

Mill Creek Senior Center  
Spring 2018  
April, May & June 2018

**DATES CLOSED -**  
MAY 28<sup>TH</sup> MEMORIAL DAY

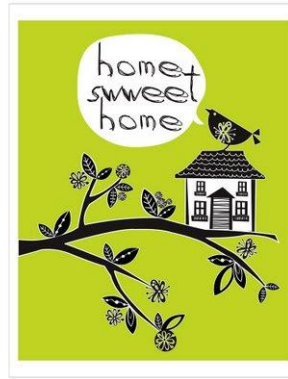
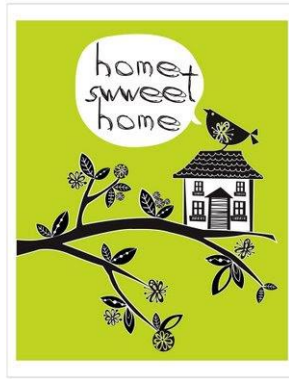
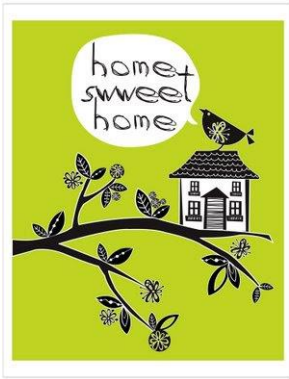
YOUR INVITED TO  
THE OFFICIAL GRAND OPENING OF  
**Vintage at Mill Creek Senior Center**  
MAY 10<sup>TH</sup> 2018

11:00 am UNTIL 2:00 pm  
All classes held at their current location until May



**Our New Home!**

**Spring classes will be held at the new location starting in May '18**



**Vintage of Mill Creek**

**4111 133rd Street SE**

**Mill Creek, WA 98012**

*Located at the old Buffalo Farm*

**SCHOLARSHIP FUND:**

If the cost of membership, classes and activities presents a hardship for you, the Scholarship Fund can help. Please give Terry Schuler a call at 425.948.7170 or email at [Terrys@mynorthshore.org](mailto:Terrys@mynorthshore.org)



**COFFEE, DONUTS AND CONVERSATION**

Stop on by the Senior Center for a cup of coffee, friendly and interesting conversation, read the Herald newspaper plus a delicious Top Pot donut. We look forward to seeing you.

Monday - Friday 9:00am to 4:00pm - Donations appreciated

## CONVERSATION CAFÉ

You have heard of ‘Tuesdays with Morrie!’

We have ‘Tuesdays with Comrades.’ Our time together is full of conversations, interesting discussions, jokes, bantering, openness and friendship.

Meet on Tuesdays 10:00am to 12:00pm Coffee and Donuts served

Brookdale Retirement Community - Donations appreciated

## PROGRAMS ENCOURAGING ACTIVE REWARDING LIVES FOR SENIORS (PEARLS)

Do you feel sad, down or hopeless? Are you having little interest or pleasure in doing things? If you answer “yes” to either of these questions PEARLS might be the program for you. PEARLS is an evidence-based program for individuals with mild depression. It incorporates three components: Problem Solving Treatment, Social/Physical Activity and Pleasant Activity. The work is done in 4-6 sessions. There is no cost for the program. If you would like more information regarding the PEARLS program, contact:

Mill Creek Senior Center

Janet Zielasko, MS, LSW 425-286-1035; [janetz@mynorthshore.org](mailto:janetz@mynorthshore.org) (By appointment)

## CAREGIVER COUNSELING & CONSULTATION (FREE)

Caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Caregiver Specialist is available to you to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress and enhancing your own health and wellness.

By appointment Contact: Janet Zielasko MS, LSW 425.286.1035

## CAREGIVER SUPPORT GROUP

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? The Caregivers’ Support Group offers unpaid caregivers help through support and practical education.

1<sup>st</sup> and 3<sup>rd</sup> Thursdays (FREE)

10:30am to 12:00pm

Facilitator: Pam Jones MSW 425.948.7170

## THE NURSE WILL SEE YOU NOW!

Thursday mornings from 10:00am to 12:00pm Barbara Thompson RN will be at the Mill Creek Center for blood pressure checks and answer your questions.

Mill Creek Senior Center. Must register at 425.948.7170 - FREE



**PLEASE REGISTER FOR ALL CLASSES/ COMPUTER CLASS AND DAY TRIPS - We cancel classes because of low attendance and then people show up. Help us avoid frustration for both members and presenters.**

Thank you!



## Introduction to Qigong

Qigong (pronounced chee gung) combines movement, meditation and breath regulation to achieve harmony and vitality. This session will provide an introduction and demonstration of these techniques.

**April 17, 1-2 p.m. At current location**

### **Self Defense for Seniors**

Give yourself confidence and peace of mind by learning some simple techniques that will help you protect yourself and ensure your personal safety.

**May 8, 10-11a.m. Held at our new location 4111 133<sup>rd</sup> St S.E. Mill Creek, WA 98012**

### **Healthy Meals from the Farmer's Market**

As summer is right around the corner, there will be more fresh produce and options at local farmers markets. Understand how to choose the healthiest produce and distinguish between organic and nonorganic, local and imported. Learn healthy eating strategies and discover quick, fun and easy menu choices as well as tips for appropriate food safety for those warm summer days.

**June 11, 10-11a.m. – Held at our new location 4111 133<sup>rd</sup> St SE, Mill Creek, WA 98012**

**Must call, Evergreen Health at 425.899.3000 to register for these free classes.**

## **HEALTH EDUCATION**

### **Nutrition & Iridology Consult is ongoing / Tuesday's \$50**

Iridology is an Iris analysis of the eye where we take a picture of your iris. This will help to determine: Nutritional Deficiencies and if it's parasites presence, Calcification in Blood Presence, Cholesterol, Sodium Accumulation,

Areas of injury inside-out your body, organs and glands, Inflammation, toxins, acidity, ability to absorb and assimilate nutrients, vitamins, minerals, fats and if you are having proper digestion in your colon AND MUCH MORE.. Iridology is a complementary tool.

If you need a consult Call the Mill Creek Senior Centre to make your appointment

30min Consult \$50 US 425-948-7170 Janette Reyes-Heath Holistic Nutrition Coach at the Mill Creek Senior Centre.

### **SPRING CLASSES 2018**

#### **Cooking Mediterranean and Paleo is 2 Weeks**

**March/26<sup>th</sup>/2018 Monday 10:30AM to 12:00PM - Week 1**

Mediterranean Sandwich from Jerusalem-Israel and a salad with aromatic herbs from parsley to olives, sprouts and beets. Great for Spring and Easy to make.

**Instructor:** Janette Reyes-Heath Holistic Nutrition Coach at the Mill Creek Senior Centre.

**REGISTER 425-948-7170 \$ 10 PER Person Minimum 5 Students**

**April/2<sup>nd</sup>/2018 Monday's 10:30AM to 12:00PM - Week 2**

Paleo Salmon Patties made from scratch, Mango crispy Slaw with Spiralized Veggies and Mediterranean vinaigrette.

**Instructor:** Janette Reyes-Heath Holistic Nutrition Coach at the Mill Creek Senior Centre.

**REGISTER 425-948-7170 \$ 15 PER Person Minimum 5 Students**

### **WHAT CAUSES INFLAMMATION PART III (REVISED IN 2017) 2 WEEKS**

**April/23<sup>rd</sup>/2018 to April/30<sup>th</sup>/2018 Monday's 10:30AM to 12:00PM**

Inflammation and Sugar Connection. Foods Containing Large amounts of sugar. How's Sugar used by the body? Sugar and Pain relation, Diabetes, Rheumatoid Arthritis, Headaches, Cardiovascular Disease etc.

**Instructor:** Janette Reyes-Heath Holistic Nutrition Coach at the Mill Creek Senior Centre.

**FREE CLASSES REGISTER 425-948-7170 Minimum 5 Students**

**FIBER 3 Weeks - New Location 4111 133<sup>rd</sup> St. S.E. Mill Creek, WA 98012**

May/14<sup>th</sup>/2018 to June/4<sup>th</sup>/2018 Monday's 10:30AM to 12:00PM

**NO CLASS May/28**

- a) Why is important to consume fiber
- b) Soluble and insoluble Fiber
- c) How fibre helps to ease diseases like type 2 diabetes, cardiovascular disease, Cholesterol, triglycerides, to fight obesity
- d) Healthiest Sources of Fiber

**Instructor:** *Janette Reyes-Heath* Holistic Nutrition Coach at the Mill Creek Senior Centre.

**FREE CLASSES REGISTER 425-948-7170** Minimum 5 Students



**MEN'S COFFEE HOUR - Current Location until May 2018**

Join other men in discussion around healthy aging. We have a wide variety of ages in the Men's group. With this camaraderie and insight the fears of aging can be eased. Research has shown that being part of a social organization like a men's group may be one of the best steps you can take. It's time to make new connections, moving towards greater health and wellness.

**2<sup>nd</sup> and 4<sup>th</sup> Fridays (FREE) 11:15am to 12:15pm Mill Creek Senior Center**

**WOMEN'S COFFEE HOUR - Current location until May 2018**

Come and develop rich friendships making life-long friends. We have a diverse group of fascinating ladies who enjoy interesting and thought-provoking conversations. Be a part of our continually growing Women's Coffee, while making new connections and moving to greater health and wellness.

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays (FREE) 10:00am to 11:00am Mill Creek Senior Center**



**FOOTCARE**

General foot care soaks, clip and massage. Sorry, no diabetics.

Please bring a towel! **By appointment - New Location 4111 133<sup>rd</sup> St. SE Mill Creek, WA 98012**

**Wednesday - May 9<sup>th</sup> & June 20<sup>th</sup>**

**Must call for appointment- 10:00am - 3:00pm \$25.00 non- member/ \$22.00 member**

**Mill Creek Senior Center - Julie Grimm**



## **EXERCISE CLASSES** **MILL CREEK FITNESS**

We all know the benefits of regular exercise! Controls weight, combats health condition and diseases, improves mood, boosts energy, promotes better health and most important, is fun!

The fitness class includes balance, flexibility, strength and aerobic training. Bring a mat or towel.

And best of all, register at the class, even if the 15 class session has started.

**Monday, Wednesday and Friday- 10:00 am to 11:00 am**

**\$35.00 member, for 15 classes**

**\$25.00 member, for 10 classes**

**\$12.50 member, for 5 classes**

**Instructor - Diana Stearns - Continue to stay at**

**North Creek Presbyterian Church**

**621 164<sup>th</sup> St SE. Mill Creek, WA 98012**

## **LINE DANCING**

Everyone is welcome to join us for a fun hour of line dancing!

**NEW LINE DANCE CLASS - *Stay at current location until May***

**Advanced Beginner/Improver Class** - For those who are ready to go to the next level of line dancing, know the basic line dance steps and want more dance time, this is for you. Join in on the fun and exercise. Come with comfortable shoes and water. Know the basic line dance steps

**9:45 am to 10:45 am \$5.00 per class- Instructor Barbara Heidel**

**BEGINNER - *Stay at current location until May***

Class is for those who have never danced before but would like to learn or are not ready to move to the next level.

This class is designed for beginners and advanced beginners. It's a great way to get some fun exercise and enjoy a variety of music. **No experience is necessary! Instructor Barbara Heidel**

**Wednesdays: 11:00am to 12:00pm - \$5.00 a class**



**TAI - CHI - *Stay at current location until May***

Tai Chi is a slow and graceful Chinese art. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

The martial art has evolved over the years into an effective means of alleviating stress and anxiety.

It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace.

Students will learn 18 breathing exercises, 25 warm-ups and the Yang Family Tai Chi Form.

This is the most popular form of Tai Chi practiced around the world.

**Wednesday- 1:30pm to 2:30pm**

***No class May 9<sup>th</sup>***

**\$198.00 nonmember/ \$99.00 member**

**\$18.00 nonmember/ \$9.00 member, per class**

**Mill Creek Senior Center Instructors: Mike and Nancy Lucero**

## **YOGA - Stay at current location until May**

### **Body 'n Brain Yoga for Seniors**

A truly unique brain centered approach to health and wellness. Rest your busy mind through stretching, relaxation, energy awareness and core building exercises that will leave you feeling strong, calm and refreshed. Bring a mat or towel

Fridays 1:00pm - 2pm **Instructor: Gloria Supplee**

April - 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> 4 wks. \$80.00 nonmember/\$40.00 member

May - 4<sup>th</sup> 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> 4 wks. \$80.00 Nonmember/\$40.00 member

June - 1<sup>st</sup> 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> 5 wks. \$100.00 nonmember/\$50.00member

## **MEDITATION PRACTICE - Stay at current location until May**

Why meditate? Mentally you will be able to live with more clarity and concentration. You will become more even-minded and cheerful. Physiologically, meditation has been found to reduce stress, strengthen the immune system and help regulate many of the body's systems.

Socially, come join the community of friends who have been meeting weekly for over 6 years.

Learn to improve your ability for "mindfulness" and to create the life you want. Use your attention more effectively, learn to quiet your mind and body, detach from stresses of your life and create more happiness!

**Thursdays - Ongoing**

**1:00pm to 2:00pm**

**Leader: Sandy Taylor**

## **PAIN FREE POSTURE ALIGNMENT THERAPY - Stay at current location until May**

How does this therapy work? Physical pain is the body's way of alerting you that your body isn't aligned, and therefore isn't moving properly. These gentle exercises and stretches will remind your muscles how they are designed to function, and strengthen them in their natural position. In this way, the cause of the irritation is eliminated and your body is now able to heal. No more pain. The Therapy is based on the book "Pain Free" by Pete Egoscue.

"Chronic musculoskeletal pain is symptomatic, not of advancing and accumulating years, but of advancing and accumulating dysfunctions. The single most effective anti-aging tool available to us is a completely engaged, fully functional musculoskeletal system" Pete Egoscue

**Class Instructor: Sandy Taylor is a Posture Alignment Specialist certified through Egoscue University.**

**Thursdays - 12:00pm to 12:50pm \$14.00 per time non-member/ \$7.00**

### **NEW - POSTURE THERAPY -**

A special class for those with physical limitations is offered at **11:15 AM until 11:45.**

**Please call Sandy at 206-979-1923 to reserve a spot.**

**Cost is \$14.00 non-member and \$7.00 member.**

## **WALKING GROUPS**

**Tuesdays**

**9:45 am (leave right at 10:00am) to 11:00am**

There are 2 groups and 2 locations:

**Rain or Shine - dress appropriately**

1. For the nature trails, 'The Preserve' meet at the parking lot ¼ mile east up the hill from the waterwheel on the corner of Mill Creek Boulevard and Bothell/Everett Highway.
2. The second group meets at the upper parking lot of the Swim Club across from the Country club. This easy walk will stroll down Village Green Drive.

**Thursdays - just one group**

**9:45 am (leave right at 10:00am) to 11:00am**

**Rain or Shine - dress appropriately**

1. Meet at the upper parking lot of the Swim Club across from the Country Club. This walk will troll down Village Green Drive. **Call the center at 425.948.7170 to register for these walks.**

## **WATER AEROBICS**

It's time to make a big splash this summer – for your health. Water Aerobics can reduce the incidence of chronic illnesses with just 2 ½ hours a week, says the U.S. Department of Health and Human Services. Water aerobics is easy on the joints and can even increase muscle strength and endurance due to the water's built-in resistance. Therefore, we can exercise longer on water than on land without the extra effort or the joint and muscle pain that often accompanies a regular exercise routine because of its low impact

**Monday, Wednesday and Fridays 7:30am to 8:30am**

**Punch cards are \$20.00 for 5 classes purchased at the Mill Creek Aquatic Center 425.379.8806**

### DAY SEMINARS

:



**BUS RIDING TIPS** - Do you feel unsure about riding the bus? This class is designed to meet each person's individual needs! Learn how to ride a fixed-route bus system. There will be a general orientation with a slide show, review of bus related materials and question and answer session.

An actual bus trip is scheduled usually within a week. **Please pre-register - 425.948.7170 Mill Creek Senior Facilitator: Caryn Walline**

### AARP DRIVERS SAFETY PROGRAM

No test required, but you must attend the full 8 hours. Find out how to adjust your driving to compensate for age related changes in vision, hearing and reaction time. Learn defensive driving techniques, new traffic laws, rules of the road, and how to handle problem situations. Attendees receive a certificate at completion which may allow them a discount on their insurance. The Driving Program is for seniors 50+ years of age.

**MUST PREREGISTER** and pay the AARP Instructor at class while showing your AARP membership card number.

**Saturdays - June 2<sup>nd</sup> and 9<sup>th</sup>**

**9:00am to 1:00pm**

**\$20.00 Non-AARP/ \$15.00 AARP Member**

**Mill Creek Senior Center: 425.283.8978 New location 4111 133<sup>rd</sup> St. SE Mill Creek, WA 98012**

**Instructor: Terry Bergren**



### STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR, SHIBA

Join us for an easy to understand overview of Medicare. You will gain the information you need to make important health care coverage decisions! The presentation will include: Medicare's enrollment periods, standalone prescription drug plans, Medicare Advantage & Supplemental plans, financial assistance, information on how to choose a plan, helpful tips, and how to avoid fraud and abuse. SHIBA is a free program of the Office of the Insurance Commissioner that provides unbiased and confidential information about Medicare and other health insurance options. We are an educational and advisory service - we have nothing to sell you but knowledge. **Verdant Health - 4710 196<sup>th</sup> SW Lynwood, WA 425.582.8600**

**3<sup>rd</sup> Friday of the month at 2:00pm - FREE**

## STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR - INDIVIDUAL

Individual, confidential and impartial personal counseling to individuals regarding available options for health care and health insurance benefits. SHIBA counselors are not affiliated with any insurance company or product.

Mill Creek Senior Center – Third Thursdays By appointment – 425.948.7170 – 1pm to 4pm –

FREE Counselor - Karen Shultz *Stay at current location until May*



## IS YOUR WILL OR TRUST SET UP TO REFLECT YOUR NEEDS AND WISHES?

Attend this informational presentation by **Nikki Leith, Estate and Elder Law Attorney**. She will answer your questions on, why I need a Power of Attorney. What documents are important to create legal solutions that will bring peace of mind? Bring your questions and learn from this interactive discussion.

All ages and levels of knowledge welcome. FREE – Please register at 425.948.7170

**Thursday June 21<sup>st</sup> 10:00 am to 11:30am - Mill Creek Senior Center.**

**New location 4111 133<sup>rd</sup> St. SE Mill Creek, WA 98012**

## DO YOU HAVE YOUR HOUSE IN ORDER ?

If there had been a death in your family yesterday

.....what would you be doing today?

There are 124 separate decisions and arrangements that must be made when a death occurs. Nearly 70% of these decisions are made by widows and children. The time of death is the most stressful time to make arrangements and decisions. Before someone passes away is the time that we can be of most help.

\* Demystify all of the decisions that must be made at the time of a loved one's death

\* Best protect family members and their finances by preparing vital documents in advance death

\* Help to legally shelter assets when applying for Medicaid or other forms of public assistance

Eliminate potential financial hardships and emotional stress for your loved ones and provide a better opportunity for their future. Put your house in order and take the burden off your loved ones.

Bring your questions and learn from this interactive discussion. Must Register - 425.948.7170

**April 11<sup>th</sup> 10:00am to 12:00pm - Stay at current location until May**

**May 9<sup>th</sup> 10:00am to 12:00pm - New Location 4111 133<sup>rd</sup> St. SE. Mill Creek, WA 98012**

**June 6<sup>th</sup> 10:00am to 12:00pm**

**Tiffany Atwood, Family Services, Evergreen Washelli**

**MONEY SMART FOR OLDER ADULTS – (MSOA)** is an instructor-led training developed jointly by the FDIC and Consumer Financial Protection Bureau (CFPB). The curriculum has been enhanced with new information and resources that allow older adults make comprehensive financial decisions with confidence. Learn about common types of fraud and scams and how to prevent elder financial exploitation. Most importantly, discover ways to keep your information safe and secure through advanced planning.

This class will be facilitated by Conor O'Regan, Branch Manager of 1<sup>st</sup> Security Bank, in Mill Creek

**April – Monday 30<sup>th</sup> 1:00pm to 2:00pm - Stay at current location until May**

**Common types of Elder Financial Exploitation &**

**Scams Targeting Veterans**

Objectives:

- Recognize and reduce the risk of elder financial exploitation
- Plan for loss of your ability to manage your own finances
- Prepare financially for disasters and find other helpful resources



**May- Monday 21<sup>st</sup> 1:00pm to 2:00pm - New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

**Identity Theft/Medical Identify Theft & Scams Targeting Veterans**

Objectives:

- Guard against identity theft
- Awareness of Medical Identity theft
- Veteran specific scams

**June- Monday 25<sup>th</sup> 1:00pm to 2:00pm - New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

**Planning for Unexpected Life Events &**

**How to be Financially Prepared for Disasters**

Objectives:

- Gives you control and options for your situation
- Relieves the stress of decision making from family members
- Allows time to gather info and compare options

**Must register for these Presentations at 425.948.7170 Mill Creek Senior Center**

### **REVERSE MORTGAGES: THE CINDERELLA OF RETIREMENT PLANNING?**

Financial advisors have long looked at Reverse Mortgages as the "Loan of Last Resort"-- the ugly stepsister of the retirement planning story. This workshop will create a major paradigm shift in your thinking. The instructor explains how recent program changes and groundbreaking research by the financial planning industry and noted academics have overwhelmingly proven the necessity of using reverse mortgages at the age of 62, not 82. With 10,000 Baby Boomers turning 62 daily and over \$6 trillion in Home Equity amongst your senior clients, reverse mortgages just may be the late coming Cinderella to the retirement ball that fixes the retirement crisis we are facing. We also like to offer a free appraisal with a reverse mortgage.

Free to Members Only

Presenter - Carl Self (NMLS#1061345) Senior Mortgage Advisor

**Wednesday April 11<sup>th</sup> 10:30 am - Stay at current location until May**

**Wednesday May 9<sup>th</sup> 10:30am - New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

**Thursday June 14<sup>th</sup> 3:30pm - New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

### **CLASSES AND ACTIVITIES**

#### **INVESTMENT BASICS: "Finding your inner Investor"**

In many ways, professionals on Wall Street are a lot like the Wizard of Oz. Go behind the curtain with Miles Goodwin and understand what is really going on in the bewildering world of investing. Study fundamental and technical analysis strategies and techniques as well as US Treasury Bonds, mutual funds, options, futures, and winning strategies for retirement. Students often say they wish they'd learned all of this earlier in life. No prior financial/investing experience or accounting background is needed. Leave with the knowledge and confidence to manage your own investments.

**Tuesdays - 10am to 12:00pm -**

**April 17<sup>th</sup> - Free introductory one hour class - Current Location until May**

**May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, & June 5<sup>th</sup> New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

**\$90 dollars for non-members \$45.00 for members**

**INSTRUCTOR: Miles Goodwin**

#### **SPANISH SESSION - Stay in current location until May**

Revive and renew your interest in the Spanish language. We meet once a week to share some time chatting, reading and exchanging ideas in order to keep alive and well our Spanish knowledge. This is not a class but rather an excellent opportunity to meet other people in a friendly environment. Some prior knowledge of the language

is recommended although anyone with a strong desire to improve and expand his/her mental skills is welcome to join the group. **Tuesdays -3pm - 5pm - Please call 425.948.7170 to confirm Mill Creek Senior Center**



### **BOOK CLUB -**

Come join the Mill Creek Senior Center Book Club. We are very excited to be developing the first Book Club at the Senior Center, working closely with the Sno-Isle Libraries Book Discussion Kit and the Mill Creek Library. **Please pick up book and register for the Book Club at Mill Creek Senior Center 425.948.7170**  
**Last Friday of the month - FREE 11:15am to 12:15pm - Stay in current location until May**

### **MEMOIR WRITING - FREE 6 WEEKS**

We all have life stories to tell that are interesting and can become a written legacy. This class gives encouragement, affirmation, structure, writing strategies and a chance to share one's stories. One does not have to be an established writer to attend. The purpose of this class is to get in touch with personal memories and enjoy the experience of writing about them. Please bring paper and writing material to the first class.

January classes will be 6 weeks: Jan 4, 11, 18, 25 and Feb 1, 8 from 10 am to 11:30

**10:00am - 11:30am - Barbara Masterson**

**Thursdays April 5<sup>th</sup> (no class on April 12<sup>th</sup>) 19<sup>th</sup>, 26<sup>th</sup>, Stay in current location until May**

**May 3<sup>rd</sup> 10<sup>th</sup> & 17 - New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

### **WRITING CLASS -FREE**

"Short Story Writing: We will discuss structure to include plotting, characterization, setting, and dialogue. Whether your passion is literary, mystery, science fiction, romance or humor, let's craft your story! Bring writing materials and your imagination."

**Mondays - April 2<sup>nd</sup> 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> 30<sup>th</sup> Stay in current location until May**

**May 7<sup>th</sup> and 14<sup>th</sup> - New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

**10:30am to 12:00pm**

**Instructor - Sharyn Bolton**

### **CRITIQUE GROUP: FREE**

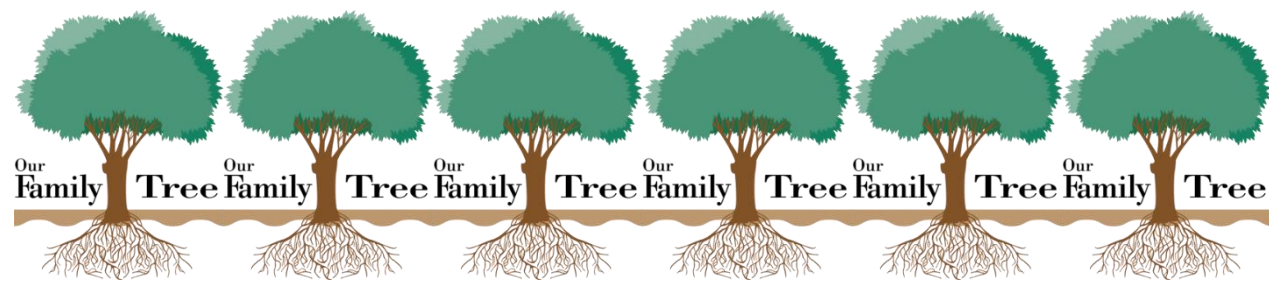
If you are working on a short story, a memoir, an essay or a novel, would you like constructive feedback? If so, join us to share your work and your wisdom with fellow writers.

**Wednesdays - 4 weeks - April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> - Stay in current location**

**1:00pm to 2:00pm**

**Instructor - Sharyn Bolton**

**Free to members - Mill Senior Center**



### **GENEALOGY AND FAMILY HISTORY CLASS -**

Genealogy is a hobby for some people and just fun for others. If you really want to learn more about where your family came from or want to leave a gift for the next generation, this is a great place to start. We will start at the basic level of genealogy and get you learning about your family tree. Beginning & Intermediate Mill Creek Senior Center [425.948.7170](tel:425.948.7170) Instructor: Rose Mitcham

**Beginning - Time 10-11:30am and Intermediate Time 1-2:30 pm**

**Wednesday 10am -11:30am Mornings**

Session I: Apr 4- Apr 25, 4 weeks - **Stay in current location**

Session II: May 2-May 30, 5 weeks **New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

Session III Jun 6-27, 4 weeks **New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

**Intermediate -**

**Wednesday 1pm -2:30pm Afternoon**

Session I: Apr 4- Apr 35, 4 weeks - **Stay in current location**

Session II: May 2-May 30, 5 weeks **New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

Session III Jun 6-27, 4 weeks **New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

\$62.00 members/\$124.00 nonmembers 5 weeks

\$50.00 members/\$100.00 nonmembers 4 weeks

Classes will be paid in full and no makeup for any classes unless Genealogist is not able to be there.

If you miss a class there is no makeup or refunds-illness or by choice



### **COLORING FOR RELAXATION - FREE**

Coloring books for adults have become the latest trend, and unlike some fads, this one is actually really good for you. According to clinical psychologist Ben Michaelis, coloring is a stress-free activity that relaxes the amygdala – the fear center of the brain – and allows your mind to get the rest it needs. When coloring, we activate different areas of our two cerebral hemispheres, says psychologist Gloria Martínez-Ayala. "The action involves both logic, by which we color forms, and creativity, when mixing and matching colors. This incorporates the areas of the cerebral cortex involved in vision and fine motor skills (coordination necessary to make small, precise movements). The relaxation that it provides lowers the activity of the amygdala, a basic part of our brain involved in controlling emotion that is affected by stress." **Please bring your own supplies, Monday 10am to 11am**

### **WATERCOLOR CLASS**

Dip into colorful, creative, Watercolor painting.

Techniques are demonstrated in every class.

Different subjects with reference pictures provided for every two week project.

All levels are encouraged.

Recommended supply list available at front desk or email, [akiebox@hotmail.com](mailto:akiebox@hotmail.com)

**Instructor -Carol Aki BFA**

Wednesdays 10am to 12pm

Session 1 - April 4<sup>th</sup> to 25<sup>th</sup> \$48.00 nonmember \$24.00 member - 4 weeks

Session 2 - May 2<sup>nd</sup> to 30<sup>th</sup> \$60.00 nonmember \$30.00 member - 5 weeks

Session 3 - June 6<sup>th</sup> to 27<sup>th</sup> \$48.00 nonmember \$24.00 member - 4 weeks

Single classes - \$20 nonmember - \$10 member - per class

Must register for class -

***Stay in current location until May***

***New Location - 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012***

**OPEN ART STUDIO**

Share our love of art and enjoy each other's company. This camaraderie was formed by the passion we feel for art. Come join us as we produce art to be appreciated primarily for its beauty or emotional power.

Fridays 1:00pm - 3pm - FREE To register call Mill Creek Senior Center at 425.948.7170

### **UW OSHER INSTITUTE, UNIVERSITY OF WASHINGTON PRESENTS:**

Neoclassical & The Birth of American Art

Miha Sarani

Fridays - June 8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup> and 29<sup>th</sup>

1:00 PM-3:00 PM

Location - New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012 Mill Creek, WA 98012

**Description:** The focus of this course will be visual arts from the Neoclassical period, via Romanticism, to the birth of American painting. We will look at a wide range of artists across two continents, examine history-shaping artists, such as propagandist Jacques-Louis David, imaginative Eugène Delacroix, mystical William Blake, and prominent American portraitist Gilbert Stuart. Revolutions, birth of a nation, and much more -- and art at the very front, leading many of these charges. Together we will look at just how influential the power of art can be.

**Instructor:** Miha Sarani is a visual artist and an art historian. Born and raised in Ljubljana, Slovenia, he received a BFA from the University of Washington. Miha's work has been shown at fine art museums and galleries, featured in art journals and on music album covers. His large Koncentrik Painting series are owned and display at the University of Washington's Mary Gates Hall. He lives and works in Seattle.

Phone: (206) 685-6549 Email: [olli@uw.edu](mailto:olli@uw.edu) Website: [www.osher.uw.edu](http://www.osher.uw.edu)

Mill Creek Senior Center



### **MUSIC FOR FUN**

Our music group has expanded to two hours, our library has grown to several dozen old songs, almost all with lyrics and chord markings, or bring your own favorite piece of music for us to try out. We're playing strings... actually an acoustic instrument, or just bring your voice for the lyrics. Donation collected for music copy cost.

**Mondays 1:00pm to 3:00pm - \$5.00 contribution monthly, or \$1.00 per class.**

Current location until May

### **STRING PLAYERS MUSIC GROUP - WANTED**

If you would be interested in picking up your old instrument again— violin, viola or cello— let us know.

We would like to start a new music group to play simple music together. We have beginning to intermediate level music - it's what we'd be interested in learning— classical... popular... ? This would be just come and play when you can. Just for fun! — no performances.

If you are interested! call Larry at 425-330-4614 or: Terry at 425-948-7170

Current location until May

### **ENJOYABLE AND GUILT FREE**

**KNITTING:** Please join the Knitting group - we meet on Mondays twice a month 10:30am to 12:30pm.

Mill Creek Senior Center - to register 425.948.7170 - Donation

**Mondays -April 9<sup>th</sup> & 23<sup>rd</sup> Stay in current location**

**May 7<sup>th</sup> and 21<sup>st</sup> and June 11<sup>th</sup> & 25<sup>th</sup> New Location 4111 133<sup>rd</sup> St SE Mill Creek, WA 98012**

### **IS QUILTING YOUR PASSION?**

Do you find sewing/cutting scraps of material into straight lines therapeutic? Lots of straight lines with no pressure!  
Please join us Mill Creek Senior Center - to register 425.948.7170 - \$1.00 Donation  
5pm on the 1<sup>st</sup> Thursday 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the Month  
Stay in current location until May.

**LET'S PLAY CARDS! All play at current location until May**



**BRIDGE** - "Bridge is by far the greatest card game of all, and it can provide immense challenge and enjoyment for the rest of your life" Kate McKellar

Prerequisite: Beginning Bridge or equivalent. Come join us as we enjoy each other's company and play the 'greatest card game of all.'

Tuesdays 1<sup>st</sup> & 3<sup>rd</sup> 12:30pm to 3:30pm

Fridays 12:30pm to 3:30pm

Mill Creek Senior Center \$4 nonmember/\$2 member

**CANASTA** - We play the Hand and Foot form of Canasta. Everyone is welcome including beginners!

Wednesdays 1:00pm to 3:00pm

Mill Creek Senior Center - \$4 nonmember/\$2 member

**PINOCHLE** - Come play Pinochle with us! We have a great time, with no experience needed, any skill level welcome

Thursdays-1:00pm to 3:00pm - Mill Creek Senior Center - \$4 nonmember/\$2 member

**BINGO** - Is a game of chance where players mark off numbers on cards as the numbers are drawn randomly by a caller, the winner being the first person to mark off all numbers in a row or another pattern. Do you feel lucky? Come join us, we would love to have you!

Monday/Wednesdays/Fridays - 3:30pm Played at Brookdale Retirement.

Brookdale Retirement Community - 14905 Bothell Everett Highway, Mill Creek,

Buy in 25c per card - please call Brookdale to register 425.338.1580

**BUNCO** - Bunco is a dice rolling game which is easy to learn and requires no skills. It offers a great opportunity to socialize with new friends. Please join in the fun.

4<sup>th</sup> Monday of the Month

1:00pm to 3:00pm \$4 nonmember/\$2member

**MAH JONGG** -Mah Jongg is played with a set of 144 tiles based on Chinese characters and symbols. Each player begins by receiving 13 tiles. In turn players draw and discard tiles until they complete a legal hand using the 14th drawn tile to form four groups. Standard rules about how a piece is drawn, how a piece is stolen from another player, the scoring system and the minimum hand necessary to win. All player levels, including beginners are welcome to join in the fun. Thursdays 9:00 am till 12:00 noon \$4 nonmember/\$2.00 member

**CRIBBAGE** - Cribbage affords players both the anticipation of the luck of the deal as well as ample opportunity to exercise their skills in discarding and play. One of the novel features of Cribbage is that a Cribbage board is

used for scoring rather than the usual pencil and paper. The board speeds up scoring, and in this fast-moving game, pegging greatly reduces the chances for errors in computing scores.

1<sup>st</sup> and 3<sup>rd</sup> Monday of the month 1:00pm to 3:00pm

Mill Creek Senior Center \$4.00 nonmember/\$2.00 member



**CHESS CLUB** - Chess is an abstract strategy board game and mental sport for two players. The object of the game is to put the opponent's king under direct attack from which escape is impossible. Are you up for a little mental workout? Come play an informal chess game, we welcome the challenge.

Terry West at 206.322.4516 Mill Creek Senior Center **FREE**

Stay at current location until May



### **JOB SEARCH SUPPORT**

The North Creek Presbyterian Church offers free assistance for those seeking employment. There will be support of resume writing, interviewing skills, networking and other job searching techniques. No appointment is necessary. For further information call 425.743.2386 **Fridays 10:00am to 12:00pm North Creek Presbyterian**

**Church, Leader: Max Rigelman**



### **RED HAT SOCIETY**

The Red Hat Society's primary purpose is social interaction and bonding among women. If you would like to join the Mill Creek Chapter of the Red Hat Society please call

Linda Waddel at 425.322.4203

Mill Creek Senior Center **FREE**

**STEERING COMMITTEE** - We are looking for volunteers to join the Mill Creek Senior Center Steering Committee. The role of these members is to uphold the values and objectives of the Senior Center. If you have the time and energy, can demonstrate integrity, objectivity and leadership... we are looking for you.

2<sup>nd</sup> Monday of each Month at 1:30pm -

Chair: Ron Cuddy 425.948.7170 Mill Creek Senior Center - **FREE**

Meetings at Current location until May

