

# Senior Wellness Programs — April 2024

Mon	Tue	Wed	Thu	Fri
Apr 1	2	3	4	5
10:00am <b>Seated SAIL</b> <u>NEW 11:30am Seated SAIL</u> Garden Club at 11:15am	11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <i>Tater Tot Casserole</i> <b>Tidbit Tuesday with Fife History Museum</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	
8	<b>Birthday Lunch</b> 9	10	11	12
10:00am <b>Seated SAIL</b> <u>NEW 11:30am Seated SAIL</u> Garden Club at 11:15am	11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <i>Shepherd's Pie</i> <b>Entertainment by Monte Asken</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	
15	16	17	18	19
10:00am <b>Seated SAIL</b> <u>NEW 11:30am Seated SAIL</u> Garden Club at 11:15am	11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <i>Turkey Pot Pie</i> <b>Senior Spotlight and Dominoes</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>Memory Wellness Chat w/ Matt Santelli at 11:15am</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	
22	23	24	25	26
10:00am <b>Seated SAIL</b> <u>NEW 11:30am Seated SAIL</u> Garden Club at 11:15am <b><u>Square Dance Class 6-8</u></b>	<b>NO EXERCISE CLASS</b> <b>NO LUNCH</b> <b>AARP CLASS</b> <b>9:00-4:30</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	<b>Senior Spring Fling Dance</b> <b>12:30-2:30</b>
29	30	May 1	2	3
10:00am <b>Seated SAIL</b> <u>NEW 11:30am Seated SAIL</u> Garden Club at 11:15am	11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <i>Breakfast for Lunch</i> <b>Bingo</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	

# Welcome to the Senior Programs Newsletter!

## April 2024

### March Update:

April showers bring May flowers!

April has started out in soggy style, but that means we will have amazing flowers in May! March was full of so many fun events and we are looking forward to the fun adventures April will bring.

We started the month out with a giveaway! We all participated in Exercise Bingo for 8 weeks of challenge. Vineyard Parks and The Cottages graciously sponsored a foot peddler. We drew our winner on April 5th. A huge congrats to Becky M on winning! Want to have another chance to win one? We are starting our new challenge on April 1st!

On birthday Tuesday we celebrated all of our March birthdays and St Patrick's day! The fun singers were here performing lots of wonderful Irish tunes with a special appearance by our own Lunch Ladies! We had a lovely lunch sponsored by Olga Milford!

We even had a special performance by the one, the only, Danny Vernon and the Illusions of Elvis! "Elvis" brought down the house with great music, he twitter pated a few of our lunch ladies, and brought all the fun to lunch! We were so happy to have him here and hope to have him back again soon.

We wrapped up the month by honoring all who have served our country. Envision Hospice Care came and presented our local veterans with pins and awards. It truly was a special day and a wonderful way to celebrate our local veterans. We also had an appearance from the Milton VFW and Jane from Gold Star Families. Thank you to all who served and for all who still served!

In April we have a couple of fun changes and events! Make sure you check out your calendar for all of our upcoming events and one closure! Also, we are excited to add a second Seated SALL class on Mondays at 11:30! Be sure to sign up at our sign up station for all the fun events coming up!

-Elizabeth Ferrier, Senior Programs Coordinator  
253-826-4329 **X105** | elizabethf@mtviewcc.org

### News from Around the Center:

**Interested in Walking on Saturdays?** Deana is leading a Senior Walk every non-rainy Saturday at 10am. If you are interested, let Elizabeth or Deana know!

**Interested in receiving this newsletter and calendar in your email?**

Sign up on the email sign up sheet at the center next to the nametag station, or let Elizabeth know.

*Seeds of Change* dinners are picking up speed, and we are seeing more and more people coming each week. If you would love a FREE yummy meal, come join us at 5:30 pm every Thursday night for great food and wonderful company!

Stay up to date on programs, closures, and upcoming events by visiting our website at [www.mtviewcc.org](http://www.mtviewcc.org).

⇒ **Go to our "Senior Programs" page, and click on Senior Newsletter to view this newsletter, and to get links for our Facebook page, and our MWCC Facebook Seniors Group Facebook page.**

### Important Dates in March:

- 2nd—Tidbit Tuesday with File History Museum
- 9th—Birthday Lunch with Monte Asken
- 16th—Senior Spotlight and Dominoes
- **23rd—NO EXERCISE CLASS OR LUNCH**  
**AARP CLASS FROM 9:00-4:30**
- 30th—Bingo



### Senior Cafe March Menu

- April 2nd—Tater Tot Casserole
- April 9th—Shepherd's Pie
- April 16th—Turkey Pot Pie
- April 23rd—NO LUNCH
- April 30th—Breakfast for Lunch