Looking Ahead

APRIL—JUNE 2015

Mercer Island Parks & Recreation

Senior Adult Programs

April—June 2015

Senior Adult Programs

Special Events

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Cinco de Mayo Senior Lunch - Wed, May 6
Let's celebrate Cinco de Mayo with a special fiesta! Enjoy a fun-filled lunch with a Mexican flair. We are sure to have a game or two just to keep you on your toes. Registration required and transportation is available.

Course #: 15447
Fee: $5.50
Time: 12 pm - 1 pm
Location: MI Community & Event Center

Highlights

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Call for Summer Celebration Volunteers!
The Pirates are Back! Join in the fun at Summer Celebration's 25th Anniversary July 11th and 12th. We could really use your help bringing this event to life for the residents of Mercer Island.

For a few hours of your time (3 hour minimum) you will receive a souvenir t-shirt, snacks & beverages during your shift and your name will be included in the MI Reporter in a special display after the festival. For more information on how to sign up, call Jeannette Eggebrecht at 275-7841.

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.

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

To unsubscribe or request an address change to this or any Parks & Recreation Department publication, please call 206.275.7609 or email miparks@mercergov.org.
(Please reference the specific publication(s) you would like changed.)
**Programs and Activities**

**Eating Well to Play Well**

**Spring Clean Sugar from Your Diet**
Join Nutrition Coach, Michelle Cartmel, and learn how to clean up your diet by minimizing sugar consumption and optimizing gut health. This workshop will highlight foods with hidden sugars, introduce healthy sugar substitutes, and feature a cooking demonstration using foods that are paramount to good digestive health.

**Date/Time:** Thu, Apr 16, 6:30 – 7:30 pm  
**Fee:** $25 Reg/$30 Non-Res  
**Course #:** 15401  
**Location:** MI Community & Event Center

**Super Charge Your Health with Super Foods**
During this interactive workshop with Nutrition Coach, Michelle Cartmel, you will learn about the benefits of eating “super foods” to promote optimal health. Meal plans and recipes featured to help you shed water weight, restore skin radiance and promote an overall healthy lifestyle.

**Date/Time:** Thu, June 4, 9:30 am – 10:30 am  
**Fee:** $25 Reg/$30 Non-Res  
**Course #:** 15402  
**Location:** MI Community & Event Center

**Wellness Wednesdays**
Learn how to live your best life during Wellness Wednesday inspiration sessions. Lead by Nutrition Coach Michelle Cartmel and other local health experts on the first Wednesday of every month. These events will feature hot topics ranging from sugar elimination to pain management and healthy foods. Complimentary coffee/tea and light bites. Fee: $15 Resident / $18 Non-Resident

**Date/Time:**  
**Course #:**  
**Location:** MI Community & Event Center

**Book a personal consultation with Michelle to help you attain your health and wellness goals. Call or email Michelle at 206-713-9137 or thereshortstargal@gmail.com. Fee: $25/30 minutes, $50/60 minutes. Michelle is a certified Nutrition Coach through the Institute for Integrative Nutrition. Packages also available.**

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**Questions and Answers**

**Quick Reference**

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

**Caregiver’s Support**  
1st Thursday 3-4:30 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.

**Endurance 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**  
6th meeting a year: March, April, May, September, October, & November.

**Parkinson Exercise**  
Mon and/or Thur.  
11 am-12 pm  
Stretching, bending, mobility enhancing exercises. See page 5.

**Parkinson Support**  
1st Tue - 2:30 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.

**Solomates**  
Wednesdays, 8:30 - 11:30 am  
See page 4 for dates.

**Trailmates**  
Thursdays, 8:45 am -3 pm  
See page 4 for dates and destinations.

**Strivers Monthly**  
3rd Tue, 1:30 pm  
Prospective 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, Wd, 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.

**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.
**Senior Resources & Social Services**

### 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 Call Us For a Ride!
Tuesday or Thursday Parks & Recreation program site and return on need of transportation Door to Door:
Location: MICEC Board Room Tina Williams, R.N. Bring a towel.
$30 res. / $35 non res.
Volunteer Transportation: 206.448.3110
Volunteer Transportation: 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
- **Geriatric Specialist Outreach Program**
  - Provides outreach, home-based assessment and counseling. Contact Betsy Zuber at YFS office at 206.275.7752.

### Senior Social
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 small group setting.
Facilitator: Betsy Zuber, MS, LMHC, 206.275.7752. Call Betsy prior to your first attendance.
1st Thursday ongoing - 3 - 4:30 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

### Seattle/King County Resources
Information and Assistance
206.448.3110
Volunteer Transportation
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.

### 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
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### Day Trips

#### A Day in Snohomish
In this antique capital of the Northwest, we will shop, have lunch and stroll the historic downtown. We will view the Arts of Snohomish Gallery and stop by the bakery before heading home.
**Date:** Friday, April 24 10 am – 5 pm
**Fee:** $14+ tax, includes admission

#### Vashon Island Tour
Vashon is known for its unique island charm, and we'll go exploring! We'll be touring spots around the island to include the downtown area, local wineries and the Point Robinson Lighthouse. Wear your walking shoes and bring money for lunch.
**Date:** Friday, May 15 9 am – 5 pm
**Fee:** $34+ tax, includes admission

#### Financial & Investment Seminars
May 13 -10:11:30 am
**Taking Control vs Losing Control:**
**Estate Planning**
May 20 - 10 - 11:30 am
**Required Minimum Distribution Rules: IRAs and Retirement Plans**
May 27 – 10:11:30 am

#### Art to You
**Artists’ Reception: Sat. April 13, 5:30 – 7:00 pm.
**Date:** May 15
**Fee:** $34+ tax, includes admission

### Senior Adult Program Contacts

#### Senior Social Program
Leslie Sylvestry.............206.275.7843

#### Senior Information Message Line
206.275.7895

#### General Senior Info & Assistance
Transportation, Lunch, Meals on Wheels, Footcare, etc.
Jeannette Eggebrecht............206.275.7841

### Seattle Co-Arts
**April 13 – June 5**
Artists’ Reception: Sat. April 13, 2-4:00 pm.

### Time to Stitch Embroidery:
**Henry Hedgehog**
In this class you will learn to pad for gold work, apply gold threads and silk shading. The kit will include the fabric for the background, muslin, wool felt and fabric for padding, gold threads, beeswax needles, tracing paper, DMC floss and thread. Beginner to advanced students welcome!
Equipment to bring (if you have): Scissors for fabric, metal threads and paper, any other special tools you use for stitching.

#### Course # 15559
**Date:** Fri, May 15 - 29
**Time:** 10 am - 12 pm
**Fee:** $56 Resident, $66 Non-Resident
**Instructor:** Denise Forsyth
**Location:** MI Community & Event Center
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 every Monday. 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. We offer a retreat to Eastern Washington and end the season with a banquet! For questions please contact Katie Herzog at 206-275-7862.

Dates: April 6 – October 26
Course#: 15390
Fee: $24 + tax Residents
$28 + tax Non-Residents

Yoga for Seniors
The perfect class for active seniors. Instructor Maude Pastore 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
15335 Apr 14 – May 12 $74/$88
15336 May 26 – June 23 $74/$88
Drop-in Fee: $18/class
Location: Comm. Ctr. Dance Room

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. Sole Mates welcomes you!

Day: Wednesday Fee: $3
Time: 8:30 – 11:30 am
Facilitator: Fran Call (Questions: 206.232.4032)
April 1, 15, 22, 29
May 6, 13, 20
Meet at MI Community & Event Center

Trailsmates
Lace up your lightweight hiking boots! Moderate 5 – 7 mile hikes in the beautiful Northwest for seniors! Come along as we visit a variety of locations within an hour’s drive. Space is limited to 10 – 13 hikers per trip. Registration is required. If a program is full, please be sure to add your name to the waitlist!

Day: Thursday Fee: $6
Time: 8:45 am – 1:30 pm
Facilitator: Fran Call (Questions: 206-232-4032)

Course # Destination
15373 Little Si
15374 Poo Poo Point
15375 Twin Falls
15376 Discovery Park
Meet at MI Community & Event Center.

Aerobic Dance!
(55+)
This class offers fun classic dance routines that include floor work and vertifirm with weights. You will love the music, the safe and effective routines and the fun with friends. Get ready for a total body workout for all levels! Bring a water bottle to class.

(Min 8)
Mon & Wed, 5:15 – 6:15 pm
Course # 15390
Apr 6 - Jun 17* Fee: $256 Res. / $306 Non-Res.

*No Class 5/25
Location: MI Community & Event Center

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

Course # Date Res./Non-Res. Fee
15247 Apr 1 - 29 $44/$52
15249 May 1 - 29* $41/$48
15253 Jun 1 - 29 $44/$52

9:00 am
15248 Apr 1 - 29 $44/$52
15250 May 1 - 29* $41/$48
15252 Jun 1 - 29 $44/$52

10:00 am
15246 Apr 1 - 29 $44/$52
15251 May 1 - 29* $41/$48
15254 Jun 1 - 29 $44/$52

*No Class 5/25

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 / Fri/Dance Room

Course # Date Fees
15313 Mon 4/6 – 6/22 $45/$52
15314 Mon 4/6 – 6/25 $51/$59
15315 Mon, Thr 4/6 – 6/25 $87/$103
15321 Mon 6/29 – 8/31 $42/$48
15319 Thr 7/2 – 8/27* $35/$40
15320 Mon, Thr 6/29 – 8/31* $68/$79

*No Class 5/25, 8/20

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: Marcella Wilson
Location: MI Community & Event Center

Course # Date Fees
15378 Apr 1 - 29 $137/$163
15379 May 1 - 29* $128/$152
15380 Jun 1 - 29 $137/$163

*No Class 5/25

Level Two
Day/Time: Mon 7:15 am – 8:15 am
Fri 8 am – 9 am

Course # Date Fees
15384 Apr 2 – 30 $137/$163
15385 May 4 – 28* $117/$139
15386 Jun 1 - 30 $146/$176

*No Class 5/25

SeniorGolfProgram

Pickelball:
Mon Wed & Fri – 9:30 am – 2 pm
Sun – 1 – 3 pm
No play: 4/5, 5/25

S5+ Senior Drop-in Volleyball
Tuesday & Thursday – 9:30 am – Noon

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

Feature:
Course#: 15394
Dates: April 6
Contact Katie Herzog at 206-275-7862.

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

Call the Gym Hotline, 275-7862, after 7 am, on the day you plan to attend to confirm that your program is being held that day.
**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 every week. We offer a retreat to Eastern Washington and the fun with friends. Get ready for a total body workout for all levels! Bring a water bottle to class.  

(Min 8)  
Mon & Wed, 5:15 - 6:15 pm  
Course # 15390  
Apr 6 - Jun 30*  
Fee: $256 Res. / $306 Non-Res.  
*No Class 5/25  
Location: MI Community & Event Center

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**Aerobic Dance!**  
(55+)  
This class offers fun classic dance routines that include floor work and vertifirm with weights. You will love the music, the safe and effective routines and the fun with friends. Get ready for a total body workout for all levels! Bring a water bottle to class.  

(Min 8)  
Mon & Wed, 5:15 - 6:15 pm  
Course # 15380  
Apr 6 - Jun 30*  
Fee: $256 Res. / $306 Non-Res.  
*No Class 5/25  
Location: MI Community & Event Center

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**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. Sole Mates welcomes you!  

Day: Wednesday  
Fee: $3  
Time: 8:30 - 11:30 am  
Facilitator: Fran Call (Questions: 206.232.4032)  
Apr 1, 15, 22, 29  
May 6, 13, 20  
Meet at MI Community & Event Center

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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 beginners 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: Marcella Wilson  
Location: MI Community & Event Center

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**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  
15352 Apr 4 - May 29 $44/$52  
15353 Apr 14 - May 12 $44/$52  
15354 May 26 - Jun 23 $74/$88  
Drop-in fee: $18/class  
Location: Comm. Ctr. Dance Room

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**Trailmates**

Lace up your lightweight hiking boots! Moderate 5 - 7 mile hikes in the beautiful Northwest for seniors! Come along as we visit a variety of locations within an hour’s drive. Space is limited to 10 - 13 hikers per trip. Registration is required. If a program is full, please be sure to add your name to the waitlist!  

Day: Thursday  
Fee: $6  
Time: 8:45 am - 1:30 pm  
Facilitator: Fran Call (Questions: 206.232.4032)  
Course # Dates Description  
15373 Mon 4/6 - 6/22 Little Si  
15374 Mon 6/7 - 8/31 Poo Poo Point  
15375 Mon 7/8 - 8/31 Twin Falls  
15376 Mon 8/26 - 10/22 Discovery Park  
Meet at MI Community & Event Center

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**Pickleball**

Mon Wed & Fri - 9:30 am - 2 pm  
Sun - 1 - 3 pm  
No play: 4/5, 5/25  
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.
Senior Resources & Social Services

**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 Albertson’s or QFC and a quick stop at the PNC Office, Bank, or Drugstore.
Wed, 10 - 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/frozen meal, by donation.
Call 206.275.7895 to sign up. Call 206.275.7895, prompt 4, to place an order.

**Senior Adult Program Contacts**

**Senior Social Program**
Leslie Sylvestry.................206.275.7843

**Senior Information Message Line**. 206.275.7895

**General Senior Info & Assistance**
(Transportation, Lunch, Meals on Wheels, Footcare, etc.)
Jeanette Eggebrecht............206.275.7841

**Geriatric Specialist Outreach Program**

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**Seattle/King County Resources**

**Information and Assistance**
206.448.3110

**Volunteer Transportation**
206.448.5740

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**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 small group setting.
Facilitator: Betsy Zuber, MS, LMHC, 206.275.7752. Call Betsy prior to your first attendance.
1st Thursday ongoing ~ 3 - 4:30 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.

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The Community Center has a dedicated senior information/message line at 206.275.7895.
Press 1 for Senior Transportation
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Press 3 for Foot Care Clinic
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**Programs and Activities**

**Seattle Co-Arts**

**April 13 – June 5**
Artists’ Reception: Sat. April 18, 2-4:00 pm.

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**Mercer Island Transportation**

**Door to Door**
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**Senior Social Program**
Leslie Sylvestry.................206.275.7843

**Senior Information Message Line**. 206.275.7895

**General Senior Info & Assistance**
(Transportation, Lunch, Meals on Wheels, Footcare, etc.)
Jeanette Eggebrecht............206.275.7841

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**Day Trips**

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Date: Friday, April 24
10 am – 5 pm
Fee: $14+ tax, includes admission
Course#: 15574
Depart/return Community Center Lobby.

**Vashon Island Tour**
Vashon is known for its unique island charm, and we’ll go exploring! We’ll be touring spots around the island to include the downtown area, local wineries and the Point Robinson Lighthouse. Wear your walking shoes and bring money for lunch.
Date: Friday, May 15
9 am – 5 pm
Fee: $34+ tax, includes admission
Course#: 15552
Depart/return Community Center Lobby.

If you need transportation to the Community Center in order to attend an outing, please contact Katie Herzog at 206.275.7862.

**Financial & Investment Seminars**
May 13 – 10:15 am
Taking Control vs Losing Control:
Estate Planning
May 20 – 10 - 11:30 am
Required Minimum Distribution Rules: IRAs and Retirement Plans
May 27 – 10–11:30 am
Frozen in the Headlines
June 3 – 6 - 7:30 pm
Financial Savvy for Families
June 10 – 6 - 7:30 pm
Planning from One Generation to the Next
June 17 – 6 - 7:30 pm
Managing Your End Game
Location: MI Community & Event Center
Fee: $5 Resident/$6 Non-Resident
Please see the Recreation Guide for Details.

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**Time to Stitch Embroidery:**
**Henry Hedgehog**
Beginner to advanced students welcome! Equipment to bring (if you have): Scissors for fabric, metal threads and paper, any other special tools you use for stitching.

Course #: 15579
Date: Fri, May 15 - 29
Time: 10 am - 12 pm
Fee: $56 Resident, $66 Non-Resident
Instructor: Denise Forsyth
Location: MI Community & Event Center
Eat Well to Play Well
Spring Clean Sugar from Your Diet
Join Nutrition Coach, Michelle Cartmel, and learn how to clean up your diet by minimizing sugar consumption and optimizing gut health. This workshop will highlight foods with hidden sugars, introduce healthy sugar substitutes and feature a cooking demonstration using foods that are paramount to good digestive health.

Date/Time: Thur, Apr 16, 6:30 – 7:30 pm
Fee: $25 Res/$30 Non-Res
Course #: 15401
Location: MI Community & Event Center

Super Charge Your Health with Super Foods
During this interactive workshop with Nutrition Coach, Michelle Cartmel, you will learn about the benefits of eating “super foods” to promote optimal health. Meal plans and recipes featured to help you shed winter weight, restore skin radiance and promote an overall healthy lifestyle.

Date/Time: Thur, June 4, 9:30 am – 10:30 am
Fee: $25 Res/$30 Non-Res
Course #: 15402
Location: MI Community & Event Center

Wellness Wednesdays
Learn how to live your best life during Wellness Wednesday inspiration sessions. Lead by Nutrition Coach Michelle Cartmel and other local health experts on the first Wednesday of every month. These events will feature hot topics ranging from sugar elimination to pain management and healthy foods. Complimentary coffee/tea and light bites.

Fee: $15 Resident / $18 Non-Resident
Course #: 15403
Location: MI Community & Event Center

ABOUT THE TRIPS:
- All trips leave from the Mercer Island Community & Event Center.
- Travel is by van.
- Please bring binoculars.
- Some walking or light hiking is involved in most trips.
- If special meal arrangements are not noted in trip description, please bring lunch & fluids.
- Registrants will receive a reminder/informational call a day or two before the trip.

Trip leader Bob Sundstrom has led Victor Emanuel Nature Tours all over the world; from Hawaii to Antarctica. More info is available at registration or contact Jeannette Eggebrecht at 206.275.7841.

Call 206.275.7609 or go to www.myparksandrecreation.com to register.

Capitol Forest Hermit Warblers to Scatter Creek
Fri, May 8
Course #: 15369
Time: Depart 6 am – Return 5:30 pm
Fee: $56 + Tax /Non-Resident $69 + Tax

Utan-room Road to Wenas Creek
Tue., June 2
Course #: 15367
Time: Depart 6 am – Return 5:30 pm
Fee: $66 + Tax /Non-Resident $80 + Tax

Swakane Canyon Wildlife Area
Tue, Jun 23
Course #: 15371
Time: Depart 5:30 am – Return 6 pm
Fee: $66 + Tax /Non-Resident $80 + Tax

Bridge Play
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!

**Eat Well Live Well Workshops**

**Bird Trips**

**Quick Reference**

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

**Caregiver’s Support**
1st Thursday 3-4:30 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.

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

**Eastside Stroke Support**
1st & 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.

**Solomates**
Wednesdays, 8:30 - 11:30 am
See page 4 for dates.

**Trailmates**
Thursdays, 8:45 am - 3 pm
See page 4 for dates and destinations.

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

**Sr. Social Program**
Tue & Thur - 10 am-2 pm
Round trip from home to your program site, or shopping. Call 275-7892 (prompt 1) the day before to reserve your spot.

**Senior Transportation**
Wed, 10 am - 12 pm
See Page 6.

**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.