



Mercer Island SENIORS RISING Newsletter

May 2026

Dear Island Seniors,

May is National Older Americans month and what a great month to be a senior on Mercer Island!

YFS is excited to launch our first Senior Community Lunch, soccer fans count down to the FIFA World Cup matches coming to Seattle, and there is a lot happening for seniors through the City and our local partners.

“Seniors Rising” is more than a newsletter, but an initiative that honors our senior neighbors and brings attention to their unique abilities and needs.

Mercer Island YFS is honored to be one of the only organizations in the network of YFS agencies across King County to specifically work with our older adult population.

Let's go Island seniors!

Derek Franklin
YFS Administrator



Seniors Scene



Island seniors who attended the Mercer Island Senior Fair heard from MI Police Department staff about how to avoid scams.



In anticipation of the MI light rail station opening, Island seniors learned tips for how to utilize the light rail from a Sound Transit representative at the Senior Fair.

Storytelling Benefits All

Seniors tend to be the best storytellers. The knowledge, perspective, and wisdom that comes with age brings unmatched depth to personal anecdotes, explanations of family or cultural lineage, and historical insights. Storytelling not only bridges gaps between generations, but adds depth and meaningfulness to whole communities.

Mercer Island is fortunate to have one of the highest percentage of seniors in the area. As a family-focused community, there are also many Island youth who can benefit from conversations with grandparents and elderly



neighbors. Such conversations can foster connections across generations and dismantle negative stereotypes about aging.

Hearing stories from seniors strengthens community by highlighting shared identity, sense of belonging, and cultural history. Seniors also benefit directly from storytelling through cognitive stimulation, increased connections, and receiving validation of their many rich life experiences. YFS's Seniors Rising initiative supports senior voice and storytelling!

Support MI Senior Initiatives

Do you appreciate the Seniors Rising Newsletter and other YFS senior programs such as the SAIL fitness class? Join your MI friends and neighbors in supporting these Youth and Family Services programs through donations to the MIYFS Foundation.

All donations to the MIYFS Foundation directly support programs for Island residents. This newsletter and many other programs and services are made possible through generous individual and business donations!

I want to support YFS Seniors Rising!

- Donate online via credit card at www.MIYFSFoundation.org
- Mail this form along with your check to MIYFS Foundation, PO Box 1084, Mercer Island, WA 98040



Donor Information

Name _____

Address _____

Email Address _____

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FREE SENIOR COMMUNITY LUNCH!

Join us for lunch, grab a copy of the **May Seniors Rising Newsletter**, and connect with neighbors!



When: Monday, May 11th -
11:00am to 1:00pm

Where: Mercer Island Community
and Events Center

Serving: Hot dogs, salads, chips,
cookies, and refreshments!

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you by:



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES



FIFA Soccer Excitement



In just a few weeks, our region will host six [FIFA World Cup](#) matches. Soccer fans from across the globe will come to Seattle to cheer on their favorite national teams and soccer stars, enjoy soccer matches, and partake in other festivities over the period of four weeks.

This is the first ever world sporting event to span 3 countries and 16 cities. The tournament is the biggest it has ever been, featuring 48 teams playing a total of 104 matches.

Our region will host 6 matches at Lumen Field, as well as 9 Fan Zones and 2 Base Camps across the state.

PREPARE FOR WORLD CUP VISITORS (AND TRAFFIC!)

Officials anticipate 750,000 visitors will come to the region June 15 - July 6. Hotels will likely sell out and transportation systems will be stretched to their limits.

Here's what you can do to prepare:

- Make sure to add the matches to your personal, family, and business calendars to anticipate likely traffic and mass transit challenges.
- Schedule/re-schedule doctor and other appointments for non-match days.
- If possible, work from home during match days.



FIFA World Cup Schedule Seattle Lumen Field Matches

- June 15 – Belgium vs. Egypt, 12pm PT
- June 19 – USA vs. Australia, 12pm PT
- June 24 – Qatar vs. Bosnia - Herzegovina, 12pm PT
- June 26 – Egypt vs. Iran, 8pm PT
- July 1 – Round of 32, 1pm PT
- July 6 – Round of 16, 5pm PT

Learn more about the tournament and follow for updates at www.seattlefwc26.org/

Partner Spotlight



Stroum Jewish Community Center

The Stroum Jewish Community Center (SJCC) is a welcoming space for Mercer Islanders of all ages. The SJCC is rooted in celebrating the Jewish faith, yet anyone from the community is welcome to participate in their programming or to join as a member.

Program offerings include senior activities, fitness programs (including water activities), and arts and cultural events.

Endless Opportunities at SJCC

Island seniors are invited to take part in the SJCC Endless Opportunities (EO) series, which includes a variety of programs designed for active adults ages 60 and older.

Rooted in connection, curiosity, and fun, EO offers a welcoming space where participants can engage their minds, build friendships, and stay active in a meaningful way.

With three to four events each month, EO features a wide variety of educational and social experiences. Programs include engaging talks with thought leaders, community walks, game days, hands-on activities, volunteer opportunities, and more.

Every offering is thoughtfully designed to stimulate both social interaction and cognitive engagement, creating a dynamic environment where participants are encouraged to learn, share, and connect.

The EO programming is intentionally an active, inclusive community where everyone is invited to participate, contribute, and belong. Whether you are looking to meet new people, explore new ideas, or simply enjoy a fun and enriching daytime activity, EO provides a place to do just that.

Accessibility is a key part of the program's mission. Events are low cost (often free of charge) making it easy for more individuals to take part and stay involved. Just as importantly, EO reflects the SJCC's core value that everyone is welcome, fostering a warm and inclusive atmosphere for people of all backgrounds.

At its heart, EO is about creating space for older adults to stay socially connected, mentally engaged, and inspired. It is a place to gather, to grow, and to truly enjoy the power of community.



May Activities and Events

MI Youth and Family Services

www.mercerisland.gov/YFS

(206) 275-7657

- **5/11** [Chit, Chat, Chew](#) - FREE Senior Community Lunch, **11:00AM-1:00PM**, MICEC
- **5/12** [Living Alone Senior Group](#), **1:30-3:30PM**, Mercer island Community and Event Center
- **5/27** [Caregiver Support Group](#), **10:30AM-Noon**, MICEC, (Fourth Wednesday of each month)

City of Mercer Island

www.mercerisland.gov/calendar

(206) 275-7657

- **5/2** [Pioneer Park Restoration Event](#), **10:00AM-1:00PM**, Pioneer Park, (repeats 5/9, 5/23)
- **5/5** [Mindfulness Walk](#), **11:00AM-12:00PM**, Pioneer Park (repeats on 5/14)
- **5/19** [Bird ID Walk](#), **9:00-11:00AM**, LB Park
- **5/22** Open Art - [Watercolor in Turner's Style](#), **10:00-11:30AM**, MICEC
- **5/26** [Senior Social Seminars](#), **10:00AM**, MICEC
- **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** and **11:30-12:30PM**, MICEC

Other Activities & Organizations

- [MIVAL - Block Party Quilters Exhibit](#) at MICEC
- [Island Books](#) - book and virtual knitting clubs
- [Mary Wayte Pool](#)
- [Mercer Island Historical Society](#)
- [Mercer Island Sister City Association](#)
- [Mercer Island Women's Club](#)
- [Mosaic MI @ Aljoia](#) - First Thursdays 7-9PM
- [Old Friends Club](#)
- [OSHER Lifelong Learning Institute at UW](#)

Mercer Island Library

kcls.org (206) 236-3537

- **5/5-5/10** [Spring Mini Book Sale by Friends of the MI Library](#), various times
- **5/12** [MI Library Book Group - The Island of Sea Women](#), **1:30-2:30PM**, in-person or online
- **5/15** [Intro to Hawaiian Dance](#), **11:00AM-12:00PM**
- **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

- **5/4** [Our Recipes, Our Stories: A Memoir Writing Workshop](#), **1:00-2:30PM**
- **5/18** [Tracing the Past: How to Start \(and Advance\) Your Jewish Ancestry Research](#), **1:00-2:30PM**
- **5/20** [Game Day](#), **1:00-3:00PM**
- **5/26** [Book Club: Heart of a Stranger: An Unlikely Rabbi's Story of Faith, Identity, and Belonging](#) by Angela Buchdahl, **6:30-8:00PM**
- **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**

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.



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

2040 84th Ave SE
Mercer Island, WA 98040



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DIGITAL newsletter is emailed monthly.
PRINTED newsletter is mailed quarterly (Feb, May, Aug, Nov)

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To subscribe online: www.mercerisland.gov/yfs/page/seniors-rising-newsletter

To subscribe via USPS: complete the form below and mail to
YFS, 2040 84th Ave SE, Mercer Island, WA 98040

To be removed from list: SeniorsRising@mercerisland.gov or call (206) 275-7657

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