



Mountain View Community Center

Successful Kids | Hopeful Families | Active Seniors

...serving the needs of our community in the spirit of Christ's love

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October 17, 2019

Washington State Association of Senior Centers
c/o Kristy Dunn
600 E Smith Street
Kent, WA 98030

Dear Kristi,

Thank you for your recent gift of \$1,000 on September 13, 2019 to support our Seniors Programs here at Mountain View Community Center. Your generous gift couldn't have come at a better time, as we have just doubled our senior exercise opportunities due to continued growth in the program!

We know we're making a difference because when our senior participants were surveyed they reported these great results:

- 100% said they were eating better
- 95% said they were living more actively
- 95% said they were monitoring their health better
- 95% said they were self-managing their health risks better

We hope you enjoy the photos and the video that we included with this letter. Thank you for all you do to support active seniors in our community!

Sincerely,

Jesie Holden
Executive Director
jesieh@mtviewcc.org