

Senior Programs Newsletter! | November 2024

October Update

Welcome to our November newsletter, we are so thankful you are here! Without you we couldn't do what we do. Thank YOU! October kicked off our jam packed months of fun. We started out the month with an October Fest complete with "beer jello" and the Fun Singers. We also introduced two new programs: *Brain Games* and *SHIBA Advising for Healthcare*. Check out the calendar for those fun programs and more. We also had a wonderful time painting cute little gnomes with "Bob Ross". It was so wonderful to get creative and see all of the unique paintings! Looking forward to the month of November and all the fun it will bring!

-Elizabeth Ferrier, Senior Programs Coordinator
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-Get to Know Our Staff-

-Kitty Coates-

- * What is your role here at MVCC? "Office & Facilities Manager"
- * How long have you been at MVCC? "Since January 8th, 2011"
- * What is your favorite part of working at MVCC? "My favorite part of working at MVCC is being able to be a help where I am needed. That is the best part of my job"
- * What is a fun fact about you? "I love to go camping, I am a new grandma of a 1 year old grandson, and granddaughter just born October 24, and I am a wanna-be golfer!"

-Rachael Gibbons-

- * What is your role here at MVCC? "Programs Manager"
- * How long have you been at MVCC? "Three and a half years, starting in August of 2021"
- * What is your favorite part of working at MVCC? "I love seeing people have a great time with our many activities!"

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!

Brain Games: Are you interested in working on your cognitive skills with fun games and activities? Join us every 2nd and 4th Thursdays of the month at 11:30am

Need Health Insurance Advice? Come chat with volunteer Dave from SHIBA and bring all of your questions. Dave is here taking 1 hour free appointments from 9am-12pm every 1st and 3rd Friday. Need an appointment? Chat with Elizabeth and she will help you get booked!

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 November:

- 5th — TidBit Tuesday with Nutritionist Wendy, BUNCO after talk
- **11th — CLOSED for Veterans Day**
- 12th — Birthday and Veterans Celebration with CC Engels
- 19th — Harvest Party Potluck with Hank Blumenthal
- 26th — Bingo with Kellie
- **28th — CLOSED for Thanksgiving**
- 7th and 21st — SHIBA Appointments
- 14th — Brain Games

Senior Café November Menu

- 5th — Spaghetti and Meatballs
- 12th — Potato Soup
- 19th — Lasagna
- 26th — Harvest Party Potluck

