



# The Grapevine

March / April 2022



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WELLNESS**

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*A publication from the Monroe Community Senior Center*

# ABOUT MCSC

## **Senior Center Hours**

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

## **Thrift Store Hours**

Monday-Friday 10:00am-2:00pm

## **Contact**

Phone: 360.794.6359

Email: [info@mcsc.org](mailto:info@mcsc.org)

## **Mailing Address**

P.O. Box 602

Monroe, WA 98272

## **Executive Director**

Jacob McGee [director@mcsc.org](mailto:director@mcsc.org)

## **Program Manager**

Candace Ranz [programs@mcsc.org](mailto:programs@mcsc.org)

## **Reception Coordinator**

Kim Borup [reception@mcsc.org](mailto: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](mailto:director@mcsc.org)  
[mcscboardofdirectors@gmail.com](mailto: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.

Like us on  
**facebook** 

Age is an issue of mind  
over matter. If you don't  
mind, it doesn't matter.

Mark Twain



# FROM THE DIRECTOR

Happy Spring! What a great time of year, especially here at Monroe Community Senior Center. Just as the trees and flowers seem to come alive with green and color, MCSC comes alive with special events, activities, trips and programs!

First up, St Patrick's Day brings a new event to MCSC aimed at increasing local business sponsorship. If you know of, or are part of, a business that would like to sponsor something at MCSC please come and talk to me – this will be a fun event and is very rewarding community support. We also have Cosmic Bingo coming up on April 16<sup>th</sup> – we are sure this will be a totally fun event that you will not want to miss!

Secondly, there are two new health and wellness programs starting this month here at MCSC. Check out page 10 for Acupuncture and Reiki information.

MCSC is also excited to offer a couple local trips in this issue of The Grapevine – check out page 5 for additional information.

You'll see other great program opportunities in this issue of The Grapevine, interesting classes, games to play, something of interest for everybody! If you are looking to champion anything here at the Center that you are interested in but do not see listed, come in and explain what you can offer!

Have you checked out our Facebook or the MCSC website? If not, I encourage you to do so, sign up for our email updates while you are at it! [www.mcsc.org](http://www.mcsc.org)

Thank you for supporting Monroe Community Senior Center by joining activities, becoming a Member, visiting with friends and making new ones, having lunch and generally just being around. It is good to see you and we are glad you are here.

-Jacob McGee, Director

360-794-6359 | [director@mcsc.org](mailto:director@mcsc.org)

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an ad today!  
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## Living Faith Monroe

Sunday Worship Service 2:30PM  
Tuesdays Bible Study/Faith Group 7PM

**Monroe Senior Center**

[www.livingfaithministries.church](http://www.livingfaithministries.church)

Pastor Noah Ranniger (425) 220-4473

**Thrive**  
*Locally*

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Spring

# Craft & Vendor Fair

at Monroe Community Senior Center  
276 Sky River Parkway

.....  
SATURDAY, MAY 7, 2022

9:00am-2:00pm  
.....

*Gifts, Crafts, Plants from the Monroe Garden Club,  
Homemade Decor, Fashion, Jewelry  
& much, much more!*



*Open to the Public. Free Parking. Free Admission.*



Want to be a vendor?  
Contact 360-794-6359 or  
Programs@mcsc.org





# TRIPS

**Tuesday March 15**  
**Molbaks & Lunch in Woodinville**

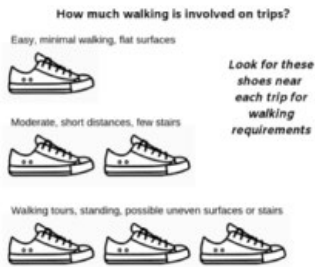
Molbak's, a family owned business, is the Northwest's premier home and garden destination. Explore the outdoor nursery and indoor greenhouses for seasonal trees, shrubs, annuals, perennials and so much more!  
 Afterward, we'll enjoy lunch at Mongolian Grill.  
 (Meal range \$10-20) Bus leaves MCSC at 10:00am.  
 Only 5 seats available, reserve now!  
**\$12 MCSC Member/ \$17 guest**



**Tuesday April 19**  
**Lunch Bunch to The RAM Restaurant in Lake Stevens**

People flock to The RAM for their classic burgers, steaks and beer!  
 (Meal range \$13-18)  
 Bus leaves MCSC at 11:30am.  
 Only 5 seats available, reserve now!

**\$12 MCSC Member/  
 \$17 guest**



MONROE COMMUNITY SENIOR CENTER  
 TRIP RULES AND CANCELLATION POLICY

- ~ Trips need to be for paid at the time of reservation to guarantee your seat. Trips can be paid by cash, check, credit/debit card. (Trips are open to all ages.)
- ~ If a trip gets cancelled by MCSC, you will be refunded.
- ~ Trips will only be cancelled if the minimum number of participants assigned to the trip is not met 2 days before, the bus is out of commission due to repairs or driver illness.
- ~ Refunds will not be given if rider cancels less than 48 hours before departure.
- ~ Assistance will not be available. If you need help with mobility, bring someone to assist you.
- ~ Some trips require advance ticket purchase; those trips cannot be refunded after noted deadline date.

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 THE MEMBERS IN  
 YOUR COMMUNITY?

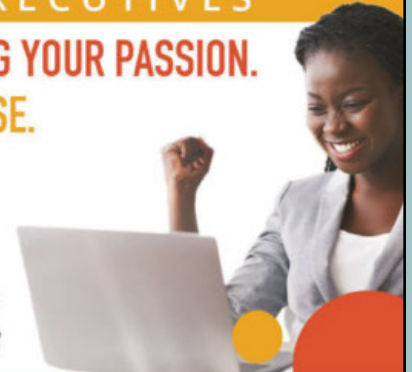
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[www.4lpi.com/careers](http://www.4lpi.com/careers)

*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





**B-I-N-G-O!!**

# **COSMIC BINGO!**

**Hosted by Party pros**

**Saturday, April 16  
Doors open at 5:00pm**



**Join us for an out of this  
world night of music,  
games, food,  
bingo and FUN!  
50/50 raffle, cash & prizes.  
Family Friendly!**

**\$20 admission,  
entertainment  
&  
loaded nachos**

**Bingo cards  
sold at the door  
for \$5 each**

**Reserve your spot at [mcsc.org](http://mcsc.org)**



**Beer, Wine & Margaritas  
available for purchase**



Monroe Community Senior Center 275 Sky River Parkway Monroe  
360-794-6389 [www.mcsc.org](http://www.mcsc.org)



# 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.***

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[www.mycommunityonline.com](http://www.mycommunityonline.com)

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# 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, incontinence products, 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, incontinence products, 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	Lending library, medical equipment by donation, transportation
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

## Did you know...

The Senior Center has a full **Lending Library**.  
Come check out our large selection of hardback and paperback books!



The Senior Center has a **Lending Closet** stocked with medical equipment like wheelchairs, walkers, canes, commodes, undergarments and more!

Donations of books and medical equipment accepted.



George Bornkamp, the “One Man Band” will be performing at the Senior Center on the *2nd & 4th Fridays* of the month from 11:30-12:30.

Join us for lunch and enjoy George’s music.

Lunch menu available at [mcsc.org](http://mcsc.org) or stop in.





# PROFESSIONAL ASSISTANCE



<p><b>LEGAL ASSISTANCE</b> 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><b>STATEWIDE HEALTH INSURANCE BENEFIT ASSISTANCE</b> 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><b>NOTARY SERVICES</b> Jennine Linn of Dollars &amp; Sense Bookkeeping is available for notary service. Call for appointment.</p>	Wednesday	10:00am-2:00pm	FREE Members/ \$10 guest donation
<p><b>TECH HELP WITH MARK THE TECH GUY</b> 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><b>MENTAL HEALTH COUNSELING</b> 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**

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*that Support our Community!*



# HEALTH AND WELLNESS

<p><b>FITNESS CLASS</b> 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><b>SENIOR SUPPORT GROUP</b> 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><b>HAIRCUTS</b> Make an appointment with Rose and she will fix you up with a new do!</p>	Tuesday Mar 1 Apr 12	10:00am- 1:30pm	\$12 MCSC Member \$15 guest price
<p><b>FOOT CARE</b> 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><b>STRETCHING &amp; TAI CHI</b> 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><b>REIKI</b> 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><b>ACUPUNCTURE</b> Acupuncture is an essential part of traditional East Asian medicine with a continuous written history of over 2000 years. Chris Bosworth-Ursino, L.Ac.</p>	1st Friday 	9:00am	\$20 MCSC Member/ \$25 Guest price 30 min session
<p><b>HEARING CLINIC</b> Get a hearing test or your hearing aid serviced. This service is provided by MCSC board president &amp; hearing specialist, Craig Hertz.</p>	4th Friday	2:00pm- 3:00pm	FREE MCSC Member \$2 guest donation Call for appointment.
<p><b>REFLEXOLOGY</b> 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><b>TEETH CLEANING with HEALTHY SMILES</b> 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><b>TAI CHI FOR 50+</b> 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><b>WALKING GROUP</b> 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><b>BRAIN TRAINING</b> 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



# MARCH 2022

Mon	Tue	Wed	Thu	Fri
<p><b>Saturday, April 16</b> 5:00 pm <b>Cosmic Bingo</b></p>	<p><b>1</b></p> <p>9:00 <b>Foot Care</b> 10:00 <b>Haircuts</b> 10:00 <b>Stretching &amp; Tai Chi</b> 12:00 <b>Lunch</b> 12:00 <b>Party Bridge</b></p>	<p><b>2</b></p> <p>9:00 <b>Tax Aid</b> 9:30 <b>Fitness Class</b> 9:30 <b>Quilting</b> 10:00 <b>Notary</b> 10:00 <b>Creative Crafting</b> 12:00 <b>Lunch</b> 12:00 <b>Lions Club</b></p>	<p><b>3</b></p> <p>9:00 <b>Healthy Smiles</b> 9:00 <b>Transportation</b> 9:00 <b>Woodcarving</b> 10:00 <b>Guitar Lessons</b> 11:15 <b>Tai Chi for 50+</b> 12:00 <b>Lunch</b> 12:30 <b>Wizards</b> 12:30 <b>Needle Arts</b> 1:00 <b>Poker</b></p>	<p><b>4</b></p> <p>9:30 <b>Fitness Class</b> 12:00 <b>Lunch</b> 12:00 <b>Duplicate Bridge</b> 12:30 <b>Rummikub</b> 12:30 <b>Pinochle</b></p>
	<p><b>7</b></p> <p>9:00 <b>Tax Aid</b> 9:00 <b>Knit &amp; Crochet</b> 9:30 <b>Fitness Class</b> 12:00 <b>Lunch</b> 12:30 <b>Yarn Spinning</b> 12:30 <b>Canasta</b></p>	<p><b>8</b></p> <p>9:00 <b>Reiki</b> 10:00 <b>Stretching &amp; Tai Chi</b> 11:00 <b>Coloring</b> 12:00 <b>Lunch</b> 12:00 <b>Party Bridge</b> 1:00 <b>Cards of Encouragement</b></p>	<p><b>9</b></p> <p>9:00 <b>Tax Aid</b> 9:30 <b>Fitness Class</b> 9:30 <b>Quilting</b> 10:00 <b>Notary</b> 10:00 <b>Creative Crafting</b> 10:30 <b>Support Group</b> 12:00 <b>Lunch</b></p>	<p><b>10</b></p> <p>9:00 <b>Transportation</b> 9:00 <b>Woodcarving</b> 10:00 <b>Guitar Lessons</b> 11:15 <b>Tai Chi for 50+</b> 12:00 <b>Lunch</b> 12:30 <b>Needle Arts</b> 1:00 <b>Tech Help</b> 1:00 <b>Bingo</b> 1:00 <b>Walking Group</b></p>
<p><b>14</b></p> <p>9:00 <b>Tax Aid</b> 9:00 <b>Knit &amp; Crochet</b> 9:30 <b>Fitness Class</b> 12:00 <b>Lunch</b> 12:30 <b>Yarn Spinning</b> 12:30 <b>Canasta</b> 1:00 <b>Garden Club Meeting</b></p>	<p><b>15</b></p> <p>9:00 <b>Foot Care</b> 10:00 <b>Haircuts</b> 10:00 <b>Trip to Molbaks</b> 10:00 <b>Stretching &amp; Tai Chi</b> 10:30 <b>Book Club</b> 12:00 <b>Lunch</b> 12:00 <b>Party Bridge</b></p>	<p><b>16</b></p> <p>9:00 <b>Tax Aid</b> 9:30 <b>Fitness Class</b> 9:30 <b>Quilting</b> 10:00 <b>Notary</b> 10:00 <b>Creative Crafting</b> 12:00 <b>Lunch</b></p>	<p><b>17</b></p> <p>9:00 <b>Transportation</b> 9:00 <b>Woodcarving</b> 10:00 <b>Guitar Lessons</b> 11:15 <b>Tai Chi for 50+</b> 12:00 <b>Lunch</b> 12:30 <b>Needle Arts</b>  1:00 <b>Poker</b> 1:00 <b>Sky Valley Artist Guild</b></p>	<p><b>18</b></p> <p>9:00 <b>Reflexology</b> 9:30 <b>Fitness Class</b> 10:30 <b>Support Group</b> 12:00 <b>Lunch</b> 12:00 <b>Duplicate Bridge</b> 12:30 <b>Pinochle</b> 12:30 <b>Rummikub</b></p>
<p><b>21</b></p> <p>9:00 <b>Tax Aid</b> 9:00 <b>Knit &amp; Crochet</b> 9:30 <b>Fitness Class</b> 12:00 <b>Lunch</b> 12:30 <b>Yarn Spinning</b> 12:30 <b>Canasta</b> 1:00 <b>Brain Training</b></p>	<p><b>22</b></p> <p>9:00 <b>Reiki</b> 10:00 <b>Stretching &amp; Tai Chi</b> 11:00 <b>Coloring</b> 12:00 <b>Lunch</b> 12:00 <b>Party Bridge</b> 1:00 <b>Cards of Encouragement</b></p>	<p><b>23</b></p> <p>9:00 <b>Tax Aid</b> 9:30 <b>Fitness Class</b> 9:30 <b>Quilting</b> 10:00 <b>Notary</b> 10:00 <b>Creative Crafting</b> 12:00 <b>Lunch</b></p>	<p><b>24</b></p> <p>9:00 <b>Transportation</b> 9:00 <b>Woodcarving</b> 10:00 <b>Guitar Lessons</b> 11:15 <b>Tai Chi for 50+</b> 12:00 <b>Lunch</b> 12:30 <b>Needle Arts</b> 1:00 <b>Bingo</b> 1:00 <b>Walking Group</b></p>	<p><b>25</b></p> <p>8:30 <b>Board Meeting</b> 9:00 <b>Legal Assistance</b> 9:30 <b>Fitness Class</b> 10:00 <b>Counseling</b> 12:00 <b>Lunch</b> 12:00 <b>Duplicate Bridge</b> 12:30 <b>Pinochle</b> 12:30 <b>Rummikub</b> 2:00 <b>Hearing Clinic</b></p>
<p><b>28</b></p> <p>9:00 <b>Tax Aid</b> 9:00 <b>Knit &amp; Crochet</b> 9:30 <b>Fitness Class</b> 12:00 <b>Lunch</b> 12:30 <b>Yarn Spinning</b> 12:30 <b>Canasta</b></p>	<p><b>29</b></p> <p>9:00 <b>Foot Care</b> 10:00 <b>Stretching &amp; Tai Chi</b> 12:00 <b>Lunch</b> 12:00 <b>Party Bridge</b></p>	<p><b>30</b></p> <p>9:00 <b>Tax Aid</b> 9:30 <b>Fitness Class</b> 9:30 <b>Quilting</b> 10:00 <b>Notary</b> 10:00 <b>Creative Crafting</b> 12:00 <b>Lunch</b></p>	<p><b>31</b></p> <p>9:00 <b>Transportation</b> 9:00 <b>Woodcarving</b> 10:00 <b>Guitar Lessons</b> 11:15 <b>Tai Chi for 50+</b> 12:00 <b>Lunch</b> 12:30 <b>Needle Arts</b></p>	<p><b>Main Hall</b> <b>Pilchuck Room</b> <b>Glacier Peak Room</b> <b>Sky River Room</b> <b>Cascade Room</b></p>

# APRIL 2022

Mon	Tue	Wed	Thu	Fri
<p><b>Main Hall</b>  <b>Pilchuck Room</b>  <b>Glacier Peak Room</b>  <b>Sky River Room</b>  <b>Cascade Room</b></p>	<p>March calendar of events brought to you by:</p> 	<p>April calendar of events brought to you by:</p> 	<p><b>Saturday May 7</b>  <b>Spring Craft &amp;</b>  <b>Vendor Fair</b></p>	<p><b>1</b>  <b>9:00 Acupuncture</b>  <b>9:30 Fitness Class</b>  <b>12:00 Lunch</b>  <b>12:00 Duplicate Bridge</b>  <b>12:30 Pinochle</b>  <b>12:30 Rummikub</b></p>
<p><b>4</b>  <b>9:00 Tax Aid</b>  <b>9:00 Knit &amp; Crochet</b>  <b>9:30 Fitness Class</b>  <b>12:00 Lunch</b>  <b>12:30 Yarn Spinning</b>  <b>12:30 Canasta</b></p>	<p><b>5</b>  <b>9:00 Foot Care</b>  <b>10:00 Stretching &amp; Tai Chi</b>  <b>12:00 Lunch</b>  <b>12:00 Party Bridge</b>  <b>1:00 Coloring</b></p>	<p><b>6</b>  <b>9:00 Tax Aid</b>  <b>9:30 Fitness Class</b>  <b>9:30 Quilting</b>  <b>10:00 Notary</b>  <b>10:00 Creative Crafting</b>  <b>10:40 Village Voices</b>  <b>12:00 Lunch</b>  <b>12:00 Lions Club</b></p>	<p><b>7</b>  <b>9:00 Healthy Smiles</b>  <b>9:00 Transportation</b>  <b>9:00 Woodcarving</b>  <b>10:00 Guitar Lessons</b>  <b>11:15 Tai Chi for 50+</b>  <b>12:00 Lunch</b>  <b>12:30 Wizards</b>  <b>12:30 Needle Arts</b>  <b>1:00 Poker</b></p>	<p><b>8</b>  <b>9:00 Legal Assistance</b>  <b>9:30 Fitness Class</b>  <b>10:00 Counseling</b>  <b>12:00 Lunch</b>  <b>12:00 Duplicate Bridge</b>  <b>12:30 Pinochle</b>  <b>12:30 Rummikub</b></p>
<p><b>11</b>  <b>9:00 Tax Aid</b>  <b>9:00 Knit &amp; Crochet</b>  <b>9:30 Fitness Class</b>  <b>12:00 Lunch</b>  <b>12:30 Yarn Spinning</b>  <b>12:30 Canasta</b>  <b>1:00 Garden Club Meeting</b></p>	<p><b>12</b>  <b>9:00 Reiki</b>  <b>10:00 Haircuts</b>  <b>10:00 Stretching &amp; Tai Chi</b>  <b>11:00 Coloring</b>  <b>12:00 Lunch</b>  <b>12:00 Party Bridge</b>  <b>1:00 Cards of Encouragement</b></p>	<p><b>13</b>  <b>9:00 Tax Aid</b>  <b>9:30 Fitness Class</b>  <b>9:30 Quilting</b>  <b>10:00 Notary</b>  <b>10:00 Creative Crafting</b>  <b>10:30 Support Group</b>  <b>10:40 Village Voices</b>  <b>12:00 Lunch</b></p>	<p><b>14</b>  <b>9:00 Transportation</b>  <b>9:00 Woodcarving</b>  <b>10:00 Guitar Lessons</b>  <b>11:15 Tai Chi for 50+</b>  <b>12:00 Lunch</b>  <b>12:30 Needle Arts</b>  <b>1:00 Bingo</b>  <b>1:00 Tech Help</b>  <b>1:00 Walking group</b></p>	<p><b>15</b>  <b>9:00 Reflexology</b>  <b>9:30 Fitness Class</b>  <b>10:30 Support Group</b>  <b>12:00 Lunch</b>  <b>12:00 Duplicate Bridge</b>  <b>12:30 Pinochle</b>  <b>12:30 Rummikub</b></p>
<p><b>18</b>  <b>9:00 Knit &amp; Crochet</b>  <b>9:30 Fitness Class</b>  <b>12:00 Lunch</b>  <b>12:30 Yarn Spinning</b>  <b>12:30 Canasta</b>  <b>1:00 Brain Training</b></p>	<p><b>19</b>  <b>9:00 Foot Care</b>  <b>10:00 Stretching &amp; Tai Chi</b>  <b>10:30 Book Club</b>  <b>11:30 Trip to The Ram</b>  <b>12:00 Lunch</b>  <b>12:00 Party Bridge</b>  <b>1:00 Coloring</b></p>	<p><b>20</b>  <b>9:30 Fitness Class</b>  <b>9:30 Quilting</b>  <b>10:00 Notary</b>  <b>10:00 Creative Crafting</b>  <b>10:40 Village Voices</b>  <b>12:00 Lunch</b></p>	<p><b>21</b>  <b>9:00 Transportation</b>  <b>9:00 Woodcarving</b>  <b>10:00 Guitar Lessons</b>  <b>11:15 Tai Chi for 50+</b>  <b>12:00 Lunch</b>  <b>12:30 Needle Arts</b>  <b>1:00 Poker</b>  <b>1:00 Sky Valley Artist Guild</b></p>	<p><b>22</b>  <b>8:30 Board Meeting</b>  <b>9:00 Legal Assistance</b>  <b>9:30 Fitness Class</b>  <b>10:00 Counseling</b>  <b>12:00 Lunch</b>  <b>12:00 Duplicate Bridge</b>  <b>12:30 Pinochle</b>  <b>12:30 Rummikub</b>  <b>2:00 Hearing Clinic</b></p>
<p><b>25</b>  <b>9:00 Knit &amp; Crochet</b>  <b>9:30 Fitness Class</b>  <b>12:00 Lunch</b>  <b>12:30 Yarn Spinning</b>  <b>12:30 Canasta</b></p>	<p><b>26</b>  <b>9:00 Reiki</b>  <b>10:00 Stretching &amp; Tai Chi</b>  <b>11:00 Coloring</b>  <b>12:00 Lunch</b>  <b>12:00 Party Bridge</b>  <b>1:00 Cards of Encouragement</b></p>	<p><b>27</b>  <b>9:30 Fitness Class</b>  <b>9:30 Quilting</b>  <b>10:00 Notary</b>  <b>10:00 Creative Crafting</b>  <b>10:40 Village Voices</b>  <b>12:00 Lunch</b></p>	<p><b>28</b>  <b>9:00 Transportation</b>  <b>9:00 Woodcarving</b>  <b>10:00 Guitar Lessons</b>  <b>11:15 Tai Chi for 50+</b>  <b>12:00 Lunch</b>  <b>12:30 Needle Arts</b>  <b>1:00 Bingo</b>  <b>1:00 Walking group</b></p>	<p><b>29</b>  <b>9:30 Fitness Class</b>  <b>12:00 Lunch</b>  <b>12:00 Duplicate Bridge</b>  <b>12:30 Pinochle</b>  <b>12:30 Rummikub</b></p>



# FROM THE BOARD PRESIDENT

Have you ever used word association to help you remember something? Maybe a place or a date that you connect with something in order to help you remember?

I've done this a lot throughout my life and it helps.

Well, I have another one for you. Yes, it's a date but can so easily create momentum when you need it. March 4th is the date. Seems innocuous enough. What's special about this date???? Let's try another spelling. How about March Forth??? When you do this it can get you thinking about movement. About choosing a direction and heading out. Trying new things and going to new places. Maybe just revisiting places and things we love but haven't paid much attention to in a while. Certainly you can march forth by getting off your chair and literally marching forth OR you can march forth into learning something new or meeting someone new. There is absolutely no limit as to how we can use this notion.

It's true, I am all about motion. About getting up and out. I realize that is reflected in the articles I write for our Grapevine. For me, there is more, a good deal more than just moving our bodies. Expansion and growth are not just about our physical selves.

Healthy minds and outlooks, healthy spirits and relationships. We need all of these things to have a full life experience

As the years go by it seems, some of us get used to reaching out less. Sometimes it's because we have matured. We have grown to appreciate our own company. We don't need to be in a constant state of motion. There is SO much good in that but remain aware that you may appreciate your personal time more if you march forth into things that bring new joy, you may be able to use those "new things" to more fully enjoy your reflection time.

Whatever the case, however you choose to apply it, your life will become fuller when you make the decision to march forth!

Happy Spring, Craig



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**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**

<b>Name:</b> _____	<b>Spouse/Partner Name:</b> _____
<b>Date of Birth:</b> _____	<b>Date of Birth:</b> _____

**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.**

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

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

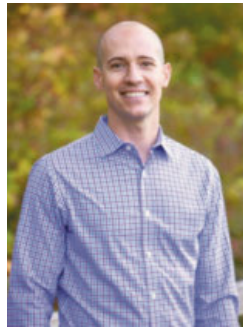
**Check-in call dates:** \_\_\_\_\_ \* \_\_\_\_\_ \* \_\_\_\_\_ \* \_\_\_\_\_ \*





## ~ Acupuncture at MCSC ~

Hi! I'm Chris,  
 I have always enjoyed caring for others and, after 15 years in senior care leadership and business development, I went back to school to learn Acupuncture and Eastern Medicine.  
 In every patient encounter, I bring a sense of ease and personal attention you may not have experienced in a medical appointment before. Whether you are seeking relief from joint pain, chronic illness, anxiety, or just looking for an emotional boost, I am here to support you!



Make an appointment for Acupuncture at MCSC every 1st Friday  
 9:00am-1:00pm \$20 Member/\$25 Guest

### 2022 Upcoming Events

- 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

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# ACTIVITIES

<p><b>KNIT &amp; CROCHET</b></p> <p>Join this weekly group &amp; 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><b>NEEDLE ARTS</b></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><b>CARDS OF ENCOURAGEMENT</b></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><b>BOOK CLUB</b></p> <p>Join this book discussion group where fellow readers come talk about the book of the month and the reading experience.</p>	3rd Tues	10:30am	Free to MCSC Members \$2 guest donation
<p><b>HAND SPINNING YARN</b></p> <p>Bring your wheel, drop spindle and fiber and join us for a relaxing afternoon of spinning your own yarn.</p>	Mon	12:30	Free to MCSC Members \$2 guest donation
<p><b>CREATIVE CRAFTING</b></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><b>COLORING</b></p> <p>Supplies provided or bring your personal special 'tools'. Sit, relax and visit while creating your own beautiful COLORFUL designs.</p>	2nd & 4th Tues	11:00am	Free to MCSC Members \$2 guest donation
<p><b>LEARN TO PLAY GUITAR</b></p> <p>Whether you're young or old, there's no better feeling than learning to play an instrument. Call for appointment.</p>	Thurs	10:00am	\$10 MCSC Member \$15 guest per lesson
<p><b>QUILTING with the QUEEN BEE QUILTERS</b></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><b>WOODCARVING</b></p> <p>Visit while you carve, craft &amp; learn new styles. Bring your woodworking project and tools.</p>	Thurs	9:00am	Free to MCSC Members \$2 guest donation
<p><b>SKY VALLEY ARTIST GUILD</b></p> <p>This group of artists meet monthly &amp; discuss various topics, projects and critique paintings.</p>	3rd Thurs	1:00pm	Free to MCSC Members \$2 guest donation
<p><b>VILLAGE VOICES CHOIR</b></p> <p>Join this group of fantastic people and reap the benefits that music has to offer. Singing has been known to reduce stress and anxiety levels and contribute to a positive mental state.</p>	Wed	10:40am	Free to MCSC Members \$2 guest donation

# CARDS & GAMES

<b>WIZARDS CARD GAME:</b> The Wizard deck is similar to a regular deck of playing cards with the addition of Wizards and Jesters. Players try to win the exact number of tricks they bid. Jesters always lose and Wizards always win. The rules are easy to learn!	1st Thursday <b>NEW</b>	12:30	Free to MCSC Members \$2 guest donation
<b>CANASTA:</b> Beginners and experienced players welcome.	Monday	12:30	Free to MCSC Members \$2 guest donation
<b>PARTY BRIDGE:</b> Beginners and experienced players welcome.	Tuesday	12:00	Free to MCSC Members \$2 guest donation
<b>BINGO:</b> 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
<b>DUPLICATE BRIDGE:</b> All skill levels welcome.	Friday	12:00	Free to MCSC Members \$2 guest donation
<b>PINOCHLE:</b> A classic game, for any and all, new-comers welcome.	Friday	12:30	Free to MCSC Members \$2 guest donation
<b>RUMMIKUB:</b> A tile-based game for two to four players, new players welcome!	Friday	12:30	Free to MCSC Members \$2 guest donation
<b>POKER:</b> 5 card stud/draw, 7 card high/low and Texas Hold'em Quarters, Dimes, Nickels	1st & 3rd Thursday	1:00	Free to MCSC Members \$2 guest donation

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## 1/4 ZIP



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LOGO 1



LOGO 2

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

ITEM DESCRIPTION	COLOR	SIZE	QTY	LOGO#	PRICE	SUBTOTAL
					\$	\$
					\$	\$
					\$	\$
					\$	\$
					\$	\$

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Sales tax 9.3%	\$
<b>TOTAL DUE</b>	<b>\$</b>

# SUPPORTING MEMBER BIRTHDAYS

## March Birthdays

Maureen Paszek	03/02	Tom Peterson	03/16
Annette Bishop	03/04	Louise Kennedy	03/17
Margaret Siler-Stoen	03/05	Cathy Karlsen	03/18
Teresa Waddell	03/06	Kim Winston	03/18
Therese Svetlik	03/06	Howard Schaible	03/19
Marianne Vogel	03/07	Andrew Kuna	03/19
Margaret Ohlsen	03/07	Bruce Govan	03/22
Deanna Legg	03/07	Leroy Winters	03/23
Doug Wilson	03/08	Jeanne Trainor	03/24
Larry Hanson	03/08	Kerry Lynn	03/24
Gary Bowers	03/09	Steve Dennis	03/25
Gayle Knisley	03/09	Stan Depner	03/28
Terry Howes	03/09	Barbara McLaren	03/29
Joe Paszek	03/11	Judy Lambour	03/29
Marcia Wall	03/12	Gayle Berg	03/29
Frank Fenimore	03/13	Jeanette Lovell	03/30
Beverly Kruckenberg	03/13	Sara Brown	03/30
Margaret LaReaux	03/13	Margaret Michaud	03/31
Al Baumrucker	03/14	Diane Criss	03/31
Lisa McCadam	03/14		

**HAPPY BIRTHDAY**

## April Birthdays

Ella Mae Roberts	04/01	April Bernath	04/14
Georgia Dahl	04/01	Bob Young	04/14
Leonard Christie	04/01	Orva Anderson	04/16
Carol Valentine	04/02	Lona Larson	04/16
Martha Pestonit	04/02	Lory Tossey	04/17
Rochelle Ramey	04/04	Darwin Takaki	04/17
Linda Grant	04/04	Cheryl Hopkins	04/17
Terry Berg	04/04	Myrna Abanes	04/18
Donya Grant	04/04	Dorothy Fuhrman	04/19
Christine Himes	04/06	Stephanie McKay	04/19
John McClelland	04/07	Billy Moe	04/19
Ronald Franz	04/07	Melinda Peeples	04/19
Ken Dempsey	04/09	Dennis DuPont	04/19
George Kirk	04/10	Sandy Kirkpatrick	04/20
Rich Primo	04/11	Marci Hughes	04/20
Janet Osborn	04/12	Chuck Hughes	04/21
Montie Darby	04/12	Tsubomi Bariel	04/21
Pat Wans	04/13	Lillian Walz	04/21
Nancy Skalsky	04/14	Sue Bell	04/22
		Susan Venegas	04/22
		Kristina Ashment	04/23
		Scott Jamtaas	04/26
		Neill Bowman	04/27
		Carol Ann Pinto	04/27



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City of Monroe (Transportation)

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Do not place medicines in the trash or recycling, and never flush them down the toilet.



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- ⇒ Rite Aid 18906 State Route 2, Monroe
- ⇒ Pharm A Save Monroe 17788 147th Street Southeast, Monroe
- ⇒ Credena Health Pharmacy Monroe 19200 North Kelsey Street, Monroe
- ⇒ Sultan Police Department 515 Main Street, Sultan