



# DECEMBER 2011/ JANUARY 2012 NEWSLETTER

## Holidays at the Center

The Senior Center will celebrate the holiday season on Thursday, December 22 with a special luncheon prepared by Lydia followed by an optional gift exchange. If you wish to participate please bring a \$5 gift to trade.

This would also be a good time to meet our new Director. Stop by and say hi to BJ!

<u>Date</u>	<u>Time</u>	<u>Fee</u>
Dec 22 Th	Noon	\$3.00

Suggested donation

## Annual Meeting

The Annual Meeting of Mt. Si Senior Center is coming up in February. This is your opportunity to express your views on the Center. Also at this annual meeting will be the election of new board directors. If you would like to be considered or know someone who would like to serve, please contact Janet at the Center. We need both senior and community directors.

## Holiday Store & Bake Sale

It is here! Our long awaited Holiday Country Store & Bake Sale, Saturday, December 3, 9AM to 3PM. We have been collecting items all year for this event. There are one of a kind items, decorations, games and toys. Make sure you check out the selection of goodies at the Bake Sale. Let your sweet tooth go wild!

Your donations are essential to this very special fund raiser. Volunteers are also needed. Please contact Janet to volunteer 425-888-3434.

## Santa Breakfast

Santa will be here for Breakfast on Saturday, December 3. Join him for all you can eat pan-

cakes, along with ham and fruit starting at 8 AM and going until 11AM. The price is just \$5.00 for adults and \$3.00 for children under 10. Be sure and get a photo taken with Santa for just \$4.00. After a wonderful breakfast, stroll over to the Holiday Store. Fulfill both your wish and gift lists! Before you leave make sure you check out the selection of goodies at the Bake Sale. Let your sweet tooth go wild!

Special thanks to Spiritwood at Pine Lake Retirement Community for sponsoring our Pancake Breakfast with Santa.

We do need your donations for the Holiday Store and the Bake Sale. Sharon Posey once again has volunteered to head the Bake Sale. If you have some time to give us, we can use volunteers as well.

## Mt Si Senior Center Membership

It is time to renew your Mt. Si Senior Center Membership. Membership is \$15 per person or \$25 for a couple. A couple is two people living at the same address


When you become a member of Mt. Si Senior Center you are making a commitment to its continued growth, success and operation. Every membership dollar supports our operating budget and contributes to our ability to remain vital, strong and capable of continuing to provide low and no-cost services to older adults and their families.

### How To Become a Member:

Whether you are a senior (55+), soon to be a senior, or have aged friends and loved ones, you are welcome to become a member of Mt. Si Senior. Just fill out the enclosed membership application and return it to Mt Si Senior Center Po Box 806, North Bend, WA 98045. Or drop it by the Center!

# Activities, Classes, Health and Wellness

**Shape Up Program**  
 Try a new class and the Senior Center's Shape Up Program will pay \$10.





## Country Line Dance

Glen & Julia Blomgren are teaching country dance! This is an on-going class and new "dancers" are always welcome! No experience needed.

Date	Time	Fee
T	11:00 AM	\$4.00
Th	1:30 PM	\$4.00

No classes on the 4th Thursdays.

## Huff and Puff

The class offers muscle maintenance, joint flexibility, toning, and strengthening. Gretchen Wilson is the leader and everyone is welcome to this well-established class. Some floor mats and weights are available for use, or bring your own. Suggested donation is \$1.00 per class.

Date	Time	Fee
M, W, F	9:00 AM	\$1.00

## Zumba!

A fun high-energy class for all ages. Zumba features interval-training sessions with fast and slow rhythms. Come have fun while dancing to great music and having a Latin experience.

Date	Time	Fee
Th	9:00 AM	\$5.00

## S.A.I.L. (Stay Active & Independent for Life)

The certified instructor is trained to work with seniors. The exercises are adaptable to a wide variety of fitness levels. Punch cards with 10 sessions are available.

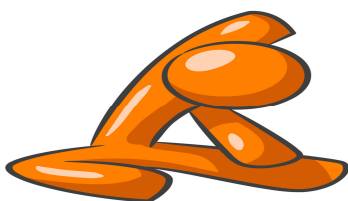
Instructor: Carlye Lowell

Date	Time	Fee
M, F	10:00AM	\$3.00
W	1:30PM	\$3.00

## Seniorcize

Gentle, seated exercise class for agility and coordination. Taught by Merlyn Talbot.

Date	Time	Fee
M, Th	11:00AM	no fee
T	10:30AM	no fee



## B-Well (Balance-Wisdom, Energy, Long Life)

Join Carlye Lowell for an introduction to longevity and stress-reducing exercise. Cost \$5.

Date	Time	Fee
F	11:05AM	\$5.00

## Billiards Anyone?

Players gather for a friendly, yet competitive, game. Newcomers are always welcome. Play on your own any time or Tuesdays at 10AM.

Date	Time	Fee
T	10:00 AM	no fee

## Wii Bowling

Join the Center's Champion Bowling League. It's fun and everyone can play! Every Tuesday and Friday.

Date	Time	Fee
T, F	1:00 PM	no fee

## Big Time Bingo

Bring the whole family down for Big Time Bingo! **Check for weekly specials.** Play begins at 6:45 PM on Fridays and 5:45 PM on Sundays. This is "real" bingo. Children should be old enough to handle their cards with minimum assistance. Per Gambling Commission rules, everyone attending must purchase the buy-in. Bingo Manager: Cindy Jones.

Date	Time	Fee
F	6:45PM	\$8.00
Su	5:45PM	\$8.00

### Watercolor Class

This class is taught by volunteers with experience in watercolors. Supplies and materials are included. Register by calling the Center at 888-3434. Class limited to 10. Reserve your spot by coming in early to pay for the class.



Date	Time	Fee
Dec 10 S	9:00AM	\$10.00
Jan 14 S	9:00AM	\$10.00

### Artist Guild

The Mt Si Artist Guild meets on the 3<sup>rd</sup> Saturday each month at 9:15 AM. All artists are welcome, as well as all mediums.

Date	Time	Fee
Dec 17 S	9:15AM	no fee
Jan 21 S	9:15AM	no fee

### Laughing Club

They say laughter is the best medicine. Join Sally Friedman on Mondays at 11:30 AM and let her prove it! Be prepared to have a fun time!

Date	Time	Fee
M	11:30AM	no fee

### Genealogy

After lunch, Donna Hart will offer one-on-one genealogy help. At 1:30PM, we'll have a class on where to start, how to dig deeper or what to do with what you've already got. Third Thursdays.

Date	Time	Fee
Dec 15 Th	1:30 PM	no fee
Jan 19 Th	1:30 PM	no fee

### Paper Crafting

This class is for anything paper! Make cards, baskets, scrapbook pages, whatever! Bring your photos, paper and scissors, etc. Here is a chance to catch up after the Holidays. Learn some new techniques.

Date	Time	Fee
Dec 8	1:00 PM	varies
Jan 12	1:00 PM	varies

### Yarn Therapy

Bring your yarn, needles, or hooks to work on your yarn project. Enjoy conversation with others and get help when it is needed.

Date	Time	Fee
W	1:00PM	no fee
Th	10:00AM	no fee

### Quilters

The Sno Valley Quilters meet twice a month to work on projects and Blocks of Love. Come at your convenience, and stay as long as you like until 9PM.

Date	Time	Fee
Dec 12 M	12:00PM	no fee
Jan 9 M	12:00PM	no fee
Jan 26 Th	12:00PM	no fee

### Dominoes

Spend a fun-filled afternoon playing Mexican Train Dominoes with this lively group. Newcomers are always welcome.

Date	Time	Fee
M, Th	1:00PM	no fee

### Library2Go!

Library2Go! (L2G!) is an outreach service that involves local library staff taking services outside the libraries to their communities. Check out books, books on tape and movies too. The Mini-Bookmobile comes every four weeks on Thursday.

Date	Time	Fee
Dec 22 Th	11:30 AM	no fee
Jan 19 Th	11:30 AM	no fee

### Tea Tastings

In December enjoy the blends of the Season, peppermints & ginger. January try soothing teas for cold wintery days.

Date	Time	Fee
Dec 21 W	2:00 PM	no fee
Jan 25 W	2:00 PM	no fee



# Services

## Caregiver Advocate

If you are caring for a spouse, parent or loved one, you are a caregiver. Sally Friedman provides support and advocacy on your journey to aid you in decision-making and help avoid caregiver fatigue.

Date	Time	Fee
Each Monday	by appointment	no fee

## Caregivers Support Group

A consistent and caring place for caregivers to learn, share, and gain emotional support from others who are also on a unique journey of providing care to a person they love.

Date	Time	Fee
First Monday	1:00	no fee

## Senior Advocate

For 22 years, Betty Shardelman has been helping seniors find the services they need to remain independent and solve the everyday problems that face us all.

Date	Time	Fee
Each Tuesday	By Appointment	no Fee

## Hopelink-General and Energy Assistance

You can meet with Hopelink representatives at Mt. Si Senior Center. You must call the Hopelink office in Carnation (425 333-4163) to make an appointment.

## Veterans Help

Joel Estey from the King County Veterans Program is here the 3rd Thursday of each month to talk with vets about their benefits and help resolve problems. Call for an appointment.

Date	Time	Fee
Dec 15 Th		no fee
Jan 19 Th		no fee

## Dental Care

Affordable teeth & denture cleaning provided by Healthy Smiles, Inc. Teeth cleaning priced below what you would expect to pay at a dentist office. 4th Thurs, call for an appt.

Date	Time	Fee
Th	By Appointment	\$75

## Foot Care

Nail clipping is available on some Thursdays each month. Chriss Egan is an RN with many years experience in senior foot care. Please call for an appointment. Fee is \$28.

## Evergreen Care Network

Erin Rycraft, from Evergreen Care Network, specializes in challenges facing older adults and can provide information and connection to community resources. A home visit may be arranged for a more complex problem.

Date	Time	Fee
Dec 13 T	11:00AM-1:00PM	no fee
Jan 10 T	11:30AM-1:30PM	no fee

## Equipment Loan

Bath benches, walkers, canes, commodes, wheelchairs and other miscellaneous medical equipment is available for loan. Our equipment is gently used and loaned free of charge on a first-come first-served basis. Most equipment can be kept up to 3 months. Wheel chairs, however, are on loan for a few days to a week at most.

## Snoqualmie Valley Transportation

SVT is a dial-a-ride type service operating Monday-Friday, 6AM to 7:30PM. Rides are booked by calling 425 888-7001. Notice of at least 24 hours is requested. All our buses are lift-equipped. The service is available to seniors, disabled individuals, and the general public. You must be 12 or older to ride without an escort.

## Volunteer Drivers

Call our transportation number ( 425-888-7001) if you need a volunteer driver to take you to a medical appointment outside the Snoqualmie Valley.

## Blood Pressure Checks

Our local firefighters stop by to do blood pressure checks. (Every so often, they can't make it due to emergency calls).

Date	Time	Fee
Each Tuesday	Around 11AM	no fee

# Nutrition

Lunches served every day at noon for a suggested \$3 donation. Please be sure to sign in for lunch each day. For special lunches please register in advance.



## Special Lunches

### Birthday Lunches

Last Thursday of the month. Lunch is free if your birthday is in that month. Happy Birthday! Note changes for holiday schedule.

Date	Time
Dec 15 Th	Noon
Jan 26 Th	Noon



### Christmas Lunch

Santa's Helper — Chef Lydia has a special holiday treat for lunch. Join us for Christmas Dinner for lunch. Wear a red hat to get in the mood.

Date	Time	Fee
Dec 22 TH	Noon	\$3

### Celebrate America Lunches

Help us celebrate America in 2012. Wonderful regional cooking featured each month. On January 11 we'll visit the New England states: Maine, Vermont, Rhode Island, Connecticut, New Hampshire, Massachusetts. Lunch is free if you were born in any of these states. Please sign up in advance.

Date	Time	Fee
Jan 11 Wed	Noon	\$3

### Sign In

It is **very important** to the Center that you sign in each time you come to the Center. The Center has various funders and each funder has criteria that we need to supply to them for funds. One way that you can help the staff is to please sign in. Just swipe your card (if you need one, please talk to Janet) as easy as that.

### Activity Surveys

- We are always trying to improve our services here at the Senior Center. Enclosed is a survey to let us know what classes or activities you would like us to start offering for the new year.
- Please bring fill this out and bring it in with your updated Registration Form!

### Senior Center Meetings

Senior meetings are held the last Thursday of each month. Keep informed on events and happenings. Let your voice be heard. Have lunch with a Board member or just come for the meeting.

Date	Time
Dec 15 TH	Noon
Jan 26 TH	Noon

### Meals on Wheels

Volunteers deliver pre-ordered, frozen meals to shut-in seniors who need nutritional support for a limited time. Nutritional supplements such as Ensure are available for purchase at a lower price than retail outlets. Call the Senior Center for details and enrollment information. There is a suggested donation of \$3.00 per meal.

### Stroke/Diabetic Support Group

This combined group is facilitated by Karen La-Jambe from Snoqualmie Valley Hospital. Here's a chance to get together with others to share coping skills.

Date	Time	Fee
Dec 6, 13 T	11:00AM	no fee
Jan 10, 24 T	11:00AM	no fee

### Volunteers Needed

#### Lunch Volunteer

Volunteer during lunch - be a host/hostess. Help sign-in our visitors for lunch. Please contact our coordinator if you can help.

### Thrift Store

The Thrift Store needs your help. We need volunteers to work 4 hour shifts, Monday through Saturday. We would like to have at least 3 volunteers per shift. To help, please contact our Coordinator.

# Recreational Trips

**Trip Policy:** You are not guaranteed a seat on the van until you have paid for the trip. Cancel at least two days prior for a refund. All trip prices are for Senior Center members. Non member prices are \$4.00 more per trip. Become a member today for just \$15.00.

**Friday December 2** Come win big at the Muckleshoot Casino. Bring all your lucky charms. Lunch on your own.

Date	Time	Fee
Dec 2 F	9:45	\$16

**Friday December 9** A chance for a big Holiday shopping Spree! This trip will be to Covington which has a WalMart, Fred Meyer, Kohls, and the Dollar Store. Lunch on your own.

Date	Time	Fee
Dec 9 F	9:45AM	\$6

**Friday December 16** There is nothing like being in downtown Seattle at Christmas time! Enjoy Westlake Center, and the big beautiful store window displays. Lunch on your own.

Date	Time	Fee
Dec 16 F	9:45AM	\$8

**\*Wednesday December 21** Last chance shopping. A quick trip to Issaquah to finish up your holiday shopping. Make a stop at Fred's and then over to Target.

Date	Time	Fee
Dec 12 F	9:45AM	\$4

**Friday January 6** A mystery trip. Can't tell you where you will be going, but there will be a stop for lunch.

Date	Time	Fee
Jan 6 F	9:45 AM	\$7.00

**Friday January 13** Of course we will go gambling on this day, and tempt the "gods of luck". Winning and losing at the Emerald Queen, as well as lunch, on your own.

Date	Time	Fee
Jan 13 F	9:4500 AM	\$12

**Friday January 20** Make Up trip to find Henry. Explore the whimsical Henry murals in Seattle. Lunch on your own.

Date	Time	Fee
Jan 20 F	9:45 AM	\$6

**Friday January 27** . Browse the new Antique mall in Snohomish.. Be amazed at what is now an "antique". You remember when you had at least one of them! Lunch on your own. There is a Blazing Onion in Snohomish.

Date	Time	Fee
Jan 27 F	9:45AM	\$6

## Inclement Weather

Be prepare for rain, snow, ice or even flooding. Just about anything that Mother Nature can dish out! Please remember if Snoqualmie Valley School District # 410 is closed for weather related problems, the Senior Center will be closed. If we are closed, all our activities are canceled for the day as well. Trips will also be canceled.

If the schools are running late, we will try and stay as close as possible to schedule. Safety is very important to us. Our Transportation Department may decide to suspend service to some areas during bad weather or begin their routes later in the day. If you have any weather related doubts, please call the Transportation Dept. at 425-888-7001.

# About Mt. Si Senior Center

## Mt. Si Senior Center

### Board of Directors:

Elmer Sams, President  
Paula Edwards, Vice President  
Susan Hankins, Secretary  
Maggie Buglewicz  
Sharon Augenstein  
Sharon Posey  
Caren Meek  
Karen Snyder  
Diane Bradbury  
Louise Martin  
Connie Jenson

### Mt. Si Senior Center Staff:

BJ Libby, Executive Director  
Janet Fosness, Coordinator  
Betty Shardelman, Advocate  
Lydia Vargas, Chef  
Kari Houldridge, Bookkeeper  
Cindy Jones, Bingo Manager  
Edna Enselman, Bingo Caller  
Brian Jones, Bingo Caller

**WiFi** internet connection is available free of charge. Ask for the password at the reception desk.

Mt. Si Senior Center is supported by:



Center Hours  
Monday-Friday  
8:30 AM—4 PM

Bingo  
Friday Evening 6 PM  
Sunday Evening 5 PM

**425-888-3434**

## Non-Discrimination Policy

Mt. Si Senior Center officers, staff, board members or agents/contractors will not discriminate against or refuse service to anyone on the basis of race, color, sex, marital status, sexual orientation, gender identity, political ideology, age, creed, religion, ancestry, national origin, the presence of a sensory, mental or physical disability, veteran's status, or past participation in the discrimination complaint process.

**We do not provide respite care, adult daycare, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver.**

The provision of any personal care by staff for a participant is beyond our capability. Senior adults with special needs may be eligible for other community-based programs.

Contact our senior advocate at 425-888-3434.

## Inclement Weather

Be prepared for rain, snow, ice or even flooding. Just about anything that Mother Nature can dish out! Please remember if Snoqualmie Valley School District # 410 is closed for weather related problems, the Senior Center will be closed. If we are closed, all our activities are canceled for the day as well. Trips will also be canceled.

If the schools are running late, we will try and stay as close as possible to schedule. Safety is very important to us. Our Transportation Department may decide to suspend service to some areas during bad weather or begin their routes later in the day. If you have any weather related doubts, please call the Transportation Dept. at 425-888-7001 or the Senior Center at 435-888-3434.

## Snoqualmie Valley Transportation (SVT)

### Schedulers:

Jonathan Nelson  
Mike Antone

### Call Takers:

Wendy Wright  
Cynthia Yarnton

### Drivers:

Gary Martin  
Scott Murray  
Linda Beckvold  
Monique Vanderford  
Colleen Divine  
Charles Rugtvedt  
Donna Schneider  
Ron Osborne  
Steven Harrison

SVT is a dial-a-ride transportation service available to residents of the Snoqualmie Valley. SVT operates Monday through Friday from 6 am until 7:30 PM.

Call: 888-7001 to reserve a ride.

## Thrift Store

Hours: Monday-Friday  
10 AM—4 PM  
Sat. 10:30 AM—4PM

## *Donations Accepted*

The Center's wonderful Thrift Store is operated by a dedicated volunteer staff. Additional workers are always needed. If you would like to help, please call our Coordinator at 888-3434.

**<http://www.mtsi-seniorcenter.org>**



NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 2  
NORTH BEND, WA

PO Box 806  
North Bend, WA 98045

## Pancake Breakfast with Santa



Enjoy Ham and all you can eat Pancakes.  
Have your picture taken with the  
jolly ol' fella in Red!

**Saturday December 3**

8 am to 11am

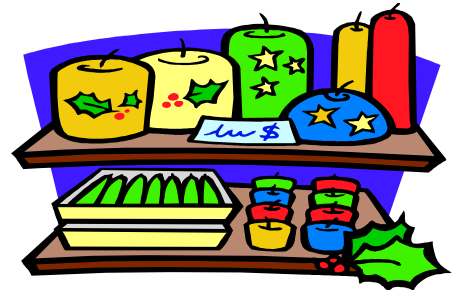
Sponsored by

Spiritwood At Pine Lake Retirement

Community

425 313 9100

## Be sure and visit our Country Store And Bake Sale



Saturday December 3  
9am to 3pm