



FEBRUARY/ MARCH, 2012 NEWSLETTER

Director's Message

WOW! It is difficult for me to believe it is February, 2012 already, and that I have been here almost three months. I don't know how the time goes so quickly, but I can tell you that these past three months have been exciting, rewarding, engaging and enlightening!

Back in November we were happy to welcome members of Kiwanis who provided lunch to honor our veterans. This was very quickly followed by another delicious lunch to celebrate Thanksgiving Day—Sponsored by members of Snoqualmie Valley Rotary.

Thanksgiving Day night turned into sadness as several family members in North Bend lost their home due to a fire in an apartment complex. When I shared this story at lunch, a senior spoke up and said, "Well BJ, if everyone here gave \$1.00, would that help some?" That's what I love about The Valley—doesn't matter who you are, what your income is, how you juggle to make ends meet or whatever—people helping people! And, some seniors took it a step further—they had furniture to donate—some shopped in the Thrift Store for clothing, games and items for children. I ask you, who works in a better place than me? People helping People!

Magically it's December. Donna Hart bloomed our dining room into a winter wonderland while Sharon Posey, Maggie Buglewicz and Diane Bradbury prepared the multi-purpose room for the Holiday Bazaar, Photo with Santa, Country Store and Bake Sale. Spiritwood Pine Lake Retirement Center not only sponsored the Pancake Breakfast but prepared it, Clive Olson—oops, sorry—Santa Claus was a HUGE hit!

Many volunteers pulled together for this event, worked as a team and went above and beyond any position description to ensure that everyone coming to the bazaar would have a great time, that there would be something for everyone, and the event would be successful. Thank you ALL! YOU are the best!

December also brought a donation of wreaths made by a local Cub Scout Pack (sorry, we didn't

get your Pack number or leader name), but the wreaths were enjoyed by the seniors who won them. Thank you!

The "Men's Club Breakfast" has been a hit, and I have so very much enjoyed having the opportunity to meet them and enjoy a cup of coffee. That group made me think—why not a "Chick Club Breakfast?" Are you with me girls?

January not only brought in another New Year—it brought a storm that shut down transportation and the center. I have learned a great deal from this natural threat and endeavor to get a system in place whereby we can be more helpful to our seniors.

I invite each of you to explore the pages inside. If you think of something you would like to do at the center—call me, or stop by. Together, we can make the senior center the best place you want to come to. Book Club, Ball Room Dancing, Chess, Checkers, Scrabble, Bridge—just tell me what you want.....?

Remember, the coffee is always on, the door is open and our lunch is the best deal around. Stop by, chat, and visit the Mt. Si Senior Center.
BJ
Executive Director

Annual Meeting

The Annual Meeting for Mt Si Senior Center is coming up very soon! This is your center and this is your chance meet with the board and speak up for what you want and don't want. There will also be an election of new board members. If you would like to serve on the board or know someone who would, please contact BJ at the center. Call for the date and time of the meeting 425-888-3434.

Income Tax Help

AARP IRS-trained volunteers will provide 2011 income tax filing at the North Bend Library on Wednesdays from February 1st to April 11th. Please call 425-888-0554 for more information.

Activities and Classes

Shape Up Program

There are studies to prove that the more you move, the healthier you are. Try a new class and the Senior Center's Shape Up Program will pay \$10. Try S.A.I.L., Zumba, Yoga Gold, Line Dancing — coupons are available.



Huff and Puff

Gretchen Wilson will lead you to so much fun, you won't know you are exercising. Join a great group of seniors who float through a fun 'Huff & Puff' program! Suggested donation is \$1.00 per class.

Date	Time	Fee
M, W, F	9:00 a.m.	\$1.00

Zumba!

A fun high-energy class for all ages, it features interval-training sessions with fast and slow rhythms. Come dance to great music and have a Latin experience.

Date	Time	Fee
Th	9:00 a.m.	\$5.00

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

If you are tired of your doctor telling you to exercise, this **IS** the class for you. Low impact, balance, and it doesn't matter if you are in a wheel chair, mobile or use a walker, Carlye Lowell will get you moving!

Date	Time	Fee
M, W, F	10:00 a.m.	\$3.00

Country Line Dance



This is so much fun that Glen & Julie Blomgren started another class. Men, women—no experience needed. If you can move your feet and clap your hands—you can Line Dance. Join us and get ready for our Country/Western Party this summer!

Date	Time	Fee
T	11:00 a.m.	\$4.00
Th	1:00 p.m.	\$4.00

No classes on the 4th Thursdays.

Yoga Gold

Join Carlye Lowell for an introduction to a stress-reducing exercise. Improve flexibility, awareness of the mind/body connection, balance, posture, agility and grace.

Date	Time	Fee
F	11:05 a.m.	\$5.00

Seniorcize

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

Date	Time	Fee
M, Th	11:00 a.m.	free
T	10:30 a.m.	free

Lengthen and Strengthen

North Bend Physical Therapy leads a class on good alignment and strong muscles and improving balance. Bring a mat and towel.

Date	Time	Fee
T	9:00 a.m.	free

Bring It On Billiards?

8 ball in the corner pocket, 12 on the side. No matter how competitive you are, come shoot some pool. We have a balanced table with sticks and chalk or bring your own.

Date	Time	Fee
M-F	8:30—4:00	free

What's Your 'Wii' Game?

This new age way of bowling, tennis, golf and baseball is as easy as using your TV remote. The Senior Center is all set up for Wii Sports. Put a little 'technology' in your game, join a league, make a team or come by yourself and enjoy!

Date	Time	Fee
M—F	8:30—4:00	free

Wii Bowling

Join the Center's Champion Bowling League! It's fun and everyone can play! Come help us get ready for our big tournament on May 9. Every Tuesday and Friday.

Date	Time	Fee
T, F	1:00 p.m.	free



Dominoes

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


Date	Time	Fee
M, Th	1:00 p.m.	free

Bingo As You Know It!

Bring the whole family down for Bingo! Lots of cards, lots of space, lots of 'ole time fun! Children must 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	6:45 p.m.	\$8.00
Su	5:45 p.m.	\$8.00

Watercolor Class

There is a Rembrandt in each of us, we just need to coach him out.  Class limited to ten. Fee includes some supplies and materials. Let Audrey help you find your hidden talent!

Date	Time	Fee
Feb 11 S	9:00 a.m.	\$10.00
Mar 10 S	9:00 a.m.	\$10.00

Artist Guild

The Mt Si Artist Guild meets on the 3rd Saturday each month at 9:15 a.m. All artists are welcome, as well as all mediums.

Date	Time	Fee
Feb 18 S	9:15 a.m.	free
Mar 17 S	9:15 a.m.	free

Laughing Club

Laughter is the best medicine. Well this class is just a 'Round of Laughter'.

Date	Time	Fee
M	11:30 a.m.	free

Genealogy

Are you Welch, French, German—do you know? Join Donna Hart for one-on-one genealogy research help. She can tell you where to start and how to dig—and dig deeper! Get to know your past!

Date	Time	Fee
Feb 16 Th	1:30 p.m.	free
Mar 15 Th	1:30 p.m.	free

Paper Crafting

This class is for anything paper! Make cards, baskets, scrapbook pages, whatever! Create thank you/birthday/other holiday cards—spread your love through cards.

Date	Time	Fee
Feb 9	1:00 p.m.	varies
Mar 8	1:00 p.m.	varies

Yarn Therapy - "Happy Hookers"

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	1:00 p.m.	free
Th	10:00 a.m.	free

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. Here is your opportunity to be creative with fabric.

Date	Time	Fee
Feb 13 M	12:00 p.m.	free
Feb 23 Th	12:00 p.m.	free
Mar 12 M	12:00 p.m.	free
Mar 22 Th	12:00 p.m.	free

Wonders of Cell Phones

Do you have a smart phone that really is? It is amazing, but phones are for more than just talking on. 

Bring your phone and any questions.

Date	Time	Fee
Feb 9 TH	10:00 a.m.	free

Library2Go!

Library2Go! (L2G!) Check out books, books on tape and movies too. The mini-bookmobile comes every four weeks on Thursday.

Date	Time	Fee
Feb 16 Th	11:30 a.m.	free
Mar 22 Th	11:30 a.m.	free

Art Wall

Our Art Wall currently has artwork displayed by local artists Audrey Zeder and Susan B. Olds. Come by and check it out!

Nutrition and Health

Elder Law Issues

Want to know something about Elder Law? Estate planning attorney Madeline Gauthier will be here Wednesday, March 14 from 10 a.m. to 11:30 a.m. Ms. Gauthier will not only talk about wills, probate, power of attorney and other topics, she will leave time to answer questions. Come hear this important presentation.

Date	Time	Fee
Mar 14 W	10:00 a.m.	free

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	free

Senior Advocate

For 22 years, Betty Shardelman helps seniors find the services they need to remain independent and solve everyday problems. She is a wealth of information and will direct you to the help you need.

Date	Time	Fee
Each Tuesday	By Appointment	free

Hopelink Energy Assistance

Hopelink has funding for "Puget Sound Energy HELP," which provides financial assistance towards PSE electricity and gas bills. Schedule an appointment at 800.348.7144.

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.

Date	Time	Fee
Feb 16 Th	By Appointment	free
Mar 15 Th	By Appointment	free

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

Chris Egan is an RN with many years experience in senior foot care. Please call for an appointment and availability. 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
Feb 14 T	11:00 a.m.-1:00 p.m.	free
Mar 13 T	11:00 a.m.-1:00 p.m.	free

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 11:00 a.m.	free

Mammograms

The Swedish Mobile Coach will be here on Wednesday March 28th. All women 40+ can use this service. Swedish accepts most forms of insurance including Medicare and Medicaid. The only insurance they cannot accept is GAU. Please call Janet at the Center to schedule an appointment.

Date	Time	Fee
Mar 28 W	By Appointment	Insurance

Equipment Loan

Bath benches, walkers, 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.

RED ALERT

Is it safe to take aspirin, acetaminophen, or ibuprofen that's expired? Many reports say "No" - if it has expired—get rid of it.

Lunch

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



February 14th Valentine Day

Come enjoy lunch and make a valentine for the person that sits next to you at lunch. Everybody loves valentines!

Invite a senior who doesn't normally come to the center for the Valentine Lunch, and both of you will receive a complimentary lunch.

Date	Time	Fee
Feb 14 T	12:00 p.m.	\$3.00

Mardi Gras

Fat Tuesday! To celebrate Mardi Gras, wear your purple, gold and green and of course those Mardi Gras Beads! Dine on Red Beans and Rice and have a good time!



Date	Time	Fee
Feb 21 T	12:00 p.m.	\$3.00

St. Patrick's Day Lunch

Be Irish for the Day! Join us for our traditional corn beef meal. Lydia will prepare the corn beef and cabbage with potatoes, and carrots, plus a dessert. Please sign up for this special lunch. Be sure to wear your green!

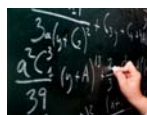


Date	Time	Fee
Mar 15 TH	12:00 p.m.	\$3.00

*Join us on 3.14 for Pi Day

Have you been 'figurin' all day? Or have you just thought about numbers? Take a break and join us for Pi(e)

*Wednesday, March 14th at 1:00pm for a slice of pie for a buck! A dollar a slice and we won't worry about the circumference of the pi.



Birthday Lunch

Come celebrate each month's birthdays! If it is your birthday this month lunch is free!



Date	Time	Fee
Feb 23 TH	12:00 p.m.	\$3.00
Mar 29 TH	12:00 p.m.	\$3.00

Sign In

We need you to sign in at the Center each time you come for lunch or a visit. The Center has various funders and they all have criteria that we need to supply to them for financial support. One way that you can help is to please sign in. Just swipe your card (if you need one, please talk to David) as easy as that. We respect the privacy of our seniors and no name will be attached to any personal information.

Men's Breakfast

Get together with the guys **every** Wednesday morning at 9 a.m. for breakfast and coffee.

Senior Center Meetings

Senior meetings are held the last Thursday of each month, with the Birthday Lunches. Keep informed on events and happenings. Let your voice be heard. Have lunch with a Board member.

Date	Time
Feb 23 TH	12:00 p.m.
Mar 29 TH	12:00 p.m.

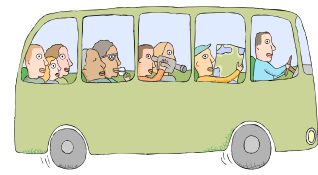
Regional Lunches. Each month we feature a region of the US. If the region we are featuring is where you were born, join us for a free lunch!

<u>February</u>	<u>March</u>
Iowa	New York
Nebraska	New Jersey
Wisconsin	Pennsylvania
Minnesota	Delaware
North Dakota	Virginia
South Dakota	Maryland

Meals on Wheels

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

Recreational Trips



All prices are for Mt Si Senior Center members. Nonmembers are \$4.00 more. Become a member today! To ensure your seat on the van, you need to pay for your trip at the time of sign-up. To receive a refund you must notify the Center three days prior to the trip departure date. You do not have a reserved seat on the van until you have paid for the trip. Sign-up starts at 10:00 a.m. the last Thursday of the prior month. You can sign up yourself and one other person. Fees include transportation. Lunch, purchases, and gambling are on your own.

February

February 3 A trip up the Skagit in search of Eagles. As always you can view the Eagles from the van, road, or the wilderness. Please dress accordingly. After viewing there will be a stop at that little cafe with all the bunnies in Concrete.

Date	Time	Fee
Feb 3 F	9:00 a.m.	\$14 member

February 10 Get ready for Valentine's Day with a trip to WalMart. Lunch at the Chinese Buffet in Auburn.

Date	Time	Fee
Feb 10 F	9:45 a.m.	\$5 member

February 17 Do you feel lucky? For our monthly casino trip we will go to Quil Ceda Creek Casino in Marysville.

Date	Time	Fee
Feb 17 F	9:45 a.m.	\$10 member

February 24 A new found favorite, Hobby Lobby in Lynwood. They have just about everything you need to make anything, and then probably more! After you have stimulated your imagination, stop for lunch at the Olive Garden.

Date	Time	Fee
Feb 24 F	9:45 a.m.	\$8 member

March

➡ Special Thursday Trip March 1

Seattle Art Museum "Gauguin and Polynesia: An Elusive Paradise" after viewing the exhibit, there will be a stop for lunch. Admission included.

Date	Time	Fee
Mar 1 TH	9:45 a.m.	\$16 member

March 9 Should we try to Find Henry again? Third time's a charm! Those on the cancel list have priority for this sign up. Don't worry, there are still some seats available.

Date	Time	Fee
Mar 9 F	9:45 a.m.	\$6 member

March 16 Shipwreck Beads in Lacey. They have the largest and best selection of beads and findings around. This is an interesting place for both the crafter and non-crafter.

Date	Time	Fee
Mar 16 F	9:45 a.m.	\$14 member

March 23 Pack up your lucky Rabbit's foot, and other charms, because it is off to the Angel of the Winds Casino.

Date	Time	Fee
Mar 23 F	9:45 a.m.	\$14 member

March 30 Easter is just around the corner. Do you need a trip to WalMart to fill those baskets?

Date	Time	Fee
Mar 30 F	9:45 a.m.	\$5 member

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.

About Mt. Si Senior Center

411 Main Ave S (PO Box 806), North Bend, WA 98045

Mt. Si Senior Center Board of Directors:

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

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
Brian Jones, Bingo Caller
David McNay, Assistant

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

We offer a library and books can be checked out for a month.

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

Center Hours

Monday-Friday
8:30 a.m.— 4 p.m.

Bingo
Friday, 6:45 p.m.
Sunday, 5:45 p.m.

425-888-3434

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.

Senior adults with special needs may be eligible for other community-based programs. Contact our senior advocate at 425-888-3434.

The Mt. Si Senior Center is available for your birthday party, retirement celebration, social get together, or any celebration you may have planned. A large dining room that easily seats 75, access to an industrial kitchen and coffee service. If you need a smaller space, consider our multi-purpose room for your event.

Prices are very reasonable. For more information or to reserve the center, please call Janet—888.3434.

Mt. Si Senior Center is supported by:

**City of North Bend
City of Snoqualmie
City of Seattle
King County
Snoqualmie Tribe**



Thank You

A very special thank you to all the Volunteers who worked so hard making our Country Store, Bake Sale, Pancake Breakfast, and Photos with Santa such a success. With your generosity, this was the most successful season we've had. Thank you again and thanks to everyone who came out and supported us!

Volunteers Needed For Lunch

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

Snoqualmie Valley Transportation (SVT)

Schedulers:

Mike Antone
Jonathan Nelson

Call Takers:

Wendy Wright
Cynthia Yarrton

Drivers:

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

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

Call: 888-7001 to reserve a ride.

Thrift Store Hours

Monday-Friday
10 a.m.—4 p.m.
Sat. 10:30 a.m.—4 p.m.

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.

The Thrift Store generates \$84,000.00 a year. 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.

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



PO Box 806
North Bend, WA 98045

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



Fashion Show
Dessert Auction

Sunday, April 1, 2012 — 2 PM
Snoqualmie TPC Golf Club

Proceeds to benefit
Mt Si Senior Center

Leap Year Birthday Bash

Come and enjoy BJ's Second Sweet 16th Birthday! Everyone's invited, but no gifts — a donation to the Senior Center is welcome. If you are a leap year baby come celebrate with us. Valley Legend Harley Brumbaugh will entertain us with his musical talents. Sunday, February 26, 1:00-3:00 p.m.

Hooray For Hollywood!

"Here's looking at you, kid." Come join us for all the classic movies. In February fly to Casablanca. In March Fred Astaire and Ginger Rogers dance the night away in Shall We Dance. Wednesdays, February 8 and March 14, at 1 p.m.

Puzzlemania

Do you know where those puzzle pieces fit? Join us for some friendly competition this year with teams racing each other to finish. Compete each month until the Great Puzzle-Off in December. We also have a puzzle table set up for the casual puzzler, or to practice, any time the Center is open. Wednesdays, February 1 and March 7 at 1 p.m.