



Looking Ahead

APRIL - JUNE 2017

Mercer Island Parks & Recreation

Newsletter

Programs & Information for Adults Age 65+

Special Events

- Apr 14 Skagit Valley Tulip Festival Trip
- Apr 16 Senior Lunch & Conversation
- Apr 28 Terra Cotta Warriors Tri
- May 12 Safeco Field Trip
- May 16 Senior Lunch & Conversation
- May 19 Port Gamble Trip
- Jun 2-4 Coeur d' Alene Resort Getaway
- Jun 8 Luau & Beach Party Senior Lunch

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Senior Lunch Group and Conversation

Would you like to share a simple lunch and lively conversation with other interesting folks? Come join our group on the 3rd Tuesday of every month as we enjoy a lunch together. **Pre-registration with payment** is now required to ensure enough food for all. Transportation is available. 206-275-7609 to register.

Dates:

- April 18- Course #17156
- May 16- Course #17157
- June 20- Course #17158
- Time: 12 pm - 1 pm
- Fee: \$5.50
- Location: MICEC

Holidays and Closures

THE COMMUNITY & EVENT CENTER
AND CITY OFFICES
WILL BE
C L O S E D
Easter - April 16
Memorial Day - May 29

Mercer Island Parks and Recreation
8236 SE 24th Street
Mercer Island, WA 98040
206.275.7609
Visit us at: www.miparks.net
e-mail: miparks@mercergov.org

Luau & Beach Party Senior Lunch

Kick off the summer season with our Luau and Beach Party Senior Lunch. Prizes for the best dressed! Music, great food and a game or two! Registration required and transportation is available. Call 206.275.7609 by May 25 to reserve your spot.

Course: #17155
 Fee: \$5.50
 Thu., Jun 8
 Time: 12 pm
 Location: MICEC

“OUTINGS AND ADVENTURES” DAY TRIPS

All trips depart and return to the Mercer Island Community & Event Center

For questions regarding accessibility, special accommodations, or transportation please contact C.J. Stanford at 206-275-7863.



Skagit Valley Tulip Festival

Come join us for a breathtaking day trip touring the many tulip fields at The Skagit Valley Tulip Festival! The Tulip Festival is one of the top destination events for the Pacific Northwest!! After our tour of the tulip fields, we will head to the La Conner Brewing Co. for lunch. Lunch is no-host, fee includes transportation.

Course #16920 Day/Date: Fri, Apr 14 **Time:** 9am – 5pm **Fee:** \$15 + tax

Terracotta Warriors Traveling Exhibit

Pacific Science Center and The Franklin Institute in Philadelphia are proud to present Terracotta Warriors, a one-of-a-kind exhibition that will feature actual clay warriors from the site near Xi’an, China and premiering at Pacific Science Center for a limited five-month run. Our admission will also include general exhibit admissions before heading off to lunch at Maggie Bluff’s. Lunch is no-host, fee includes transportation and Science Center admission.

Course #16921 Day/Date: Fri, Apr 28 **Time:** 10am – 4pm **Fee:** \$48 + tax (Ticket included).

Safeco Field Tour

Tour Safeco Field, home of the Seattle Mariners! You will be able to view areas that are normally restricted to the public, including the Field, Dugouts, Press Box, Owners Suite, All-Star Club, and more. After the tour we will hit up Ooba Tooba Mexican restaurant for lunch! Lunch is no host, fee covers transportation and tour ticket.

Course #16922 Day/Date: Fri, May 12 **Time:** 9am – 4pm **Fee:** \$18 + tax (Ticket included)

Port Gamble

We will take a ferry to Bainbridge Island and take a step back in time in one of Washington State’s oldest towns, Port Gamble. We will have time to stroll the unique textile, antique and gift shops, have lunch at the General Store & Café – recipient of the “best out-of-the-way restaurant 2014, and visit the historic museum to learn about the history behind this quaint, waterside town before catching the ferry home. Lunch is no-host, fee includes transportation, ferry ride and museum admission.

Course #16923 Day/Date: Fri, May 19 **Time:** 9am – 5pm **Fee:** \$25 + tax (Ticket included)

Coeur d’ Alene Resort Getaway

Join us as we head out for a weekend of fun and relaxation to Idaho’s Coeur d’ Alene Resort the “Playground of the Northwest”. The Coeur d’Alene Resort has mastered the art of relaxation, boasting luxurious accommodations, rejuvenating spa treatments, sumptuous cuisine, and breathtaking views, and world-class golf which includes the world’s only floating green.

Course #16924 Day/Date: Fri - Sun, Jun 2 - 4 **Time:** 9am **Fee:** \$215 Double Occupancy (tax included) \$425 Single Occupancy (tax included)



Community Coffee Hour

Come to the Mercer Island Community Center for free coffee and fun conversation in a social, engaging environment.

Every Wednesday and Friday from 9am-10am.

No need to register, just show up, have a warm cup of joe and enjoy...

INDOOR ART GALLERY AT MICEC

Seattle Co Arts Juried Show

April 17 - June 2

Artists' Reception, Sat, Apr 22, 2-4 pm

Bird Trips

Trip leader Bob Sundstrom has led Victor Emanuel Nature Tours trips to six continents, and from the Arctic to Antarctica. He is also the lead writer for the public radio program BirdNote (www.birdnote.org), and teaches birding workshops in the Seattle area. A skilled birder with a special interest in bird song, Bob has served on the boards of several nature and conservation organizations, and is a co-author of The National Audubon Society Field Guide to the Pacific Northwest. More information is available at registration.

Spring Sage and Pines: Birds & Wildflowers

Course #17060, Tue, Apr 18, 6:30am - 7:30pm

Fee: \$82 Res/\$98 Non-Res

Spring Songbirds East of the Crest

Course #17061, Tue, May 30, 6am - 6:30pm

Fee: \$82 Res/\$98 Non-Res

Swakane Canyon Wildlife Area

Course #17062, Thr, Jun 15, 5:30am - 6pm

Fee: \$82 Res/\$98 Non-Res

Bethel Ride and Woodpecker Wonders

Course #17063, Thr, Jun 29, 5:30am - 6:30 pm

Fee: \$82 Res/\$98 Non-Res

Volunteers Wanted

We are always in need of Senior Transportation drivers and helpers (helpers do not drive). If interested, give Amber a call at 206.275.7841.

Osher Lifelong Learning

Osher Lifelong Learning now offers classes at the Community Center. There is an annual \$35 Osher membership fee in addition to the course fee. For more information on Osher Lifelong Learning at the UW and to register call Osher at (206) 685-6549 or www.osher.uw.edu.

Intro to Oceanography of the Pacific NW

Fri, Apr 14 - May 12, 10:30am - 12:30pm

Cost: \$45 (OLLI-UW membership required)

Themes in the Humanities - I

Mon, Apr 24 - May 15, 1pm - 3pm

Cost: \$45 (OLLI-UW membership required)

People at War: The Home Front During WWII

Tue, Jun 6 - 27, 10:30am - 12:30pm

Cost: \$40 (OLLI-UW membership required)

MI Current Events Study Group: Ongoing,

Wednesdays, 10 am - 11:30 am. Group

members take turns leading the discussion.

You may also join in as an observer. The observers will be able to sit back and relax and learn from the dialogue and may become a full member of the group in the future if they desire.

Please register at osher@pce.uw.edu or 206-221-7771 if you are interested.



Bridge Play

Contract Bridge

Are you a beginner bridge player?

Come join us. Our groups are open to all.

First time FREE!

Tues. & Thurs. 12:45 pm - 3:00 pm

New players are always welcome.

No partner needed. Join this friendly group of players.

Register the first Tuesday of the month.

Fee: \$5/mo.

Location: MICEC Clarke Room

Personal Training

Personal Training

Susie Rosenstein and Eric Salzetti are the personal trainers for the Mercer Island Parks & Recreation Department. They are available to design and implement personalized workout programs tailored to specific needs. They can help with:

- Weight Management
- Post Rehabilitation
- Circuit Training
- Improve Balance, Strength & Flexibility
- Custom Programs
- Sport Specific Training

Contact Susie at 206-321-4692 or susierosenstein@comcast.net.

Contact Eric at salzetti@msn.com



Senior Golf Program

Join us for some golf, beginners welcome! We are looking for 9 and 18 hole players to join the group and visit some of the finest courses in the area. Weekly itinerary and reservation information available upon registration. Round trip bus transportation provided weekly for a \$5 fee, green fees are on your own. No golfing on designated holidays. For questions please contact Katie Herzog at

katie.herzog@mercergov.org.

Course #: 16925

Mondays, Apr 3 - Oct 30

Fee: \$24 + tax Res/\$28 + tax Non-Res

Golden Volleyball League (Seniors)

Mercer Island Parks & Recreation is starting a weekday Senior Volleyball League at the Mercer Island Community & Event Center. If you are interested in playing, contact Ryan Daly at (206) 275-7863 or ryan.daly@mercergov.org.

Senior Men's Tennis

Play all summer long with an avid group of players! We are always looking to add to this great group. If interested please contact Mike Scherer at 206-230-8541.

May - Oct, Mon, Wed, Fri, 6:30 am

Location: Homestead Park

Tai Chi

This class is suited for beginner and intermediate students. Tai Chi is a Chinese martial art focused on breathing and fluid motions. Consistent practice provides valuable help in lessening tension, easing muscle pain, producing better sleep quality and increasing physical, mental and spiritual well-being.

Course #16989 Tue, 12-1:15pm, Apr 25-Jun 13

Course #16990 Sat, 9:30-10:45 am, Apr 29-Jun 17

Fee: \$124 Res/\$148 Non-Res

Instructor: Ning Wang

Location: MICEC

Solemates



Join us for neighborhood walks in the Seattle area! Dress for the weather as we go rain or shine. Four miles of walk and talk, followed by a stop at a coffee shop. No sign-ups necessary. Meet at MICEC. Solemates welcomes you!

Wednesdays, 8:30 - 11:30 am.

Fee: \$3

Facilitator: Fran Call

Apr 5, 19, & 26 (no walk Apr 12)

May 3, 10, 17 & 24

Drop-in Fitness

Pickleball:

Mon Wed & Fri ~ 9:30 am - 2 pm

Sun ~ 1 - 3 pm

No play: 4/16 and 5/29

55+ Senior Drop-in Volleyball

Tuesday & Thursday ~ 9:30 am - Noon

No Play 4/27

Badminton:

Friday ~ 3 - 7 pm

Saturday - 5 - 7 pm

Location: MICEC

Call the Gym Hotline, 275.7892, after 7 am, on the day you plan to attend to confirm that your program is being held that day.

Daily Drop-in and quarterly passes available.

Fees vary depending on the activity and your resident status.

Please see the rec. guide for more information.

Work Out in the Fitness Center

\$3 (\$4/non-res) drop in fee or \$25 (\$30/non-res.) for 30 days (seniors 65+).

For more information, contact the front desk at 206.275.7609.

Available all MICEC open hours except Wednesdays from 8 - 9 am.



Drop In Ping Pong

Drop in for a game of ping pong! Improve your mental and physical agility! It's a great way to spend time with family and friends. Paddles provided. Purchase balls for \$1.

Age: All Ages

Days: Fri. 3 - 7 pm Sat., 3 - 9 pm

Enhance Fitness

Mon, Wed, Fri

7:45 am, 9:00 am & 10:00 am

Dance Room



Power Flex Sports Conditioning

Level I

Mon: 8:15 - 9:15 am

Wed/Fri: 8:00 - 9:00 am

Level II

Mon: 7:15 - 8:15 am and

Tue/Thur: 8 - 9:00 am

Parkinson's Exercise

One Day a Week ~ Mon or Thurs

OR Two Days a Week ~ Mon and Thurs

11:00 am - 12:00 pm

See the Rec. Guide for session dates, and fees for above classes.

Yoga for Seniors 65+

Gentle stretching, flexibility, strength and balance. Please bring a towel and wear loose comfortable clothing. 9:00 - 10:15 am.

#16983 Tue. Jun 6 - Jul 18

Fee: \$102 Res/\$122 Non-Res.

Drop-in Fee: \$18/class

Instructor: Maude Pauletto

Location: MICEC

Aerobic Dance

Dance lovers will enjoy these dance moves to all the recent hit songs plus a few oldies! Class includes warm up, floor work, weights, dance (at your own level) routines and cool down. Come join the fun & tone up! Drop-ins welcome (\$15) (Min 8)

Mon & Wed, 5:15 - 6:15 pm

#16974 Apr 5 - Jun 14 (no class May 8 & 10)

\$229 Res/\$274 Non-Res

Instructor: Jann Schumacher

Location: MICEC

Mercer Island Transportation

Call 206-275-7895, prompt #1 and leave your request on the 24-hour voice message line. Must be 55+. Mercer Island locations only. First time riders will be contacted to reserve a pick-up time. Fee is \$1 one way or \$2 round trip per person. **Reservations for transportation are required by 4pm on day before pick-up for Tue, Wed or Thr transportation.**

Door-to-door Pick-up: Rides available to **most*** Senior Adult activities sponsored by Mercer Island Parks & Recreation on Tuesdays and Thursdays from your home to program location and return home. ***Call 206-275-7841 to verify availability.**

Grocery Shopping: Grocery shopping is every Wednesday unless otherwise indicated. One errand and a grocery store of your choice on the Island.

Sound Generations Volunteer Medical Transportation for Seniors

Call 206.448.5740 to schedule a ride if you are: 60+ years, a King County resident without other transportation options and able to transfer into a vehicle with minimal assistance. Fee: Donation. Medical and Dental appointments only.

Meals on Wheels

A selection of frozen meals delivered to homebound seniors 60 years+ once a week on Wednesdays. \$5/meal, by donation. Call 206.275.7841 to sign up. Call 206.275.7895, prompt 4, to place an order.

Senior Adult Program Contacts

Senior Social Program

Leslie Sylvetsky.....206.275.7843

Senior Information Message Line . 206.275.7895

General Senior Info & Assistance

(Transportation, Lunch, Meals on Wheels, Footcare, etc.)

Amber Britton 206.275.7841

Geriatric Specialist Outreach Program

Betsy Zuber, MS, LMHC206.275.7752



Footcare Clinic

2nd, 4th & 5th Tuesdays.
9 am - 3:00 pm

Call 206.275.7895 for an appointment.

\$30 res. / \$35 non-res.

Tina Williams, R.N.. Bring a towel.

Location: MICEC

Geriatric Specialist - Outreach Program

Provides outreach, home-based assessment and counseling. Contact Betsy Zuber at YFS office at 206.275.7752.

Senior Social

A program addressing the needs for senior adults who have physical, memory, hearing, or visual limitations. Socialize and engage in an atmosphere that is safe, fun and interactive; with music, art/crafts, games, exercise, guest speakers and education.

Tues, Wed & Thurs, 10 am - 2 pm

Cost: \$50 + tax/day res., \$55 + tax non-res.

Call 206.275.7843

Caregivers Support Group

Caregivers are invited to share concerns, receive support and increase their knowledge about resources in a group setting.

1st Thursday ongoing ~ 2:30 - 4 pm

Facilitator: Betsy Zuber, MS, LMHC,

206.275.7752. Call Betsy prior to your first attendance.

Parkinson Disease Support Group

Monthly support group, providing community and educational resources. Helpful cutting-edge ideas and info from occasional guest speakers.

1st Tuesday ongoing ~ 2 - 3:30 pm

Facilitator: Debbie Hanson, PT, DPT

Suggested Donation: \$5

Mercer Island Voice Mail Numbers

The Community Center has a dedicated senior information/message line at **206.275.7895.**

Press 1 for Senior Transportation

Press 3 for Foot Care Clinic

Press 4 for Meals on Wheels

All locations are the Community & Event Center unless otherwise noted.

Alzheimer's Cafe	2nd Wed, 3 - 4:30 pm	Mo's Pizza , 2630 77th Ave SE
Caregiver's Support	1st Thursday 2:30 - 4 pm	Share concerns and receive support. Call 275.7752 prior to your first meeting.
Dental Clinic	3rd Tue 9 am - 5 pm	Appointment required - Deb Fredrikson, RDH, wall call to schedule.
Enhance Fitness	Mon, Wed, Fri 7:45, 9:00 & 10:00 am	Stretch, low impact aerobics, strengthening Exercises
Eastside Stroke Support	1st 2nd & 3rd Mon, 1-2:30 pm	Call 425.746.8396 for location & more info
Footcare	1st, 2nd, 4th Tue - 9 am- 3 pm	Appointment required - Call 275.7895 prompt 3
Grocery Shopping	Wednesday	Transportation provided - Call 275.7895 prompt 1
Historical Society	3rd Mon - 1-2 pm	March 20 (Six meetings a year: March, April, May, September, October, & November.)
Parkinson Exercise	Mon and/or Thur. 11 am-12 pm	Stretching, bending, mobility enhancing Exercise
Parkinson Support	1st Tue - 2-2:30 pm	Concerns and Challenges shared
Probus	1st Wed - 1:30 pm	Social Club for retired business and professional MI Presbyterian Church - 3605 84th Ave SE
Senior Lunch & Conversation	3rd Tuesday 12 - 1 pm	Call 275-7609 by the Thursday before the lunch so we have enough food for everyone.
Solemates	Wednesdays, 8:30 - 11:30 am	See Page 4 for dates.
Trailmates	Thursdays, 8:45 am -3 pm	See Rec Guide for more info.
Strivers Monthly	3rd Tue, 1:30 pm	Proactive Approach to good health
Sr. Social Program	Tue, Wed & Thur - 10 am-2 pm	Respite care and activities for seniors with memory loss or other limitations
Senior Transportation	Tue & Thur ~ 9 am - 3 pm Wed, 10 am - 12 pm	Round trip from home to your program site, or shopping. Call 275-7892 (prompt 1) the day before to reserve your spot. (MI locations only)

The Smiles for Life Dental Hygiene Clinic This program is designed to provide reduced-cost dental hygiene services for those who are 60+. Drop by the Community Center to pick up your informational packet. You will be asked for your name and number and the hygienist, Deb Fredrikson, RDH, will call you to answer questions and schedule your appointment. 3rd Tuesday, 9 am - 5 pm. Fee varies depending on services.



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& Recreation
8236 SE 24th Street
Mercer Island, WA 98040**



VOLUNTEER FOR SUMMER CELEBRATION!

July 8 & 9

"Out of This World" is this year's theme!

Parade * Boat Rides * Food Vendors * Fireworks * Arts
& Crafts * Car Show * Shakespeare * Music * Karaoke
Entertainment * Children's Fun Zone

Stop by the Community Center to pick up a volunteer
form or fill one out online at

www.mercergov.org/sc-volunteer

Call Amber Britton at 206.275.7841 for more info.

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(Please reference the specific publication(s) you would like changed.)