

# Welcome to the Senior Programs Newsletter! | August 2024

## July Update

We are in the midst of summer fun and warm weather! We also have had lots of fun and games in July! We hosted three different game days: *BINGO*, *Mexican Train Dominoes* and even tried our hand at *Bunco*! We had a fun Fourth of July Celebration with the Fun Singers and a field trip to Mill Ridge. Did you miss the fun in July? Have no fear, August is bringing even more fun! Make sure you check out the calendar for all of the upcoming dates!

-Elizabeth Ferrier, Senior Programs Coordinator  
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### -Mini Senior Spotlight-

Featuring Annelise F.

- \* **3 Favorite Things to do or Hobbies:** Biking, hiking, random art/ poetry/stories
- \* **Describe yourself in three words:** Honest, Loyal, Trustworthy
- \* **Things you excel at:** Hiking even after the loss of part of my right leg
- \* **Your greatest accomplishment:** Learning to walk after loosing my leg and riding a bike right after I got home from rehab
- \* **What's your favorite thing about coming to Senior Programming?**  
"The different, unique individuals. They are all fun to talk to. I have found comradery, a family even!"
- \* **Three facts to ask Annelise about:**
  1. Puyallup Graduate 1969
  2. Found cancer after getting hit by a dirt bike
  3. Worked in Munich as a Dental Hygienist in 1974

### -"Note From Our SAIL Instructor"-

*Jan Carter* is in charge of our new Seated SAIL class on Monday's at 11:40, and we are so excited that she joined our team!

- \* **Jan Fun Fact:** Did you know that Jan has a background of Interior design? Her favorite things in life are the ocean, family, friends, interesting conversations, lots of laughter and animal welfare!
- \* **Fitness Tip from Jan:** "Consistency is Key, it helps us all keep moving forward."

"I became interested in the SAIL program for the benefits it offered, and in talking with participants, I became inspired! Their lives were enriched with community, their physicality's were strengthened and their confidence in their capabilities became elevated. This program offers such value, and I love being a part of the solution for people and helping them realize they have so much to offer!"

### 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 August:

- 6th — Tidbit Tuesday with Lisa from Wesley at Tehaleh
- 7th — Field Trip to Pioneer Park @ 6:30
- 13th — Birthday Lunch with Hank Blumenthal
- 20th — Dominoes
- 27th — Bingo

### Senior Café August Menu

- 6th — Picnic Lunch
- 13th — Lunch Lady Special by Donna
- 20th — Baked Potato Bar
- 27th — Lunch Lady Special by Kate

