

Welcome to the Senior Programs Newsletter!

May 2024

April Update:

Welcome to May and what beautiful weather we have been having! Our garden is sure enjoying this sunny weather as well. If you haven't had a moment to check out the garden or hang out with our garden volunteers, make sure you come on a **Monday at 11:30** and check it out! In other garden news, we are so thankful for Edgewood Nursery and Garden Center for being our amazing sponsor for our garden. If you need a great place to pick up plants, make sure you chat with Edgewood Nursery and Garden Center!

Other fun events took place this month! We started the month with a TidBit with Stacy from the Fife History Museum came and shared about all the amazing displays they have at the museum! The museum is a free museum between the Dacca Park and Dacca Barn.

We had a great birthday celebration with Monte Asken and fun time together! Our birthday celebrations each month are a great time to spend time together celebrating those special days.

We are also excited to announce that we have had the need to add another Seated SAIL class! Our Monday class has so many amazing participants, we decided to add an 11:40 class. We would love for you to try out the **11:40 Seated SAIL** class with Jan!

The month was wrapped up with several unique events. We hosted our very first AARP Safe Drivers class, which taught all about road safety, learning about "new-fangled" cars, and how to navigate safely. On the 26th we hosted yet another new event; our first Spring Fling and Pie Social. We danced the day away to music by Randy Litch and enjoyed delicious pie. It was the event of the season!

Thank you all for coming and being a part of this amazing community and continuing to help us grow!

-Elizabeth Ferrier, Senior Programs Coordinator
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News from Around the Center:

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

Writers Support Group: Are you writing a book or memoir? Need some encouragement or comradery while working on it? Check out our new Writers Support Group. We will be meeting on **Monday's at 12:45.**

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.

→ [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 [MVCC Facebook Seniors Group Facebook page](#).

Important Dates in May:

- 7th— TidBit Tuesday with Wyatt Godfrey
- **9th—Ladies Tea (No Exercise)**
- **13th—Poker Run 1:00-2:30**
- 14th—Birthday Lunch with Joy Ross
- 21st—Senior Spotlight and Bingo
- **27th— CLOSED FOR MEMORIAL DAY**
- 30th— Paint and Sip

Senior Café May Menu

May 7th—Cinco De Mayo
May 14th— Pork Chops
May 21st— Salmon Pasta
May 28th— Potaco Bowl

