings of hurt, anger and sadness in an atmosphere of safety and trust. He will work with you to help you feel better and heal wounds and uncover potential that is preventing you from living life to the fullest.

Call today! 360-794-6359 These appointments are limited and will book quickly.

NEVER MISS A NEWSLETTER!
Sign up to have our newsletter emailed to you at
www.mycommunityonline.com

STAND OUT
with a **PREMIUM DIGITAL AD**
on **MYCOMMUNITYONLINE.COM**

CONTACT US AT 800-950-9952

support our
ADVERTISERS

ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | **SafeStreets** | **1-855-225-4251**

RESOURCES

NAME	PHONE	HOW THEY HELP
AARP	888-687-2277	Senior advocates and resources, Medicare questions answered
Adult Protective Services	877-734-6277	If you suspect a vulnerable adult is being harmed or exploited.
Catholic Community Services	425-257-2111	Housing Help, addiction recovery, mental health services
Community Transit	425-353-7433	Transportation via bus system
Crisis Line	800-584-3578	24/7, free and confidential support for people in distress
DART (Dial-A-Ride-Transportation)	425-347-5912	Transportation for people whose disability or condition prevents them from using Community Transit
Domestic Violence Services SnoCo	425-25-ABUSE	Emergency shelter, legal advocacy, support groups and domestic violence education.
GenPRIDE	206-393-3400	Empowering LGBTQ+ adults to live with pride and dignity.
Helping Hands Donor Closet	425-712-1807	Find medical equipment, diapers, pads, etc. - Everett
Homage Senior Services	425-513-1900	Resources for housing, home repair, services, transportation, etc.
Hope Link Transportation	855-766-7433	Non-Emergency Medical Transportation in Snohomish County for medical services covered by Medicaid.
Matthew House	360-794-8720	Assists families of the incarcerated
Meals on Wheels	800-824-2183	Meals delivered to your home.
Med-Shed at Snohomish Evangelical	425-238-8482	Find medical equipment, diapers, pads, etc. - Snohomish
Monroe Chamber of Commerce	360-794-5488	Monroe Business Connection
Monroe City Hall	360-794-7400	City of Monroe Government
Monroe Community Senior Center	360-794-6359	Activity and event Center for Seniors
Monroe Police Department	360-794-6300	Non-emergency phone number
SHIBA	425-290-1276	Free, unbiased, confidential assistance w/ Medicare
Sky Valley Food Bank	360-794-7959	Accepts donations of food and distributes food to those in need
Take the Next Step	360-794-1022	Community Resource Center in Monroe
Transportation Assistance Program (TAP)	425-423-8517	Transportation for older adults and people with disabilities outside of the DART service area
Volunteers of America	2-1-1	Rent assistance, support groups, food and shelter
Women's Gospel Mission - Monroe	360-863-9003	Provides homeless women a safe place

2022 Upcoming Events at MCSC



- Rainbow Bingo — January 15**
- Cosmic Bingo — April 16**
- Spring Craft and Vendor Fair — May 7**
- Rainbow Bingo — July 16**
- Spaghetti Dinner Fundraiser — September 17**
- Oktoberfest Cosmic Bingo — October 15**
- Holiday Craft and Vendor Fair — November 5**
- Drive - Thru Thanksgiving Dinner — November 18**
- Drive - Thru Christmas Dinner — December 16**

PROFESSIONAL ASSISTANCE

<p>LEGAL ASSISTANCE Free to local Seniors over 60. Michele Paratte is a general practitioner including Family Law, Estate Planning, Probate, among other topics.</p>	2nd and 4th Friday	9:30am-10:30am	FREE Call for your 30 minute appointment
<p>STATEWIDE HEALTH INSURANCE BENEFIT ASSISTANCE Do you have questions or need help with Medicare? SHIBA is a FREE service that can help answer questions regarding health insurance including Medicare.</p>	Available by phone at 1-800-562-6900	In-person appts. on hold	FREE
<p>NOTARY SERVICES Jennine Linn of Dollars & Sense Bookkeeping is available for notary service. Call for appointment.</p>	Wednesday	10:00am-2:00pm	FREE Members/ \$10 guest donation
<p>TECH HELP WITH MARK THE TECH GUY Do you have questions about your laptop, phone or tablet? Make an appointment today to meet with Mark and he will help you navigate through the electronic world.</p>	2nd Thursday	1:00pm-2:00pm	FREE Call for appointment
<p>MENTAL HEALTH COUNSELING Monroe Community Senior Center is offering FREE 30 minute, one-on-one, in-person, on-site counseling sessions for those 60+.</p>	2nd & 4th Fridays	10:00am-2:00pm	FREE Call for appointment



LPi

SUPPORT THE ADVERTISERS
that Support our Community!



HEALTH AND WELLNESS

<p>FITNESS CLASS Same great instructors but with some new content. Always a fun, dynamic cardiovascular exercise and strength class with a focus on balance and stretching. Wear sturdy shoes and bring a water bottle.</p>	Monday Wednesday Friday	9:30am- 10:30am	\$3 per class for Members \$5 per class for guests. Punch cards available at reception
<p>SENIOR SUPPORT GROUP A peer support group where older adults can come together and share struggles, joys, doubts, fears, etc. and be supported.</p>	2nd Wed & 3rd Fri	10:30am	FREE to all!
<p>HAIRCUTS Make an appointment with Rose and she will fix you up with a new do!</p>	Tuesday Jan 18 Mar 1	10:00am- 1:30pm	\$12 MCSC Member \$15 guest price
<p>FOOT CARE Our foot care specialists are meticulous, with a great attention to detail and a wealth of knowledge to help you with your foot issues.</p>	1st & 3rd Tuesday	9:00am- 3:00pm	\$40 MCSC Member \$45 guest price Call for appointment.
<p>STRETCHING & TAI CHI 10 years younger and 10 years lighter in 30 minutes! These gentle, scientifically designed stretching exercises guided through the DVD Aging Backwards will have you feeling fantastic!</p>	Tuesday	10:00am	FREE MCSC Member \$2 guest donation
<p>REIKI Reiki is a form of energy healing that works with the energy fields around the body and involves the transfer of universal energy from the practitioners palms to the client.</p>	2nd & 4th Tuesday	9:00am	\$25 MCSC Member/ \$30 Guest price 20 min session
<p>CHAIR MASSAGE Benefits of chair massage include stress reduction, a more vibrant immune system, pain relief, deeper sleep, a brighter mood, and better chronic disease management. Book your session today!</p>	Mondays	2:00pm	\$15 MCSC Member/ \$20 Guest price 15 min session
<p>HEARING CLINIC Get a hearing test or your hearing aid serviced. This service is provided by MCSC board president & hearing specialist, Craig Hertz.</p>	4th Friday	2:00pm- 3:00pm	FREE MCSC Member \$2 guest donation Call for appointment.
<p>REFLEXOLOGY Reflexology stimulates the nerve endings which can improve circulation of the feet and legs through better oxygenation. Separate appointments need to be made for hands and feet.</p>	3rd Friday	9:00am- 3:00pm	\$35 MCSC Member \$40 guest price for 45 minute session
<p>TEETH CLEANING with HEALTHY SMILES Your visit will include full service teeth and denture cleaning, fluoride application, measurement of gum pockets, oral cancer screening, and referral to a local dentist if needed, all for a low cost. For 50+</p>	1st Thursday	9:00am- 3:00pm	Call (206) 650-3272 for cost & appointment.
<p>TAI CHI FOR 50+ This guided DVD class is perfect for Seniors, those with limited mobility, or anyone looking for some gentle exercise, the workout combines basic tai chi moves and energizing qigong exercises for an easy, whole-body workout.</p>	Thursday	11:15am	FREE MCSC Member \$2 guest donation
<p>WALKING GROUP Lets get active! We will meet at the Center and stroll through Sky River Park. Bring a friend or pet. Walking has amazing health benefits!</p>	2nd & 4th Thursday	1:00pm	Free to all!
<p>BRAIN TRAINING Exercise your brain to improve aspects of cognition like memory, attention, focus and brain speed. Brain training is like taking your brain to the gym. Come and exercise the power of the mind!</p>	3rd Monday	1:00pm	FREE MCSC Member \$2 guest donation

JANUARY 2022

Mon	Tue	Wed	Thu	Fri
3 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 2:00 Massage	4 9:00 Foot Care 10:00 Stretching & Tai Chi 12:00 Lunch 12:00 Party Bridge 1:00 Coloring	5 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Guitar Lessons 10:30 Creative Crafting 12:00 Lunch 12:00 Lions Club	6 9:00 Healthy Smiles 9:00 Transportation 9:00 Woodcarving 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts	7 9:30 Fitness Class 12:00 Lunch 12:00 Duplicate Bridge 12:30 Rummikub 12:30 Pinochle
10 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 1:00 Garden Club Meeting 2:00 Massage	11 9:00 Reiki 10:00 Stretching & Tai Chi 12:00 Lunch 12:00 Party Bridge 1:00 Coloring 1:00 Cards of Encouragement	12 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:30 Support Group 12:00 Lunch	13 9:00 Transportation 9:00 Woodcarving 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Tech Help 1:00 Bingo 1:00 Walking Group	14 9:30 Fitness Class 10:00 Counseling 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Rummikub
17 CLOSED for MLK Jr. Day	18 9:00 Foot Care 10:00 Haircuts 10:00 Stretching & Tai Chi 10:30 Book Club 12:00 Lunch 12:00 Party Bridge 1:00 Coloring	19 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Guitar Lessons 10:00 Creative Crafting 12:00 Lunch 12:30 Chat with Dr. Blasko of MSD	20 9:00 Transportation 9:00 Woodcarving 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Poker 1:00 Sky Valley Artist Guild	21 9:00 Reflexology 9:30 Fitness Class 10:30 Support Group 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Rummikub
24 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 2:00 Massage	25 9:00 Reiki 10:00 Stretching & Tai Chi 12:00 Lunch 12:00 Party Bridge 1:00 Coloring 1:00 Cards of Encouragement	26 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 12:00 Lunch 12:30 Color and Sound Class	27 9:00 Transportation 9:00 Woodcarving 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Bingo 1:00 Walking Group	28 8:30 Board Meeting 9:00 Legal Assistance 9:30 Fitness Class 10:00 Counseling 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Rummikub 2:00 Hearing Clinic
31 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 2:00 Massage		Saturday Jan 15 5:00pm Rainbow Bingo		Main Hall Pilchuck Room Glacier Peak Room Sky River Room Cascade Room

FEBRUARY 2022

Mon	Tue	Wed	Thu	Fri
<p>Main Hall Pilchuck Room Glacier Peak Room Sky River Room Cascade Room</p>	<p>1 9:00 Foot Care 10:00 Stretching & Tai Chi 12:00 Lunch 12:00 Party Bridge 1:00 Coloring</p>	<p>2 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Guitar Lessons 10:00 Creative Crafting 12:00 Lunch 12:00 Lions Club</p>	<p>3 9:00 Healthy Smiles 9:00 Transportation 9:00 Woodcarving 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts</p>	<p>4 9:30 Fitness Class 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Rummikub</p>
<p>7 9:00 Tax Aid 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 2:00 Massage</p>	<p>8 9:00 Reiki 10:00 Stretching & Tai Chi 12:00 Lunch 12:00 Party Bridge 1:00 Coloring 1:00 Cards of Encouragement</p>	<p>9 9:00 Tax Aid 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:30 Support Group 12:00 Lunch</p>	<p>10 9:00 Transportation 9:00 Woodcarving 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Bingo 1:00 Tech help 1:00 Walking group</p>	<p>11 9:00 Legal Assistance 9:30 Fitness Class 10:00 Counseling 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Rummikub</p>
<p>14 9:00 Tax Aid 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 1:00 Garden Club Meeting 2:00 Massage</p>	<p>15 9:00 Foot Care 10:00 Stretching & Tai Chi 12:00 Lunch 12:00 Party Bridge 1:00 Coloring</p>	<p>16 9:00 Tax Aid 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Guitar Lessons 10:00 Creative Crafting 12:00 Lunch 12:30 Sprouting Class</p>	<p>17 9:00 Transportation 9:00 Woodcarving 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Poker 1:00 Sky Valley Artist Guild</p>	<p>18 9:00 Reflexology 9:30 Fitness Class 10:30 Support Group 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Rummikub</p>
<p>21 CLOSED for Presidents' Day</p>	<p>22 9:00 Reiki 10:00 Stretching & Tai Chi 10:30 Book Club 12:00 Lunch 12:00 Party Bridge 1:00 Coloring 1:00 Cards of Encouragement</p>	<p>23 9:00 Tax Aid 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 12:00 Lunch</p>	<p>24 9:00 Transportation 9:00 Woodcarving 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Bingo 1:00 Walking group</p>	<p>25 8:30 Board Meeting 9:00 Legal Assistance 9:30 Fitness Class 10:00 Counseling 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Rummikub 2:00 Hearing Clinic</p>
<p>28 9:00 Tax Aid 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 2:00 Massage</p>				

FROM THE BOARD PRESIDENT

Welcome to "Pre-Spring". You can interpret that in several ways in this part of the world. What's it going to be?? Rain every day, snow falling or a surprise burst of warm weather that begins the cascade of spring blossoms. Your guess is as good as mine and it's likely that none of us will be any more accurate than the other. The fact is..... I don't think it matters for the most part.

We are fortunate to live in a place in which nothing is too extreme. We can enjoy our environment year round as long as we have the right gear. Having the right "gear" can also have different interpretations. Perhaps choosing a direction that particularly inspires you and lifts you to a little higher gear as you move forward. Maybe it's surrounding yourself with people who tend to "gear" you up and make you want to engage in something new or to take something not so new and move it to the next level.

Whatever method or means of 'gearing up' you pick, remember you are in a pretty good place to do it in good company at our Senior Center. If you are somewhat new to the center, you will find our staff more than ready to give you the assist you need.

Want a new hobby or a new way to enjoy an established one??? Are you looking for places to go and/or people to see?? Come on in and let yourself find that thing or that place and gives you just the boost you need or want. We're here, we're ready and we're able.

To the next experience,
Craig



SUPPORT OUR ADVERTISERS!



**ADVERTISE
HERE** to reach your
community



Call (800) 950-9952

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Brett Reineck** to place
an ad today!
breineck@lpicommunities.com
or **(800) 950-9952 x2511**





**MONROE
COMMUNITY
SENIOR CENTER**

Annual Supporting Member- Individual \$30_____ Family \$50_____
Annual membership includes: ●receive newsletter in mail
 ●discounted rate for trips, activities and rentals.
Legacy Lifetime Member- Individual \$300_____ Family \$500_____
Lifetime membership includes: ●receive newsletter in mail
 ●discounted rate for trips, activities and rentals ●recognition on Legacy wall. *Your lifetime membership will keep MCSC going strong for years through our endowment fund.*
Membership \$_____ Donation \$_____ Total \$_____

Membership Form

PLEASE PRINT CLEARLY

Name: _____	Spouse/Partner Name: _____
Date of Birth: _____	Date of Birth: _____

Home Phone: _____ **Cell Phone:** _____ **May we text you? Yes ___ No ___**

Email Address: _____

Mailing Address: _____ **Reside in Monroe City Limits? Yes ___ No ___**

City: _____ **State:** _____ **Zip:** _____

Allergies: (in case of emergency) _____

Emergency Contact: _____ **Relationship:** _____

Emergency Home Phone: _____ **Emergency Cell Phone:** _____

Are you interested in Monthly Giving? Yes _____ No _____

Are you interested in learning how you can give a larger gift to MCSC? Yes _____ No _____

I agree to Monroe Community Senior Center's (MCSC) Code of Conduct. I release MCSC and all of its agents from any liability for an accident, injury or damage of any kind to persons or property that might occur while participating in MCSC activities. By signing and initialing below, I give MCSC permission to use my photo in newsletters and other publicity and to receive periodic emails.

Member Signature: _____ **Date:** _____

Member to initial and date if all contact info is current. If any info is incorrect, please complete a new form.

RENEWALS	2021	2022	2023	2024	2025
Initials:	_____	_____	_____	_____	_____
Date:	_____	_____	_____	_____	_____
Would you like to include a donation?	\$ _____	\$ _____	\$ _____	\$ _____	\$ _____

FOR OFFICE USE ONLY	2021	2022	2023	2024	2025
Receipt Number:	_____	_____	_____	_____	_____
Membership card given?	_____	_____	_____	_____	_____
Membership expiration:	_____	_____	_____	_____	_____
Info updated in Breeze?	_____	_____	_____	_____	_____

Check-in call dates: _____ * _____ * _____ * _____ *

NEW!! Enjoy a Reiki Healing Session!

Reiki is a form of energy healing that works with the energy fields around the body and involves the transfer of universal energy from the practitioner's palms to the client. This energy healing can help the flow of energy and remove blocks in a similar way to acupuncture or acupressure. Improving the flow of energy around the body can enable relaxation, relieve pain, speed healing, and reduce other symptoms of illness.

These 30-minute, one-on-one sessions by appointment take place in a peaceful, private setting. The client will sit in a comfortable chair or lie on a table, fully clothed. The practitioner will then place their hands lightly on or over specific areas of the client's head, limbs, and torso.

Benefits of receiving Reiki include improved mood and emotional well-being; reduced stress and increased relaxation; better sleep, improved insomnia symptoms; for people undergoing surgery, lower blood pressure, anxiety, and pain rates; for people with cancer, improved anxiety and pain management.

2nd & 4th Tuesday | \$20 MCSC Member / \$25 Guest price



MCSC would like to Thank Chain Lake Self Storage for providing our records and document storage & Monroe Storage Court for our shuttle bus parking space.



Let MCSC know if you are interested in learning about aromatherapy and/or crystals. Call 360-794-6359 and add your name to the interest list for possible classes this Spring!

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com



Thrive
Locally

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Brett Reineck** to place
an ad today!
breineck@lpicommunities.com
or (800) 950-9952 x2511



ACTIVITIES

<p align="center">KNIT & CROCHET</p> <p>Join this weekly group & meet other yarn enthusiasts. Work on current projects or start a new one. Many pieces are donated to local charities.</p>	Mon	9:00am	Free to MCSC Members \$2 guest donation
<p align="center">NEEDLE ARTS</p> <p>Bring your knitting, crocheting, needle point, embroidery or other needle projects to this weekly group.</p>	Thurs	12:30pm	Free to MCSC Members \$2 guest donation
<p align="center">CARDS OF ENCOURAGEMENT</p> <p>Let's get together to make cards and letters to spread some cheer for those Seniors in nursing homes. Susan Zador of "Visiting the Lonely Ones" will bring her expertise in working with isolated Seniors and coordinate card deliveries.</p>	2nd & 4th Tues	1:00pm	Free to MCSC Members \$2 guest donation
<p align="center">BOOK CLUB</p> <p>Join this book discussion group where fellow readers come together and talk about the book they have chosen for the month and the reading experience.</p>	3rd Tues	10:30am	Free to MCSC Members \$2 guest donation
<p align="center">HAND SPINNING YARN</p> <p>Bring your wheel, drop spindle and fiber and join us for a relaxing afternoon of spinning your own yarn. Come early and have lunch with the group before.</p>	Mon	12:30	Free to MCSC Members \$2 guest donation
<p align="center">CREATIVE CRAFTING</p> <p>Check out the coffee bar display case for current class offerings. There is always something new and exciting to learn.</p>	Wed	10:00am	\$7 MCSC Member \$12 guest price per class
<p align="center">COLORING</p> <p>Bring coloring supplies or come and learn some new coloring techniques. This is a great activity to sit and visit while creating beautiful works of art!</p>	Tues	1:00pm	Free to MCSC Members \$2 guest donation
<p align="center">LEARN TO PLAY GUITAR</p> <p>Whether you're young or old, there's no better feeling than learning to play an instrument. Call for appointment.</p>	1st & 3rd Wed	10:00am	\$10 MCSC Member \$15 guest per lesson
<p align="center">QUILTING with the QUEEN BEE QUILTERS</p> <p>Join us as we sew quilts and other items for the Senior Center and other local charities. If you don't know how to quilt, we can guide you. Many pieces are donated to local charities.</p>	Wed	9:30am	Free to MCSC Members \$2 guest donation
<p align="center">WOODCARVING</p> <p>Visit while you carve, craft & learn new styles. Bring your woodworking project and tools.</p>	Thurs	9:00am	Free to MCSC Members \$2 guest donation
<p align="center">SKY VALLEY ARTIST GUILD</p> <p>This group of artists meet monthly & discuss various topics, projects and critique paintings.</p>	3rd Thurs	1:00pm	Free to MCSC Members \$2 guest donation

CARDS & GAMES

CANASTA: Beginners and experienced players welcome. 	Monday	12:30	Free to MCSC Members \$2 guest donation
PARTY BRIDGE: Beginners and experienced players welcome.	Tuesday	12:00	Free to MCSC Members \$2 guest donation
BINGO: Come play and you just might win some cash! 	2nd & 4th Thursday	1:00	\$2.50 per packet. \$1 powerball Packet sales begin at 12:30
DUPLICATE BRIDGE: All skill levels welcome.	Friday	12:00	Free to MCSC Members \$2 guest donation
PINOCHLE: A classic game, for any and all, new-comers welcome.	Friday	12:30	Free to MCSC Members \$2 guest donation
RUMMIKUB: A tile-based game for two to four players, new players welcome! 	Friday	12:30	Free to MCSC Members \$2 guest donation
POKER: 5 card stud/draw, 7 card high/low and Texas Hold'em Dimes, Nickels, Pennies	3rd Thursday	1:00	Free to MCSC Members \$2 guest donation

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



SHOW YOUR SENIOR CENTER PRIDE!

T-SHIRT



OLIVE BLUE HTHR GRAY

POLO



CHARCOAL BLUE

TOTE BAG



FULL ZIP HOODIE



HTHR OLIVE BLUE HTHR GRAY



FLEX-FIT ADJUSTABLE
S/M L/XL

1/4 ZIP



OXFORD ASH GRAY

PRICING

T-SHIRT (S-XL)	\$14.99
(2XL)	\$17.49
POLO (S-XL)	\$24.99
(2XL)	\$27.49
FULL ZIP (S-XL)	\$29.99
(2XL)	\$32.49
1/4 ZIP (S-XL)	\$29.99
(2XL)	\$32.49
HAT FLEX	\$22.99
HAT ADJST	\$16.99
TOTE BAG	\$18.99

NAME: _____

PHONE: _____

Apparel Sponsored by: EvergreenHealthMonroe



LOGO 1



LOGO 2

*Logo 1 not available on bag
*Logo 2 not available on hats

ITEM DESCRIPTION	COLOR	SIZE	QTY	LOGO#	PRICE	SUBTOTAL
					\$	\$
					\$	\$
					\$	\$
					\$	\$
					\$	\$
SUBTOTAL						\$
ADD .093 SALES TAX						\$
TOTAL DUE						\$

OFFICE USE ONLY	RECEIPT #

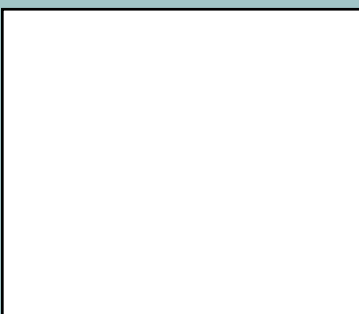
SUPPORTING MEMBER BIRTHDAYS

January Birthdays

Dale	Edwards	01/01	Rebecca	Ryan	01/16
Berit	Ellingsen	01/01	Louise	Scalzo	01/17
Betty	Meske	01/01	Sandra	Duvall	01/17
Dalton	McGee	01/02	Jacob	McGee	01/17
Helen	Cook	01/05	Connie	Phelps	01/19
Patricia	Vanderwind	01/05	Donna	Cranke	01/21
Vernon	Jensen	01/06	Ron	Novak	01/21
Joanne	Wylie	01/06	Annette	Kyle	01/23
James	Kyle	01/06	Harriet	Ferguson	01/24
Rose	Dunlap	01/07	Paula	Furick	01/25
Frankie	Ruff	01/11	R.T.	King	01/26
Judith	Godfrey	01/12	Billie	McCloud	01/27
Annette	Schalo	01/13	Bev	Mortimer	01/28
Edward	Henson	01/13	Karen	Riedel	01/28
Marcus	Pederson	01/13	Steven	Williams	01/29
Monty	Pate	01/14	Pat	Garrity	01/30
Phyllis	King	01/14	Janet	Gilbertson	01/30
Barbara	Dempsey	01/14	Doyle	Pearson	01/30
Linda	Davidson	01/14			

February Birthdays

Elaine	Boersema	02/01	Sheila	Conner	02/20
Linda	Zwick	02/02	Karyn	Langford	02/21
Kate	Cooper	02/03	Ruth	Schaible	02/26
Merrily	Giuliano	02/04	Jean	Long	02/28
Jerry	Stackpole	02/07			
Jeannie	Zarelli	02/07			
Clarice	Barnett	02/08			
Penny	Coleman	02/11			
Flora	Wilson	02/11			
Candace	Ranz	02/11			
Patty	Harbaugh	02/13			
Fernando	de la Fuente	02/14			
Virginia	Evans	02/14			
Bob	Schlatter	02/14			
Joy	Oldfield	02/14			
Pam	Mathias	02/14			
William	Kockritz	02/16			
Mildred	Ness	02/19			
Lourdes	Perez	02/19			



Abanes Insurance Agency, LLC

Medicare Plans * Prescription Drug Plans *

Individual & Family Health Plans

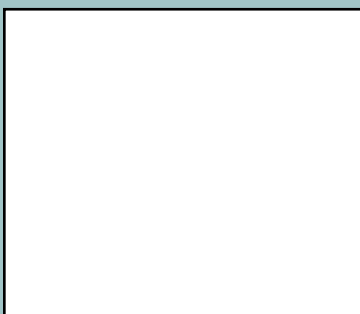


Myrna C. Abanes

Licensed Sales Agent

myrna@abanesinsurance.com

PO Box 98 • Monroe, WA 98272
360-863-2206 | Cell # 360-440-0854



SUPPORT OUR ADVERTISERS!



FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952
or visit www.lpicommunities.com/advertising






Monroe Community Senior Center
276 Sky River Parkway | P.O. Box 602
Monroe | Washington | 98272
www.mcsc.org | 360-794-6359

Non-Profit Org.
U.S. Postage
PAID
Monroe, WA
Permit #82

Member of the Washington State Association of Senior Centers
Funded by: Individual donations, grants, fundraisers,
Snohomish County Human Services,
City of Monroe (Transportation)

Address Service Requested



**SOMETIMES IT
HELPS JUST TO
TALK IT OUT.**

**Washington Listens provides support and resources to people
experiencing elevated stress due to COVID-19.**

The program is FREE and anonymous. Washington Listens helps people cope and strengthen their resiliency in these uncertain times. People who call the Washington Listens support line will speak with a support specialist and get connected to community resources in their area. Call or text when you need someone to talk to.

1-833-681-0211