



Welcome to the Senior Programs Newsletter! | June 2024

May Update

JUNE

*“Far up in the deep blue sky,
Great white clouds are floating by;
All the world is dressed in green;
Many happy birds are seen,
Roses bright and sunshine clear
Show that lovely June is here.”*

-F.G. Sanders

May was such a fun month full of celebration, learning and growth. Our second Seated SAIL on Mondays at 11:40 with Jan are taking off, and we are so thankful for this growth. Another space that we have seen growth, is with a new group that started in May...*The Writers Support Group*. This amazing group meets and encourages each other with their writing. Our TidBit Tuesday in May was all about emergency preparedness and how to be ready in case of an evacuation. Thank you to Pierce County and Katie for coming to share this with us! For our birthday lunch, we celebrated with story telling with our own Joy Ross. She inspired us, encouraged us and made us laugh! We also had two big events! Our first one was our amazing Ladies Tea, sponsored by The Milton Senior Society and Olga Milford. We had 60 amazing ladies here, and enjoyed delicious tea and lovely music! Our second big event was our Spring Paint and Sip, which was an adorable firefly painting. We had lots of fun, and sipped yummy lemonade! Another neat opportunity we had, was having Ivan from Continuum Hospice Care come. Ivan is a Music Therapist and shared with us how he uses Music in his work and how it helps the patients and their families. Thank you Continuum and Michelle for all you do!

We are looking forward to a fun and hopefully warm June!

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

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 June:

- 4th — TidBit Tuesday Jenny from Concierge Care
- 11th — Birthday Lunch with CC Engel
- 18th — Senior Spotlight and Dominoes
- **19th— CLOSED for Juneteenth DAY**
- 24th— Square Dance Class
- 25th — Game Day BINGO

Senior Café June Menu

- June 4th— Teriyaki Chicken
- June 11th— Lil Smokies Casserole
- June 18th— Pot Roast
- June 25th— Luau

