



Senior Programs — October 2024

Mon	Tue	Wed	Thu	Fri
30	Oct 1	2	3	4
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Shepherds Pie</i> 12:40 BUNCO	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	<p><i>“October is the opal month of the year. It is the month of glory, of ripeness. It is the picture month”</i></p>
7	8	9	10	
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>OktoberFest Casserole</i> 12:30pm Entertainment by The Fun Singers	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 11:15am Brain Games with Multicare Krafty Krafter's 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
14	15	16	17	18
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Potato Soup</i> 12:40pm Mexican Train Dominoes Presentation with Senior Helpers	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Paint and Sip 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
21	22	23	24	25
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Egg Roll in a Bowl</i> 12:30pm TidBit Tuesday with Lori Hutson	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 11:15am Brain Games with Multicare Krafty Krafter's 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
28	29	30	31	Nov 1 and Nov 2
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Stuffed Bell Peppers</i> 12:15pm Halloween Party and Dance	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	<p>Craft Bazaar Nov 1: 12:00—4:00pm Nov 2: 9:00am—4:00pm</p>

Senior Programs Newsletter! | October 2024

September Update

Hello fall! What a beautiful start to fall we have had. This last month was stuffed full of fun events and activities! We are going strong with our Brain Games, had an amazing performance by Dakota Bob and Jim Meck, as well as a tidbit Tuesday with Jill from Dementia Legal planning. The big event of the month was our Senior Prom! We enjoyed wonderful appetizers from Mill Ridge here at MWCC and then headed to the Milton Activity Center for dancing and desert. Thank you Martin at Milton, Ashley from Mill Ridge and Ashlee from Senior Helpers! Here is to another fun month.

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

-Get to Know Our Staff-

-Jessie Holden-

- What is your role here at MWCC? "Executive Director"
- How long have you been at MWCC?
"2 years (2008-2010) + 6 years (2018-2024)=8 years!"
- What is your favorite part of working at MWCC? "Working at MWCC gives me hope. Every day I get to see people at their best. I hear seniors making friends while they exercise together. I watch volunteers giving of their time and talents. I watch team members serving our guests with kindness. I know at MWCC, we bring people together, give them purpose and a place to belong."
- What is a fun fact about you? "I very much love the outdoors and a lifetime goal is to visit as many national parks as I can. So far I've only seen 7, I've got a long way to go!"

-Caitlyn Remington-

- What is your role here at MWCC? "Assistant Director"
- How long have you been at MWCC? "I have been at MWCC for 5 years! I started as a Power Pack volunteer then joined the Board of Directors. I filled in as a volunteer Senior Programs Coordinator for about a year and a half. Which is where I met all of my amazing Senior Friends! I was the Board Chairperson for three years, and just couldn't leave MWCC so now I am officially employed here!"
- What is your favorite part of working at MWCC? "I love the passion and mission of MWCC. I feel good every time I come to work, and I know the work I'm doing is positively impacting my neighbors and community. Also, our guests and team makes feel like family. I can't think of a better "job" to have!"
- What is a fun fact about you? "I absolutely love my daughter and my favorite color is green!"

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

Craft Bazaar Come join us for our amazing, two day, Craft Bazaar. We will have local crafters and vendors coming together to help you shop for your holidays. Friday, November 1st from 12-4 and Saturday, November 2nd 9-4.

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 [MWCC Facebook Seniors Group](#) [Facebook page](#).



Important Dates in October:

- 1st — BUNCO
 - 8th — Birthday Lunch/October Fest with The Fun Singers
 - 10th — Brain Games at 11:15am
 - 15th — Mexican Train Dominoes
 - 17th — Fall Paint and Sip
 - 22nd — TidBit Tuesday with Lori Hulson
 - 24th — Brain Games at 11:15am
 - 29th — Halloween Party and Dance
- Senior Café October Menu**

- 1st — Shepherd's Pie
- 8th — Oktoberfest Casserole
- 15th — Potato Soup
- 22nd — Egg Roll in a Bowl
- 29th — Stuffed Bell Peppers