



grapevine

JANUARY/FEBRUARY 2019



**MONROE COMMUNITY
SENIOR CENTER**

Fan Frenzy
RAINBOW
BINGO

Gather your friends and get ready to laugh until your sides hurt!

Represent your favorite sports team! Prizes given for best dressed fan!

Win some great prizes or cash!

Nacho bar and dessert. Beer, wine and margaritas available for purchase.

Doors open at 5:30 pm. Dinner served at 6:00 pm.

JANUARY 26, 2019
 Tickets: \$25 includes dinner, dessert and bingo
 Purchase online or at Monroe Community Senior Center
 276 Sky River Pkwy Monroe | WA | MCSC.ORG | 360-794-6359
 This event is a fundraiser for the Senior Center!

**MCSC CLOSURES FOR
JANUARY/FEBRUARY**

**JANUARY 1
NEW YEAR'S DAY**

**JANUARY 21
MARTIN LUTHER KING
DAY**

**FEBRUARY 18
PRESIDENT'S DAY**



Do you need help filing your 2018 taxes? You are in luck...Starting on Thursday, February 7, 2019, Tax Aide will be at MCSC to help you with your taxes. The last day for tax help will be Monday, April 8, 2019. They will be helping on Mondays and Thursdays. Appointment can be made mid-January. Appointments will be available from 9 AM to 2 PM.

INCLEMENT WEATHER INFORMATION  When Monroe School District is closed due to inclement weather, so is Monroe Community Senior Center. You have many ways to find out: Local radio and TV stations, on our website at MCSC.org. You can also call our center at 360-794-6359 and listen to the voicemail. **TRANSPORTATION:** If school is delayed or cancelled, transportation will be cancelled.

FROM THE DIRECTOR

Happy New Year from all of us at Monroe Community Senior Center! I hope you had an enjoyable and meaningful holiday season and are ready to jump into the new year with excitement and happiness.

In 1968, MCSC was started by a group of Seniors to get together to share a meal and play a game. Now 50 years later, the importance of getting together to share a meal and play a game is still an important part of what we are about. We had many celebrations of our 50 years of service throughout the year and MCSC was even awarded a proclamation from the Monroe City Council! All in all, 2018 was a great year for the Center! We made some long awaited improvements to the facility and revamped some programs and offered up some new ideas and events. I hope you enjoyed many of these things along with me and continue to bring your ideas forward. Let's make 2019 a great year for MCSC!

One of the things MCSC continues to do very well is our trip program. If you haven't gone on a trip with us ever before, please consider making it a New Year's Resolution! Joining other people on an interesting trip is a good way to get involved in the Center and to create new friends and lasting memories.

I am happy to report that support from two of our major funding sources (the City of Monroe and Snohomish County) is secure this coming year. I thank them for this. Another source of funds is the interest from our endowment fund - The Legacy Society. We have a fair amount of money in our endowment fund and a few promises from individuals and families to remember MCSC in their wills. If the continuation of Monroe Community Senior Center into the future is at all important to you, I ask for a few minutes of your time to discuss this with you. There are 40 and 50 year olds in Monroe right now who have no idea how much this place is going to mean to them in the years to come.

A few reminders; stay warm and listen for Monroe School District closures in the event of bad weather. There is nothing more important than your safety; if the weather is terrible it is okay to stay off the terrible roads. Membership will be increasing \$5 starting this year and the difficult decision to do so was not made lightly. MCSC is still one of the best deals around for your yearly membership cost of \$30. MCSC will be closed for Martin Luther King Jr. Day on January 21 and President's Day, February 18.

Thank you for your continued support. I look forward to an exciting 2019!

Jacob McGee, Executive Director
Director@mcsc.org



BOARD PRESIDENT REPORT

This may not reach you before the Holidays but I want to wish each and every one of you a very Happy Holiday and Hope for the Brightest and Best of New Years!

This has been a year of celebration for our center as we reached a huge milestone in the recognition of our 50 years of service to the community. That is now reflected in our official new name "Monroe Community Senior Center".

We want to be a place that is open, recognizes and appreciates the diversity of the people we hope to serve. We, and by that I mean the staff and members of the Board of Directors, work hard to see that this is a place that serves the community and makes everyone feel welcome. We try to offer classes, trips, advice, and services that will enable all of us to lead a richer more productive life. We don't always get it right, but we try hard and we are willing to listen. Many of you may not know that the Board Meetings are open to the public. The meetings are the fourth Friday of the month (unless notified otherwise) and begin at 8:30 AM. The first part of the meeting is set aside for public comment and there is a sign-up sheet if you wish to speak.

As we rush to finish shopping and cards and calls in this busy season I want to thank all of you for your support and friendship and wish for you the very best for the New Year.

Joan Brown, MCSC Board President



January 22, 2019 @ 1:00 pm

Join us for a conversation on
Eating Well on a Budget.

Learn shopping and meal planning tips and pick up budget-friendly recipes to take home. Presented by Jane Betzer MS, RD, CD, Evergreen Health Monroe Dietitian.

Evergreen Health Monroe will have a different topic on the **FOURTH TUESDAY OF EACH MONTH AT 1:00 PM.**

If you have a topic that you'd like discussed, please bring your ideas.



MUSIC

CHOIR-VILLAGE VOICES

Village Voices 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. New voices are always welcome!

THE MISFITS IN CONCERT @ 11:30 AM

January 4 & February 1 —Come and sing along with the Misfits! Kerry, Susan and the gang would love to have you sing the oldies but goodies with them!

Ways to Love on YOUR Senior Center:

- Renew your membership
- Become a Lifetime Member
- Donate a roll of stamps for letters or postcards
- Tell friends and family about activities and events at the Center
- Check out our website
- Remember the Center in your will
- Like us on Facebook
- Take a trip with us
- Donate to our coffee fund
- Join a new activity or class at the center
- Teach an activity or class at the center
- Declutter and donate your items to the Fabulous Finds Thrift Shoppe
- Attend an event with a friend
- Sit with someone new at lunch
- Pick up a friend and bring them to the Center
- Submit your ideas for trips
- Like and share the Center's Facebook page and events
- Choose MCSC as your charity to donate to through Fred Meyer Rewards and Amazon Smile
- Introduce yourself to someone new
- Come to the monthly community breakfast
- VOLUNTEER—VOLUNTEER—VOLUNTEER!



DAVID LEE HOWARD IN CONCERT ON VALENTINE'S DAY, FEBRUARY 14 @ NOON!

Come for lunch and stay for some amazing music performed by David Lee Howard and 12 string guitar!!



The Wagner Family

A Legacy of Two Continents

TUESDAY, JANUARY 29TH AT 1:00 PM @
MONROE COMMUNITY SENIOR CENTER



Wagner—the name is all around Monroe. Schools, auditorium, a lake, a road and a community. So who were they? Join us for a look at this remarkable family, their origins, their lasting impact on our town and the surprising tribute to them on the other side of the world.

Presented by the Monroe Historical Society.

TIDBITS FROM TRACY



Life is like a book: it has a beginning, middle and end. What would the title of your life book be? We begin our book with all the possibilities in the world. Each year is a new chapter with many stories to tell. Some chapters have happy stories and some chapters have stories that we tuck way down deep because they hurt too bad. While I may not be as old and wise as most of you reading this, there is one thing I know...we all have a choice how we write our chapters and how we deal with them. We can choose to be angry, unforgiving, bitter, secluded, happy, joyful, content and satisfied. 2019 is just around the corner. How are you going to write this chapter? Are you going to try to make some new friends, are you going to try a new craft or activity? Are you going to join a new group here at the center? Are you going to lead a new group? Are you going to forgive someone for past hurts? Are you going to reach out to your neighbor? Are you going to start volunteering? Are you going to start an exercise class here at the center? This year, I am challenging myself AND YOU to try something new!



TUESDAY, JANUARY 15 AND FEBRUARY 12
@ 1:00 PM.

Want to come and learn how to paint rocks and brighten up our town or our center? Darryl will come and help facilitate the class. All supplies are provided and it's FREE! Come on down and have some fun, relax and get creative. You do not have to be an artist to paint a beautiful rock!

DO SOMETHING!

We are going to Frank Wagner Elementary to help!

We may be listening to students read or helping a

teacher with a project. Please sign up with Tracy and pick up a school district volunteer form. Tracy will contact you with our start date. You can also sign up today to help mentor sixth graders from Park Place Middle School for their Generational Studies project that will meet at MCSC once a month for the school year. If you were a part of this last year, you KNOW what an impact this program had!

Frank Wagner
Wildcats
ROCK

fabulous
finds
thrift shoppe

Your donations to Fabulous Finds Thrift Shoppe make a difference!

So does your shopping. Our Christmas Shop has been a huge success with sales in November reaching a total of \$1880. The Thrift Shoppe was open during the Holiday Bazaar and brought in \$362 in sales on this day alone! This is amazing! Many people came through the store that had no idea that we even had a store. Thank you for your continued donations and as you begin cleaning out in January, please consider donating to our Thrift Shoppe! This Thrift Shoppe would not be possible without the help of our amazing volunteers! Thank you Trudy, Marcy, Johanna, Linda, Judy, Kathy and Marlene!

YOU LADIES ARE AWESOME!

TRIPS

TRIP INFORMATION & CANCELLATION POLICY

- Trips need to have a minimum of 7 people for the trip to go—**INVITE A FRIEND TO GO WITH YOU AND MAKE A DAY OF IT**
- If a trip gets cancelled by MCSC, you can choose to get a refund or receive a voucher (same as cash) to use for a future trip
- Trips need to be paid for at the time of reservation
- Payment guarantees your seat on the bus
- Trips can be paid for by cash, check or credit card or over the phone
- 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 Friday before the trip
 - The bus is out of commission due to repairs
 - Driver illness and a replacement cannot be found

WEDNESDAY, JANUARY 9—Hibulb Cultural Center and lunch in Marysville

The Hibulb Cultural Center is approximately 23,000 square feet with a 50-acre natural history preserve. The interactive cultural center features a main exhibit, a temporary exhibit, two classrooms, a longhouse, a research library, and gift shop. It also features fully certified collections and archaeological repository. It was the first Tribal facility certified by the state of Washington. The bus will leave MCSC @ 9:30 am and will return by 2:30 pm

Cost: \$20 member, \$30 non member

WEDNESDAY, JANUARY 16—DINEOUT @ Pomegranate Bistro in Redmond

Pomegranate Bistro is a family-friendly American Bistro in Redmond. Come enjoy thoughtful comfort foods, an approachable wine list, fun cocktails, exceptional coffee & familiar faces. Bus leaves MCSC at 5:00 pm. Menu can be viewed online or at the front desk.

Cost: \$12 member, \$22 non member

TUESDAY, JANUARY 23—Bellevue Square Mall—There will be some amazing sales going on! Bus will leave MCSC at 9:00 am and will return back to the Center at 2:30 pm.

Cost: \$15 member, \$25 non member

WEDNESDAY, JANUARY 30—Breakfast at Maltby Café, Home Goods and TJ Maxx

Let's go and have a delicious breakfast at the famous Maltby Café. After were are all full, we will head into Woodinville to go to HomeGoods and TJMaxx. Bus will leave MCSC at 8:30 am and will return by 2:00 pm.

Cost: \$15 member, \$20 non member

TRIPS

TUESDAY, FEBRUARY 5—IKEA—Ok...so what's the big hype about IKEA? Well, let's go check it out? You will walk through the maze of amazing displays and get some great ideas, you can stop for lunch in their delicious and very reasonably priced cafeteria (they are famous for their Swedish Meatballs) and then continue through the maze and end with the smell some delicious cinnamon rolls which you can get for the ride home. Meet at MCSC at 9:00 am and we will return around 3:00 pm

Cost: \$20 member, \$30 member



WEDNESDAY, FEBRUARY 13—JOHNNY MATHIS IN CONCERT @ The Paramount

Celebrating his 62nd year in the music industry, legendary singer Johnny Mathis is Columbia Records longest-signed artist. Best known for his supremely popular hits like "Chances

Are," "Too Much, Too Little, Too Late," and "Misty", Mathis has recorded close to 80 albums, 6 Christmas albums, and has recently released his newest album entitled "Johnny Mathis Sings The Great New American Songbook". Come hear why Johnny will always be the Voice of Romance! We take care of getting you there safely and on time, parking and bringing you home safely. The concert begins at 7:30 pm. We will leave MCSC at 5:00 pm to get there in time. Please eat dinner before you go.

TICKETS: \$90 EACH AND MUST BE PAID FOR BY JANUARY 15 TO GET THIS PRICE.

WEDNESDAY, FEBRUARY 20—NW Home and Garden Show

February is a great time to be indoors at the Northwest Flower & Garden Show. Show gardens, seminars, and 300 vendors fill the Washington State Convention Center in Seattle. Bus leaves MCSC at 9:00 am. We will return around 3:00 pm.

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

WEDNESDAY, FEBRUARY 27—DINE OUT @ LOMBARDI'S IN EVERETT

Family owned Italian dining at the Everett Marina! Bus leaves MCSC at 5:00 pm. Menu can be viewed online or at the front desk.

Cost: \$10 member, \$20 non

UPCOMING TRIPS:

- ⇒ McCaw Hall tour, Space Needle and lunch at Center House
- ⇒ Northwest Trek
- ⇒ Stillaguamish Valley Pioneer Museum
- ⇒ Bellevue Art Museum

Do you have a trip idea or an activity idea?

Please email ideas to programs@mcsc.org.

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.	Monday, Wednesday, Thursday & Friday	9:20 AM—10:20 AM	\$2 per class/free for Kaiser Permanente members. Payment by punch card is required.
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	8:30 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 member and non member. This is not covered by Kaiser.
LET'S CHAT SENIOR SUPPORT GROUP This is a safe place where older adults can join together to share struggles, joys, doubts, fears, etc. with one another and be supported. This group is facilitated by Krysta Gibson.	2nd Tuesday	10:30 AM	Donations gladly accepted
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
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
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 \$35 member/ \$40 non member per 45 minute session
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.	1st Friday BY APPOINTMENT	1:00 PM - 2:00 PM	Free
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 - 1:00 PM	\$15 for 15 minutes

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

PROFESSIONAL ASSISTANCE

SHIBA HEALTH INSURANCE COUNSELING Statewide Health Insurance Benefits Advisor (SHIBA) volunteer will be on hand to help answer questions regarding health insurance including Medicare. They provide free, unbiased and confidential assistance.	CANCELLED UNTIL FURTHER NOTICE. SHIBA IS LOOKING FOR A NEW VOLUNTEER.	10:00 AM—noon	Free
TECH HELP WITH MARK THE TECH GUY Bring your devices and your questions to Mark and he will help you navigate them and help answer your questions.	1st Thursday	1:00 PM	Free
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)
REAL ESTATE ASSISTANCE Downsizing, retiring, wanting to age in place, need to know your options? 30 minute Free consultation. Marilee Schneider has over 30 years in the real estate business and is Accredited Senior Real Estate Specialist who can guide you in the process of any real estate transaction making it less stressful and more successful.	2nd and 4th Friday	10:30 AM— 11:30 AM	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 to members, \$2 non member
Watercolor Group Get together with other artists and work on your projects, get inspired or just sit and have a cup of coffee and share ideas.	1st & 3rd Mondays	12:30 PM	Free to members, \$2 non member
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 relaxing activity to sit and visit while creating beautiful works of art!	2nd & 4th Tuesdays	10:00 AM	Free to members, \$2 non member
Book Club Read a book a month! Books provided by Sno-Isle Libraries.	3rd Tuesday	10:30 AM	Free to members, \$2 non member
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	Free to members, \$2 non member
Woodcarving Bring your project and visit while you carve & learn new styles. Or come and learn a new craft!	Thursday	9:00 AM	Free to members, \$2 non member
Sky Valley Artist's Guild This group of artists meet & discuss various topics, projects and critique paintings.	2nd Thursday	1:00 PM	Free to members, \$2 non member



FOLLOW US ON
facebook

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.

WEEKEND MEALS

DID YOU KNOW THAT MEALS ARE AVAILABLE FOR THE WEEKENDS?

HERE'S HOW THE WEEKEND MEAL PROGRAM WORKS:

- ◆ Every Monday morning, a blue signup sheet is put out on the kitchen counter
- ◆ This blue sheet has the weekend menu on it along with the Friday pick up date
- ◆ Participants can only sign up all day on Monday or Tuesday until 3:30 pm
- ◆ Those who signed up, pick up their meals on Friday AFTER LUNCH IS SERVED and pay \$6 in the donation box
- ◆ If you are not going straight home after pick up, please bring an insulated bag or carrier to store your meals and keep them cold
- ◆ Signups resume for the next weekend on Monday
- ◆ If you have any questions, please see Candace

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

You are invited to MCSC's Community Breakfast

Saturday

**January 19 &
February 16
8:00 - 10:00 AM
\$5 per person**



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



Volunteers are needed in the following areas:

- Front Desk (afternoon shift)
- Thrift store support help—help the lead person in the thrift store
- Bingo Caller for Thursday afternoons (once a month)

Mon	Tue	Wed	Thu	Fri
<div style="border: 2px solid black; padding: 10px; width: 100px; margin: auto;"> <h1 style="margin: 0;">January 2019</h1> </div>	<p>1</p> <p>MCSC CLOSED</p> 	<p>2</p> <p>9:20 Enhance Fitness 9:30 Quilting 10:00 Creative Crafting 10:30 Village Voices 12:00 Lunch \$4 12:30 Bunco 12:30 Pinochle 1:00 Learn to play guitar</p>	<p>3</p> <p>8:00 Teeth Cleaning 9:00 Woodcarving 9:20 Enhance Fitness 12:00 Lunch 12:30 Bingo</p>	<p>4</p> <p>9:20 Enhance Fitness 9:30 Massage 11:30 The Misfits 12:00 Lunch 12:30 Pinochle 12:30 Duplicate Bridge 12:30 Rummikub 1:00 Hearing Clinic</p>
<p>7</p> <p>9:00 Knit/Crochet 9:20 Enhance Fitness 12:00 Lunch 12:30 Canasta 12:30 Watercolor Group</p>	<p>8</p> <p>9:00 Footcare 10:00 Adult Coloring 10:00 Classical Stretching 10:30 Senior Support Group 12:00 Lunch 12:30 Party Bridge</p>	<p>9</p> <p>9:20 Enhance Fitness 9:30 Quilting 9:30 Hibulb Cultural Center and lunch 10:00 Creative Crafting 10:30 Village Voices 12:00 Lunch \$4 12:30 Bunco 12:30 Pinochle 1:00 Learn to play guitar</p>	<p>10</p> <p>9:00 Woodcarving 9:20 Enhance Fitness 12:00 Lunch 12:30 Bingo 1:00 Artists Guild</p>	<p>11</p> <p>9:00 Legal Assistance 9:20 Enhance Fitness 9:30 Massage 10:30 Real Estate Assistance 11:30 DSHS—food assistance 12:00 Lunch 12:30 Pinochle 12:30 Duplicate Bridge 12:30 Rummikub</p>
<p>14</p> <p>9:00 Knit/Crochet 9:20 Enhance Fitness 12:00 Lunch 12:30 Canasta 1:00 Cardmaking</p>	<p>15</p> <p>10:00 Classical Stretching 10:30 Book Club 12:00 Lunch 12:30 Party Bridge 1:00 Rock painting with Darryl</p>	<p>16</p> <p>9:20 Enhance Fitness 9:30 Quilting 10:00 Creative Crafting 10:30 Village Voices 12:00 Lunch @ Brookdale 12:30 Bunco 12:30 Pinochle 1:00 Learn to play guitar 5:00 Dine Out</p>	<p>17</p> <p>9:00 Woodcarving 9:20 Enhance Fitness 12:00 Lunch 12:30 Bingo</p> <p style="text-align: center;">HAPPY BIRTHDAY JACOB</p>	<p>21</p> <p>9:20 Enhance Fitness 9:30 Reflexology 9:30 Massage 12:00 Lunch 12:30 Pinochle 12:30 Duplicate Bridge 12:30 Rummikub</p>
<p>21</p> <p>MCSC CLOSED</p> 	<p>22</p> <p>9:00 Footcare 10:00 Classical Stretching 10:00 Adult Coloring 12:00 Lunch 12:30 Party Bridge 1:00 EVERGREEN HEALTH—HEALTHY MEAL IDEAS</p>	<p>23</p> <p>9:00 Bellevue Square Mall 9:20 Enhance Fitness 9:30 Quilting 10:00 Creative Crafting 10:30 Village Voices 12:00 Lunch \$4 12:30 Bunco 12:30 Pinochle 1:00 Learn to play guitar</p>	<p>24</p> <p>9:00 Acupuncture 9:00 Woodcarving 9:20 Enhance Fitness 12:00 Lunch 12:30 Bingo</p> <p style="text-align: center;">IT'S NATIONAL COMPLIMENT DAY!</p>	<p>25</p> <p>9:00 Legal Assistance 9:20 Enhance Fitness 9:30 Massage 10:30 Real Estate Assistance 12:00 Lunch 12:30 Pinochle 12:30 Duplicate Bridge 12:30 Rummikub</p>
<p>28</p> <p>9:00 Knit/Crochet 9:20 Enhance Fitness 12:00 Lunch 12:30 Canasta</p>	<p>29</p> <p>10:00 Classical Stretching 12:00 Lunch 12:30 Party Bridge 1:00 WAGNER PRESENTATION</p>	<p>30</p> <p>8:30 Maltby Café/Home Goods/TJMaxx 9:20 Enhance Fitness 9:30 Quilting 10:00 Creative Crafting 10:30 Village Voices 12:00 Lunch \$4 12:30 Bunco 12:30 Pinochle 1:00 Learn to play guitar</p>	<p>31</p> <p>9:00 Woodcarving 9:20 Enhance Fitness 12:00 Lunch 12:30 Bingo</p>	<p>WEEKEND EVENTS: Pancake Breakfast—Jan. 19 Rainbow Bingo—January 26</p> 

Mon	Tue	Wed	Thu	Fri
<h1>February 2019</h1>				<p>1</p> <p>9:20 Enhance Fitness 9:30 Massage 11:30 The Misfits 12:00 Lunch 12:30 Pinochle 12:30 Duplicate Bridge 12:30 Rummikub 1:00 Hearing Clinic</p>
<p>4</p> <p>9:00 Knit/Crochet 9:20 Enhance Fitness 12:00 Lunch 12:30 Canasta 12:30 Watercolor Group</p>	<p>5</p> <p>9:00 IKEA 10:00 Classical Stretching 12:00 Lunch 12:30 Party Bridge</p>	<p>6</p> <p>9:20 Enhance Fitness 9:30 Quilting 10:00 Creative Crafting 10:30 Village Voices 12:00 Lunch \$4 12:30 Bunco 12:30 Pinochle 1:00 Learn to play guitar</p>	<p>7 TAX AIDE</p> <p>8:00 Teeth Cleaning 9:00 Woodcarving 9:20 Enhance Fitness 12:00 Lunch 12:30 Bingo 1:00 Tech help with Mark</p>	<p>8</p> <p>9:00 Legal Assistance 9:20 Enhance Fitness 9:30 Massage 10:30 Real Estate Assistance 12:00 Lunch 12:30 Pinochle 12:30 Duplicate Bridge 12:30 Rummikub</p>
<p>11 TAX AIDE</p> <p>9:00 Knit/Crochet 9:20 Enhance Fitness 12:00 Lunch 12:30 Canasta 1:00 Cardmaking</p>	<p>12</p> <p>9:00 Footcare 10:00 Adult Coloring 10:00 Classical Stretching 10:30 Senior Support Group 12:00 Lunch 12:30 Party Bridge 1:00 Rock painting with Darryl</p>	<p>13</p> <p>9:20 Enhance Fitness 9:30 Quilting 10:00 Creative Crafting 10:30 Village Voices 12:00 Lunch \$4 12:30 Bunco 12:30 Pinochle 1:00 Learn to play guitar 5:00 Johnny Mathis Concert</p>	<p>14 TAX AIDE</p> <p>9:00 Woodcarving 9:20 Enhance Fitness 12:00 Lunch 12:30 Bingo 1:00 Artists Guild 1:00 Tech Help with Mark</p> <p style="text-align: center;">  </p>	<p>15</p> <p>9:20 Enhance Fitness 9:30 Reflexology 9:30 Massage 12:00 Lunch 12:30 Pinochle 12:30 Duplicate Bridge</p>
<p>18</p> <p>MCSC CLOSED</p> <p style="text-align: center;">  </p>	<p>19</p> <p>10:00 Classical Stretching 10:30 Book Club 12:00 Lunch 12:30 Party Bridge</p>	<p>20</p> <p>9:00 NW Home and Garden Show 9:20 Enhance Fitness 9:30 Quilting 10:00 Creative Crafting 10:30 Village Voices 12:00 Lunch @ Brookdale 12:30 Bunco 12:30 Pinochle 1:00 Learn to play guitar</p>	<p>21 TAX AIDE</p> <p>9:00 Woodcarving 9:20 Enhance Fitness 12:00 Lunch 12:30 Bingo</p>	<p>22</p> <p>9:00 Legal Assistance 9:20 Enhance Fitness 9:30 Massage 10:30 Real Estate Assistance 12:00 Lunch 12:30 Pinochle 12:30 Duplicate Bridge 12:30 Rummikub</p>
<p>25 TAX AIDE</p> <p>9:00 Knit/Crochet 9:20 Enhance Fitness 12:00 Lunch 12:30 Canasta</p>	<p>26</p> <p>9:00 Footcare 10:00 Classical Stretching 10:00 Adult Coloring 12:00 Lunch 12:30 Party Bridge 1:00 EVERGREEN HEALTH EDUCATION CLASS</p>	<p>26</p> <p>9:20 Enhance Fitness 9:30 Quilting 10:00 Creative Crafting 10:30 Village Voices 12:00 Lunch \$4 12:30 Bunco 12:30 Pinochle 1:00 Learn to play guitar 5:00 Dine out</p>	<p>28 TAX AIDE</p> <p>9:00 Acupuncture 9:00 Woodcarving 9:20 Enhance Fitness 12:00 Lunch 12:30 Bingo</p>	<p>WEEKEND EVENTS: Pancake Breakfast— Feb. 16</p>

January Birthdays

1	Mary	Nelson
2	Dalton	McGee
4	Kenneth	Ruskell
4	Barbara	Corvey
6	Vernon	Jensen
6	Mike	Lawler
6	Joanne	Wylie
6	Sandy	Kyle
10	Gill	Puntenney
10	Sherry	Landrum
11	Brian	Cox
11	Frankie	Ruff
12	Barb	VanWinkle
12	Judy	Godfrey
13	Edward	Henson
14	Barbara	Dempsey
14	Linda	Davidson
17	Jacob	McGee
17	Louise	Scalzo
21	Melissa	Peterson
21	Loretta	Carlile
21	Michael	Weidman
21	Donna	Cranke
22	Edward	Smith
23	Harriet	Ortiz
23	Annette	Kyle
24	Harriet	Ferguson
27	Carol	Harms
28	Karen	Riedel
30	Pat	Garrity
30	Janet	Gilbertson
	Narcisa	Martin

February Birthdays

2	Sue	Paull
3	Clark	Chase
7	Gerald	Stackpole
8	Clarice	Barnett
11	Sam	Baker
11	Candace	Ranz
14	Pam	Mattias
15	Pat	Powell
15	Mattie	Meier
23	Dolores	Hanson
24	Bodine	Larson
24	Larry	Myers
28	Norm	Burslem
29	Cheri	Smith
29	Richard	Tuck



Did you KNOW?

The Limited Income Senior Citizen Pass provides camping year-round at 50 percent off the overnight camping fee plus free day-use access. You must be 62, a Washington resident and have an annual income, including Social Security, that does not exceed \$35,000, either singly or combined with a spouse or co-tenant. Call Washington State Parks at (360)902-8500 or visit www.parks.wa.gov/205/ Passes for more information.

**KEEP
CALM
SOMETHING NEW
COMING
SOON**

Beginning in March, the Grapevine will be delivered monthly and will be in full color! Please let us know how you like it!

RETIRE ONLINE WITH SOCIAL SECURITY, QUICKLY AND EASILY

The idea of applying for Social Security retirement benefits might seem daunting, but it's not. There's no need to visit an office. You don't have to use the phone. We have an online retirement application that you can complete in as little as 15 minutes and from the comfort of your home or office. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed. It's as simple as that. You can start your application now at www.socialsecurity.gov/benefits/retirement.

You can apply online for retirement benefits or [benefits as a spouse](#) if you: are at least 61 years and 9 months old; are **not** currently receiving benefits on your own Social Security record; have not already applied for retirement benefits; **and** want your benefits to start no more than 4 months in the future. (We cannot process your application if you apply for benefits more than 4 months in advance.)

You'll have to create or sign into your *my Social Security* account as part of your application. If you don't have an account yet, this is a perfect time to create one. Just as important, this is where you will be able to check your application for benefits. Like our other online services, *my Social Security* is available on your time and there's no waiting in line or on the phone. You can see your entire work history going back to your first job to make sure we have all of your wages correctly tallied. Create or sign into your account at www.socialsecurity.gov/myaccount. Are you curious about how much your retirement benefits will be? You can get an idea of what your benefits will be using our Retirement Estimator at www.socialsecurity.gov/benefits/retirement/estimator.html. Social Security provides services for millions of people, but we also want to make your experience with us as simple and easy as possible. Our many online services, including retiring online, are part of that mission. You can access more at www.socialsecurity.gov/online services.

#myhealthmatters



Fitting Exercise and Physical Activity into Your Day

Don't let a busy day stop you from exercising!

There are many ways to squeeze a little physical activity into your day. To get the most out of exercise and physical activity,

they need to be a regular part of your life.

Here are some ideas to help you fit physical activity into your day:

- Make it a priority. Remember that being active is one of the most important things you can do each day to maintain and improve health.
- Try being active first thing in the morning before you get too busy
- Take one or more flights of stairs up and two down
- Make it social. An "exercise buddy" keeps you accountable
- Try a dance class—salsa, tango, square dancing—it's up to you. (Did you know that you can learn to square dance here at the Senior Center on Thursday Nights?)
- Make it fun. Do activities you enjoy to make exercise more fun, if you love the outdoors, try biking or hiking, or try listening to music while you garden or wash the car.
- Make it happen. Plan to be active in many places and many ways.



How to Improve Senior Dental Care

- Brush twice a day with an electric toothbrush with soft bristles and fluoride-containing toothpaste
- Clean between your teeth once a day with floss or another inter-dental cleaner
- Rinse with an antiseptic mouthwash once or twice a day
- If you wear full or partial dentures, remember to clean them on a daily basis. Take your dentures out of your mouth for at least four hours every day, and know that it's best to remove them at night
- Drink tap water. Since most tap water contains fluoride, it helps prevent tooth decay
- Visit the dentist on a regular schedule for a complete dental check-up, cleaning and oral exams
- Eat a healthy, well-balanced diet that includes dairy and high-fiber foods
- **MAKE AN APPOINTMENT TODAY FOR A TEETH CLEANING WITH HEALTHY SMILES RIGHT HERE AT THE SENIOR CENTER BY CALLING 206-650-3272. COST FOR THE CLEANING IS \$75.**



SAVE THE DATE
APRIL 27, 2019 | 5:00 PM

17TH ANNUAL
**DINNER
& AUCTION**

SUPPORTING
MONROE COMMUNITY SENIOR CENTER

For more info on how to get tickets, volunteer or make a donation, visit mcsc.org or email info@mcsc.org



2-1-1 is an easy-to-remember phone number for people to call for health and human service information and referrals and other assistance to meet their needs.



Do you have something you'd like to share in the newsletter? Please submit to Tracy.

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!

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.



**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!**



*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.



Colleen and Mike Carlson
Serving the Skykomish Valley since 1985
360 794-4886 * 800 433-5945
ColleenC@VacationShop.com
Mike@VacationShop.com
"Travel" It Enriches your life



**BROOKDALE
SENIOR LIVING**



- Spacious apartments & cottages
- Weekly housekeeping & linen service
- Scheduled activities & transportation
- 24 hour staff
- Anytime dining
- Internet access

(360) 794-4284

15465 179th Avenue SE • Monroe, WA 98272

Equal Housing Opportunity

www.brookdale.com

License #B11 1060

RETIREMENT, ASSISTED LIVING & DEMENTIA CARE

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

YOUR AD COULD BE HERE! THANK YOU TO OUR SPONSORS!

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

MEDICARE: NEED HELP UNDERSTANDING YOUR BENEFITS? TURNING 65 SOON? ALLOW ME TO HELP!

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

GIVE ME A CALL AND LET'S TALK ABOUT IT:
425 442 5872 TTY 711
8am-5pm M-F

AT NO EXPENSE TO YOU, RECEIVE A PERSONALIZED CONSULTATIVE REVIEW TO MAKE CERTAIN YOU CONFIDENTLY UNDERSTAND ALL THE CONCEPTS OF MEDICARE INCLUDING MEDICARE SUPPLEMENTS, PRESCRIPTION PART D, AND MEDICARE ADVANTAGE PART C.

YOU CAN EMAIL ME AS WELL:
M.ALLEN@
OPTIMALINSURANCECHOICE.COM



Mary Allen: Producer



WWW.OPTIMALINSURANCECHOICE.COM

OPTIMAL INSURANCE CHOICE IS NOT CONNECTED WITH OR ENDORSED BY THE UNITED STATES FEDERAL GOVERNMENT OR THE FEDERAL MEDICARE PROGRAM. CONTACTING OPTIMAL INSURANCE CHOICE WILL CONNECT YOU WITH A LICENSED SALES PRODUCER.



Abanes Insurance Agency, LLC
Medicare Plans * Prescription Drug Plans *
Individual & Family Health Plans

Myrna C. Abanes
Licensed Sales Agent
myrna@abanesinsurance.com

PO Box 98
Monroe, WA 98272
www.abanesinsurance.com

Cell # 360-440-0854

Chain Lake Self Storage

14911 Chain Lake Road
Monroe, WA 98272

360-805-1300



Free Truck Use with Rental !

Resident Managers, Nice Facility, Video Monitoring, Above the Flood Plain, Packing & Moving Supplies, Heated & Unheated Units, Mailboxes – 24-hour Access, Mail Forwarding, Tenant Insurance Available, Monthly Billing & Automatic Credit Card Billing Available.



MELINDA K. GROUT, PLLC

Emphasizing elder law, wills, trusts, powers of attorney and probate.

17325 W. MAIN ST., MONROE, WA 360-794-4322

MEMBER: NATIONAL ASSOCIATION ELDER LAW ATTORNEYS &

WA. STATE TRIAL LAWYERS ASSOCIATION

Attorney at Law



Storage Court - Monroe

- Open Every Day • Gated Security
- Ask About Free Use of Our Truck
- Climate Controlled • On-Site Management
- Video Surveillance System



16825 Tye St. S.E., Monroe
(Near the corner of SR 2 and Frylands Boulevard)

(360) 863-8552

Mention this ad for a free lock!



Monroe Community Senior Center
276 Sky River Parkway | P.O. Box 602
Monroe | Washington | 98272

www.mcsc.org | 360-794-6359

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

Address Service Requested

Non-Profit Org.
U.S. Postage
PAID
Monroe, WA
Permit #82

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.

ABOUT MCSC

MCSC works hard to provide new and exciting trips and activities.

When you become a member, you'll enjoy many benefits such as receiving The Grapevine in your mailbox as well as member rates on trips, classes, groups, events, and rentals. Our basic Membership Level costs \$25 per person/\$40 family per year. Fun fact: you do not need to be a senior to become a member of MCSC!

Effective January 1, 2019: membership will be increased to \$30 for a single membership and \$50 for a household membership (same residence). Membership 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
Drivers: Larry Hewitt, 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, Heather Rousey, Jill Ruth, Clyde Scott, Lora Stonebridge, Ashton Wolfe