

Welcome to the Senior Programs Newsletter!

April 2024

March Update:

April Showers bring May flowers

We have had soggy start to our April here at the Center, but we are hopeful to have lots of fun flowers! Speaking of flowers, our amazing *Garden Group* has officially started for the season and we already have tiny sprouts out there! Be sure to stop into the garden to see the starts of our lettuce!

This month was full of activity and fun events! We had performances from the Fun Singers for our birthday, and St. Patrick's day lunch. While we enjoyed our cabbage and corned beef, we got to listen to great Irish songs! Then on the 19th we had a special performance from the one and only Elvis! He brought a full house and lots of fun. We enjoyed great music and lots of special moments! Then we rounded out the month with a celebration for our amazing Veterans! Envision Hospice Care came and performed a special pinning ceremony and acknowledged those who have served. We also had a few from the Milton VFW and Jane from Gold Star Families here. We are so thankful for all of our sponsors who helped make this month happen! Olga Milford, Vineyard Parks and The Cottages, Fife Towing, and Envision Hospice Care!

Our *Exercise Bingo* came to an end at the beginning of March and we had a fun drawing. Congrats to Becky M. on completing and winning the Seated Peddler! Want another chance to win? Vineyard Parks and The Cottages are sponsoring another Foot Peddler for our *Spring Cardio Challenge* which starts on April 1st!

Make sure to check out the calendar for all the upcoming events and **one closure on April 23!** Also, we are excited to add another **Seated SAIL class on Monday's from 11:30—12:30!** Tell your friends and come check it out! Huge thank you too all who are coming and bringing your friends! You all are the reason we are growing into such a big family!

-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!

Interested in receiving this newsletter and calendar in your email?
Sign up on the email sign up sheet at the center next to the nametag station, or let Elizabeth know.

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 April:

- 2nd— TidBit Tuesday with Fife History Museum
- 9th— Birthday Lunch with Monte Asken
- 16th— Senior Spotlight and Dominoes
- **23rd—NO EXERCISE CLASS**
 - **AARP CLASS 9:00am—4:30pm**
- 30th—Bingo

Senior Café April Menu

April 2nd—Tater Tot Casserole

April 9th—Shepherd's Pie

April 16th—Turkey Pot Pie

April 23rd—NO LUNCH

April 30th—Breakfast for Lunch

