

grapevine

SEPTEMBER/OCTOBER 2018



Monroe Community Senior Center Presents

Spaghetti & Wine Dinner Fundraiser

PLEASE BE OUR GUEST FOR A
DELICIOUS ITALIAN FARE & WINE
BENEFIT DINNER

INVITE YOUR FAMILY & FRIENDS!

*Did you know...
September is National
Senior Center Month!*

ncoa
National Council on Aging
National Institute of
Senior Centers

Reserve Your seat
or Table of 8 Today:
mcsc.org
360-794-6359
info@mcsc.org
or come in!

WHEN:
Saturday
September 29
Dinner 6pm
at
276 sky river
Parkway
Monroe

TICKETS ARE FREE!

GUESTS WILL BE
ENCOURAGED TO MAKE
A CONTRIBUTION
TO SUPPORT THE
OPERATIONS AND
PROGRAMS OF MCSC



"like" us on
facebook

9/3/18



**WE WILL BE
CLOSED
LABOR DAY**

September is National Senior Center Month

join here...

eat here...

play here...

make new friends here...

volunteer here!

2018 HOLIDAY BAZAAR AND CRAFT FAIR

- HANDMADE CRAFTS
- JEWELRY
- WOODEN ITEMS
- HOLIDAY DECORATIONS
- BAKE SALE
- RAFFLE
- \$5 LUNCH
- CINNAMON ROLLS
- THRIFT STORE WILL BE OPEN

Saturday, December 1, 2018

Hosted by



MONROE
COMMUNITY
SENIOR CENTER

276 Sky River Pkwy Monroe, WA
360-794-6359



@ Monroe Community Senior Center

OCTOBER 12
@ 6:00 PM

ADULTS
\$20
KIDS
(UNDER 12)
\$10

DINNER WILL BE SERVED AT 6:00 PM.
BEER AND A SPECIALTY DRINK WILL BE
AVAILABLE TO PURCHASE FOR \$5.
50/50 RAFFLE TICKETS WILL BE SOLD
FOR \$1 EACH. COME AND JOIN THE FUN!
BRING A FRIEND!



276 SKY RIVER PKWY
MONROE, WA 98272
360-794-6359

WIN CASH AND PRIZES!



FROM THE DESK OF THE DIRECTOR:

Summer is coming to it's end; most will be happy to say goodbye to the heat and anxiously look forward to the cool calm of Autumn. September is National Senior Center month across the nation. There are many ways to celebrate this with MCSC; our Spaghetti & Wine Dinner Fundraiser is on the 29th, if you can't make it, donations are always accepted! You could participate for the first time in a new activity, go on a trip, or learn a new game! You could try out our friendly community bingo game every Thursday at 12:30, stop by for a great lunch at noon every day. You could help out here at the Center - volunteerism is an important part of the fabric of the Senior Center.

We held our Annual Membership meeting for Members in August, next year this event will be tied in with some other special events to increase attendance. Those that were in attendance this year heard about the Center from the board of directors and staff. Membership costs \$25 per person per year and is an inexpensive way to support your Center - please make sure your membership is current.

MCSC was recently honored by the Monroe City Council and was presented a Proclamation by Mayor Thomas celebrating 50 years of service to the Monroe Community. Thank you to volunteers Trudy Duggan, Marlene Ferrara and Bev Rice for taking part in this meaningful event. You can see the proclamation on our website, www.mcsc.org, Facebook page and here at the Center.

An organization like ours turning 50 years old is praiseworthy and I am privileged and grateful to be part of the history of this Senior Center. By 2025, it is anticipated that 24.8% of the Snohomish County population will be 60+. Currently, those 60+ comprise 15% of the Snohomish County population. This is significant and exciting for MCSC as we'll see an increase in the use of the Center and an importance to the community for the recreation opportunities we provide to older adults.

It's time for football. Go Hawks!
~Jacob McGee, Executive Director
director@mcsc.org



OVERNIGHT TRIP

LEAVENWORTH IN OCTOBER

Join us for an overnight trip to the quaint little town of Leavenworth. Bus will leave MCSC at 9:00 am on Tuesday, October 16th and will return on Wednesday, October 17th at 6:00 pm. Once we arrive in Leavenworth, you are free to do as you please....hike, walk, shop, read, wine taste, putt putt golf, walk along the river, or whatever you choose to do. Our bus will take a couple little excursions. Meal cost is on your own with the exception of a continental breakfast at the hotel on Wednesday. All rooms include a coffee/tea maker, private full bath, hair dryer, flat screen tv. We will be staying at Howard Johnson's. Space is limited due to bus seating capacity. Cost per person (double occupancy) is \$125. If you'd like your own room, cost is \$250. Includes hotel, breakfast on Wednesday and transportation. (we need to have a minimum of 10 people for this trip)



EvergreenHealth

Breast Health Center



Upcoming Schedule



Monroe Community Senior Center

Monday, October 8, 2018
8:30a.m. - 3:30p.m.

Mobile 3-D Mammography

Getting your annual mammogram just got easier!

The Monroe Community Senior Center is bringing mobile 3-D mammography to a convenient location near you.

- New 3-D mammography / tomosynthesis technology as used in the Breast Health Center
- Relaxing environment with private changing rooms
- Interpreted at EvergreenHealth's Breast Health Center by Radia board-certified breast radiologists
- A report is sent to your primary care provider
- The hassle-free exam is completed in about 20 minutes

Schedule your appointment by calling 425.899.2831

Please bring picture identification and a current insurance card.

Our best protection is early detection.

The Legacy Society Endowment Fund

You can help us create a Long Lasting Legacy!

Your gift can help keep MCSC going strong for years to come.

There are a variety of methods to contribute including, wills, life insurance or charitable annuities. You may make endowment fund gifts to mark a special occasion or to honor a special person.

DAY TRIPS



WHAT IS LUNCH BUNCH? Similar to the Dine-Out only during the day. The benefits: lower priced meals and great for those that don't drive at night. Get out and explore our great community and have lunch out with some great people!

TUESDAY, SEPT. 11—LUNCH BUNCH AND SNOQUALMIE FALLS



Join us as we travel to the sweet town of Snoqualmie WA. We will have lunch at Snoqualmie Falls Brewery and Taproom. After lunch we will stop at the Snoqualmie Falls lookout. Meet at MCSC at 11:00 am. Cost is for transportation only.

Cost: \$7 member/\$14 non member

WEDNESDAY, SEPTEMBER 12—PIKE PLACE MARKET

This is a favorite trip for our center. There is so much to take in and enjoy at the market along with many options for lunch. Such a treasure in the beautiful city of Seattle. Meet at MCSC at 9:00am. We will return to the center around 3:30 pm. Cost includes transportation and bus parking.

Cost: \$20 member/\$40 non member



WEDNESDAY, SEPTEMBER 19—DINE OUT TO FAMOUS DAVES IN EVERETT



Authentic BBQ in a live-wood smoker stoked with genuine hickory logs. Pitmasters hand-rub the meats with a custom blend of spices and cook for hours to extract the natural flavors. Meet at MCSC at 5:00 pm.

Cost: \$7 member/\$14 non member

SATURDAY, SEPTEMBER 15

Sister's Back to School Catechism THE HOLY GHOST AND OTHER TERRIFYING TALES—It is that time of year again and

Sister is preparing her classroom for another long year of Catechism. Meet at MCSC at 4:30 pm. We will go to dinner at Chan's Place in Woodinville then go to the Northshore Performing Arts Center in Bothell to enjoy this delightfully funny play. Cost includes transportation and ticket to the performance.

Cost: \$50 members/\$70 non members



WEDNESDAY, SEPTEMBER 26—WOODLAND PARK ZOO



Grab your walking shoes and binoculars and let's go to the zoo! You can pack a lunch or buy lunch inside of the zoo. Meet at MCSC at 9:00 am and we will head out to enjoy this wonderful zoo! Cost includes transportation and entrance into the zoo. Bus will return around 4:00 pm.

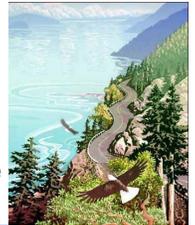
Cost: \$35 member/\$45 non member

DAY TRIPS

WEDNESDAY, OCTOBER 3—FAIRHAVEN AND CHUCKANUT DRIVE

Let's go away and drive up to Bellingham. Once there, we will spend the day exploring Fairhaven. You can grab a coffee and walk the shops then have some lunch or crepes, shop some more. We will drive home via Chuckanut Drive and see some of the most beautiful views of this place we call home! Meet at MCSC at 8:30 am. We will return around 5:00 pm. There will be an ice cream stop on the way home!

Cost: \$25 member/\$50 non member



TUESDAY, OCTOBER 9 LUNCH BUNCH @ HOFFMAN'S IN REDMOND



Hoffman's is a great place to sit down for a light lunch. They offer sandwiches made on bread baked each morning, soups prepared from scratch in their kitchen, and salads made with fresh greens and vegetables. Hoffman's is a bakery, so your sweet tooth will be satisfied as well. Menu can be viewed at the front desk. Meet at MCSC at 11:00 am.

Cost: \$7 member/\$14 non member

TUESDAY, OCTOBER 23—FUTURE OF FLIGHT AVIATION CENTER AND BOEING TOUR AND LUNCH AT IVARS

Visit the Largest Building in the World (by volume) and have lunch at Ivars! The Boeing Tour is a one-of-a-kind opportunity to view 747, 767, 777, and 787 Dreamliners being



assembled on the Everett production line before they take to the sky. Each tour is approximately 90 minutes long and includes fascinating facts about Boeing and the planes that bear its name. Wear your comfortable shoes and come and enjoy this great asset to the Puget Sound! Bags and purses are not permitted on the tour. Free lockers are available for use during the tour. Cost includes transportation and admission ticket. Lunch cost is on your own. Meet at MCSC at 9:00 am.

Cost: \$35 member/\$70 non member



WEDNESDAY, OCTOBER 24 DINE OUT TO OUTBACK RESTAURANT IN SNOHOMISH

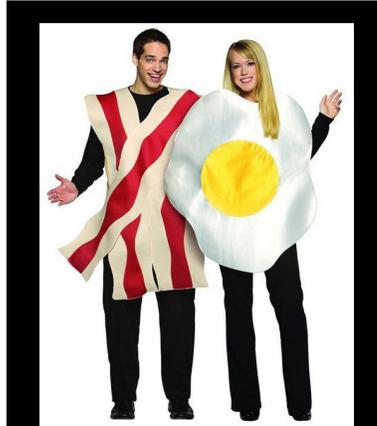
For October, the dine out will be on the fourth Wednesday due to the overnight Leavenworth trip. Meet at MCSC at 5:00 pm and we will head Outback for a delicious steak dinner.

Cost: \$7 member/\$14 non member



Medicare Open Enrollment Is Coming!

SHIBA(Statewide Health Insurance Benefits Advisors) and Homage Senior Services will hold Medicare open enrollment information sessions at various locations throughout Snohomish County from Oct. 14th through Dec. 7th. Volunteer counselors will be here at Monroe Community Senior Center on **Wednesday, Oct. 24th** to help you understand your Medicare coverage and compare health and prescription plans so you can make informed choices, as well as give you a free, impartial review of your coverage. They can also help determine income eligibility for programs which help pay for medical expenses and prescription drug coverage. Appointments are required for this event. Please call 425-513-1900 after October 1st to make an appointment. SHIBA is a free, unbiased service of the Office of the Insurance Commissioner.



DRESS UP AND COME TO THE CENTER FOR LUNCH ON OCTOBER 31 . TREATS WILL BE GIVEN TO THOSE IN COSTUME!



SELF DEFENSE FOR SENIORS

SIX WEEK CLASS ON THURSDAY MORNINGS BEGINNING ON SEPTEMBER 20th FROM 9-9:50 AM TAUGHT BY MASTER JI RIGHT HERE AT MCSC.

Class 1: Work on how you stand and basic hand skills

Class 2: Review basics and learn basic kicking

Class 3: Basic forms (called poomsay) (this is a lot of fun, it is a routine to show off what you learned)

Class 4: Review previous class techniques and learn sparring skills (this is some self defense).

Class 5: Breaking hammer fist and elbow (two great self defense techniques for seniors).

Class 6: Focus specifically on using learning's for self defense (putting it all together). This class could also have a promotion test but can be optional.

COST: \$60. THIS MONEY WILL GO TOWARD SCHOLARSHIPS FOR STUDENTS THAT CANNOT AFFORD TAEKWANDO. NOT ONLY WILL YOU BE HELPING YOURSELF TO STAY SAFE BUT HELPING OTHERS IN OUR COMMUNITY AS WELL! - PLEASE SIGN UP AT THE FRONT DESK!



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RETIREMENT, ASSISTED LIVING & DEMENTIA CARE

MCSC TRIP RULES AND CANCELLATION POLICY

- Trips must be paid for at the time of reservation
- Payment guarantees spot on the trip
- Trips can be paid for in person with a check, cash or credit card OR over the phone using a credit card
- At the time of sign up, please give an emergency phone number
- Refunds will not be given if rider cancels less than 48 hours before departure
- The last two people that sign up for the overflow seating will be seated in a secure wheelchair with a seatbelt
- Trips will only be cancelled if:
 - The minimum number of participants is not met the day before the trip
 - The bus is out of commission due to repairs
 - Driver illness

MUSIC

CHOIR-VILLAGE VOICES

Village Voices will start back up on September 5 and would love for you to join the choir! If you like to sing, this is a place for you! The choir meets every Wednesday at 10:30 AM.

IN CONCERT @ 11:30 AM

September 7 & October 5—Come and sing along with the Misfits! Kerry, Susan and the gang would love to have you sing the oldies but goodies with them!

"The Senior Strummers"
CLASSIC COUNTRY MUSIC
 with
Char & Johnny Mac
 LIVE AT THE MONROE COMMUNITY SENIOR CENTER
 THE THIRD FRIDAY OF EACH MONTH
 11:30 am TO 1:00 pm

AARP SAFE DRIVING

October 10 & 11 12:30 - 4:00 PM



This course may help boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility and maintain independence. Check with your insurance agent for your automobile insurance deduction. Payment for these classes go directly to the instructor. Reserve your spot today at the front desk. Pay the instructor at the first class.

\$20 non AARP members /\$15 AARP member

The Monroe Community Senior Center is a great venue for your fundraiser, banquet, reception, memorial service or event. The Center features a commercial kitchen, modern sound system and ample parking.

We have many meeting rooms available to rent, as well as the Main Hall and commercial kitchen. Affordable Rates. Call Candace for availability at 360-794-6359 or visit www.mcsc.org



VARIOUS BOARD MEMBERS WILL JOIN US FOR LUNCH ON THE THIRD THURSDAY OF EACH MONTH. COME AND GET TO KNOW YOUR SENIOR CENTER'S BOARD MEMBERS AND ASK QUESTIONS OR SHARE SOME IDEAS WITH THEM.

MEALS

Lunch served 5 days a week at NOON

Suggested meal donation of \$3 for seniors 60 and over, \$7.50 for those under 60. Substitutions can be made without notice. Menus can be picked up at the Front Desk or the Kitchen Counter. Monroe Community Senior Center is a congregate nutrition site for Homage Senior Services.

Wednesday Lunches

Every Wednesday one of our community partners provides a delicious lunch. Here at MCSC, while we don't often know the menu in advance, every meal has been excellent! Come join us every Wednesday for just \$4.00. It's the best deal in town!

Thank you to our community partners:

1st Wednesday: Brookdale Senior Living

2nd Wednesday: Cook's Choice

3rd Wednesday: Brookdale Senior Living @ Brookdale Monroe

4th Wednesday: Evergreen Medical Center

Is your business interested in providing lunches? Call Candace at 360-794-6359 to see how you can become part of the team that helps local seniors.

You are invited to MCSC's Community Breakfast

Saturday

**September 15 &
October 20**

8:00 - 10:00 AM

Adults: \$5

Children under 12: \$3



This monthly breakfast is organized and operated by faithful volunteers and is a fundraiser for the Senior Center. This breakfast has been a tradition here in Monroe for over 40 years and is a wonderful place to bring your family for a great home cooked meal! No reservations required – just come on in!

Menu

- **Pancakes/French Toast**
- **Eggs cooked to order**
- **Ham or Sausage**
- **Juice, Coffee, Tea & Milk**

HEALTH AND WELLNESS

HEALTH SERVICE/ACTIVITY	DAY	TIME	COST
ENHANCE FITNESS Enhance Fitness is a fun, dynamic cardio vascular exercise and strength program with a focus on balance and stretching. Wear tennis shoes and bring a water bottle. Regular fitness checks are a vital part of this program. Taught by Lisa McCadam.	Monday, Wednesday, Thursday & Friday	9:20 AM	\$2 per class/free for Kaiser Permanente members Punch cards are available for purchase
HEARING CLINIC Get a hearing test or your hearing aid serviced. By appointment. This service is free of charge and provided by board member Craig Hertz.	2nd and 4th Monday BY APPOINTMENT	1:00 PM - 2:00 PM	Free
FOOT CARE Michael from Tender Foot Care takes great care of your feet. He is meticulous and has a great attention to detail and an wealth of knowledge to help you with your feet issues.	2nd and 4th Tuesday BY APPOINTMENT	9:00 AM - 4:00 PM	\$35 for 45 minutes
CLASSICAL STRETCHING Come join us for these very easy, flowing, no impact movements because movement is the answer to optimal health. Come and join us as we stretch to the DVD and keep on moving!	Tuesday	10:00 AM	\$2 per class
ACUPUNCTURE Acupuncture is an essential part of traditional East Asian medicine with a continuous written history of over 2000 years. Wear loose fitting clothing and eat before treatment. Teri Manley, EAMP, Dipl.Ac.	4th Thursday BY APPOINTMENT	9:00 AM – NOON	\$20 per 45 minute session
REFLEXOLOGY Make an appointment today with Gretchen. Reflexology stimulates the nerve endings which can improve circulation of the feet and legs through better oxygenation. It can also assist the body in helping with the movement of lymph fluids and may also maintain or even improve the range of limb motion and mobility. Separate appointments need to be made for hands and feet. Session begins with a therapeutic foot soak and then a gentle session of reflexology.	3rd Friday BY APPOINTMENT	9:30 AM - 2:00 PM	\$15 for a 15 minute session OR \$30 member/ \$38 non member per 45 minute session
TEETH CLEANING Must be 50 years and older. Your visit will include full service teeth and denture cleaning, fluoride application, measurement of gum pockets, oral cancer screening, and referral to a local dentist if needed.	1st Thursday Please call (206) 650-3272 to schedule your appointment.	8:00 AM - 3:00 PM	\$75 per visit
CHAIR MASSAGE Bernadette Henry, LMT, BSW, RC will be here for chair massages to help relieve muscle tension in your neck, shoulders, arms and back. All ages welcome!	Friday BY APPOINTMENT	9:20 AM - 11:20 AM	\$15 for 15 minutes

PROFESSIONAL ASSISTANCE

LEGAL ASSISTANCE This 30 minute consultation is free of charge available only to Monroe Community Seniors over 60. Michele Paratte is a general practitioner including Family Law, Estate Planning, Probate, Landlord & Tenant Law, among others.	2nd and 4th Friday BY APPOINTMENT	9:00 AM - 10:00 AM	Free (30 minute appointment)
SHIBA HEALTH INSURANCE COUNSELING Statewide Health Insurance Benefits Advisor (SHIBA) volunteer, Kennie Endelman, will be on hand to help answer questions regarding health insurance including Medicare. They provide free, unbiased and confidential assistance.	1st Wednesday	10:00 AM—noon	Free

CLASSES and GROUPS

CLASS NAME	DAY	TIME	COST
Knit & Crochet Come to this FREE weekly group and meet other yarn enthusiasts. Work on current projects or start a new one.	Monday	9:00 AM	Free
Watercolor Group Get together with other artists and work on your projects.	1st & 3rd Mondays	12:30 PM	\$2 non-members, free members
Card Making/Stamping Bernie and friends will teach you the fun and simplicity of making creative greeting cards. Includes materials and instruction.	2nd Monday	1:00 PM	\$10 per class
Coloring Bring coloring supplies or come and learn some new coloring techniques. This is a great activity to sit and visit while creating beautiful works of art!	2nd & 4th Tuesdays	10:00 AM	\$2 non-members, free members
Book Club Read a book a month! Books provided by Sno-Isle Libraries.	3rd Tuesday	10:30 AM	\$2 non-members, free members
Creative Crafting Check out the display case for the current class offerings. There is always something new and exciting to learn. Corky is an amazing and patient teacher!	Wednesday	10:00 AM	\$7 per class
Learn to Play Guitar Kerry loves sharing his love of music. He is a patient and encouraging teacher.	Wednesday	1:00 PM	\$5 per lesson
Quilting (Queen Bee Quilters) Come and join us as we sew quilts and other items for local charities like the food bank, MPD, Matthew House, Regency and more. If you don't know how to quilt, we can guide you and teach you. We are looking to grow our group to help more people.	Wednesday	9:30 AM	\$2 non-members, free members
Village Voices Choir Make a joyful noise while having fun singing with an amazing group of people!	Wednesday ON BREAK FOR THE SUMMER	10:30 AM	Free
Woodcarving Bring your project and visit while you carve & learn new styles. Or come and learn a new craft!	Thursday	9:00 AM	\$2 non member, free members
Sky Valley Artist's Guild This group of artists meet & discuss various topics, projects and critique paintings.	2nd Thursday	1:30 PM	\$2 non member, free members



Thank you to the
Snohomish County
Textile Advisors for their
generous donation of
\$300 to the Queen Bee
Quilters!



Starting in September, Creative
Crafting will begin a wet felting
project. Come and learn all sorts
of neat crafting techniques.

GAMES

GAME/DESCRIPTION	DAY OF PLAY	TIME	COST
CANASTA Beginners and experienced players welcome	MONDAY	12:30 PM	\$2 non-member, free member
PARTY BRIDGE Beginners and experienced players welcome	TUESDAY	12:30 PM	\$2 non-member, free member
BUNCO A fun dice game, beginners welcome to come and play	WEDNESDAY	12:30 PM	\$2 non-member, free member
PINOCHLE A classic game, for any and all, new-comers welcome.	WEDNESDAY	12:30 PM	\$2 non-member, free member
BINGO Thursday Afternoon Bingo	THURSDAY	12:30 PM	Paper sales begin at 12:30. Games begin at 1:00. Twelve regular games cost \$5 to play and pay \$1-\$5 per game. Powerball is \$1 and extra games will be available for purchase!
DUPLICATE BRIDGE	FRIDAY	12:30 PM	\$2 non-member, free member
PINOCHLE A classic game, for any and all, new-comers welcome.	FRIDAY	12:30 PM	\$2 non-member, free member
RUMMIKUB A tile-based game for two to four players, combining elements of the card game rummy and the tile game mahjong.	FRIDAY	12:30 PM	\$2 non-member, free member
POKER Fun & friendly games, open to all!	THURSDAY AFTERNOONS	1:00 PM	\$2 each player



THURSDAY BINGO

- Paper sales begin at 12:30 PM
- First call is at 1:00 PM
- Buy in—12 games (6 on) for \$5
- Extra 3 on—\$2
- Powerball - \$1
- Payouts are based on attendance

OCTOBER 12TH

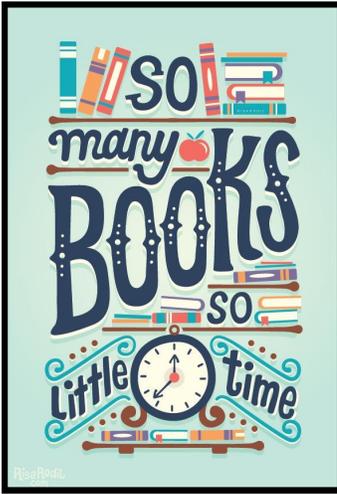
Pharm-a-Save will provide influenza and shingles immunizations at MCSC Friday, October 12th from 11:30 am—12:30 pm. Flu shots for uninsured participants \$25 (check or cash given to Pharm-a-Save). Shingles Vaccines are a 2 dose series for \$173 per dose. Insured participants, bring your insurance card and ID. Pharm-a-Save will also share opioid information. Opioid presentations are a requirement by Snohomish County in order for the Center to receive a portion of our funding.

get your
Flu Shot





**SEPTEMBER 13 & OCTOBER 11 @
1:00 PM MARK THE TECH GUY WILL BE
HERETO HELP ANSWER YOUR**



If you need a good book to read, check out our library. It is neat, tidy and has a variety of books to take you on any adventure that you choose! We have a large print section and NO OVER-DUE FINES! Just stop in take a book, read it and return when it is convenient for you! Donations are appreciated as well!



Do you know how to play Mahjong? Are you interested in learning how to play Mahjong? We would like to get a group going, so if you are interested, please sign up at the front desk and we will call you when we will be playing!



Do you shop at Fred Meyer? Do you order from Amazon? If so, you could be helping out MCSC just by doing what you are already doing, shopping these two locations. We will help you get set up for these free programs through Fred Meyer and Amazon Smile on Friday, September 21 from 10:15 am—1:15 pm. Candace and Tracy will have laptops here to get you signed up. You will need to bring your Fred Meyer Rewards card and know your Amazon account log in and password. Once you are registered, all you will need to do is continue shopping like you were before. These companies then mail MCSC a check based on sales directly to our center.



TIDBITS FROM TRACY

I don't know about you all, but this has been a quick and very warm summer. After this summer, I think I may have my husband convinced to get air conditioning installed in our house. Pretty soon, I will be getting out my fall decorations and decorating for my favorite season! We had to leave for Nashville unexpectedly in July to attend my brother in law's funeral. While it is hard to say goodbye to such a wonderful man, it was nice to see all of my husband's siblings (9 of them) surround each other with love and support for their sister and her family. My big take away from this tragedy is to take every opportunity to love on your family and to be a blessing to those around you. You never know what impact your kindness has on someone!

I wholeheartedly believe that each one of you Seniors have so much to offer the younger generation! My hope is that if you are able, you'd consider volunteering for an hour or two a week in a classroom, or attend and support one of the activities we have with students here at the center. Soon, we will be gearing up for Veteran's Day. Any of you veterans want to come with me to my daughter's classroom and let the students meet a real live veteran? Please see me if you are interested and I'll personally take you over and buy you a coffee or ice cream!

The Thrift Store took on a new look with a lot of work and help from some amazing volunteers! Please consider donating to our thrift store before you donate elsewhere. Every penny brought in goes straight to the daily operations of the Senior Center. Thank you to Trudy, Johanna, Linda, Nihla, Kathy, Jackie and Marlene for volunteering your time to keep our store looking nice and helping our Center! Thank you Todd, Keith and Jacob for all of your help on this remodel project!

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WA. STATE TRIAL LAWYERS ASSOCIATION

SEPTEMBER BIRTHDAYS

Wallace	Cauffman	2
Jessie	McWhorter	2
Grace	Forster	3
Jessie	Willis-Arkley	3
Nancy	Higgins	4
Violet	Kono	4
Larry	Carter	5
Linda	Cline	6
Marilyn	Perala	7
Urszula	Narkiewicz	9
Hank	Waibel	10
Hank	Weibel	10
Sandra	Freeman	10
Mary	Iseminger	11
Linda	Burgin	11
Mary	Ottini	13
Sandra	Stubbins	15
Hays	Alvin	15
Don	McChesney	16
Rich	Schalo	16
Cornelio	Lopez	16
Linda	Bahrey	18
Bahrey	Linda	18
Dee	Wilcox	19
Ana	de la Fuente	20
Lynn	Bloss	21
Dorothy	Garrison	23
Jim	Smith	23
Reba	Moen	23
Bonnie	Wolff	26
Nadine	Vanderlip	26
Donna	Whelan	27
Daplyn	Snyder	28
Wyn	Rose	29
Carolyn	Boyes	29
Patricia	Leland	29
Larry	Woods	29
Janifer	Hays	30
Robert	Beeman	
Jessamine	Jarris	

OCTOBER BIRTHDAYS

Ann	Werckman	1
Becky	Cavanaugh	1
Vicki	Strickler	2
Pauline	Badgley	4
Ron	Johnson	5
Ute	Kinney	5
Lesley	Berry	6
George	Sallee	7
SueAnn	Maxwell	9
Marylyn	Waibel	10
Charla	Aurdal	10
Gerina	Aarhus	12
Jack	Herrick	12
Donald	Marshall	13
Keith	Riedel	13
Valeria	Rae	13
Rosario	Olson	15
Marilyn	Olson	16
Anita	McRae	16
Melinda	Grout	18
Nancy	Bannerman	20
Ruby	Neilson	21
Robert	Willingham	23
Janet	Pearsall	24
Genevieve	Britt	25
Augustine	Susunaga	27
Sharon	Hanson	30
Rosalie	Law	30
Gloria	Hopkins	31
Louene	Boyd	31
Arlene	McChesney	
Marylyn	Weibel	

Do you get our twice monthly email? If not, give us your email address and we'll add you to the list! Sign up on our website www.mcsc.org. Check your email, our website and Facebook for other trips each month!



**Do you need a ride?
Are you 60+ or 18+ & disabled?
Do you know someone who is?
Maybe we can help!**

The Monroe Community Senior Center offers transportation every Monday, Thursday and Friday 8:30am to 3:30 pm. We will pick you up in Monroe and take you shopping, to the Senior Center, to your physician - you name it and we will take you there as long as your destination is in Monroe!



Please call 360-794-6359 to find out more and to get an application to use this great service!

Check your address label!!!

You can now find your membership renewal date on your address label. Your membership allows you to get a great deal on events, classes, and trips and gets you the Grapevine in the mail. Your membership is very important to Monroe Community Senior Center. Please check to see if you are current. Your renewal date will appear as: year-month, for example: 2018-09

**NEW LOOK & LOTS OF NEW ITEMS
@ FABULOUS FINDS
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NEW ITEMS ARRIVE DAILY
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ALSO OPEN DURING PANCAKE BREAKFAST
LOCATED IN THE MONROE COMMUNITY SENIOR CENTER

THANK YOU TO OUR SPONSORS! YOUR AD COULD BE HERE

Call 360-794-6359 and talk with Tracy. Support the Senior Center while increasing the visibility of your business!

MEDICARE: ALLOW US TO EDUCATE YOU ON YOUR BENEFITS!

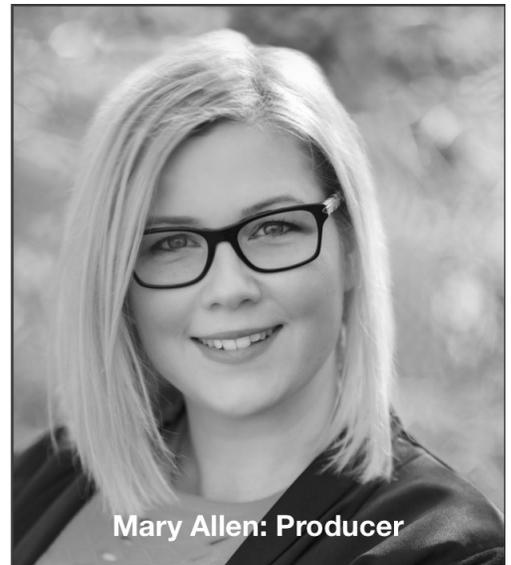
ENSURE YOUR DOCTOR RELATIONSHIPS ARE PROTECTED, YOUR MEDICATIONS ARE COVERED, AND YOUR GOALS ARE ACHIEVED.

RSVP YOUR ATTENDANCE OR SCHEDULE A REVIEW:
425 442 5872 TTY 711
8am-5pm M-F

YOU CAN EMAIL US:
m.allen@
optimalinsurancechoice.com

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THE EDUCATIONAL SEMINAR will be conducted by Optimal Insurance Choice and hosted at the Monroe Senior Center on Thursday, October 11th, and Thursday, November 8th, at 2pm. 276 SkyRiver Parkway, Monroe, WA 98272



Mary Allen: Producer



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WHAT YOU NEED TO KNOW

*a sales producer will be present www.optimalinsurancechoice.com

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Monroe Branch
Stacy Morse, AVP and Branch Manager
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(Near the corner of SR 2 and Frylands Boulevard)

(360) 863-8552

Mention this ad for a free lock!

ABOUT MCSC

Monroe Community Senior Center is many things to many people. We offer numerous activities that vary each and every day. Many of our events are longstanding traditions. MCSC works hard to provide new and exciting trips and activities.

If you are interested in becoming a Member, you'll enjoy many benefits such as receiving The Grapevine in your mailbox every two months as well as member rates on trips, classes, groups, events, and rentals. **Our basic Membership Level costs \$25 per person/\$40 family per year.** We invite you to join the fun and support MCSC! Applications are available at the front desk or on our website at www.mcsc.org.

The Senior Center is open from 8:00 AM—4:00 PM Monday through Fridays with some events and activities held on weekends. To contact MCSC: call 360-794-6359 or email info@mcsc.org.

MCSC STAFF:

Executive Director: Jacob McGee

Program Coordinator: Tracy Scott

Outreach Coordinator: Candace Ranz

Bookkeeper: Jennine Linn

Drivers: Larry Hewitt, Francesca Mesneak, Gene Crawford

Cooks: Cheryl Hopkins, Patsy Harris

MCSC BOARD OF DIRECTORS:

President: Joan Brown

Vice-Presidents: Craig Hertz, Todd Strickler

Secretary: Lory Tossey

Treasurer: Jennine Linn

Board Members at Large: Laretta Barmon, Joan Gerrish, Denise Jacobsen, Loretta Johnson, Johanna Keen, Stacy Morse, Keith Riedel, Clyde Scott, Lora Stonebridge

Our mission at Monroe Community Senior Center is to promote the physical, emotional, and economic well-being of older adults and to promote their participation in all aspects of community life.

Address Service Requested

Member of the Washington State Association of Senior Centers
Funded by: Individual donations, fundraisers,
Snohomish County Human Services
City of Monroe (Transportation)

www.mcsc.org | 360-794-6359

Monroe | Washington | 98272

276 Sky River Parkway | P.O. Box 602

Monroe Community Senior Center



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