

**MAY
2012**



ISSAQUAH SENIOR CENTER

issaquahseniorcenter.org

75 NE Creek Way, Issaquah, WA 98027 425-392-2381

PANCAKE BREAKFAST FUNDRAISER 2012

**Saturday, May 19
9:00am - 11:30am**

Mouthwatering, all-you-can-eat pancake breakfast buffet with "the works".

Bring your families and your neighbors!!

Food by **Aegis of Issaquah**

Music by **The Rovin' Fiddlers**

\$5.00 per person at the door

Mother's Day *Craft Show & Dance Party*

Come see what our crafty ladies are up to!

**Bring your crafts to show and sell –
no fees or pre-registration!**

Friday, May 11

FREE!

Craft Show begins at 11:00am

Dance Party 4:00pm - 6:30pm

with music by our homegrown musicians,

The Rovin' Fiddlers

Light dinner sponsored by **Flintoft's**

Donations to the Center are gladly accepted

Activities are open to all persons 55 and older. Membership desired, but not required. Membership dues are \$12.00 annually per person.

ABOUT IVSC

Hours of Operation:

Monday-Friday
8:30am - 4:00pm

We lock our doors daily at 3:30pm for everyone's safety.

Board of Directors:

Craig Hansen, **President & Outreach Liaison**
Carmen Llewellyn, **Vice Pres.**
Judi Schrager, **Co-Secretary**
Toni Patterson, **Co-Secretary**
Bill Drummond
Fritzi Jacobson
Boyd Peterson
Phil Pitruzzello
Gregory Wagner
Larry Williams
John Wishart

IVSC Staff:

Courtney Jaren, **Director**
April Nelson, **Program Coord.**
Craig Hansen, **Outreach Liaison**
Nicolette Tanner, **Office Asst.**
Rachel Carson, **Office Asst.**
Corinne Lee, **Driver**
Trish Rafa, **Driver**
Dave Waggoner, **Driver**
Gregory Wagner, **Driver**

ONGOING ACTIVITIES

Activity Night - Wednesdays

6 - 9pm

Books & More - 2nd & 4th Wednesdays

1:00pm - 2:00pm

Intermediate Bridge - Party Bridge -

Mondays & Wed. 10:55am - 3:00pm

Bridge - Duplicate - 3rd Tuesday

1:00pm

Cards - Tuesdays & Thursdays

8:30am "Hand & Foot"

Foodbank Deliveries - Thursdays

1:00pm - 2:00pm

"Happy Hookers" - Thursdays

11:00am - 1:15pm *Needlework*

Let's Paint - Fridays

1:30pm - 3:30pm

Let's Talk About It - Tuesdays

11:00am *Conversation Group*

Mahjong - Tuesdays

9am - 12:00noon *Beginners Welcome*

Panera Bread Delivery - Tuesdays

8:30am

Ping Pong - Fridays

1pm - 4pm (& *during Activity Night*)

Pinochle - Fridays

1pm - 4pm (& *during Activity Night*)

Sing Along - 3rd Friday

11:15am

HAPPINESS!

The Dalai Lama says, "The purpose of life is to be happy. If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

Robert Frost once said, "Happiness makes up in height for what it lacks in length."

Proverbs 15:17: Better a meal of vegetables where there is love than a fatted calf with hatred!

Oscar Hammerstein wrote, "You have to be taught to hate and fear. You have to be taught from year to year. It has to be drummed in your dear little ear, you've got to be carefully taught"

And finally,
**SHOUT HALLELUJAH,
COME ON,
GET HAPPY!!**

HAPPINESS is one CHOICE we could all make every day!!

Thanks to everyone who came to say goodbye to **LaVerne Keir** on Saturday, March 31. LaVerne was truly a **gentleman**, friend to all, and a lot of fun. He will be missed.

HEALTH & HUMAN SERVICES AT IVSC

PODIATRY CLINIC - Podiatric treatments available by **Dr. Julia Overstreet** and nursing interns from University of Washington by appointment only. \$25.00 per person. **Three times each month!**

DENTAL HYGIENE CLINIC - Service includes cleaning, oral cancer screening, and fluoride treatment. Cost is \$77. Appointments with Hygienist **Darcy Spencer-Wenger** are available on the **2nd & 4th Tuesday of each month.**

DIABETES SUPPORT GROUP - This group meets the **3rd Tuesday** of each month at 11:00am. Philip Koziol from Snoqualmie Valley Hospital leads the discussions.

MEALS ON WHEELS - Meals are available for homebound seniors. Call the Center on **Wednesday mornings** to speak with the Meals on Wheels Coordinator, **Kathy Torgerson**, for an assessment.

SHIBA - Statewide Health Insurance Benefits Advisor **Tom Malmoe** is available to offer advice on Medicare, Medicaid, and long term care insurance on the **4th Wednesday** of each month by appointment.

VETERANS SERVICES - **Joel Estey** is available for Veterans needing to connect with state, county or federal benefits or services on the **2nd Tuesday** of each month from 8:30am-12pm.

LETTER FROM OUR DIRECTOR, COURTNEY JAREN

Dear Forever Friends,

Let's start our Month of May celebration with a poem:

For winter's rains and ruins are over,
And all the season of snows and sins;
The days dividing lover and lover,
The light that loses, the night that wins;
And time remembered is grief forgotten,
And frosts are slain and flowers begotten,
And in green underwood and cover

Blossom by blossom the spring begins. – AC Swinburne



This poem calls to mind the amazing spring beauty all around us, made possible by our moderate Northwest climate and the great gardeners in our community. Together we will watch as blossoms open on our outdoor patio, **thanks to volunteers from Issaquah Garden Club.**

We begin the month of May with **ArtWalk on Friday, May 4 at 6:00pm.** Listen to the beautiful voices of our own **ISSAQUAH SINGERS.** Join us as our lovely, little town fills with art *and* song!

On **Friday, May 11**, we **Honor Our Mothers** at the **CRAFTY LADIES & ROVIN' FIDDLERS Mother's Day Craft Show & Dance.** This is an **ALL DAY EVENT**, featuring **crafts for sale by local crafters** starting at 11:00am. **Bring YOUR work to share and sell** – no fee; no sign-up! The dance follows at 4:00pm to 6:30pm with **food provided by Flintoft's.** There will be delightful music by our homegrown group, **THE ROVIN' FIDDLERS.**

On **Saturday, May 19, 9:00am - 12:00pm**, **COME ONE, COME ALL TO OUR ANNUAL PANCAKE BREAKFAST FUNDRAISER** with food by **Aegis of Issaquah.** Cost is just \$5 a person. **Please support your Senior Center!**

On **Tuesday, May 29 at noon**, we present our new **LEGAL LECTURE SERIES** with attorneys from Eastside Legal Assistance (ELAP). The first topic is **Durable Power of Attorney – how to choose, when to make changes, what to watch out for.** ELAP offers attorney services here at the center on Wednesday activity nights by appointment only – call 425-747-7274.

*"Yes, I will spend the livelong day with nature in this month of May;
and sit beneath the trees and share my bread
with birds whose homes are there..." (William Davies)*

Warm Spring wishes and lots of love *from Courtney*

THANK YOU...

Issaquah Nursing and Rehab,

**our SECOND COMMUNITY SPONSOR
for your generous donation
to support our Outreach Program.**



**ISSAQUAH
NURSING &
REHABILITATION**

Eastside Legal Assistance
ELAP is presenting a new legal
lecture series here at ISC.
The first lunch lecture will be
TUESDAY MAY 29.

The topic is Durable Power of
Attorney – how and who to appoint,
when to make a change, and how it
works. Attorney Ted Watts will be
the guest speaker.
Please join us at noon.

CLASSES AT IVSC

BOOKS AND MORE

Discuss books and/or articles of interest that you have read or select a book to read together. You may also suggest reading ideas for the group to consider. Meets in the Library.

Wednesday 2nd & 4th 1:00pm - 2:30pm **Free!**

COMPUTER LAB TUTOR

Senior Center volunteers, Carlos or Michelle, will be available to answer computer questions and show you basic tasks. This is on a drop in basis. **Free!**

Every Wednesday 1pm - 3pm

LINE DANCING

Exercise your body & mind by line dancing to lively music. Dancing styles covered in class are Country Western, Swing, Tango, Cha Cha, Waltz, and more. No previous dance experience or partner necessary.

Thursday Ongoing 2:45pm - 3:45pm

Fee: \$5.00/class Instructor: Spencer Howard

INTERMEDIATE S.A.I.L.

(Stay Active & Independent for Life)

Exercise to stay fit. This class will include exercises to improve balance, flexibility, and strength. Exercises are customized for all fitness levels and needs.

Wed & Fri 9:30am-10:30am

Fee: \$35.00 for 10 classes - *join any time!*

Instructor: Barbara Scott

BEGINNING S.A.I.L.

Formerly called Sit & Be Fit, this class is designed to include movement and stretching that increases the heart rate while maintaining your stability. Most exercises can be done in chairs while targeting resistance training and balance for fall prevention.

Wed & Fri 11:00am-12:00pm

Fee: \$35.00 for 10 classes - *join any time!*

Instructor: Barbara Scott

TAI CHI

This class combines Tai Chi movements and postures with music. These are gentle movements that will exercise your whole body.

\$1.00 fee for non-members

Monday Ongoing 9:00am - 10:00am

Instructor: Ted Thomas

YOGA

Beginning Yoga. You will learn stretches to aid in flexibility, the art of breathing, meditation and relaxation for overall health.

Thursdays Ongoing 1:30pm-2:30pm

Fee: \$5/class paid monthly

Instructor: Shirley Rae

METRO TRIP WITH DAVE

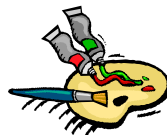
Travel on the Metro with Dave, a retired Metro driver. This month he will take you **ON THE BUS** to Pacific Place in Seattle. He will help you **LOAD** your Orca card, if needed. **Meet at the center at 9:30 am, return around 2:30. There is no fee for this trip; lunch on your own.**

Thursday, May 17

FREE COMPUTER HELP @ IVSC

Every Wednesday 1pm-3pm

With Carlos & Michelle



ART WORKSHOPS

Every Friday

1:30pm - 3:30pm

Bring your canvas, paints & brushes to the Center to paint with your friends.

When she's available, local artist

Pamela Poirier will be here to guide you.

PRE-WISHES WITH FLINTOFT'S

Meet with Ken Kenyon from Flintoff's the **first Tuesday of each month at 10:45am** to discuss your pre-wishes for funeral, memorial, burial, cremation, etc.

Tuesday, May 1

WELCOME COFFEE

FOR OUR WONDERFUL
NEW MEMBERS!!

Tuesday, May 15 10:30am
3rd Tuesday each month



'Our Stories, Ourselves Symposium

Friday, May 11

1:00pm

Featuring **Jan Pelroy and Beulah Brown**, the "writers in our midst", with readings from their published books.

Please join us in the Craft Room!

Facilitated by Boyd "Pete" & Nancy Peterson



Happy Birthday to our MAY Birthday Members

Birthday cake will be served on May 15th.

Special Thanks to our cake sponsors

Jack Sampson & Doug Browning.

1 Pat King	8 Guenter Mittelstrass	14 Carole Chomik	25 Audrey Ellingsen
1 Muriel Kouhia	9 Aarre Kouhia	14 Elsie Miles	25 Dessie Levias
1 Raynor Lilleby	9 Joyce Strand	15 Carolyn Barker	26 Bobbie Anderson
1 Ruth Shigley	10 Dolores Huff	15 Charlene Ferkovich	26 Margie Bleile
2 Margaret Maine	11 Carie Hiatt	15 Dennis Lang	26 Eva Howarth
2 Tara Michaels	11 Price Jeanie	16 Vera Krueger	27 Jane Wolosyn
3 John Neary	11 Jeanie Price	17 Gladys MacKenzie	28 Thelma Tiffany
3 Michael O'Neal	11 Shirley Seil	17 Joyce Sampson	29 Marian Hampton
3 Lillian Schmidt	12 Willie Morrow	20 Beverley Stephenson	29 Lillian Wagner
4 John Brackbill	12 Judith Riddell	20 Garry Wilson	30 Jerry Clark
4 Susan Johnson	12 Jan Stoeckle	21 Marnie Webb	30 Ethel Mae Lambrinck
6 Dick Powell	13 Estelle Glover	22 Ruth Ann Ewing	30 Robert Morris
7 Bob Llewellyn	13 LaVerne Mandell	22 Maxine Freed	30 Mim Rothbaur
8 Ajar Bill	13 Keith Melder	24 Arnold Bekken	31 Charlotte Scherer
8 Miki Lapsansky	13 Myrna Richmond	24 Jim Marchand	31 Delmer Schmitt



LUNCH PROGRAM

TUESDAYS & FRIDAYS AT 12 noon

Suggested Donation \$3.00 Under 60 years old - \$5.75

BIRTHDAY DRAWING

On the **third Friday each month** we have a birthday drawing. Prizes are offered by the following local merchants: IHOP, Burger King, Mandarin Chinese Restaurant, LaCosta, Field of Dreams Restaurant, and 12th Ave. Café, Fins Bistro, Flying Pie Pizzeria, Great Clips, and Boulevard Hair Care. Prizes may not be transferred or cashed in. If you cannot use the prize, please let us know and we will draw again. ***Special thanks to our local merchants and to Cliff & Dee Collier who solicit these gifts.***



OUTREACH PROGRAM

If you're in need of transportation to lunch at the Center the grocery store, local doctor appointments or a home visit, please give us a call and we'll get you signed up!

For Lunch: Call at least **one day prior** to the day you are having lunch. You will need to be ready for pick up at 11:00am on lunch day. \$1.00 fee per person

For Grocery Shopping: Available every other Friday, please be at the Center by 1:00pm - Craig will happily take you home afterward if you need. \$2.00 fee per person

Grocery Ride Dates are May 11 & May 25

MAY LUNCH MENU

TUESDAY	FRIDAY
Shepherds Pie 1 Coleslaw Fruit cocktail Wheat Roll	Pork Loin 4 Glazed Carrots Spinach Salad Applesauce/ Roll
Pork Chop 8 Mashed Potatoes Baby Carrots Applesauce/Roll	Lasagna 11 Green Beans Garlic Bread Salad/Peaches
Chicken 15 Cacciatore Angel Hair Pasta Tomatoes/Zucchini Pears & Rolls	Salisbury Steak 18 Mashed Potatoes Carrots Spinach Salad
Fish Sandwich 22 Spinach Salad Orange Quarters Broccoli / Pudding	Kielbasa 25 Sauerkraut Roasted Potatoes Roll / Fruit
Fried Chicken 29 Mashed Potatoes Green Beans Fruit / Roll	

MAY DAY TRIPS

IMPORTANT!!

Plan to arrive 20 minutes before departure time


When trips return after hours, please schedule your ride home immediately upon arrival at the Center.
Under no circumstances can someone remain in the building without prior approval.

- May 2** **Wednesday** **LADIES' LUNCH**
Depart: 11:00 a.m **Return: 1:30pm** **Fee: \$9 member / \$11 non-member**
This month we'll be enjoying the wonderful food at Portage Bay Café on South Lake Union. Portage Bay Café focuses on local, organic and seasonal ingredients in a casual setting. Fee includes transp.; lunch on your own.
- May 7** **Monday** **BRUNCH & MOVIE**
Depart: 10:00am **Return: 4:00pm** **Fee: \$6 member / \$8 non-member**
*Enjoy brunch at Shari's Restaurant, then head over to Regal East Valley 13 where **all movies are only \$3.50**. A list of movie choices will be available the day of the trip with several to choose from. Fee includes transportation only; lunch and movie (\$3.50) on your own.*
- May 9** **Wednesday** **TACOMA MUSEUM OF GLASS**
Depart: 10:00 am **Return: 2:45pm** **Fee: \$18 member / \$20 non-member**
Experience contemporary glass art in a breathtakingly beautiful museum on Tacoma's revitalized waterfront. We will have a docent led tour of the newest exhibit and have plenty of time roam the galleries. Afterward we'll have lunch at Harbor Lights Restaurant. Fee includes transportation and tour; lunch on your own.
- May 14** **Monday** **TULALIP CASINO**
Depart: 10:00 am **Return: 4:30pm** **Fee: \$9 member / \$11 non-member**
Fun is the name of the game at Tulalip. Join us at the casino with a great variety and selection of games along with four dining options including a bountiful buffet. Fee includes transportation; lunch on your own.
- May 16** **Wednesday** **NORTHWEST AFRICAN AMERICAN MUSEUM**
Depart: 10:15 am **Return: 3:00pm** **Fee: \$11 member / \$13 non-member**
African Americans come from a variety of countries of origin, representing an assortment of religions, a staggering array of occupations and an ever evolving community that continues to shape and reshape the human experience in the Pacific Northwest. Explore the Northwest African American Museum with us and enjoy lunch at Applebee's afterward. Fee includes transportation and admission; lunch on your own.
- May 23** **Wednesday** **MEERKERK RHODODENDRON GARDENS**
Depart: 8:15 am **Return: 4:30pm** **Fee: \$20 member / \$22 non-member**
Meerkerk Rhododendron Gardens on Whidbey Island encompasses 10 acres of display and educational gardens enveloped by 43 acres of woodland preserve with 4+ miles of nature trails. The rhodies should be in peak bloom for you to enjoy. We'll have lunch afterward in Langley before returning to the ferry for a relaxing ride home. Fee includes transportation, ferry, and admission; lunch on your own.
- May 30** **Wednesday** **PIKE PLACE MARKET**
Depart: 10:00am **Return: 3:00pm** **Fee: \$9 member/ \$11 non-member**
Have a wonderful time exploring the Market - one of Seattle's most famous landmarks and a favorite of everyone who visits. There are many options for lunch and shopping. Maybe you'll bring home a handmade treasure or a beautiful bouquet of wildflowers. Fee includes transportation; lunch on your own.

Trip Sign Up - You may come in to sign up for upcoming trips at your convenience, **beginning Monday, April 23rd**. Please sign up and pay for trips **in person**, we accept cash or check. Please note that non-member price is \$2.00 more. You may sign up for yourself and one other person when you come in.

Trip Refund Policy - Trip payments may be refunded for cancellations made **three days prior to the departure date** or if a replacement is available. In the event the Center must cancel a trip, you will be notified and your fee will be fully refunded.

Trip Planning Meeting - Friday, May 4 at 1:30pm ~ Please join us!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVERY MONDAY 9:00am Tai chi 10:55am Intermediate Bridge	EVERY TUESDAY 8:30am Cards 8:30am Panera Bread delivery 9:00am Mahjong 11:00am Let's Talk About It 12:00pm Lunch 1pm Duplicate Bridge 3rd only	EVERY WEDNESDAY 9:30am Int. SAIL Fitness 10:55am Intermediate Bridge 11:00am Beg. SAIL Fitness 1:00 Books & More 2nd & 4th 1:00-3:00pm Computer Tutor 6-9pm Activity Night	EVERY THURSDAY 8:30am Cards 11:00am Happy Hookers 1:30pm Food Bank Delivery 1:30pm Yoga 2:45pm Line Dancing	EVERY FRIDAY 9:30am Int. SAIL Fitness 11:00am Beg. SAIL Fitness 12:00pm Lunch 1:00pm Pinochle 1:00pm Ping Pong 1:30pm Art Workshop
TRIPS & SPECIAL EVENTS				
MAY 2012	1 10:45am Flintoft's 12:15pm SWEDISH TALL "Signs of Stroke"	2 11am Ladies' Lunch	3	4 1:30pm Trip Planning Meeting 6pm ArtWalk
7 10am Brunch & Movie	8 Veteran's Services Rep. Dental Clinic 11am BINGO	9 10am Tacoma Museum of Glass	10	11 1pm Grocery Rides 1pm Our Stories, Ourselves 1pm CRAFT SHOW 4pm Mother's Day Dance
14 10am Tulalip Casino	15 Diabetes Support Group 10:30am Welcome Coffee	16 10:15am NW African American Museum	17 9:30am Metro Trip with Dave	18 11:15am Sing Along 12pm B-day Lunch Pancake Breakfast 19
21	22 Dental Clinic	23 SHIBA Representative 8:15am Meerkerk Rhododendron Gardens	24	25 1pm Grocery Rides Podiatry Clinic Podiatry Clinic 26
28 CLOSED Memorial Day	29 12pm Legal Lecture Series	30 10am Pike Place Market	31	

Issaquah Valley Senior Center
75 N.E. Creek Way
Issaquah, WA 98027

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TAKE EXTRA CARE!

One of our beloved participants recently reported that her purse was stolen from a local grocery store shopping cart. She had only turned away for a minute! PLEASE - take extra care when you're out. Hold on to your belongings, keep safe and STAY SAFE!!

CALL 911 IMMEDIATELY IF THIS HAPPENS TO YOU and please, talk with Courtney if you need additional help.

The Center will be
CLOSED
MONDAY, MAY 28
to observe Memorial Day



BINGO

2nd Tuesday each month

MAY 8th 11:00am

Sponsored by our friends at
Spiritwood

SWEDISH TALL

(Tuesday After Lunch Lecture)

MAY 1st 12:15pm

“Signs of Stroke”

