



Mercer Island SENIORS RISING Newsletter

October 2025

Dear Island Seniors,

This month, YFS would like to honor and recognize the one-year anniversary of the [Old Friend's Club](#) (OFC) at Mercer Island Presbyterian Church. Congratulations OFC on your success supporting families impacted by dementia.

October offers a variety of programs for seniors including:

- [Ducks in a Row](#) workshop series
- MI Historical Society presentation [“And It Has Pockets! The Battle for Women’s Clothing Equality”](#) (10/12)
- Free [Medicare Open Enrollment Presentation](#) (10/30)

Thank you to all Mercer Island seniors for your support and feedback—you make the Mercer Island Seniors Rising effort stronger. Remember, seniors, you are the living history of the community – we need your voice, wisdom, and perspective.

Derek Franklin
YFS Administrator



Seniors Scene



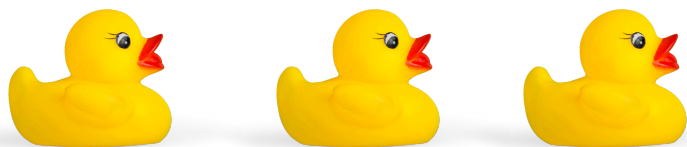
Mercer Island seniors are seen enjoying activities together at an Old Friends Club meeting.

Island seniors, Janice and Sandy, are seen volunteering at the Mercer Island Thrift Shop.

Did you know?
The MI Thrift Shop supports Mercer Island Youth and Family Services (YFS). Thank you donors, shoppers and volunteers!



Ducks in a Row Workshops



YFS is hosting the [Ducks in a Row workshop series](#) to help individuals plan for end-of-life decisions. Workshops are presented by People's Memorial Association (PMA), a trusted nonprofit in Washington.

Learn about important topics such as legal and financial documents, advance directives, POLST forms, Washington's Death with Dignity law, and funeral planning.

Workshop schedule:

- **10/6 Advance Directives, 12-1PM**
Rebecca Hudson, End of Life WA
- **10/13 Funeral Options, 12-1PM**
Rachel LeBlanc, PMA
- **10/20 Estate Planning, 12-1PM**
Emily Tyson-Shu, Reed Longyear
Malnati Corwin and Burnett, PLLC

All programs at MI Community and Event Center, with a Zoom option available. Email miyfs@mercerisland.gov or call (206) 275-7657 to register.

News to Celebrate

Old Friends Club Anniversary

Old Friends Club (OFC) is celebrating one year of service to the community! The OFC has had a very successful year engaging people with mid-stage dementia in lively conversations, storytelling, nature walks, art, games, music, and even dancing! This four-hour program is a way to offer much-needed respite to caregivers.

One family member of a OFC participant shared, "He loves spending time with you all! It gives him four hours of great fun each week and we are so grateful for this wonderful program!"

The [Old Friends Club](#) meets at the Mercer

Island Presbyterian Church (MIPC) on Thursdays from 10:00am-2:00pm . Intake and registration are required. The cost is \$400 per month and scholarships are available. For more information, contact Tanya at ofc@mipc.org or call (206) 232-5595.

MI Library Expands Hours



Mercer Island Library will be expanding operating hours to 7 days a week starting October 19th. Come to a community celebration at the MI Library on October 19 to enjoy performances, giveaways, and food. Festivities begin at 12:00. Visit kcls.org/locations/mercer-island/ for more information.

SAIL Fitness Class



by Carin Mack,
Island Senior and
YFS Volunteer



Y.M.C.A...It's fun to stay at the Y.M.C.A...

Three times a week, I get together with a group of Island seniors to dance, sweat, lift weights, and stretch to a soundtrack of songs from the Village People to Carly Simon.

The SAIL (Stay Active and Independent for Life) exercise program was started two months ago and has garnered such a robust response that a second class/session has been added.

As a participant from the beginning, I thought I would share the positive influence this course has had on my overall fitness. SAIL incorporates three areas of exercise important for seniors over 65: balance, weights, and aerobics. I have experienced progress and improvement in all three areas. I feel more fit, stable, and secure.

What surprised me was how much I look forward to the class and the camaraderie with the other participants. We chat about books, senior happenings on the Island, and keep up with each other's lives. This socialization is just as important as the exercise component – you need a hefty dose of both on a regular basis to stay healthy. I hope you'll consider joining us!

YFS sponsors the [SAIL](#) class in coordination with the City's Recreation Division.

Parkinsons Resources



Did you know the headquarters of the Northwest Parkinson's Foundation (NWPf) is located here on Mercer Island? NWPf offers many resources, including information and support groups, to assist people and their families living with Parkinson's Disease.

The foundation offers free resources and services to individuals in Washington, Alaska, Idaho and Montana.

Dr. Marci Nemhauser, PsyD, NWPf Social Services Manager shared "My goal is to work with people who have Parkinson's and their families so that they never have to walk this journey alone."

For more information, stop by the office at 3010 77th Ave SE, Suite 101, visit the PNWF website at nwpf.org or email Dr. Marci Nemhauser, PsyD, at Dr.Marci@NWPf.org

October Activities and Events

MI Youth and Family Services

www.mercerisland.gov/YFS

(206) 275-7657

- **10/1** [DSHS Mobile Office](#), **1:00-4:00pm**, MICEC parking lot
- **10/6** [Ducks in a Row Series: Advance Directives](#), **12:00-1:00PM**, MICEC or virtually on Zoom
- **10/13** [Ducks in a Row Series: Funeral Options](#), **12:00-1:00PM**, MICEC or virtually on Zoom
- **10/14** [Living Alone Senior Group](#), **1:30-3:30pm**, Mercer island Community and Event Center (MICEC), (Second Tuesday of each month)
- **10/20** [Ducks in a Row Series: Estate Planning](#), **12:00-1:00pm**, MICEC or virtually on Zoom
- **10/22** [Caregiver Support Group](#), **10:30am-Noon**, MICEC, (Fourth Wednesday of each month)
- **10/28** Living Alone Senior Discussion Session, **1:30PM**
- **10/30** [Medicare Open Enrollment Presentation](#), **1:30-3:00PM**, MICEC

Mercer Island Library

kcls.org (206) 236-3537

- **10/4** [Tech Support for Older Adults](#), **3:00-4:30pm** (Every Saturday)
- **10/6** [Mercer Island Chinese Association ESL Classes](#), **10:00am-12:00pm** (Meets every Monday)
- **10/6** [Tech Support for Older Adults](#), **3:15-4:45pm** (Every Monday)
- **10/14** [MI Library Book Club](#), **1:30-3:00pm**
- **10/19** [Chilling Tales](#), **3:00-5:00pm**

City of Mercer Island

www.mercerisland.gov/calendar

(206) 275-7657

- **Monday-Friday** [Community Coffee](#), MICEC, **9:30am-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 **12:00-1:00pm**, MICEC
- **10/14** [Plant ID Walk](#), 1:30-2:30pm, Pioneer Park
- **10/16** [Great Shakeout Earthquake Preparedness](#), **10:15am**
- **10/21** [Mindfulness Walk](#), **11:00am-12:00pm**, Pioneer Park NW
- **10/25** [Med Take Back Day](#), **10am-2:00pm**, MI City Hall lot
- **10/30-11/1** [Community Emergency Response Team \(CERT\) Training](#)

Mercer Island Historical Society

merceraislandhistory.org

- **10/12** [And It Has Pockets! The Battle for Women's Clothing Equality](#) with Diane Johnson, Mercer Island Historical Society and Humanities Washington, **2:00pm**, Aljoya Senior Living

Other Activities & Organizations

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

Please check the organization website or call to confirm program information. YFS has neither reviewed nor approved the program, personnel, activities or organizations included in the list.