

Senior Wellness Programs — January 2024

| Mon | Tue | Wed | Thu | Fri |
|------------------------------|---|---|--|---|
| Jan 1 | 2 | 3 | 4 | 5 |
| CLOSED for New Year's | 11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Soup & Salad</i> Tidbit Tuesday | 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 Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm |  |
| 8 | Birthday Lunch 9 | 10 | 11 | 12 |
| 10:00am Seated SAIL | 11:00am SAIL Aerobics 12:15pm Senior Café Lunch with The Nebel's <i>Creamy Chicken Pasta</i> | 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 Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm | |
| 15 | 16 | 17 | 18 | 19 |
| CLOSED for MLK Day | 11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Tortilla Lasagna</i> Senior Spotlight | 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 Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm | |
| 22 | 23 | 24 | 25 | 26 |
| 10:00am Seated SAIL | 11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Pot Roast</i> PSE Presentation & Dominoes | 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 Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm |  |
| 29 | 30 | 31 | Feb 1 | 2 |
| 10:00am Seated SAIL | 11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Baked Potato Bar</i> BINGO | 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 Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm | |

Welcome to the Senior Programs Newsletter!

January 2024

December Update:

Happy New Year! May 2024 bring much Joy, Love, Laughter and more time at the Community Center!

"New Year"

I SAY...

Promise, Promise, Promise

Is what I always say,

But this will be the year

That I will seize the day.

I WILL...

Meet my goals head on.

Make true my wishes.

Make sure to smile a ton.

Making sure to help others along.

May you enjoy every moment of every day this 2024, each day is a blessing to be thankful for.

December flew by in a flurry of activities, thankfully with no snow flurries! We were all able to come and enjoy our regular programs, with a couple of extras. We kicked off the holiday season with a *Tiddit Tuesday* talk from Darwin with Emergency Preparedness. He shared some practical and useful tips on how to stay safe as the temperatures drop! Make sure you toss an extra blanket, water bottle, snacks, and a flashlight in your car in case you break down! We had the talented "Chris" here from Naomi Morgan Company performing some of our favorite holiday favorites. We had a wonderful time celebrating our December Birthdays and singing along to some of our favorite Holiday songs. On Tuesday the 19th, we celebrated the holidays together with a fun potluck, ornament exchange, and great music from CC Engle. It was such a joy chatting with you all and getting to celebrate with each other. We finished up the month and year with a super fun "Paint and Sip" event. We had roughly 30 participants come and enjoy painting a cute tree painting while sipping on cocoa, cider and nibbling cookies. A huge shout out to Violet, Scarlet, Lily and Madison for volunteering to serve the yummy treats!

We will start 2024 off with a big Exercise Challenge! Make sure you grab yourself a bingo card from Elizabeth or Loy, more information to come!

-Elizabeth Ferrer, Senior Programs Coordinator

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News from Around the Center:

Interested in Walking on Saturdays?

Deana is leading a Senior Walk every non-rainy Saturday at 10am. If you are interested let Elizabeth or Deana know!

Love to Volunteer? We are in need of volunteers for a new Senior Hospitality Group. These amazing helpers will greet new visitors and help create a space of welcome for all!

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 *MWCC Facebook Seniors Group* Facebook page.

Important Dates:

1/2—Tiddit Tuesday: Patti LeFluer

1/9—Birthday Lunch: The Nebel's

1/16—Senior Spotlight

1/23—Zach from Puget Sound Energy and Dominoes

1/30—Bingo

January 1st and 15th Center is Closed



Senior Café January Menu

January 2—Soup, Salad, Rolls

January 9—Creamy Chicken Pasta

January 16—Tortilla Lasagna

January 23—Pot Roast

January 30—Baked Potato Bar

Let's Play Cards and Games!

Monday's at 11:15 AM | Tuesday's at 9:30 AM