

Welcome to the Senior Programs Newsletter!

October 2023

September Update:

Welcome to Fall and our second newsletter! It's hard to believe it is already October; yet here we are. The leaves are changing and the weather has that crisp, fall feel to it. This time of year always brings this poem to mind:

*"Portrait of Fall"
Looking out my window
In October's golden light,
I see a beauty unsurpassed,
A truly lovely sight.*

*Leaves are saying soft good-byes
As they come floating down
To make a nature's carpet
Of yellow, red, and brown.*

*Mountain tops, now turned to white,
Forewarn of winter chills,
While trees, like golden rivers,
Wind their way up through the hills.*

*Throughout our world's creation
You will ever find it thus,
Kaleidoscopes of color,
In God's hand, the artist's brush.
-Alora M. Knight.*

September brought much fun and a little sadness. We began the month learning "Hands Only CPR" with Dina Sutherland, which was informative and fun. We also celebrated our many September birthdays with a "Singing in the Rain" themed lunch. Our performer, Margereate brought down the house with her gorgeous voice. We also had a wonderful opportunity to learn more about our very own Barney W, who graciously agreed to be our *Senior Spotlight*. Make sure to stop him and say hello and ask him about his time as a bag boy at the local grocer! We wrapped up our month with several rousing rounds of Bingo with some warm and cozy prizes! Last but not least, the *Senior Programming* was gifted \$8,000 to help continue to provide our programs from Fife High Schools FBLA group. Thank you!!

This month also brought sadness as we, with heavy hearts, said our goodbyes to Frances N. She was a long time attendee, loved by many, an inspiration, and a go-getter until the end. She will be greatly missed, our prayers and thoughts are with her two daughters and the many people she touched in her life.

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

Don't Miss It!! CC Engel is coming to perform on a very special date! Friday, October 27th, she will be sharing her amazing talent with us yet again. Sandwiches and chips will be served.

Want a way to give back to our amazing community?

- We are currently searching for tutors for our fall tutoring program, it's two days a week, in the evening. See Amanda Goetz for more information.
- We are also looking for servers and meal prep teams to help at our amazing *Seeds of Change* meal. See Adriel Foxley for more information.

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:

- 10/03 Lori Hutson—Medicare Expert
- 10/10 Hank Blumenthal—Birthday Lunch
- 10/17 Senior Spotlight—Ann B.
- 10/20 Field Trip Tour and Lunch of Wesley of Tehala**
- 10/23 Choke Saving with Dina S. and EPF&R
- 10/24 Mexican Dominoes
- 10/27 CC Engels Performing 12:30-1:30 (Fri)**
- 10/31 Halloween BINGO

Senior Café October Menu

- October 3rd: Chicken Caesar Wraps
- October 10th: Chicken Stir Fried Rice
- October 17th: Tomato Soup and Grill Cheese
- October 24th: Street Tacos
- October 31st: Halloween Food