

Welcome to the Senior Programs Newsletter!

February 2024

January Update:

Welcome to February! Remember, YOU ARE LOVED! This month of love always reminds us that we should never take for granted that we all have someone to show us love each day. I challenge you to reach out to a new person at the center this month. Share a word of encouragement, invite them to class, share lunch with them on Tuesdays. Who knows, you may be the only love they see in their lives! *How can you make a difference today?*

January saw a bustle of activity and fun! We started out the month learning about “The 10 Signs of Dementia” with Patti LaFluer. She shared about how to watch for these signs in your loved ones. We then celebrated our amazing January birthdays to the music of Kristi and Steve Nebel. They entertained us with their soulful songs and guitar playing. For our Senior Spotlight this month, we had the chance to learn about The Milton Senior Society and what all they do to help those around us and the fun they have! If you missed it, stop in to our Krafty Krafter’s on Thursday’s at 11:30am, and ask any of the amazing “Krafter’s” about the Milton Senior Society, they would love to tell you about it!

This month we also learned from Zach of Puget Sounds Energy how to save money on our power bills; some have saved up to \$500 dollars! If you missed that one and would like to know more, let Elizabeth know and she will get you in contact with Zach. We had some fun game days including Mexican Train Dominoes and Bingo! Bingo was graciously hosted by Wesley at Tehaleh! Last, but certainly not least, we had our amazing Green River Occupational Therapist Students here to take blood pressure checks and provide fun activities. They will be here every Thursday before and after exercise throughout February, make sure you stop and encourage them with their studies!

We are also in the midst of our amazing Exercise Bingo Challenge! This challenge is being Sponsored by Vineyard Parks and The Cottages. They have donated an amazing Seated Foot Peddler! If you haven’t started the challenge yet, have no fear, you still have time to do so! Pick up your card today and make sure you turn it in **BEFORE March 5th** with your name on it. We will be drawing a name on **Tuesday, March 5th at lunch!**

Make sure you also check our February Calendar as we have two closures and several fun upcoming dates!

-Elizabeth Ferrier, 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!

Are you a Pinocle Player? We are looking for a couple of Pinocle Masters willing to teach others how to play. Chat with Elizabeth if this is you!

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 February:



- 1st—29th—Green River Students Here
- 6th—Tidbit Tuesday: Celebrate Seniority
- 12th—FBLA Students Here **Monday** at 11:15am
- 13th—Birthday/Valentines Lunch: CC Engel
- **19th CLOSED for President’s Day**
- 26th—Mexican Train Dominoes **Monday** at 11:15am
- 27th—Bingo

Senior Café February Menu

February 6—Turkey Pot Pie
February 13—Spaghetti and Meatballs
February 20—TBC
February 27—Shepherds Pie