



Mercer Island SENIORS RISING Newsletter

April 2026

Dear Island Seniors,

April is Earth Month and time to appreciate the over 450 acres of parklands with trail networks Mercer Island has to offer.

Many of these have accessibility features to support access for all and offer views of Lake Washington, our extensive tree canopy, and wetlands teeming with life.

Consider more time in nature this spring, as it reduces stress and improves mood, cognitive functioning, and sleep. Enjoy Mercer Island's parks, walking paths, or outdoor sports courts.

Did you know walking is one of the best exercises for those able? See inside for more information about Earth Month and tips for how to get walking!

Derek Franklin
YFS Administrator



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

Seniors Scene



Island seniors are seen staying fit and having fun during a game of drop-in volleyball at the MI Community and Event Center.

Senior Event



Mercer Island SENIORS RISING
COMMUNITY LUNCH!

Monday, May 11th - 11:00am to 1:00pm
Mercer Island Community and Events Center

Join us for a free lunch & connection!

Walking for Healthy Aging

The spring weather is on its way, providing a perfect opportunity for seniors to start or return to a regular walking routine.

Physical activity, including walking, has numerous health benefits for older adults, including decreased risk of cardiovascular disease, diabetes, cognitive impairment and dementia. It also improves mental well-being, sleep, and longevity.

Consider including others in your routine by starting a walking group! Gather friends, family, neighbors, or co-workers for a regular walking meet-up. Establishing a walking group can provide social connection and support to keep everyone on track.



Here are tips for starting a walking group:

- **Make a plan:** Decide when and where your group will meet, how many days a week, and how long you will walk based on ability of members.
- **Contact list:** Set up a system to contact one another (phone tree or e-mail list) so that you can all stay informed and in touch.
- **Get out there!** Pick a start date and then head out to enjoy the beauty of the PNW while reaping the health benefits.

Parkinson's Awareness

April is Parkinson's Awareness Month—a time to shine a light on the millions of individuals and families affected by Parkinson's Disease worldwide.

Parkinson's is a progressive neurological condition that impacts movement, balance, and quality of life, but it does not define the strength, resilience, or contributions of those living with it.

This month is an opportunity to increase understanding, reduce stigma, and show

support for people with Parkinson's, their care partners, and the healthcare professionals and researchers working toward better treatments and, ultimately, a cure.

By learning more, sharing resources, and supporting advocacy and research efforts, we can help build a more informed and compassionate community.

For more information, support and resources contact the Northwest Parkinson's Foundation (NWPF) at nwpf.org



EARTH MONTH EVENTS

APRIL 2026

SU	M	TU	W	TH	F	SA
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Shop secondhand all month at the MI Thrift Shop!

- 29 – Recycling Event, 9a–3p, Mercer Island Boat Launch
- 4 – Volunteer Event, 10a–1p, Gallagher Hill Open Space
- 7 – Mindfulness Walk, 11a–12p, Pioneer Park
- 9 – Volunteer Event, 12p–2p, Native Plant Nursery
- 11 – Paint Recycling Event, 9a–3p, City Hall
- 11 – Volunteer Event, 9:30a–11:30a, Ellis Pond
- 14 – Stormwater Stewardship, 1p–3p, Pioneer Park
- 15 – Garden Club, 1p–3p, Gallagher Hill Habitat Garden
- 16 – Nature Journaling, 10a–12p, Pioneer Park
- 18 – Volunteer Event, 10a–1p, Homestead Field
- 21 – Plant ID Walk, 1p–3p, Pioneer Park
- 22 – Art in E(CART)H Day, 1p–3p, Clarke Beach Park
- 23 – SUSTAINABLE FASHION SHOW, 11a–1p, MICEC
- 23 – Heat Pump Workshop, 5:30p–6:30p, MICEC
- 25 – Volunteer Event, 9a–11a, Wildwood Park
- 25 – Noxious Weeds Class, 10a–12p, MICEC
- 25 – Guided Bird Watching Walk, 9a, North Luther Burbank Parking Lot Kiosk
- 30 – Mindfulness Walk, 11a–12p, Pioneer Park



Scan for more info

www.mercerisland.gov/publicworks/page/2026-earth-month-events

More information [HERE](#)



April Activities and Events

MI Youth and Family Services

www.mercerisland.gov/YFS

(206) 275-7657

- **4/14** [Living Alone Senior Group](#), **1:30-3:30PM**, Mercer Island Community and Event Center
- **4/22** [Caregiver Support Group](#), **10:30AM-Noon**, MICEC, (Fourth Wednesday of each month)

City of Mercer Island

www.mercerisland.gov/calendar

(206) 275-7657

- For a complete list of [Earth Month Events](#) visit www.mercerisland.gov/publicworks/page/2026-earth-month-events
- **4/15** [Garden Club](#), **1:00-3:00PM**, Gallagher Hill Habitat Garden
- **4/22** [Art in E\(ART\)H Day](#), **1:00-3:00PM**, Clarke Beach Park
- **4/23** [Sustainable Fashion Show](#), **11:00AM-1:00PM**, MICEC
- **4/25** [Guided Bird Watching Walk](#), **9:00AM**, Luther Burbank Park
- **Thursdays** [Teal Thursdays for the Mariners](#), **9:00AM-12:00PM**, MICEC
- **Wednesdays** [MI Thrift Shop Senior Discount Day](#), 20% off regular priced items (60+ with ID)
- **Mondays, Wednesdays, Fridays** [Stay Active & Independent for Life \(SAIL\)](#) fitness program, **10:00-11:00AM** and **11:30-12:30PM**, MICEC

Other Activities & Organizations

- [Mary Wayte Pool](#)
- [Mercer Island Historical Society](#)
- [Mercer Island Sister City Association](#)
- [Mercer Island Women's Club](#)
- [Old Friends Club](#)
- [OSHER Lifelong Learning Institute at UW](#)

Mercer Island Library

kcls.org (206) 236-3537

- **Mondays** [Tech Support for Older Adults](#), **3:15-4:45PM** (repeats every Monday)
- **Saturdays** [Tech Support for Older Adults](#), **3:00-4:30PM** (repeats every Saturday)
- **4/14** [MI Library Book Club](#) - Tom Lake, **1:30-3:00PM**

Stroum Jewish Community Ctr.

sjcc.org (206) 232-7115

- **4/7** [Endless Opportunities: New Light Rail Connects Our Community](#), **10:30AM**
- **4/14** [Yom HaShoah Community Commemoration](#), **1:00-3:00PM**
- **4/20** [Endless Opportunities: Game Day at the J](#), **10:30AM-12:00PM**
- **Ongoing**, [Mercer Crest Bridge Club](#) Lessons
- **Mondays** [Mahjong Mondays](#), **6:00-8:30PM** (Drop-in weekly & Beginner Classes monthly)
- **Monday-Friday**, [Aqua Fit](#), **9:00AM**
- **Tuesdays** [Senior Strong](#), **11:00AM**
- **Wednesdays** [Chair Yoga](#), **11:00AM**
- **Thursdays** [Balance & Stability](#), **11:00AM**

Mercer Island Visual Arts League

<https://mival.org/> (206) 414-4981

- **Now thru 4/24** [Curating the Curators Art Show](#), MICEC Operating Hours
- **4/11** [The Secrets of Drawing on Location](#), **10:00AM-4:00PM**, MICEC

Please check the organization website or call to confirm program information. Events or programs may require registration and/or include a fee to participate. YFS has neither reviewed nor approved the non-City of Mercer Island programs, personnel, activities or organizations.