NEWS YOU CAN USE!

State Health Insurance Benefit Advisors (SHIBA) volunteers, under the Washington State Office of the Insurance Commissioner, are now available by appointment to provide free and unbiased information on a wide range of consumer health issues. They can help answer questions regarding Medicare, Prescription Drug Coverage, Disability, Long Term Care and other commercial health insurances.

Contact: Betsy Zuber 206-275-7752
(By appointment only - First Fridays and Third Mondays of every month)

Looking Ahead
JULY & AUGUST 2016
Mercer Island Parks & Recreation
Newsletter
Programs & Information for Age 55+

Special Events

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<td>Jul 9 &amp; 10</td>
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<td>Jul 21 - Aug 18</td>
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<td>Aug 14</td>
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<td>Jul 9 - Aug 7</td>
<td>Shakespeare in the Park Performances (schedule - page 2)</td>
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NEWS YOU CAN USE!

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Contact: Betsy Zuber 206-275-7752
(By appointment only - First Fridays and Third Mondays of every month)

Holiday and Closures
THE COMMUNITY & EVENT CENTER AND CITY OFFICES WILL BE CLOSED
4th of July
September 5 - Labor Day

Meet Me at the Movies - Friday Flicks
Join us once a month on Fridays for a matinee among peers. No pre-registration required. NO FEE. Just drop in and enjoy a movie. Coffee provided.
1:00 - 3:00 pm at the MI Community Center.
July 22 Begin Again
August 19 The Judge

Russian Chamber Music Concert
The Russian Chamber Music Foundation of Seattle presents chamber music performed by accomplished and exciting musicians. Make this evening very special: bring your family and your favorite picnic dinner, and enjoy the beautiful music, nature and fresh air!
www.russianchambermusic.org
Sunday, August 14, 5:00 pm
Location: Luther Burbank Park Amphitheatre

Meet Me at the Movies - Friday Flicks
Join us once a month on Fridays for a matinee among peers. No pre-registration required. NO FEE. Just drop in and enjoy a movie. Coffee provided.
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Sunday, August 14, 5:00 pm
Location: Luther Burbank Park Amphitheatre
**Shakespeare in the Park**

Summer Outdoor Theater. Sponsored by The Mercer Island Arts Council, Wooden O presents two Shakespeare plays with multiple performances at the Luther Burbank Park amphitheatre in July and August. With open seating and an outdoor setting, Wooden O brings the Shakespeare plays to life, engaging audiences of all ages.

**Love’s Labour’s Lost - Directed by Mary Machala**
The idealistic resolve of four young men gets tested by four young ladies who show up at their doorstep. The King and his friends vow to abstain from women's company for three years. They plan to devote their time to academics. The Princess of France and her ladies arrive for a visit just as the vows leave the men’s lips. It’s will against want and heart against head in this delightful summer romance.

**Hamlet - Directed by George Mount**
After receiving news of his father’s death, a young man comes home to a much changed world. Doubt, uncertainty, and grief dog him at every turn. Struggling to make sense of the new order, Hamlet faces a crossroad. He can consent, or rage against the injustice around him. Rich with soaring language, Shakespeare's masterpiece opens up with fresh insights with each new viewing.

**Mostly Music in the Park**
Join us in Mercerdale Park in July and August for the Mercer Island Arts Council’s annual summer concert series. Concerts feature various bands and artists from around the region, performing a wide variety of music. Concerts will be held on Thursdays from 7 pm to 8:30 pm at Mercerdale Park in downtown Mercer Island.

If you would like to support the concerts to ensure they continue, please consider making a donation. Donations can be sent to: City of Mercer Island, Mostly Music in the Park, 2040 84th Ave. SE, Mercer Island, WA 98040. Thanks for your support!

**July 21**
Ben Rice Trio - Roots - Rock & Soul Blend

**July 28**
Coco Loco - Latin

**August 4**
Maya Soleil - Afro-World Fusion

**August 11**
Jazz Underground - Contemporary Big Band Jazz

**August 18**
Swamp Soul - Cajun/Zydeco

Sponsored by Key Bank, JayMarc Homes, the Mercer Island Community Fund, New Seasons Market and Mercer Island FC.

**Library at MICEC**
Come enjoy the beautiful view and find a good book in the library at the Community Center. Donations gladly accepted. Drop off your books at the center’s front desk. Questions? Call Amber at 275.7864.

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**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.
**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, for 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.

**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. (pick up between 10 am & 11:30 am with a call to alert you just before pick-up) If a new rider, call Amber at 206.275.7864, 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 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.

---

**Footcare Clinic**

1st, 2nd & 4th Tuesdays.
9 am - 3 pm
Call 206.275.7895 for an appointment.
$30 res. / $35 non-res.
Tina Williams, R.N.. Bring a towel.
Location: MICEC Board Room

**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 206.275.7943.

**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 2 for Senior Lunch
Press 3 for Foot Care Clinic
Press 4 for Meals on Wheels

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**Mercer Island Transportation**

**Senior Social Program**

Leslie Sylvetsky…………………..206.275.7843

**General Senior Info & Assistance**

(Transportation, Lunch, Meals on Wheels, Footcare, etc.)
Amber Britton ………………..206.275.7864

**Geriatric Specialist Outreach Program**

Betsy Zuber, MS, LMHC ……..206.275.7752

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**Floral Arranging**

Facilitator: Kim Richards, Lollie Fleur Floral & Garden
Location: MI Community & Event Center

**Creating Compote Styles 101**

Learn how to create a large compote-style centerpiece. We will discuss types of vessels, options and preferences for structure in the vase and the types of flower used for this style. We will build this centerpiece together, step-by-step. Please bring $50 for supplies. You will take home your centerpiece.
Course #: 16331
Day/Date: Wed, Jul 13
Time: 6pm - 8:30pm
Fee: $54 Resident
$64 Non-Resident

**Floral Arrangements From Your Garden 101**

It’s the heart of summer. We will create floral arrangements together. Optional: bring greens or blooms from your garden. Please bring $40 for supplies.
Course #: 16332
Day/Date: Wed, Aug 10
Time: 6pm - 8:30pm
Fee: $54 Resident
$64 Non-Resident

**Osher Lifelong Learning**

Osher Lifelong Learning in partnership with MIYFS now offers classes at the MI Community & Event Center. Register online www.osher.uw.edu or by calling 206.221.7771.

**Events of the Day Study Group:**

Ongoing, Wednesdays, 10am - 11:30 am. This group is facilitated by Elliot Newman. Group members take turns leading the discussion. You may also join in as an observer, and just sit back and relax and learn from the dialogue. Please register at osher@pce.uw.edu or 206.221.7771 if you are interested.
Summer Celebration Boat Rides
Hop aboard the Argosy “Celebrations” boat on Saturday, July 9 for a narrated ride around the Island. Choice of three sailing times. Departing from Luther Burbank docks at 10:30 am, 12:30 pm or 2:30 pm sharp! Tickets on sale at the Community Center. $10 for youth under 18 years, $15 for adults 18 and over. Free parking available in the Luther Burbank Park meadow for those that have a ticket. Boat ride approximately 1.5 hours.

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 trips all over the world; from Hawaii to Antarctica. Bob earned his doctorate in anthropology at the University of Washington and takes a strong interest in both the natural and cultural settings of his tours. A skilled birder with a special interest in bird song, Bob has served on the boards of several nature and conservation organizations.

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

Bird and Wildflowers: Tuquaqa and Alpine Lakes Wilderness - Tue, July 12
Course# 16310, Depart 6:30am, Return 6pm
$86+tax Resident / $102+tax Non-Resident

Shorebirds & Seabirds: Coastal Migration - Thurs, August 25
Course# 16311 Depart 6:30am, Return 7pm
Fee: $86+tax Resident / $102+tax Non-Resident
For more information on these trips contact Amber Britton at 206.275.7864.

Senior Golf Program
Join us on the course. 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.
Course #: 16118
Day/Dates: Mon, Apr 4 - Oct 31
Fee: $24 + tax Res. / $28 + tax Non-Res.
For questions please contact Katie Herzog at katie.herzog@mercergov.org.

Seniors enjoying a game of “flower” bingo at the April Shows Luncheon.

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.
Days: Mon & Wed, 10 am - 11 am
Sat, 3 - 9 pm
Location: MI Community Center

Seniors 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 call Al Skinner at 206.232.3450.

Course# 16311  Depart 6:30am, Return 7pm
Fee: $86+tax Resident / $102+tax Non-Resident

Aerobic Dance (Low Impact)
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 and tone up!
Mon. & Wed., 5:15 - 6:15 pm
Instructor: Jann Schumacher
Location: MI Community Center

Power Flex Sports Conditioning
Level I
Mon: 8:15 - 9:15 am
Wed: 8:00 - 9:00 am
Level II
Mon: 7:15 - 8:15 am and Tues/Thurs: 9 - 9:00 am

Work Out in the Fitness Center
$3 (4/4 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.

See the Recreation Guide for dates, and fees.
Summer Celebration Boat Rides

Hop aboard the Argosy “Celebrations” boat on Saturday, July 9 for a narrated ride around the Island. Choice of three sailing times. Departing from Luther Burbank docks at 10:30 am, 12:30 pm or 2:30 pm sharp! Tickets on sale at the Community Center. $10 for youth under 18 years, $15 for adults 18 and over. Free parking available in the Luther Burbank Park meadow for those that have a ticket. Boat ride approximately 1.5 hours.

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Fee: $24 + tax Res. $28 + tax Non-Res.
For questions please contact Katie Herzog at katie.herzog@mercergov.org.

Seniors enjoying a game of “flower” bingo at the April Shows Luncheon.

Pickleball:
Mon Wed & Fri ~ 9:30 am - 2 pm
Sun ~ 1 - 3 pm
No play: May 30
Volleyball:
Tuesday & Thursday ~ 9:30 am - Noon

Badminton:
Saturday - 5 - 7 pm
Location: MI Community Center Gym
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.

Pickleball: Mon Wed & Fri ~ 9:30 am - 2 pm
Sun ~ 1 - 3 pm
No play: May 30
Volleyball: Tuesday & Thursday ~ 9:30 am - Noon

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 trips all over the world; from Hawaii to Antarctica. Bob earned his doctorate in anthropology at the University of Washington and takes a strong interest in both the natural and cultural settings of his tours. A skilled birder with a special interest in bird song, Bob has served on the boards of several nature and conservation organizations.

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

Bird and Wildflowers: Tuquala and Alpine Lakes Wilderness - Tue, July 12
Course# 16310, Depart 6:30am, Return 6pm
$86+tax Resident  $102+tax Non-Resident

Shorebirds & Seabirds: Coastal Migration - Thr, August 25
Course# 16311 Depart 6:30am, Return 7pm
Fee: $86+tax Resident $102+tax Non-Resident
For more information on these trips contact Amber Britton at 206.275.7864.

DROP-IN FITNESS

Pickleball
Mon Wed & Fri ~ 9:30 am - 2 pm
Sun ~ 1 - 3 pm
No play: May 30
Volleyball
Tuesday & Thursday ~ 9:30 am - Noon

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.
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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.
Days: Mon & Wed, 10 am - 11 am
Sat, 3 – 9 pm
Location: MI Community Center

Circuit Training at Mercerdale Park
Enjoy exercising outside? Join us at Mercerdale Park for a new circuit training program. We will use the five new fitness stations in the park for a full body work out. Particular emphasis will be placed on exercises to improve balance and core strength. All levels of fitness welcome for a low to medium intensity workout.
Days/Time: Mon, Wed, 10 am - 11 am

Work Out in the Fitness Center
S3 ($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 and seniors who are looking to reactivate! Instructor Maudie Paulotto will guide you through gentle stretching for flexibility, strength and balance. All levels welcome! Work at your own pace. Bring a towel or yoga mat and wear loose, comfortable clothing.
9:00 - 10:15 am.
#16134 Jun 14 - Jul 12 $74 Res. / $88 Non-Res.
#16137 Jul 26 - Aug 23 $74 Res. / $88 Non-Res.
Drop-in Fee: $18/class

Aerobic Dance (Low Impact)
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 and tone up!
Mon. & Wed., 5:15 - 6:15 pm
Course #16124
Jun 27 - Aug 4 $204/ non-res $244
Drop-ins welcome ($14)
Instructor: Jann Schumacher
Location: MI Community Center
Senior Resources & Social Services

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.

Footcare Clinic
1st, 2nd & 4th Tuesdays.
9 - 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

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

Geriatric Specialist
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 Transportation
Volunteers Wanted
Would you like to lend a helping hand?
We could use help in the following areas:
- Senior Social Program
- Transportation (driving or assisting)
- Senior Lunches
- Golf (driving)
If interested, give Amber a call at 206.275.7841.

INDOOR ART GALLERY
AT MICEC
June 6 - July 22
Evergreen Association of Fine Arts
Artists’ Reception - June 9, 6:30 - 8:00 pm

July 25 - September 9
Artist Showcase featuring
Pamela K. Beer, Tony Halstead, Marsha Karr, Fiona K. Lau and Christine Cox
Artists’ Reception - July 28, 6:30-8:00 pm

Sound Generations Volunteer Medical Transportation for Seniors
Call 206.448.3740 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.

Call Us For a Ride!
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Wed, 10 am - 12 pm. (pick up between 10 am & 11:30 am with a call to alert you just before pick-up)
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Meals on Wheels
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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 Sylvestry……………………206.275.7843
Senior Information Message Line . 206.275.7895
General Senior Info & Assistance
(Transportation, Lunch, Meals on Wheels, Footcare, etc.)
Amber Britton ………………….. 206.275.7864
Geriatric Specialist Outreach Program
Betsy Zuber, MS, LMHC ………..206.275.7752

Floral Arranging
Facilitator: Kim Richards, Lollie Fleur Floral & Garden
Location: MI Community & Event Center

Creating Compote Styles 101
Learn how to create a large compote-style centerpiece. We will discuss types of vessels, options and preferences for structure in the vase and the types of flower used for this style. We will build this centerpiece together, step-by-step. Please bring $50 for supplies. You will take home your centerpiece.
Course #: 16331
Day/Date: Wed, Jul 13
Time: 6pm - 8:30pm
Fee: $54 Resident
$64 Non-Resident

Floral Arrangements From Your Garden 101
It’s the heart of summer. We will create floral arrangements using local flowers and greens from your garden and other sources. We will discuss local sourcing, floral options from your garden and indoor plants, and we will build unique arrangements together. Optional: bring greens or blooms from your garden. Please bring $40 for supplies.
Course #: 16332
Day/Date: Wed, Aug 10
Time: 6pm - 8:30pm
Fee: $54 Resident
$64 Non-Resident

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July 28
Coco Loco - Latin

August 4
Maya Soleil - Afro-World Fusion

August 11
Jazz Underground - Contemporary Big Band Jazz

August 18
Swamp Soul - Cajun/Zydeco

Sponsored by Key Bank, JayMarc Homes, the Mercer Island Community Fund, New Seasons Market and Mercer Island FC.

Library at MICEC
Come enjoy the beautiful view and find a good book in the library at the Community Center. Donations gladly accepted. Drop off your books at the center’s front desk. Questions? Call Amber at 275.7864.

Quick Reference

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<th>Share concerns and receive support. Call 275.7752 prior to your first meeting.</th>
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<td>Dental Clinic</td>
<td>3rd Tue 9 am - 5 pm</td>
<td>Appointment required - Deb Fredrikson, RDH, will call to schedule.</td>
</tr>
<tr>
<td>Enhance Fitness</td>
<td>Mon, Wed, Fri 7:45, 9:00 &amp; 10:00 am</td>
<td>Stretch, low impact aerobics, strengthening Exercises</td>
</tr>
<tr>
<td>Eastside Stroke Support</td>
<td>1st 2nd &amp; 3rd Mon, 1-2:30 pm</td>
<td>Call 425.746.8396 for location &amp; more info</td>
</tr>
<tr>
<td>Footcare</td>
<td>1st, 2nd, 4th Tue - 9 am - 3 pm</td>
<td>Appointment required - Call 275.7895 prompt 3</td>
</tr>
<tr>
<td>Grocery Shopping</td>
<td>Wednesday, 10 am</td>
<td>Transportation provided - Call 275.7895 prompt 1</td>
</tr>
<tr>
<td>Historical Society</td>
<td>3rd Mon - 1-2 pm</td>
<td>Six meetings a year: March, April, May, September, October, &amp; November.</td>
</tr>
<tr>
<td>Parkinson Exercise</td>
<td>Mon and/or Thur. 11 am-12 pm</td>
<td>Stretching, bending, mobility enhancing Exercise</td>
</tr>
<tr>
<td>Parkinson Support</td>
<td>1st Tue - 2-2:30 pm</td>
<td>Concerns and Challenges shared</td>
</tr>
<tr>
<td>Probus</td>
<td>1st Wed - 1:30 pm</td>
<td>Social Club for retired business and professional MI Presbyterian Church - 3605 84th Ave SE</td>
</tr>
<tr>
<td>Solemates</td>
<td>Wednesdays 8:30 - 11:30 am</td>
<td>No walks scheduled. Starts again in September.</td>
</tr>
<tr>
<td>Trailmates</td>
<td>Thursdays 8:45 am -3 pm</td>
<td>No hikes scheduled. Starts again in September</td>
</tr>
<tr>
<td>Strivers Monthly</td>
<td>3rd Tue, 1:30 pm</td>
<td>Proactive Approach to good health</td>
</tr>
<tr>
<td>Sr. Social Program</td>
<td>Tue, Wed &amp; Thur - 10 am-2 pm</td>
<td>Respite care and activities for seniors with memory loss or other limitations</td>
</tr>
<tr>
<td>Senior Transportation</td>
<td>Tue &amp; Thur ~ 9 am - 3 pm</td>
<td>Round trip from home to your program site, or shopping, Call 275-7892 (prompt 1) the day before to reserve your spot.</td>
</tr>
</tbody>
</table>

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.
NEWS YOU CAN USE!
State Health Insurance Benefit Advisors (SHIBA) volunteers, under the Washington State Office of the Insurance Commissioner, are now available by appointment to provide free and unbiased information on a wide range of consumer health issues. They can help answer questions regarding Medicare, Prescription Drug Coverage, Disability, Long Term Care and other commercial health insurances.
Contact: Betsy Zuber 206-275-7752
(By appointment only - First Fridays and Third Mondays of every month)

Looking Ahead
JULY & AUGUST 2016
Mercer Island Parks & Recreation
Newsletter
Programs & Information for Age 55+

Special Events
Jul 9 & 10  Summer Celebration!
Jul 21 - Aug 18 Mostly Music in the Park
Concerts (schedule - page 2)
Aug 14  Russian Chamber Concert
Jul 9 - Aug 7 Shakespeare in the Park
Performances (schedule - page 2)

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Meet Me at the Movies - Friday Flicks
Join us once a month on Fridays for a matinee among peers. No pre-registration required. NO FEE. Just drop in and enjoy a movie. Coffee provided.
1:00 - 3:00 pm at the MI Community Center.
July 22  Begin Again
August 19  The Judge

Russian Chamber Music Concert
The Russian Chamber Music Foundation of Seattle presents chamber music performed by accomplished and exciting musicians. Make this evening very special: bring your family and your favorite picnic dinner, and enjoy the beautiful music, nature and fresh air!
www.russianchambermusic.org
Sunday, August 14, 5:00 pm
Location: Luther Burbank Park Amphitheatre

Holidays and Closures
THE COMMUNITY & EVENT CENTER AND CITY OFFICES WILL BE CLOSED
4th of July
September 5 - Labor Day

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