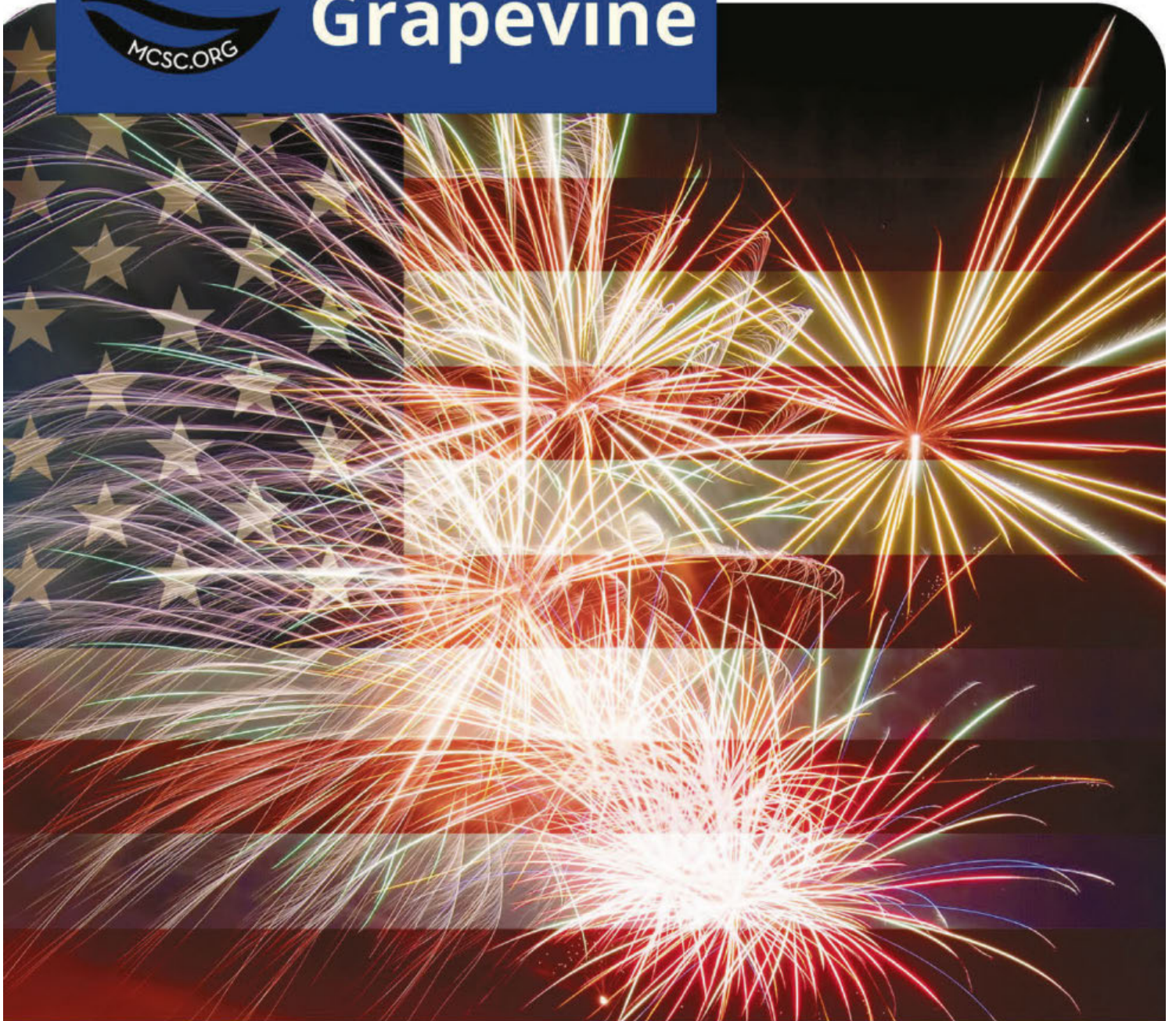




# The Grapevine

JULY/  
AUGUST 2022



**HEALTH &  
WELLNESS**

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**PROFESSIONAL  
ASSISTANCE**

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## Senior Center Hours

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

## Thrift Store Hours

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

## Location:

276 Sky River Parkway, Monroe WA

## 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, John Chambers, Loretta Johnson,  
Johanna Keen, Wendy McCune, Robin Parker,  
Valeria Rae, 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](mailto:director@mcsc.org) or [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** 



**Happy Summer!**

As we come to the end of our fiscal year and the start of the next, it is a good time to mention some of the great things that happened this year; last June - an Eagle Scout project cleaned up the back patio, in August MCSC won the Joseph Feek Community Service award, a project replacing a rotting beam was completed, MCSC started an apparel line sponsored by Evergreen Health Monroe, the interior of the Senior Center was entirely painted, the walk-in fridge and freezer were installed, mental health services were started and a new event – Help & Support Happy Hour was well received by the business community and raised almost \$5000!


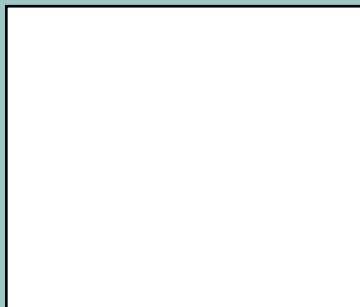

Our Annual Membership Meeting will be August 24th at 12noon. Enjoy a free BBQ'd lunch. Members of the Board will be present to provide the “state of the Senior Center” and our annual report will be distributed. I hope to see you here!

In case you haven't heard, Thursday Bingo is a blast! This is a fun session and a good time with friends and a chance to make new ones. If you like bingo or are new to the concept, please take a Thursday and give it a try...you might find a new hobby!


As always, I encourage you to keep the Center in your thoughts when you consider where to do activities, take trips, have lunch, volunteer, etc. If you have an idea for an activity or a fundraiser we want to hear it, please share with us. If you are looking for a great place to donate some time – look no further, you've found it! Talk to any staff member or a current volunteer to get started.

Enjoy Summer when it decides to start. Remember to drink plenty of water and to stay cool. We are always open as a cooling station to get refreshed. See you around the Center!

**Jacob McGee, Executive Director ~ [director@mcsc.org](mailto:director@mcsc.org)**

<p><b>GROW YOUR BUSINESS</b></p> <p><b>BY PLACING AN AD HERE!</b></p> <p><b>CONTACT US!</b></p> <p>Contact Anita Aguilar to place an ad today!  <a href="mailto:aaguilar@lpicommunities.com">aaguilar@lpicommunities.com</a>  or (800) 950-9952 x2677</p> 	<p><b>Living Faith Monroe</b>  Sunday Worship Service 2:30PM  Tuesdays Bible Study/Faith Group 7PM</p> <p><b>Monroe Senior Center</b></p> <p><a href="http://www.livingfaithministries.church">www.livingfaithministries.church</a>  Pastor Noah Ranniger (425) 220-4473</p>
	

**SUPPORT OUR ADVERTISERS!**



**Wednesday July 20**

**Lunch Bunch to Sultan Thai**

A family run Thai food restaurant. Lots of your favorites. Never tried Thai food? This trip is for you! (Meal range \$14-16) Bus leaves MCSC at 12:00pm. Only 5 seats available, reserve now!  
**\$12 MCSC Member/ \$17 guest**



**Wednesday July 27**

**Monroe Farmers Market at Galaxy Theatre**

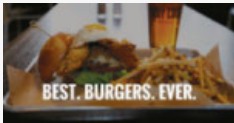
Find local fresh produce, flowers, meats, fruits, honey, food trucks & artisans at this market with over 60+ vendors weekly! Bus leaves MCSC at 3:00pm.  
**\$5 MCSC Member/ \$10 Guest**



**Wednesday August 3**

**Shopping & Lunch in Woodinville**

Let's shop till we drop at T.J. Maxx, HomeGoods and Target, Along the way, we'll break for lunch at the delicious Tippy Cow Burger Bar. (Meal range \$12-17). Bus leaves MCSC at 9:30am. Only 5 seats available, reserve now!  
**\$12 MCSC Member/ \$17 guest**



**Wednesday August 10**

**Lunch Bunch to Red Lobster in Lynnwood**

Sustainably sourcing seafood and making every dish with passion and expertise, (Meal range \$10-20) Bus leaves MCSC at 11:30am. Only 5 seats available, reserve now!  
**\$12 MCSC Member/ \$17 guest**



**Wednesday August 17**

**Casino Trip to Quil Ceda Creek Casino in Marysville**

At Quil Ceda Creek Casino, experience more excitement, more gaming and more fun. Beautifully Designed. 1500 Gaming Machines. Bus leaves MCSC at 9:30am. Only 5 seats available, reserve now!  
**\$12 MCSC Member/ \$17 guest**



**Monday August 29**

**Senior Day at the Evergreen State Fair**

Half price admission for Seniors! Don't worry about the hassles of parking at the Fair and get dropped off right at the front. Fair drop-offs on the hour, (starting at 10am) and fair pick-ups every half hour until 2:30. Sign up at reception.  
**\$5 roundtrip MCSC Member/ \$10 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**



# INFORMATION

## Family Caregiver Support Program

Are you an unpaid caregiver for a loved one?  
Is your loved one over the age of 18?  
Does your loved one have a chronic illness,  
dementia or a disability?

*The Family Caregiver Support Program may be able to help with services to support you, as a caregiver.*

You are invited to attend this FREE Information Session to find out more about our program  
Please RSVP at 360-794-6359

Where: Monroe Community Senior Center  
When: Thursday, July 21 @ 12:30pm

## Medication Safety Presentation

Wednesday, July 27, 2022 12:30 pm

Please join Jennifer Taylor from Homage Senior Services for an informative discussion about medication safety.

All attendees will receive a File of LIFE and a chance to win a Fred Meyer gift card!

### Covering the following topics:

- Questions to ask about medications
- Hints to get the best results from your medicines
- Safe medication storage & disposal of unused medications
- Drug take back locations in Snohomish County

Please RSVP for this event at 360-794-6359



## FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

**CALL 800.950.9952**

ARE YOU REACHING  
THE MEMBERS IN  
YOUR COMMUNITY?

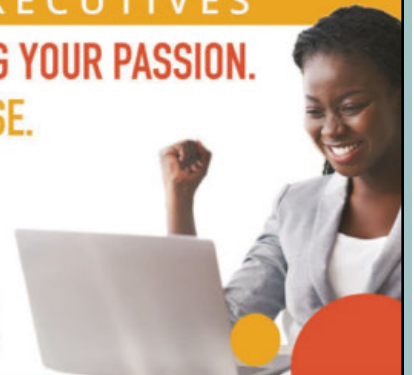
TO ADVERTISE HERE CALL 800.950.9952  
or visit [www.lpicommunities.com/advertising](http://www.lpicommunities.com/advertising)

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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





# 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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**2022 Upcoming Events**

**Rainbow Bingo  
July 16**

**MCSC Membership Meeting  
August 24**

**Spaghetti Dinner Fundraiser  
September 16**

**Flu Shot Clinic w/ Pharma-Save  
October 5**

**Oktoberfest Cosmic Bingo  
October 15**

**Holiday Craft & Vendor Fair  
November 5**

**Drive - Thru Thanksgiving Dinner  
November 18**

**Drive - Thru Christmas Dinner  
December 16**

**\*\* MCSC Membership Meeting \*\***

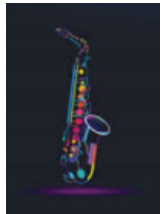
~~Wednesday, August 24 at Noon~~

Whether you're a long standing MCSC Member or a brand new Member, you are invited to the annual MCSC Membership Meeting. Hear from the Board of Directors and Staff. Q&A session included.

Free BBQ lunch will be served! **RSVP at 360-794-6359**

A trio from the Monroe Community Band will be performing at MCSC on **Friday, July 29 & August 26 from 11:15-12:30.**

Come listen to these talented musicians and enjoy some fantastic tunes!



**NEVER MISS A NEWSLETTER!**

Sign up to have our newsletter emailed to you at

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



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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 those with disabilities
Domestic Violence Services SnoCo	425-25-ABUSE	Emergency shelter, legal advocacy, domestic violence education.
GenPRIDE	206-393-3400	Empowering LGBTQ+ aging 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
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 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 (TAP)	425-423-8517	Transportation for older adults and people with disabilities
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



## STATEWIDE HEALTH INSURANCE BENEFIT ASSISTANCE



3rd Wednesdays by appointment. Call 360-794-6359

Questions about Medicare??

SHIBA is a FREE service that can help answer questions regarding health insurance including Medicare.



**Do you have ideas or talents you would like to share and help others in our community?**

**MCSC is contacting local charities to see how Seniors can help!**

Wendy McCune, MCSC Board Member, will be available on 4th Fridays at 11:00am to discuss ideas with those interested in helping. Stop in and see Wendy or give us a call at **360-794-6359** for more info.



<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>	<p>2nd and 4th Friday</p>	<p>9:30am- 10:30am</p>	<p>FREE Call for your 30 minute appointment</p>
<p><b>STATEWIDE HEALTH INSURANCE BENEFIT ASSISTANCE</b> Do you have questions or need help with Medicare? SHIBA is a FREE, unbiased service that can help answer questions regarding health insurance including Medicare.</p>	<p>3rd Wednesdays</p>	<p>11:00am- 1:00pm</p>	<p>FREE Call for appointment</p>
<p><b>NOTARY SERVICES</b> Jennine Linn of Dollars &amp; Sense Bookkeeping is available for notary service. Call for appointment.</p>	<p>Wednesday</p>	<p>10:00am- 2:00pm</p>	<p>FREE Members/ \$10 guest donation</p>
<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>	<p>2nd Thursday</p>	<p>1:00pm- 2:00pm</p>	<p>FREE Call for appointment</p>
<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>	<p>2nd &amp; 4th Fridays</p>	<p>10:00am- 2:00pm</p>	<p>FREE Call for appointment</p>

**LPI**

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*that Support our Community!*

<b>FITNESS CLASS</b> 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
<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.	2nd Wed & 3rd Fri	10:30am- 11:30am	FREE to all!
<b>HAIRCUTS</b> Make an appointment with Rose and she will fix you up with a new do!	Tuesday July 5 Aug 16	9:00am- 2:40pm	\$12 MCSC Member \$15 guest price
<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.	1st & 3rd Tuesday	9:00am- 3:00pm	\$40 MCSC Member \$45 guest price Call for appointment.
<b>TAI CHI</b> 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
<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.	2nd & 4th Tuesday	9:00am- 12:00pm	\$20 MCSC Member/ \$25 Guest price 20 min session
<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.	1st Friday	10:00am- 2:00pm	\$20 MCSC Member/ \$25 Guest price 30 min session
<b>HEARING CLINIC</b> 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.
<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.	3rd Friday & 4th Monday	9:00am- 3:00pm	\$35 MCSC Member \$40 guest price for 45 minute session
<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+	1st Thursday	9:00am- 3:00pm	Call (206) 650-3272 for cost & appointment.
<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.	Thursday	11:15am- 12:00pm	FREE MCSC Member \$2 guest donation
<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!	2nd & 4th Thursday	1:00pm	Free to all!
<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	3rd Monday	10:00am	Free to MCSC Members \$2 guest donation



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>Saturday, July 16            @ 5:00pm            Rainbow Bingo</p>		<p><b>1</b>            9:00 Acupuncture            9:30 Fitness Class            10:00 NDE Support Grp            12:00 Lunch            12:00 Duplicate Bridge            12:30 Canasta</p>
<p><b>4</b>            CLOSED</p>	<p><b>5</b>            9:00 Foot Care            9:00 Haircuts            10:00 Tai Chi            11:00 Coloring            12:00 Lunch            12:00 Party Bridge</p>	<p><b>6</b>            9:30 Fitness Class            9:30 Quilting            10:00 Notary            10:00 Creative Crafting            12:00 Lunch</p>	<p><b>7</b>            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</p>	<p><b>8</b>            9:30 Fitness Class            9:30 Legal Assistance            10:00 Counseling            12:00 Lunch            12:00 Duplicate Bridge            12:30 Canasta            12:30 Pinochle</p>
<p><b>11</b>            9:00 Knit &amp; Crochet            9:30 Fitness Class            12:00 Lunch            12:30 Yarn Spinning            12:30 Canasta            1:00 Art Class</p>	<p><b>12</b>            9:00 Foot Care            10:00 Tai Chi            11:00 Coloring            12:00 Lunch            12:00 Party Bridge            1:00 Cards of Encouragement            1:00 Crystals Class</p>	<p><b>13</b>            9:30 Fitness Class            9:30 Quilting            10:00 Notary            10:00 Creative Crafting            10:30 Support Group            12:00 Lunch</p>	<p><b>14</b>            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</p>	<p><b>15</b>            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><b>18</b>            9:00 Knit &amp; Crochet            9:30 Fitness Class            12:00 Lunch            12:30 Yarn Spinning            12:30 Canasta            1:00 Brain Training</p>	<p><b>19</b>            10:00 Tai Chi            10:30 Book Club            11:00 Coloring            12:00 Lunch            12:00 Party Bridge            1:00 Crystals Class</p>	<p><b>20</b>            9:30 Fitness Class            9:30 Quilting            10:00 Notary            10:00 Creative Crafting            11:00 SHIBA            12:00 Lunch Bunch Trip            12:00 Lunch</p>	<p><b>21</b>            9:00 Transportation            9:00 Woodcarving            10:00 Guitar Lessons            11:15 Tai Chi for 50+            12:00 Lunch            12:30 Needle Arts            12:30 Family Caregiver Support            1:00 Poker            1:00 SV Artist Guild</p>	<p><b>22</b>            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><b>25</b>            9:00 Reflexology            9:00 Knit &amp; Crochet            9:30 Fitness Class            12:00 Lunch            12:30 Yarn Spinning            12:30 Canasta</p>	<p><b>26</b>            9:00 Reiki            10:00 Tai Chi            11:00 Coloring            12:00 Lunch            12:00 Party Bridge            1:00 Cards of Encouragement            1:00 Crystals Class</p>	<p><b>27</b>            9:30 Fitness Class            9:30 Quilting            10:00 Notary            10:00 Creative Crafting            12:00 Lunch            12:30 Homage Medication Safety            3:00 Farmers Market Trip 11</p>	<p><b>28</b>            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><b>29</b>            9:30 Fitness Class            12:00 Lunch            12:00 Duplicate Bridge            12:30 Canasta            12:30 Pinochle</p>

# AUGUST 2022

August calendar of events brought to you by:



Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta	<b>2</b> 9:00 Foot Care 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Crystals Class 	<b>3</b> 9:30 Fitness Class 9:30 Quilting 10:00 Shopping Trip 10:00 Notary 10:00 Creative Crafting 12:00 Lunch	<b>4</b> 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	<b>5</b> 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
<b>8</b> 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta	<b>9</b> 9:00 Reiki 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Cards of Encouragement 1:00 Crystals Class	<b>10</b> 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 10:30 Support Group 11:30 Lunch Bunch Trip 12:00 Lunch	<b>11</b> 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	<b>12</b> 9:30 Legal Assistance 9:30 Fitness Class 10:00 Counseling 12:00 Lunch 12:00 Duplicate Bridge 12:30 Pinochle 12:30 Canasta
<b>15</b> 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta 	<b>16</b> 9:00 Foot Care 10:00 Haircuts 10:00 Tai Chi 10:30 Book Club 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Crystals Class	<b>17</b> 9:30 Casino Trip 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 11:00 SHIBA 12:00 Lunch	<b>18</b> 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	<b>19</b> 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
<b>22</b> 9:00 Reflexology 9:00 Knit & Crochet 9:30 Fitness Class 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta	<b>23</b> 9:00 Reiki 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge 1:00 Cards of Encouragement	<b>24</b> 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 12:00 Membership Meeting & Lunch	<b>25</b> 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	<b>26</b> 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
<b>29</b> 9:00 Knit & Crochet 9:30 Fitness Class 10:00 Fair Trips 12:00 Lunch 12:30 Yarn Spinning 12:30 Canasta	<b>30</b> 10:00 Tai Chi 11:00 Coloring 12:00 Lunch 12:00 Party Bridge	<b>31</b> 9:30 Fitness Class 9:30 Quilting 10:00 Notary 10:00 Creative Crafting 12:00 Lunch		<b>Main Hall</b> <b>Pilchuck Room</b> <b>Glacier Peak Room</b> <b>Sky River Room</b> <b>Cascade Room</b>



Well how is it???? Your summer in the beautiful Pacific NW that is?  
 Is it all you want it to be? Does it include everyone you want it to include?  
 We are a special group at the MCSC. Our staff and our Members are what make the MCSC all it is. If you visit other senior centers you will find an array of varied situations. Some are large and others small. All of them have activities and gatherings. All of them offer opportunities to connect with each other, to interact and participate.

MCSC is special because of YOU. Here in Monroe, we have kept our "small town" feel. Many of us have known each other for decades. We have built relationships outside the Center that have continued through and been enhanced by time spent together at MCSC. This has created a real family feeling amongst our Members and we are grateful that you have brought that into the building. That you are willing to share your many years of friendship by including other Members in them.

I have personally witnessed this over and over through the 19 years I have served on this board. Whenever I am in the building, I get a feeling of connection just by seeing all of you playing cards or wood working or any of the other activities you bring.

What I want to do this month is to simply thank you, all of you, for doing what you do to make our Center a place to enjoy at so many levels.

Whether you are staff, a volunteer or a professional who brings your services for our Members to make use of. Thank you!

-Craig

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**Annual Supporting Member- Individual \$30\_\_\_\_\_ Family \$50\_\_\_\_\_**  
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 ●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**

<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:** \_\_\_\_\_ \* \_\_\_\_\_ \* \_\_\_\_\_ \* \_\_\_\_\_ \*





## THE MAGICAL WORLD OF CRYSTALS

Why are we so drawn to crystals?  
Why is that some crystals pull us in and others seem to repel us?  
Do stones have energy? How do they work in healing?  
Why do certain crystals “talk” to us?



This popular course offers a fascinating insight into the study of crystals and their amazing powers. Learn how to tune in to the powerful healing energy of crystals and how to use crystals as catalysts for self-development, emotional and physical healing, energy rejuvenation and balancing. Learn how to cleanse and clear your crystals, attune your crystals and different crystal healing modalities.

You will need to bring:

- A pendulum (if you don't have one, a necklace with a locket or some pendant)
- Any personal crystals so we can work with them and attune them properly
- Notebook and pen
- An open mind! (There will be lots of different crystals available to work with.)



### Start with “Intro to Crystals”

Learn what the 4-week course is all about.

**WHEN:** Tuesday July 12 at 1:00-2:30pm

**COST:** \$10/MCSC Members; \$15/guests.

### “The Healing Power of Crystals” 4-week series

**WHEN:** 4-week series, Tuesdays, beginning July 19 — Aug 9  
1:00pm-2:30pm

**COST:** \$10/per class MCSC Members; \$15/per class guests  
or pay for all 4 classes at once for \$35/Member; \$40/guests

FOR MORE INFORMATION AND TO REGISTER FOR THIS CLASS. **CALL: 360-794-6359**

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<p><b>KNIT &amp; CROCHET</b> 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> 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> 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><b>BOOK CLUB</b> 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> 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> 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> Supplies provided or bring your personal special 'tools'. Sit, relax and visit while creating your own beautiful COLORFUL designs.</p>	Tues	10:45am	Free to MCSC Members \$2 guest donation
<p><b>LEARN TO PLAY GUITAR</b> 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> 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> 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> This group of artists meet monthly &amp; discuss various topics, work on projects and critique paintings.</p>	3rd Thurs	1:00pm	Free to MCSC Members \$2 guest donation
<p><b>ART CLASS with JOAN PINNEY</b> Water color for every level. Learn techniques, tips &amp; tricks to creating beautiful art! Bring your own supplies. Classes held 2-3 times per month.</p>	<b>DATES VARY</b> <b>Call MCSC for info</b>	12:30pm	Free to MCSC Members \$2 guest donation
<p><b>VILLAGE VOICES CHOIR</b> 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> 	<b>On Hold till Sept</b>	10:40am	Free to MCSC Members \$2 guest donation

<p><b>WIZARDS CARD GAME:</b> The Wizard deck is similar to a regular deck of playing cards with the addition of Wizards and Jesters. 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><b>CANASTA:</b> Beginners and experienced players welcome.</p>	<p>Monday &amp; Friday</p>	<p>12:30</p>	<p>Free to MCSC Members \$2 guest donation</p>
<p><b>PARTY BRIDGE:</b> Beginners and experienced players welcome.</p>	<p>Tuesday</p>	<p>12:00</p>	<p>Free to MCSC Members \$2 guest donation</p>
<p><b>BINGO:</b> Come play and you just might win some cash!</p>	<p>2nd &amp; 4th Thursday</p>	<p>1:00</p>	<p> \$2.50 per packet \$1 Power Ball <b>Packet sales begin at 12:30</b></p>
<p><b>DUPLICATE BRIDGE:</b> All skill levels welcome.</p>	<p>Friday</p>	<p>12:00</p>	<p>Free to MCSC Members \$2 guest donation</p>
<p><b>PINOCHLE:</b> 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><b>POKER:</b> Games: 5 card stud/draw, 7 card high/low and Texas Hold'em Wildcards: One joker used for aces, straights and flushes. Quarters, Dimes, Nickels</p>	<p>1st &amp; 3rd Thursday</p>	<p>1:00</p>	<p> Free to MCSC Members \$2 guest donation</p>

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# Spaghetti & Wine FUNDRAISER

*Celebrating National Senior Center Month*

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360-387-0222  
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CENTER  
360-653-4551  
WEDNESDAY SEPT 7 12:00PM



LYNNWOOD SENIOR  
CENTER  
425-670-5051  
WEDNESDAY SEPT 7 5:00PM



LINCOLN HILL  
CENTER  
360-629-7403  
SUNDAY SEPT 11 2:00PM



MONROE COMMUNITY  
SENIOR CENTER  
360-794-6359  
FRIDAY SEPT 16 5:00PM



EDMONDS WATERFRONT  
CENTER  
425-774-5555  
FRIDAY SEPT 23 12:00PM



SKY VALLEY  
SENIOR CENTER  
(360) 793-2400  
TUESDAY SEPT 27 11:30AM



SNOHOMISH SENIOR  
CENTER  
360-568-0934  
THURSDAY SEPT 29 4:00PM



MARYSVILLE  
SENIOR CENTER  
360-363-8450  
THURSDAY SEPT 29 3:00PM

## July Birthdays

Keith Seeler	07/01	Jewell Syfert	07/20
Julius Hodges	07/02	Bobbie Halpenny	07/21
Diana Weidman	07/03	Craig Hertz	07/22
Lois Darrow	07/05	Richard Arkley	07/23
Judi Frost	07/05	Faye Clearbrook	07/23
Kathleen Sallee	07/05	Trudy Duggan	07/24
James Zirkle	07/09	Mervin Boyes	07/25
Jennifer Davis	07/09	Claudia Berdan	07/25
Wayne Rodland	07/11	Joan Gallagher	07/26
Don West	07/12	Larry Imbeau	07/26
Lee Rosselli	07/13	Robert Crovella	07/26
Jeannie Schwartz	07/14	Denise Bennesen	07/27
Daniel Miller	07/15	Jeanette Marquardt	07/27
Cynthia Lee Holloway	07/15	Thomas Taylor	07/27
Josette Vanderweyst	07/16	Ross Fox	07/28
Patricia Gentry	07/17	Kenilee Campbell	07/28
Ed Fritch	07/17	Sean Durham	07/29
		Dawn Beeman	07/31

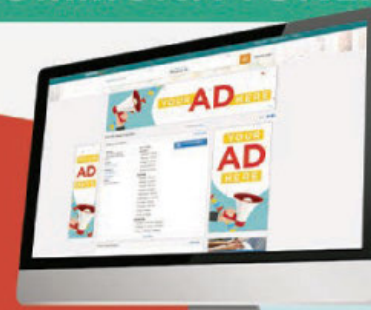
## August Birthdays

Kathy Wright	08/02	Isabella Van Spanckeren	08/15
JD Wilson	08/03	Reed Larson	08/16
Charlotte Howes	08/04	Walter Zandi	08/18
Pauline Durant	08/06	Linda Hirsh	08/18
Bonnie Diedrich	08/06	Peggy O'Neal	08/20
Shirley Blick	08/09	Mary Peterson-Clark	08/21
Muteteli Moore	08/09	Lorren Pearsall	08/23
Jeanette Susor	08/10	Vie Cibene	08/25
Jean Griffiths	08/12	Patricia Taylor	08/26
Erin Waggoner	08/12	Jim Carr	08/27
Kathy McNamee	08/12	Sonia Rainwater	08/28
Marlene Latimore	08/14	Carolyn Boyes	08/29
Donna Price	08/14	Juanita Scharf	08/29
Anita Primo	08/15	Cary Briggs	08/30
		Ann Hankins	08/31
		Sandra Furrow	08/31



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**\*\* Upcoming Closed Dates \*\***

**Monday July 4- Independence Day & Monday Sept 5- Labor Day**

MCSC is committed to Senior Health & Well-Being!

We offer many healthy options for free  
or at a low cost.

(See page 9 & 10 for days and rates.)

- ◇ Fitness Class
- ◇ Foot Care
- ◇ Tai Chi
- ◇ Reiki
- ◇ Acupuncture
- ◇ Reflexology
- ◇ Teeth Cleaning
- ◇ Hearing Aid Clinic
- ◇ Haircuts
- ◇ Support Group
- ◇ Individual Counseling



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