Looking Ahead
SEPTEMBER - DECEMBER 2015
Mercer Island Parks & Recreation
Senior Adult Programs

Highlights

Programs & Activities ............. page 1 - 3
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Senior Oktoberfest Lunch & Movie

Friday, October 2
Lunch: 12:00 to 1:30 pm
Movie: 1:45 - 3:30 pm

Enjoy a frosty root beer float along with your traditional Oktoberfest lunch and plan to stay for a movie. We might even dance a polka or two. Registration required and transportation will be available. Call 275.7609 to reserve your spot and a ride on the bus.
Course # 15616 Fee: $5.50
Location: Community & Event Center

Annual Thanksgiving Senior Lunch

Friday, November 20
12:00 to 1:30 pm.

Join old and new friends at the Community Center for our annual Thanksgiving Lunch. We’ll have all your traditional favorites including roast turkey with all the trimmings. Registration required and transportation available. Call 275.7609 to reserve your spot and a ride.
Course # 15624 Fee: $5.50
Location: Community & Event Center

Special Events

Sep 18 Bloedel Reserve Bainbridge Trip
Oct 7 Fall Foilage Lunch Cruise - CANCELLED
Oct 2 Senior Oktoberfest Lunch - CANCELLED
Dec 4* Tulalip Casino & Outlet Mall Trip
Nov 20 Thanksgiving Senior Lunch
Dec 4 Holiday Tree Lighting & Firehouse Munch
*Date change from Nov 20 to Dec 4

THE COMMUNITY & EVENT CENTER AND CITY OFFICES WILL BE CLOSED

Veteran’s Day - November 11
Thanksgiving Day - November 26
the day after Thanksgiving - November 27
December 21 - December 25
January 1

THE COMMUNITY & EVENT CENTER WILL BE OPEN LIMITED HOURS

December 26: 8:30 am - 5 pm
December 27: 11 am - 5 pm
December 28 - 30: 8:30 am - 5 pm
December 31: 8:30 am - 12 pm
January 2: 8:30 am - 5 pm
January 3: 11 am - 5 pm
(There will be no regular programs on these dates)

Mercer Island Parks and Recreation
8236 SE 24th Street
Mercer Island, WA 98040
Visit us at: www.miparks.net
e-mail: miparks@mercergov.org
Register online at www.myparksandrecreation.com
Or call 206.275.7609
Senior Lunch and Conversation
Are you tired of eating alone? Would you like to share a simple lunch and lively conversation with other interesting folks? Come join this group as we meet on the 2nd Wednesday of every month. We will enjoy a simple lunch and our conversation topics are guaranteed to be of interest to everyone.

**Reservations Required.** Transportation is available. Please call 275.7895, prompt #2 by 4:00 pm on the day before to reserve your spot.

**Age:** 65+
**Day/Date:** 2nd Wed. of the month
**Time:** 12:00 - 1:00 pm
**Fee:** $5.50 (payable at the lunch)
**Location:** MICEC., Slater Rm.

Osher Lifelong Learning Institute
MIYFS is teaming with the Osher Lifelong Learning Institute at UW to offer 8 courses for seniors and a study group on current events. The courses vary in content, but are focused on subject matter that interests seniors. Each course consists of 4-6 classes. For more information go to [http://www.osher.uw.edu/](http://www.osher.uw.edu/) or call 206-221-7771 and ask about MI programs.

Contract Bridge
Tues. & Thurs. 12:45 pm - 3:00 pm
New players are always welcome.
No partners needed. Join this friendly group of players.
Register the first Tuesday of the month.
**Fee:** $5/mo.
**Location:** MI Community & Event Center
Are you a beginner bridge player? Come join us. Our groups are open to all. First time FREE!

**Friday, December 4, 6:30 - 8:30 pm**
Gather with your family, friends and neighbors for an evening of holiday merriment at the community tree lighting ceremony and caroling at Mercerdale Park. Santa photos, treats, arts and crafts and musical entertainment will follow at the north firehouse. Bring an unwrapped toy for the Toys for Tots drive to help a child in need have a better holiday season.

6:30-7 pm ~ Tree Lighting & Caroling
7-8:30 pm ~ Firehouse Munch & Activities
FREE!

**Trailmates**
Lace up your lightweight hiking boots! Moderate 5-7 mile hikes at beautiful locations within an hour’s drive. Space is limited, and registration is required. Call 206.275.7609 or register online at [www.myparksandrecreation.com](http://www.myparksandrecreation.com).

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<thead>
<tr>
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<th>Date</th>
<th>Destination</th>
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<tbody>
<tr>
<td>15694</td>
<td>9/10</td>
<td>** Snoqualmie Pass</td>
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<tr>
<td>15695</td>
<td>9/24</td>
<td>** I-90 Corridor</td>
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<td>15696</td>
<td>8 am 10/1 to 7 pm 10/2</td>
<td>Leavenworth Overnight</td>
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<tr>
<td>15697</td>
<td>10/15* Issaquah Alps</td>
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<tr>
<td>15698</td>
<td>10/29* Issaquah Alps</td>
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<tr>
<td>15699</td>
<td>11/12* Issaquah Alps</td>
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<tr>
<td>15700</td>
<td>11/19* Issaquah Alps</td>
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<tr>
<td>15701</td>
<td>12/3*  Redmond Watershed</td>
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* 8:45 am - 1:30 pm
** 8:45 am - 3:30 pm
Programs and Activities

Day Trips

Bloedel Reserve on Bainbridge Island
Join us for a day on Bainbridge Island as we explore a NW treasure, the Bloedel Reserve, and afterwards have a no-host lunch on beautiful Bainbridge Island.

**Date:** Fri., September 18, 10 am - 5 pm

**Fee:** $36 + tax

**Course#:** 15909

Fall Foliage Lunch Cruise
Take in the autumn beauty of Seattle and enjoy the views of waterfront gardens and changing fall colors along the shores of Lake Union and Lake Washington on a beautiful Waterways yacht with a hearty Northwest lunch. Price includes a 2 hour cruise, a three-course plated lunch, refreshments and captain’s narration of sights.

**Date:** Wed., October 7, 10 am - 2 pm

Tulalip Casino & Outlet Mall
Feeling lucky? Try your luck at the Tulalip Casino with many lunch options to choose from. Shopping more your style? Visit the Tulalip Outlet Malls next door for shopping galore!

**Date:** Fri., December 4*, 9 am - 5 pm

**Fee:** $12 + tax

**Course#:** 15911

*Date changed from Nov 20 to Dec 4

All trips depart/return Community Center Lobby.

Classics on Film - Fall Series
Masters of Melodrama! Celebrating the works of Elia Kazan, Max Ophüls and Douglas Sirk. This program is presented by the Mercer Island Arts Council and hosted by Aljoya. All screenings are introduced and Q&A led by film historian Lance Rhoades. Free and open to the public. Refreshments provided courtesy of Aljoya. All movies are on Fridays and start at 7:30 pm (except as noted). Aljoya Theatre located at 2430 76th Ave SE, Mercer Island.

- September 25 - A Tree Grows in Brooklyn
- October 2 - La Ronde (starts at 6:30 pm)
- October 9 - On the Waterfront
- October 16 - All That Heaven Allows
- October 23 - A Streetcar Named Desire
- November 6 - The Reckless Moment
- November 20 - Gentleman’s Agreement
- December 4 - La Plaisir
- December 11 - Imitation of Life
- December 18 - America, America

Sole Mates
Come 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. Solemates welcomes you!

Meet at the MICEC, Wednesdays from 8:30 - 11:30 am. Facilitator: Fran Call.

**Fee:** $3

**Dates:** Sep: 9, 16, 23, 30
Oct: 7, 14, 21, 28
Nov: 4, 18, 25
Dec: 2, 9, 16

The Giving Tree
Mercer Island Community and Event Center (MICEC) and Mercer Island’s Youth and Family Services (MIYFS) are asking the community to help in providing some of life’s necessities to low income island families this holiday season. Hanging on the tree are tags for grocery gift cards, health care items and family products. Participants can remove a Giving Tree tag and return these new, unopened items between December 1 and 18, to either the MIYFS Office or the MICEC.
Sports / Fitness

**Drop-in Fitness**

**Pickleball:**
Mon Wed & Fri ~ 9:30 am - 2 pm  
Sun ~ 1 - 3 pm  
No play: 9/7, 11/11

**55+ Senior Drop-in Volleyball**
Tuesday & Thursday ~ 9:30 am - Noon

**Badminton:**
Saturday - 5 - 7 pm (Comm. Ctr. Gym)

Please see the Rec Guide for more information on daily drop in fees and quarterly passes.  
**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.**

**FREE 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. **Location:** Comm. Ctr., Gym  
**Age:** All Ages  
**Days:** Fri. 3 – 7 pm and Sat, 3 – 9 pm

**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.

**Yoga for Seniors**
The perfect class for active seniors. Instructor Maude Pauletto will guide you through gentle stretching, flexibility and strength, with attention to relaxation and breathing. All levels welcome. Bring a towel or yoga mat and wear loose comfortable clothing.  
**Day/Time:** Tuesdays, 9:00 - 10:15 am  
**Course # Dates** | **Res/Non-Res fee**  
--- | ---  
15825 | 9/1 - 10/13 | $102/$121  
15826 | 10/27 - 12/15 | $116/$138  
**Drop-in Fee:** $18/class  
**Instructor:** Maude Pauletto  
**Location:** Comm. Ctr. Dance Room

**Aerobic Dance! Low Impact (55+)**
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 routines and cool down. Come join the fun. Drop ins welcome! (Min 8)  
Mon & Wed, 5:15 - 6:15 pm  
Instructor: Jan Schumacher  
**Location:** MI Community & Event Center  
**Course # 15875**  
**Sep 9 - Dec 16** $340 Res /$407 Non-Res

**Tai Ji Quan: Moving for Better Balance**
This program offers enhancement of traditional Tai Ji Quan by transforming the movements into therapeutic training for balance and mobility using easy to progressively difficult drills. This program has reduced the incidence of falls in older adults by 55% and is the highest evidence & research-based program for fall prevention.  
**Day:** Tue, Thr  
**Time:** 4pm - 5pm  
**Instructor:** Mihaela Dimitriu  
**Location:** MICEC  
**Course # Date** | **Res/Non-Res**  
--- | ---  
15758 | Sep 8- Oct 22 | $93/$110  
15767 | Oct 27 - Dec 17* | $99/$117  
*No Class: Nov 26

**It’s almost time to Fall Back . . .**
Don’t forget to set your clocks BACK 1 hour at 2:00 am on Sunday, November 1st (or before you go to bed on Saturday.)
**Enhance Fitness**

This program is designed to increase your physical conditioning level and to decrease risk of falling. It includes stretching, low-impact aerobics, balance training, strength exercises and motivation.

No fee for “locked in” Group Health participants.

Day: Mon, Wed, Fri
Instructor: Marilyn Leck, Mihaela Dimitriu
Location: MI Community & Event Center

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<td>15757</td>
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*No Class 9/7, 11/11 & 11/27

**Parkinson’s Exercise**

Do you have Parkinson’s Disease or other strength and/or balance concerns? Come exercise with us. Join others in a relaxed learning environment of stretching, bending and mobility enhancing exercise.

Time: 11 am - 12 pm
Instructor: Debbie Hanson, PT, DPT
Location: Mon/Slater Room   Thr/Dance Room

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<td>Thr</td>
<td>9/3-10/22</td>
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<td>15736</td>
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<td>9/3-10/26</td>
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<td>15737</td>
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*No Class 9/7, 11/26

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**Power Flex Sports Conditioning**

Power Flex is designed to work on strength training, plyometric drills for speed & agility, cardio conditioning, core strength, balance & flexibility. This class will incorporate a variety of workouts to improve participant’s overall health, strength and fitness levels.

*Note: Participants must be able to get up and down off the floor on their own in both classes.*

Level One is for beginning and intermediate students and participants are encouraged to work at their own pace.

Level Two is for intermediate & advanced students. (Min 10)

**Age:** 40+

Instructor: Laura Anderson
Location: MI Community & Event Center

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<td>15841</td>
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<tr>
<td>15842</td>
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*No Class 9/7

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<td>15842</td>
<td>12/1-17</td>
<td>$86/$102</td>
</tr>
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*No Class 9/7, 11/11, 11/27

**Level Two**

Day/Time: Mon 7:15 am - 8:15 am
- Tue 8 am - 9 am
- Thr 8 am - 9 am

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<td>15847</td>
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<td>$86/$102</td>
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*No Class 9/7
Footcare Clinic
1st, 2nd & 4th 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 Board Room

Mercer Island Transportation
Door to Door: 206.275.7895, prompt #1 for a 24 hour voice message line. Use this number if you are 65+ years, a Mercer Island resident, and in need of transportation from your home to your Parks & Recreation program site and return on Tuesday or Thursday and for Wednesday grocery shopping. Reservations are required. Please call the above number before 4 pm on day before pick up and leave a message.
Fee: $2.00 round trip. For more transportation info, call Jeannette at 206.275.7841.

Call Us For a Ride!
Grocery Shopping to QFC and a quick stop at the Post Office, Bank, or Drugstore.
Wed, 10 am - 12 pm.
If a new rider, call Jeannette at 206.275.7841, otherwise call message line 206.275.7895 prompt 1, by Tuesday evening for next day ride. $2 round trip.

Meals on Wheels
A selection of frozen meals delivered to homebound seniors 60 years and over once a week on Wednesdays. $3/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.)
    Jeannette Eggebrecth............206.275.7841
Geriatric Specialist Outreach Program
Betsy Zuber, MS, LMHC ....206.275.7752

Seattle/King County Resources
Information and Assistance
206.448.3110
Volunteer Transportation - Medical/Dental
Appointments only 206.448.5740
Use this number 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

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

Senior Social
Tues & Thurs, 10 am - 2 pm
Cost: $50 + tax/day resident,
$55 + tax non-resident
Location: Comm. Ctr.
A safe and stimulating environment for frail seniors to socialize. 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.
Facilitator: Betsy Zuber, MS, LMHC,
206.275.7752.  Call Betsy prior to your first attendance.
1st Thursday ongoing ~ 2:30 - 4 pm
Location: Community Center
Suggested Donation: $5

Parkinson Disease Support Group
Monthly support group, providing community and educational resources. Share concerns and challenges. 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
Location: Comm. Ctr.

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 2 for Senior Lunch
Press 3 for Foot Care Clinic
Press 4 for Meals on Wheels
All locations are the Community & Event Center unless otherwise noted.

**Caregiver’s Support**  
1st Thursday 2:30-4 pm  
Share concerns and receive support. Call 275.7752 prior to your first meeting. See page 6.

**Dental Clinic**  
3rd Tue 9 am - 5 pm  
Appointment required - Deb Fredrikson, RDH, will call to schedule.

**Enhance Fitness**  
Mon, Wed, Fri  
7:45, 9:00 & 10:00 am  
Stretch, low impact aerobics, strengthening exercises. See Page 5.

**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  
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. See page 5.

**Parkinson Support**  
1st Tue - 2-3:30 pm  
Concerns and challenges shared. See page 6.

**Probus**  
1st Wed - 10:30 am-noon  
Social Club for retired business and professional MI Presbyterian Church - 3605 84th Ave SE.

**Senior Lunch & Conversation**  
2nd Wednesday  
12 - 1 pm  
Call 275-7894 (prompt 2) the day before to reserve your spot. See page 2.

**Solemates**  
Wednesdays, 8:30 - 11:30 am  
Sep 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 18, 25 Dec 2, 9, 15

**Trailmates**  
Thursdays, 8:45 am -3 pm  
Sep 10, 24, Oct 1 & 2, 15, 29, Nov 12, 19, Dec 3

**Strivers Monthly**  
3rd Tue, 1:30 pm  
Proactive approach to good health.

**Sr. Social Program**  
Tue & 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.

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**Dental Clinic**  
*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.
INCLEMENT WEATHER POLICY

Daytime classes and programs are cancelled if the Mercer Island School District cancels classes due to severe weather conditions. If the school district is running two hours late, morning classes (before 10 am) are cancelled. A determination about evening classes will be made by 2 pm. Facility operation and class cancellation information is recorded on the weather information hotline: 206.275.7894. Make-up classes will be rescheduled if possible, if not then credit will be given for the cancelled class.

If you would like to have a quarterly copy of the Looking Ahead mailed to you, email miparks@mercergov.org or call 206.275.7609 to make a request. Please include your name and mailing address.