



Mountlake Terrace Community Senior Center @ Ballinger Park

23000 Lakeview Drive Mountlake Terrace, WA 98043

(425) 672-2407

mltexec@gmail.com

www.mltseniorcenter.net

**Thank you to our newest
Community Partners!**

Platinum

Premera Blue Cross

Bronze

Azteca, Mountlake Terrace

Cousins Hair Design

Sir James Cleaning Service

Here and There Grill

As our population continues to age the demand for programs and services grows. Your annual Community Partner contribution of \$100 or more will help us upgrade facilities; add staff and new programs to meet that demand. Give us a call for more information.

Special Gift... Have you considered a special financial gift to help your Senior Center provide more programs. A gift of \$100 buys a case of light bulb or hires a janitor for 10 hours. These are things that we often defer. If you are able to make a gift, no amount is too small. Remember your gifts are tax deductible. Thank you for your generosity.

FREEWHEELERS SQUARE DANCE from 7 pm to 10 pm 1st & 3rd Sundays monthly. If any of you would like to come see what it's all about you are welcome to stop by.

Hours of operation...

We are now open Monday - Thursday 9:00 am - 3:00 pm and Friday 9:00 am—2:00 pm. Stop by and say hi, the coffee is always on.

Pay your 2016 Dues early and save!

If you have paid for 2015, you can save \$5 by paying your 2016 dues early. \$20 between now and December 31 for renewals only. New members \$25 and membership is good through the end of 2016

Annual Membership Lunch and Conversation - Thursday

November 19th Noon - 2:00 pm

FREE Hot Lunch Buffet served at noon.

Membership Conversation - 1:00 - 2:00

Door Prizes at conclusion

Join us for a meal, friendship, and conversation. After lunch at 1:00 pm you will have an opportunity to have a conversation with your Board of Directors and staff about the future of your center. Learn about new activities. Meet new members of your Board of Directors. We have an opportunity to change and grow together; your feedback is part of the key to success.

Please sign up at the Welcome Desk if you plan to attend. We look forward to sharing a meal and time with you.

Community Partners

The following businesses and organizations from the community have joined us as partners. Please remember to patronize them and thank them for supporting us.

Azteca 22003 66th Av W. Mountlake Terrace

Care With Dignity Mountlake Terrace, WA

Cousins Hair Design 23308 56th Av W. Mountlake Terrace

Double DD Meats 5602 232nd St SW Mountlake Terrace, WA 98043

Fairwinds-Brighton Court 6520 196th St. SW, Lynnwood, WA (425) 775-4440

Fire District #1 Firefighters IAFF Local #1828

First Baptist Church 22800 56th Ave. W, Mountlake Terrace, WA (425) 778-2046

Frontier Communications 3831 204th St SW, Lynnwood, WA

Heppner Insurance Agency 21804 50th Pl W. Mountlake Terrace, WA (425) 232-8813

Here and There Grill

Homewatch Caregivers 6912 220th St SW Mountlake Terrace, WA (425)778-1288

Imrans Tikka Kabob 7425 Hardeson Rd Everett, WA (425)502-0992

Merrill Gardens, Mountlake Terrace Plaza 23303 58th Ave. W. Mountlake Terrace, WA (206) 569-4181

Romio's Pizza and Pasta 5602 232nd S.W. Mountlake Terrace, WA (425) 673-2187

S. Al Wilcox American Legion Auxiliary Unit 234 22909 56th Ave. W Mountlake Terrace, WA

Peggy L. Sanders Attorney at Law 152 3rd Ave. S Edmonds, (425)640-8686

Premera Blue Cross

Senior Services of Snohomish County 11627 Airport Road, Everett, WA (425)355-1112

Sir James Cleaning Service

Vineyard Park Mountlake Terrace 23008 56th Av W. Mountlake Terrace



Nutrition Program

Don't forget you can get a nutritional well balanced lunch on Wednesday and Friday for a donation of \$3.00 if you are 60 or over. Those under 60 are welcome, the price is \$6.00.

Please remember to call the Senior Center at (425)672-2407 and let us know you are coming.

Soup, Salad, Sandwich Lunch every Thursday in the Lakeside Lunchbox Café from 11:30 - 1:00 pm

Board of Directors/Staff

Staff

Mike Cooper - Executive Director

Ann Nygaard - Program/Volunteer Coordinator

Darlene Johnson - Cook, Flash Scaff Jr. - Cook

Board of Directors

President - Cyndy Wesley

Vice President - Pat Chandler

Secretary - Dennis Plourde

Treasurer - Maria Quinteiro

Mickey Schwald, Arlene Davin, Mary Brown, Howard Goehring, Dave Heppner, Peggy Sanders

Chair Massage ...Friday's 9:00 am - Noon. \$10 for 10 minutes. Advanced appointments are required and you must pay when you make the appointment.

Casino Trips



November

Tues 11/3 - Tulalip 8:30 am

Tuesday 11/17 - Angel of the Winds 8:30 am

December

Tuesday 12/1 - Tulalip 8:30 am

Tuesday 12/15 - Angel of the Winds 8:30 am

The cost of the trip depends on the distance of travel and if there is a ferry ride. Get more information by calling the Senior Center Welcome Desk (425) 672-2407.

Activities

Dancing with The Huckabilly's Sunday from 1:00 – 3:00 pm \$3/person.

Line Dancing Lessons Thursday 6:15 pm– 7:30 pm \$3/person

Dancing with “The Music Whisperer” 2nd and 4th Tues. 1:00 - 3:00 pm \$3/person

Mexican Train 1st and 3rd Monday Noon—3:00 pm \$1/person donation requested

Knitting Every Thursday 1 - 3 pm.

Yoga For Stronger Bones Thursdays 10:30 - 11:30, \$5/member, \$6/non member

Gentle Yoga Monday & Thursday 9:15 -10:15 am \$5/member, \$6/non member

Pinochle Friday 10:00 a.m. until noon. \$1/donation requested

Drawing Class Tues 10:00 am - noon \$3/person

Cribbage - Wednesday 1:15 pm \$1/donation requested

Acupuncture Friday's 9:00 am—Noon.

\$10/members \$15/non members. You will be able to have acupuncture treatments at our Senior Center from Dr. Cole Alexander and Free Range Health.

Advanced appointments are required and you must pay when you make the appointment.

Trips & Tours

November

Friday 11/6 - Seattle Art Museum

All trips subject to change. Call early. Save your seat. Get more information by calling the Senior Center Welcome Desk (425) 672-2407.

Holiday Festival By The Lake Saturday November 21st

9:00 am - 4:00 pm.

Vendors wanted

Six foot table \$30.

View from the Coop...



Newsletters... Due to increased costs we have decided to send the newsletter four times per year in the mail. On the months in between, smaller more abbreviated versions will be sent electronically, with paper copies available at the front desk. If you would like electronic versions please make sure we have your email address when you renew your membership.

Programs and activities... We continue to explore new and exciting programs to serve you better. If you have ideas please drop us a note. Your input is valuable. Our grassroots planning conversation takes place on the second Tuesday of each month at 12:30 pm. This is a great opportunity for you to share your thoughts.

Volunteers... Are you interested in working at the Welcome Desk? Bring your smile and be a greeter. There are many opportunities for you to be involved.

Winter 2015

Mountlake Terrace Community Senior Center

23000 Lakeview Drive

Mountlake Terrace, WA 98043

NONPROFIT ORG
U.S. POSTAGE PAID
MTLK. TERR., WA

Permit #32

ADDRESS SERVICE REQUESTED



Saturday November 21, 2015
9:00 a.m. - 4:00 p.m.

***Holiday
Festival
By The Lake***

Mountlake Terrace Community Senior Center
23000 Lakeview Drive, Mountlake Terrace

40 Artist's and Crafter's
3 room's
Gift's Baked Good's
Music and Caroling
Face Painting
Raffle's and Door Prizes
Community Breakfast 8:00 - 10:00 a.m.
Homemade Soup, sandwiches, hot drinks, fresh
baked cookies available all day in the Lunchbox
café.

Plenty of Free Parking
All proceeds go to provide activities for seniors in our
community

(425)672-2407 email: holidayfestivalbythelake@gmail.com

HOLIDAY DINNER

Food, Song, Celebration

Friday December 4, 5:00 pm

Bring your friends and family to this festive event.
Great food, music, raffles and more.

Only \$12/person.

MENU

Caesar Salad, Smoked Turkey Breast

Mashed Potatoes, Dressing, Veggies

Dessert Buffet

Make your reservations at the Welcome
desk. Space is limited to 100