

# Senior Programs Newsletter! | October 2024

## September Update

Hello fall! What a beautiful start to fall we have had. This last month was stuffed full of fun events and activities! We are going strong with our Brain Games, had an amazing performance by Dakota Bob and Jim Meck, as well as a tidbit Tuesday with Jill from Dementia Legal planning. The big event of the month was our Senior Prom! We enjoyed wonderful appetizers from Mill Ridge here at MVCC and then headed to the Milton Activity Center for dancing and desert. Thank you Martin at Milton, Ashley from Mill Ridge and Ashlee from Senior Helpers! Here is to another fun month.

-Elizabeth Ferrier, Senior Programs Coordinator  
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### -Get to Know Our Staff-

#### -Jesie Holden-

- What is your role here at MVCC? "Executive Director"
- How long have you been at MVCC?  
"2 years (2008-2010) + 6 years (2018-2024)=8 years!"
- What is your favorite part of working at MVCC? "Working at MVCC gives me hope. Every day I get to see people at their best. I hear seniors making friends while they exercise together. I watch volunteers giving of their time and talents. I watch team members serving our guests with kindness. I know at MVCC, we bring people together, give them purpose and a place to belong."
- What is a fun fact about you? "I very much love the outdoors and a lifetime goal is to visit as many national parks as I can. So far I've only seen 7, I've got a long way to go!"

#### -Caitlyn Remington-

- What is your role here at MVCC? "Assistant Director"
- How long have you been at MVCC? "I have been at MVCC for 5 years! I started as a Power Pack volunteer then joined the Board of Directors. I filled in as a volunteer Senior Programs Coordinator for about a year and a half- Which is where I met all of my amazing Senior Friends! I was the Board Chairperson for three years, and just couldn't leave MVCC so now I am officially employed here!"
- What is your favorite part of working at MVCC? "I love the passion and mission of MVCC. I feel good every time I come to work, and I know the work I'm doing is positively impacting my neighbors and community. Also, our guests and team mates feel like family. I can't think of a better "job" to have!"
- What is a fun fact about you? "I absolutely love my daughter and my favorite color is green!"

### 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!

**Brain Games:** Are you interested in working on your cognitive skills with fun games and activities? Join us every 2nd and 4th Thursdays of the month at 11:30am

**Craft Bazaar** Come join us for our amazing, two day, Craft Bazaar. We will have local crafters and vendors coming together to help you shop for your holidays. Friday, November 1st from 12-4 and Saturday, November 2nd 9-4.

Stay up to date on programs, closures, and upcoming events by visiting our website at [www.mtviewcc.org](http://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 October:

- 1st — BUNCO
- 8th — Birthday Lunch/Oktober Fest with The Fun Singers
- 10th — Brain Games at 11:15am
- 15th — Mexican Train Dominoes
- 17th — Fall Paint and Sip
- 22nd — TidBit Tuesday with Lori Hutson
- 24th — Brain Games at 11:15am
- 29th — Halloween Party and Dance

### Senior Café October Menu

- 1st — Shepherds Pie
- 8th — Oktoberfest Casserole
- 15th — Potato Soup
- 22nd — Egg Roll in a Bowl
- 29th — Stuffed Bell Peppers

