



Mercer Island **SENIORS RISING** Newsletter

March 2026

Dear Island Seniors,

Famous psychologist Carl Jung described the time after 60 as the “afternoon of life.” It is a time for personal growth, free from the rules of early life that might have focused on achievement or accumulation.

What better way to understand options for growth as an older adult than to attend the Mercer Island Senior Resource Fair on March 7th (more information on the next page).

This spring, YFS encourages seniors to adopt a growth mindset and explore new options for staying active, connected, and engaged.

The YFS Seniors Rising Initiative aims to support all Island seniors living to their fullest potential.

Derek Franklin
YFS Administrator



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

Seniors Scene



Stay Active and Independent for Life (SAIL) fitness instructor, Meg Pearson, led community members through a series of stretches and movement to showcase the SAIL program at the MIYFS Foundation “Giving from the Heart” Fundraising Breakfast last month.

March brings with it a sense of renewal, growth, and the celebration of life. This season of fresh beginnings is the perfect time to build a spirit of gratitude.



The Senior Resource Fair is Here!



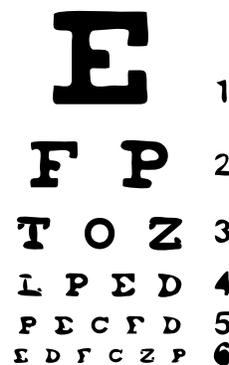
You're invited to join the **City of Mercer Island Senior Resource Fair** on Saturday March 7, 2026 from 10:00 AM- 1:30 PM at the MI Community and Event Center. This is a **free event for seniors, their care partners, and families**. Stop by for information on a variety of topics including: staying active, health and safety, support and respite services, mental health care, volunteer opportunities and social connections. See [schedule](#) on the next page. >>>

Time for an Annual Eye Exam?

As we age, our vision changes and regular eye exams are an important factor in safeguarding your sight.

As you reach your 60s and beyond, it is important to be aware of age-related eye health problems that could cause vision loss. Many eye diseases have no early symptoms. The issues may develop without pain and you may not notice the changes to your vision until the condition is quite advanced.

In addition to wise [lifestyle choices](#), regular eye exams and early detection of disease can significantly improve your chances of maintaining good eye health and vision as you age.



Did you know that health problems affecting other parts of your body, such as diabetes or hypertension (high blood pressure), can affect your vision as well?

Regular eye exams are even more important as you reach your senior years. The [American Optometric Association](#) recommends annual eye examinations for everyone over age 60. Notify your primary care physician or doctor of optometry immediately if you notice any changes in your vision.



City of Mercer Island SENIOR RESOURCE FAIR

➔ SATURDAY, MARCH 7TH ➔ 10:00AM-1:30PM

MERCER ISLAND COMMUNITY AND EVENT CENTER
8236 SE 24TH STREET, MERCER ISLAND, WA 98040

VENDORS

10:00AM - 12:00PM

Meet and gather resources from over 50 vendors. Map will be available for participants upon arrival.

REFRESHMENTS

12:00PM - 12:30PM

Socialize and enjoy light food and drinks after meeting with vendors and before presentations.

PRESENTATIONS

Presentations will take place after refreshments on the following topics.

12:30 PM

Text scams and phishing
Mercer Island Police Department

12:30 PM

Nutrition Education for Seniors
UW Public Health

12:50 PM

Considerations for Assisted Living
Vineyard Park

1:10 PM

Advance Planning and Legal Documents
End of Life Washington

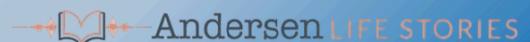
1:10PM

Light Rail and Accessibility Features
Sound Transit

Join us!



SPONSORED BY:



March Activities and Events

MI Youth and Family Services

www.mercerisland.gov/YFS

(206) 275-7657

- **3/10 [Living Alone Senior Group](#), 1:30-3:30PM**, Mercer Island Community and Event Center
- **3/17 [Death Cafe](#), 2:00-3:30PM**, MICEC
- **3/25 [Caregiver Support Group](#), 10:30AM-Noon**, MICEC, (Fourth Wednesday of each month)

City of Mercer Island

www.mercerisland.gov/calendar

(206) 275-7657

- **3/7 [Coffee with a Cop](#), 1:00-3:00PM**, North End Starbucks (7620 SE 27th St)
- **3/7 [Senior Resource Fair](#), 10AM-1:30PM**, MICEC
- **3/19 [Mindfulness Walk](#), 11:00AM**, Pioneer Park
- **3/24 [Mindfulness Walk](#), 11:00AM**, Pioneer Park
- **Monday-Friday [Community Coffee](#)**, MICEC, **9:30-11:30AM**
- **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, **10:30-11:30AM and 11:30-12:30PM**, MICEC

Other Activities & Organizations

- **3/29 [Listening In: A Mindfulness Afternoon](#)** with YogaBliss, **2:00-4:30PM**, Congregational Church of Mercer Island
- [Mary Wayte Pool](#)
- [Mercer Island Historical Society](#)
- [Mercer Island Sister City Association](#)
- [Mercer Island Visual Arts League](#)
- [Mercer Island Women's Club](#)
- [Old Friends Club](#)
- [OSHER Lifelong Learning Institute at UW](#)

Mercer Island Library

kcls.org (206) 236-3537

- **3/2 [Tech Support for Older Adults](#), 3:15-4:45PM** (repeats every Monday)
- **3/7 [Tech Support for Older Adults](#), 3:00-4:30PM** (repeats every Saturday)
- **3/10 [MI Library Book Club](#)** - The Lion Women of Tehran, **1:30-3:00PM**

Stroum Jewish Community Ctr.

sjcc.org (206) 232-7115

- **3/14-29 [Seattle Jewish Film Festival](#)**
- **3/20 [Charles Grodin: Rebel with a Cause - Senior Matinee](#), 1:00PM**
- **3/23 [Volunteer Opportunity - Birthday Dreams](#), 1:00PM**
- **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

- **3/6 [Art Workshop: Lightweight Nunofelt Scarf](#), 10:00AM-4:00PM**, MICEC
- **3/11 [Curating the Curators Art Show Reception](#), 5:00-7:00PM**, MICEC (art show runs 3/2-4/24)

Please check the organization website or call to confirm program information. Some events or programs require registration and include a fee to participate. YFS has neither reviewed nor approved the program, personnel, activities or organizations included in the list above.