



Mercer Island SENIORS RISING Newsletter

July 2026

Dear Island Seniors,

Welcome to summer! After another long northwest winter, the sun is out and it's time to get active. Look in this edition for senior-specific activities for music lovers, support groups, community events, and the annual Mercer Island Summer Celebration.

This July 4, 2026 we celebrate America's Semiquincentennial—the 250th anniversary of the Declaration of Independence. It has already been 50 years since the 1976 Bicentennial--anyone else remember the new quarter or long gas station lines? My YFS coworker attended a recent FIFA soccer match in Seattle and commented that patriotism came alive when fans joined together singing the National Anthem.

This summer, we hope all seniors will honor their contributions to the history of the country and Mercer Island community — your wisdom and stories help make our community special.

Derek Franklin
YFS Administrator



Seniors Scene



Island seniors are seen bird watching in Luther Burbank Park as part of the MI Parks Department's Bird ID Walk. Join the next [bird watching outing](#) on July 30th!



Islanders and their furry friends joined [Paws on Patrol](#), a community-driven crime prevention partnership between the Mercer Island Police Department (MIPD) and local dog walkers.

Music and Community



Islanders searching for live music can skip the trip to downtown Seattle – you can find live music right here on Mercer Island!

Mosaic MI features free live performances by local musicians the first Thursday of every month from 7:00-9:00PM at Aljoia Senior Living on Mercer Island (2430 76th Ave SE).

These inclusive and supportive events allow musicians to share their talents and all Islanders are invited to come listen, support, and enjoy the community gathering.

Do you have a musical talent to share? Performers (high school age and older) are invited to take the stage at the monthly Mosaic MI events. If you're a musician who would like to share your talents, just show up! Mosaic MI uses a lottery system where 10 names are drawn throughout the night and

each performer gets 10 minutes to share their work.



Founder Abby Karp says “Mosaic MI is a place where musicians and non-musicians alike show up to be moved, to be present, and to support each other in the most generous way possible.”

Come enjoy the music and light refreshments and be part of this shared community experience. More info at mosaicmusicmi.com.

The banner features a blue background with white and red fireworks. At the top center is the City of Mercer Island logo. Below it, the text "SATURDAY, JULY 11, 2026" is written in white with a red outline. The main title "SUMMER CELEBRATION!" is in large, bold, red letters with a white outline. At the bottom, the website "WWW.MERCERISLAND.GOV/SUMMERCELEBRATION" is written in white with a red outline. Three small images are included: a cheerleader in a silver and purple outfit, a large firework exploding over a body of water at dusk, and a person juggling in silhouette against a sunset sky.

SATURDAY, JULY 11, 2026

SUMMER CELEBRATION!

WWW.MERCERISLAND.GOV/SUMMERCELEBRATION

Summer Hydration Tips



The summer sun and heat has arrived, which means it's important to stay hydrated — especially for seniors. Older adults are at a higher risk of dehydration due to factors like medication side effects, chronic health conditions, and even cognitive decline. For those with Alzheimer's or dementia, it can be easy to forget to drink enough water, leading to serious health issues.

Be aware of these common signs and symptoms of dehydration:

- Extreme thirst or dry mouth
- Dry or wrinkled skin
- Fatigue or confusion
- Sunken eyes
- Rapid heartbeat or low blood pressure
- Muscle cramps
- Dizziness or lightheadedness
- Dark-colored urine



If you notice any of these signs, drink water and call a healthcare professional if needed. In severe cases, dehydration can lead to heat exhaustion, heat stroke, or kidney problems, so it's crucial to act quickly.

Here are some tips to help seniors beat the heat and stay cool and hydrated:

- **Prioritize Water Intake** - Aim for at least 7 cups of fluids every 24 hours. Set a timer if you need a reminder.
- **Eat Water-Rich Foods** - Many fruits and vegetables contain high amounts of water and can help keep you hydrated.
- **Stay Cool Indoors** - Use blinds, curtains and fans to cool your home. Seek community cooling centers if needed.
- **Hydrate with Electrolytes** - Replenish lost electrolytes after sweating to maintain proper fluid balance.



E-Bike Rebate

The [WSDOT E-Bike \(WE\) Rebate Program](#) is offering a rebate to help lower the cost of buying an e-bike. People (age 16+) can apply, with rebates of \$300 or \$1,200 depending on household income. Rebates can be used for qualifying e-bikes, e-cargo bikes, and adaptive e-bikes. Applications are accepted until March 29, 2027, with selections the second Monday of each month. Visit ebikerebate.wsdot-sites.com

SAVE THE DATE!

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MERCER ISLAND
SENIORS RISING

FREE SENIOR COMMUNITY LUNCH!

When: Monday, August 10th - 11:00am to 1:00pm
Where: Mercer Island Community and Events Center



July Activities and Events

MI Youth and Family Services

www.mercerisland.gov/YFS

(206) 275-7657

- 7/14 [Living Alone Senior Group](#), 1:30-3:30PM, Mercer Island Community and Event Center
- 7/20 [Death Cafe](#), 4:00-5:00PM, MICEC
- 7/22 [Caregiver Support Group](#), 10:30AM-12:00PM, MICEC, (Fourth Wednesday of month)

City of Mercer Island

www.mercerisland.gov/calendar

(206) 275-7657

- 7/9 [Shakespeare in the Park](#), 7:00PM, Luther Burbank Amphitheatre - Repeats July 10, 12, 17, 18, 19, 22, 29, 30
- 7/11 [SUMMER CELEBRATION!](#), 10:00AM-3:00PM, Mercerdale Park & 6:00-10:00PM, Luther Burbank Park
- 7/14 [Plant ID Walk](#), 11:00AM-1:00PM, Pioneer Park
- 7/16 [Mostly Music in the Park - The Harmony of Rock](#), 6:30-8:30PM, Mercerdale Park
- 7/23 [Mostly Music in the Park - 90's Rewind](#), 6:30-8:30PM, Mercerdale Park
- 7/23 [Nature Journaling](#), 10:00AM-12:00PM, Pioneer Park
- 7/28 [Open Art Studio: Plein Air Painting in the Park - Part 1](#), 10:00-11:30AM, MICEC
- 7/28 [Senior Social Seminars](#), 10:00AM, MICEC
- 7/28 [Bat Night](#), 8:15-9:30PM, Luther Burbank
- 7/30 [PRIDE Night at Mostly Music in the Park - The ABBAglyphs](#), 6:30-8:30PM, Mercerdale Park
- **Thursdays** [Teal Thursdays for the Mariners](#), 9:00AM-12:00PM, MICEC
- **Mondays, Wednesdays, Fridays** [Stay Active & Independent for Life \(SAIL\)](#) fitness program, 10:00-11:00AM & 11:30AM-12:30PM, MICEC
- **Sundays** [Mercer Island Farmers Market](#), 10:00AM-2:00PM, near Mercerdale Park

Mercer Island Library

kcls.org (206) 236-3537

- 7/8 and 7/15 [Let's Dance!](#), 3:30-4:30PM (every 2nd and 4th Wednesday of the month)
- 7/14 [Managing Money: A Practical Guide to Spending](#), 6:30-7:30PM
- 7/22-7/26 [Friends of the MI Library Summer Mini Book Sale](#), various times
- **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)

Stroum Jewish Community Ctr.

sjcc.org (206) 232-7115

- 7/6 [Coffee + Connections](#), 10:00AM-12:00PM (First Monday of each month)
- 7/7 [WA Park Arboretum Tour](#), 10:30AM
- 7/29 [Seattle Asian Art Museum Tour](#), 12:30AM
- **Ongoing**, [Mercer Crest Bridge Club](#) Lessons
- **Mondays** [Mahjong Mondays](#), 6:00-8:30PM
- **Monday-Friday**, [Aqua Fit](#), 9:00AM
- **Tuesdays** [Senior Strong](#), 11:00AM
- **Wednesdays** [Chair Yoga](#), 11:00AM
- **Thursdays** [Balance & Stability](#), 11:00AM

MIVAL Call for Entries

2nd Annual Community Photography Show

Share photos of MI, your travels, or anything that reflects the spirit, people, and places seen through your unique perspective. Entry deadline Aug. 7. Register at mival.org/calls-for-entry. Photos to be featured at MICEC show Aug. 24-Oct. 16.

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.