



The Grapevine

MAY/JUNE 2022



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WELLNESS**

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ABOUT MCSC

Senior Center Hours

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

Thrift Store Hours

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

Location:

276 Sky River Parkway, Monroe

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 are interested in being on the board or a committee or would like to be included on the agenda, please contact director@mcsc.org or 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.

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FROM THE DIRECTOR



I can't believe we are into May and June already! Seems this year has flown by so far – wouldn't it be nice if we could just slow time down sometimes? I hope you have something planned this summer that brings you joy. When joy is part of what you are doing – it is easier to slow that time down. We have many things here at MCSC that bring joy – groups that meet and get together with like-minded people to play cards, get crafty, quilt, carve wood, eat a meal, even just chat for a bit. There are new things to try alongside your standbys that you've enjoyed forever. As we age, it is really important to stretch our minds, try new things, volunteer, etc. Staying social is one of the most important aspects to aging gracefully.

Since I mentioned volunteers, let me tell you Monroe Community Senior Center would not function without them. Volunteers are the lifeblood of the Senior Center, the backbone. MCSC has volunteer positions at the Front Desk, Thrift Store, our weekly lunch program, special events and many others. Let us know if you think you might be interested and we can provide you with more information and a Volunteer Application. If you don't see something you are interested in but have ideas on other ways you can help out, please let us know this as well. Many great programs have started by someone's great idea! To our current volunteers, I want to personally thank you for your continued dedication the MCSC. You are AWESOME!!


Cosmic Bingo held April 16th was well attended and a total hit according to participants! Consider attending Rainbow Bingo on July 16th – get your tickets early! These events have been a great addition to the Senior Center programming lineup, allowing the community to support our mission - all while having a great dinner and great time!

Smile-Summer is just around the corner.

-Jacob McGee, Director 360-794-6359 | director@mcsc.org

<p>GROW YOUR BUSINESS</p> <p>BY PLACING AN AD HERE!</p> <p>CONTACT US!</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>
	 <p>Thrive Locally</p>

SUPPORT OUR ADVERTISERS!



TRIPS

Wednesday May 11

Puget Sound Local Yarn Shop Tour

We'll visit *The Knifty Knitter in Issaquah*, *Tolt Yarn in Carnation* and then *Quintessential Knits in Duvall*.

We'll stop for lunch in between shops.

Bus leaves MCSC at 9:30 am.

\$25 MCSC Member/ \$32 Guest



Tuesday May 24

Hibulb Cultural Center in Tulalip

This Center is a place of learning and a source of civic pride for the Tulalip people and our neighboring communities. Come see the exhibits and learn about the remarkable history and culture.

More info at hibulbculturalcenter.org

Bus leaves MCSC at 9:30am. Only 5 seats available, reserve now!

\$19 MCSC Member (includes admission)/ \$26 guest



Tuesday June 7

Lunch Bunch to Claim Jumper in Lynnwood

Using only the finest and freshest ingredients, Claim Jumper offers a menu featuring Classic American Cuisine... baby back pork ribs, rotisserie chicken, fresh fish, pot pie, pizza, rich desserts and so much more!

(Meal range \$14-22)

Bus leaves MCSC at 11:30am.

Only 5 seats available, reserve now!

\$12 MCSC Member/ \$17 guest



Wednesday June 14

Shopping at Alderwood Mall

Let's shop till we drop at Alderwood Mall in Lynnwood! We'll break for lunch at The Cheesecake Factory, YUM!

(Meal range \$12-\$16)

Bus leaves MCSC at 10:00am. 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.



How much walking is involved on trips?

Easy, minimal walking, flat surfaces



Moderate, short distances, few stairs



Walking tours, standing, possible uneven surfaces or stairs



Look for these shoes near each trip for walking requirements

NEW STUFF

Near Death Experience Support Group

1st & 3rd Fridays at 10:00 am



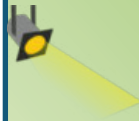
Meet others who've experienced a near-death experience (NDE).

Gather to freely and openly have candid discussions about your experience, concerns and needs, without fear, in a space that's supportive. Together, let's share in the profundity of these life-altering events that change and transform our lives forever.

Individuals interested in NDEs are also welcome.

Village Voices Choir Performance

The MCSC Village Voices Choir will be performing during lunch on Wed. May 25 at Noon. Stop by and enjoy the music!



Member Spotlight

Meet George Bornkamp!

How long have you been coming to the Monroe Community Senior Center?

George: "12 years"

Why do you come?

George: "Good people, great facility and the Village Voices Choir."



What do you do at the Center?

George: "I sing in the choir and entertain at lunch on occasional Fridays."

Come see George "the one man band" perform at noon on 2nd & 4th Fridays!

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

 CALL 800.950.9952

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

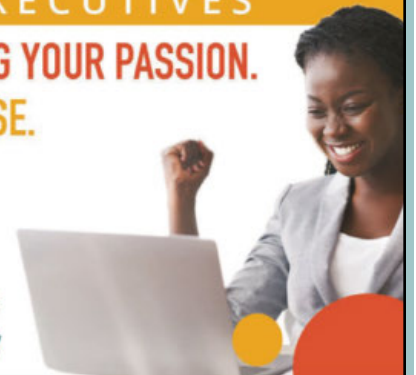
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Mental Illness - Philippians 4 verses 4-8
Criminals - Galatians 5 verses 19-23
Understanding the Bible - John 1 verses 1-5
Salvation - John 3 verses 16-17



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



B-I-N-G-O!!



Rainbow Bingo

Hosted by Sylvia O'Stayformore



Saturday | July 16, 2022

**DOORS OPEN
5:00PM**

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

**CASH & PRIZES
RAFFLES TOO!**

**MUSIC
GAMES
&
BINGO!**

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

21+ EVENT



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276 SKY RIVER PKWY MONROE, WA
WWW.MCSC.ORG

KARIN EHRHORN



(206) 387-3770



CLASSES

Opioid Awareness & Recovery Chat

Friday, June 3, 2022 @ 12:30pm

Eric Britt, Director of the Evergreen Monroe Recovery Center will be here to chat with us about opioid awareness, recovery options, proper medication storage and disposal and to answer your question about addiction and recovery. Join us for the free informational discussion. **RSVP at 360-794-6359**



Snohomish Regional Fire & Rescue is offering Aging in Place, Home Fire Safety & Disaster Preparedness classes monthly via Zoom* for Seniors!

Learn more at www.srfr.org or call 360-794-7666

***In person classes coming to MCSC this Fall!!**



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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

Individual 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, counseling sessions for Seniors 60+.

Steve Harper, LMFT, CMHS of Monroe Counseling is taking appointments at MCSC.

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



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>	3rd Wednesdays	11:00am-1:00pm	FREE Call for appointment
<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

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that Support our Community!



HEALTH AND WELLNESS

FITNESS CLASS Same great instructors but with some new content. Always a fun, dynamic cardiovascular exercise, strength, balance and stretching.	Monday Wednesday Friday	9:30am- 10:30am	\$3 per class for Members \$5 per class for guests. Punch cards available
SENIOR SUPPORT GROUP A peer support group where older adults can come together and share struggles, joys, doubts, fears, etc. and be supported.	2nd Wed & 3rd Fri	10:30am- 11:30am	FREE to all!
HAIRCUTS Make an appointment with Rose and she will fix you up with a new do!	Tuesday May 24 June 28	9:00am- 2:40pm	\$12 MCSC Member \$15 guest price
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.	1st & 3rd Tuesday	9:00am- 3:00pm	\$40 MCSC Member \$45 guest price Call for appointment.
TAI CHI 10 years younger and 10 years lighter in 30 minutes! These DVD guided, gentle, scientifically designed stretching exercises will have you feeling fantastic!	Tuesday	10:00am- 11:00am	FREE MCSC Member \$2 guest donation
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.	2nd & 4th Tuesday 	9:00am- 12:00pm	\$20 MCSC Member/ \$25 Guest price 20 min session
ACUPUNCTURE Acupuncture is an essential part of traditional East Asian medicine with a continuous written history of over 2000 years. Chris Bosworth-Ursino, L.Ac.	1st Friday 	10:00am- 2:00pm	\$20 MCSC Member/ \$25 Guest price 30 min session
HEARING CLINIC Get a hearing test or your hearing aid serviced. This service is provided by MCSC board president & hearing specialist, Craig Hertz.	4th Friday	2:00pm- 3:00pm	FREE MCSC Member \$2 guest donation Call for appointment.
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.	3rd Friday	9:00am- 3:00pm	\$35 MCSC Member \$40 guest price for 45 minute session
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+	1st Thursday	9:00am- 3:00pm	Call (206) 650-3272 for cost & appointment.
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.	Thursday	11:15am- 12:00pm	FREE MCSC Member \$2 guest donation
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!	2nd & 4th Thursday	1:00pm	Free to all!
NEAR DEATH EXPERIENCE (NDE) SUPPORT GROUP Meet others who've experienced a near-death experience (NDE). Gather freely and have candid discussions about your experience.	1st & 3rd Friday 	10:00am	Free to all!

MAY 2022

Mon	Tue	Wed	Thu	Fri
2 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta	3 9:00 Foot Care 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge	4 9:00 Foot Care  9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:40 Village Voices 12:00 Lunch 12:00 Lions Club	5 9:00 Healthy Smiles 9:00 Transportation 9:00 Woodcarving 10:00 Guitar Lessons 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Wizards 1:00 Poker	6 9:00 Acupuncture 9:30 Fitness Class 10:00 NDE Support Grp 12:00 Lunch 12:00 Duplicate Bridge 12:30 Canasta 12:30 Pinochle
9 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 1:00 Garden Club Meeting	10 9:00 Reiki 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Cards of Encouragement	11 9:30 Fitness Class 9:30 Quilting 9:30 YLS Yarn Trip 10:00 Notary 10:00 Creative Crafting 10:30 Support Group 10:40 Village Voices 12:00 Lunch	12 9:00 Transportation 9:00 Woodcarving 10:00 Guitar Lessons 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Tech Help 1:00 Bingo 1:00 Walking Group	13 9:30 Fitness Class 9:30 Legal Assistance 10:00 Counseling 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Canasta
16 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 1:00 Brain Training	17 9:00 Foot Care 10:00 Tai Chi 10:30 Book Club 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Learn Spanish	18 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:40 Village Voices 11:00 SHIBA 12:00 Lunch	19 9:00 Transportation 9:00 Woodcarving 10:00 Guitar Lessons 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Poker 1:00 Sky Valley Artist Guild	20 9:00 Reflexology 9:30 Fitness Class 10:00 NDE Support Grp 10:30 Support Group 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Canasta
23 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 	24 9:00 Reiki 9:00 Haircuts 9:30 Trip to Hibulb 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Cards of Encouragement 1:00 Learn Spanish	25 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 12:00 Village Voices Lunch Performance 12:00 Lunch	26 9:00 Transportation 9:00 Woodcarving 10:00 Guitar Lessons 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Bingo 1:00 Walking Group	27 8:30 Board Meeting 9:30 Legal Assistance 9:30 Fitness Class 10:00 Counseling 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Canasta 2:00 Hearing Clinic
30 CLOSED MEMORIAL DAY 	31 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Learn Spanish	Saturday, May 7 9:00-2:00 Spring Bazaar	May calendar of events brought to you by: 	Main Hall Pilchuck Room Glacier Peak Room Sky River Room Cascade Room

JUNE 2022

Mon	Tue	Wed	Thu	Fri
<p>Main Hall Pilchuck Room Glacier Peak Room Sky River Room Cascade Room</p>	<p>June calendar of events brought to you by:</p> 	<p>1</p> <p>9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:40 Village Voices 12:00 Lunch 12:00 Lions Club</p>	<p>2</p> <p>9:00 Healthy Smiles 9:00 Transportation 9:00 Woodcarving 10:00 Guitar Lessons 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Wizards 12:30 Needle Arts 1:00 Poker</p>	<p>3</p> <p>9:00 Acupuncture 9:30 Fitness Class 10:00 NDE Support Grp 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Canasta 12:30 Opioid Awareness</p>
<p>6</p> <p>9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta</p> 	<p>7</p> <p>9:00 Foot Care 10:00 Tai Chi 11:00 Coloring 11:30 Trip to Claim Jumper 12:00 Lunch 12:00 Party Bridge 1:00 Learn Spanish</p>	<p>8</p> <p>9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:30 Support Group 10:40 Village Voices 12:00 Lunch</p>	<p>9</p> <p>9:00 Transportation 9:00 Woodcarving 10:00 Guitar Lessons 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>10</p> <p>9:30 Legal Assistance 9:30 Fitness Class 10:00 Counseling 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Canasta</p>
<p>13</p> <p>9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 1:00 Garden Club Meeting</p>	<p>14</p> <p>9:00 Reiki 10:00 Mall Trip 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Cards of Encouragement 1:00 Learn Spanish</p>	<p>15</p> <p>9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:40 Village Voices 11:00 SHIBA 12:00 Lunch</p>	<p>16</p> <p>9:00 Transportation 9:00 Woodcarving 10:00 Guitar Lessons 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Poker 1:00 Sky Valley Artist Guild</p>	<p>17</p> <p>9:00 Reflexology 9:30 Fitness Class 10:00 NDE Support Grp 10:30 Support Group 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Canasta</p>
<p>20</p> <p>CLOSED for Juneteenth</p>	<p>21</p> <p>9:00 Foot Care 10:00 Tai Chi 10:30 Book Club 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Learn Spanish</p>	<p>22</p> <p>9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:40 Village Voices 12:00 Lunch</p>	<p>23</p> <p>9:00 Transportation 9:00 Woodcarving 10:00 Guitar Lessons 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts 1:00 Bingo 1:00 Walking group</p>	<p>24</p> <p>8:30 Board Meeting 9:30 Legal Assistance 9:30 Fitness Class 10:00 Counseling 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Canasta 2:00 Hearing Clinic</p>
<p>27</p> <p>9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta</p>	<p>28</p> <p>9:00 Reiki 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Cards of Encouragement 1:00 Learn Spanish</p>	<p>29</p> <p>9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:40 Village Voices 12:00 Lunch</p>	<p>30</p> <p>9:00 Transportation 9:00 Woodcarving 10:00 Guitar Lessons 11:15 Tai Chi for 50+ 12:00 Lunch 12:30 Needle Arts</p>	<p>Saturday July 16 5:00pm Rainbow Bingo</p> 

FROM THE BOARD PRESIDENT

FINALLY!!!! Most of the rain is behind us and summer is on the horizon. It's been a wait but our patience has paid off.

The days are longer and there's more of that to come.

A question to ask yourself..... What would you like to do with this part of the year? We've been used to spending a lot of time at home and maybe that's exactly what you prefer. If you're looking for more, we have plenty going on at the Senior Center. We're taking short trips and having outside focused activities. We also have good, fun things to do inside for those days the temperature is higher outside than you're comfortable with.

Take a look at our activity calendar. Most of our groups are meeting to do crafts and wood-working. We're playing cards and sharing meals or just sitting together enjoying each other's company.

Whatever interaction you like, we can accommodate you. If you'd like to introduce a new activity or group, please let the staff know. That's where some of our best ideas have come from.

This is YOUR center and we're here to make sure your experiences at MCSC are what you want them to be so please join, suggest and participate with your friends and neighbors at the Monroe Community Senior Center.



To Summer,
Craig Hertz , MCSC Board President

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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?	\$ _____	\$ _____	\$ _____	\$ _____	\$ _____

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SPANISH FOR BEGINNERS

Facilitated by Liana Carbón, PhD

"Learning another language is not only learning different words for the same things but learning another way to think about things." ~ Flora Lewis

Who is ready to learn Spanish, the #4 in top 5 languages spoken worldwide? Have you been on the fence about learning a new language or brushing up on your skills? Now is a great time to jump in... a new 8-week session begins Tuesday May 17th.

This introductory conversational Spanish class is designed for beginners with little or no Spanish background. Students will learn to understand and use every day expressions. By the end of this course, students should be able to have basic conversations, to introduce themselves and others, ask for and give important basic information, and relate to others and the world around them in an elementary way. While communication is the primary focus, we will help you improve your reading, writing and listening skills as well. Our focus is on context-driven communication and grammar basics. No prior knowledge required!! Come join in the fun!

About Dr Liana: I am native speaker from Cuba, and a retired university professor who ran the Spanish programs at Penn State, University of Michigan and University of Arizona. I received a BSLL in Languages and Linguistics from Georgetown, an MA in Foreign Language Education, and a PhD in Spanish and one in Second Language Acquisition. I also tutor students privately via Zoom.

WHEN: Eight Tuesdays, starting May 17th - June 5th **TIME:** 1:00 pm - 2:30 pm

COST: \$25/per class members; \$30/per class guests. Class materials will be provided by instructor

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ACTIVITIES

<p>KNIT & CROCHET 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>NEEDLE ARTS 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>CARDS OF ENCOURAGEMENT Get together to make cards 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>BOOK CLUB 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>HAND SPINNING YARN 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>CREATIVE CRAFTING 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>COLORING Supplies provided or bring your personal special 'tools'. Sit, relax and visit while creating your own beautiful COLORFUL designs.</p>	Tues	11:00am	Free to MCSC Members \$2 guest donation
<p>LEARN TO PLAY GUITAR 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>QUILTING with the QUEEN BEE QUILTERS 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>WOODCARVING 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>SKY VALLEY ARTIST GUILD This group of artists meet monthly & discuss various topics, work on projects and critique paintings.</p>	3rd Thurs	1:00pm	Free to MCSC Members \$2 guest donation
<p>VILLAGE VOICES CHOIR Join this group of fantastic people and reap the benefits that music has. 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
<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	10:00am	Free to MCSC Members \$2 guest donation

CARDS & GAMES

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

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COSMIC BINGO FUN!



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April 16, 2022



SUPPORTING MEMBER BIRTHDAYS

May Birthdays

Margaret Rodland 05/01
 Judy Chambard 05/01
 Matthew Ashment 05/02
 Geraldean Conway 05/03
 Harriet Fugier 05/03
 Jill Voss 05/04
 Carrie Cave 05/04
 Dorismae Drill 05/05
 Francie Skalsky 05/06
 Michelle Foster 05/07
 Sally West 05/12
 Dandon Campbell 05/12
 Wayne McCaulley 05/13
 Elizabeth Lowery 05/13
 Rob Scharf 05/13
 Don Wiens 05/15
 David Noffsinger 05/15
 Johanna Keen 05/17
 Robert Reamer 05/18

Weldon Grant 05/18
 Donna Ludwig 05/20
 Judy Bjorklund 05/21
 Steve Arnold 05/22
 Ted Both 05/22
 Dolores Taylor 05/22
 Rose Whitfield 05/23
 Perry Spires 05/23
 Suzanne Campbell 05/23
 Cheryl Jamtaas 05/24
 James Knisley 05/25
 Bob Ferrel 05/26
 Marjorie Ferrel 05/26
 Carolyn Davisson 05/26
 Mark Rainey 05/26
 Wayne Graden 05/27
 Lucy Ellis 05/27
 Jim Bloss 05/28
 Margaret Greene 05/29
 Shirel Smith 05/29
 Namon Robinson 05/31

Phil Dudek 06/02
 Carol Dahl 06/02
 Verla Wilson 06/03
 Joanne Morrison 06/03
 Fudge Umemoto 06/04
 Corky Savoie 06/04
 Jim Rowse 06/05
 Cal Winston 06/05
 Wanda Petty 06/07
 Frankie Rolfe 06/07
 Vivian Blossom 06/08
 Diane Schmitz 06/09
 Ginger Scott 06/09
 Kay Jacobs 06/10
 Roger Legg 06/10
 Debbie Hazekamp 06/10
 Sally Jordan 06/10
 Germaine Fitzgerald 06/11
 Ben Van Dusen 06/11
 Dennis Durham 06/12
 Deanna Price 06/14

June Birthdays

Shara Hathaway 06/14
 Lorrie Gellerson 06/15
 Jane Kelly 06/16
 Dale Schwartz 06/16
 Jim Campbell 06/17
 Keith Vest 06/18
 Sharon Franz 06/20
 Ginger Lowry 06/21
 George Peterson 06/21
 Hadley Grant 06/21
 Mary Stackpole 06/22
 Carole Greenreich 06/22
 Dortha Schmitt 06/22
 Karen Robertson 06/24
 Noreen Guptill 06/26
 Wendy McCune 06/26
 Jeanette Bickler 06/27
 Karen Chabinsky 06/27
 Michael O'Neal 06/28
 Gloria Anaka 06/30
 David Gillooly 06/30



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**** Upcoming Closed Dates ****

Monday, May 30- Memorial Day & Monday, June 20- Juneteenth

FALL PREVENTION FOR THE ELDERLY

What to do if they fall

1. Stay calm and do not panic
2. Assess the situation & check for any injuries
3. If they wish to get up, help them get off the floor slowly
4. If at any point they are in pain or gets stuck, STOP
5. If they are unable to get up, call an ambulance



Main Causes

- Foot problems
- Environmental hazards
- Lack of exercise
- Side effects of medication
- Poor vision or hearing



 Homage

Prevention Tips

- Keep moving and stay active
- Keep your bones strong
- Go for regular eye checkups
- Always stand up slowly
- Wear proper non-slip footwear
- Light up your living space
- Install assistive devices

...and more



For more info on fall prevention - visit www.mcsc.org/connections