

SNOHOMISH | SENIOR | CENTER

HAPPY PLACE

EST. 1989 | WASHINGTON

March 2024

Issue 195



Snohomish Seniors

High on Life

506 Fourth Street
Snohomish, WA 98290
360-568-0934
info@snohomishcenter.org
Mon-Fri
9am-4pm

Membership \$40 annually

snohomishcenter.org
@snohomishseniorcenter



St. Patrick's Day Dinner

It's time for our annual St. Patrick's Day Dinner. Wear your green and join us for a delicious corned beef dinner from **4:30 to 6:30pm** on Friday, **March 15th**. Be sure to make your reservation by 3/12.

Please note that lunch will not be served on Friday, 3/15.

St. Patrick's Day Dinner

Friday, March 15th
4:30-6:30pm

Reservations Required
By 3/12

OPEN TO THE PUBLIC

Traditional Irish Menu:
Corned Beef, Cabbage,
Mashed Potatoes,
Caesar Salad & Roll

Suggested Donation \$15

All Proceeds Benefit
The Snohomish Senior Center

Snohomish Senior Center

Snohomish on the Rocks

Your SSC team is busy preparing a new fundraiser. Snohomish on the Rocks was an established event run by another organization for several years. Last year we had the opportunity to purchase the rights to Snohomish on the Rocks in order to use it as a major fundraiser for the center.

If you enjoy craft spirits-vodka, gin, rum etc., then this event is for you! Join us at Thomas Family Farm on **Saturday, March 23 from 1-6pm** (12-6pm for Premium Access.) Premium Access tickets are \$75 and include a tasting glass, 8 tasting tickets, early opportunity to purchase spirits, private area, complimentary small bites during first 2 hours of event and a champagne welcome. General Admission tickets are \$40 and include a tasting glass, 8 tasting tickets and an opportunity to purchase spirits to take home. Designated Driver ticket options are also available with each category. Tickets are on sale at snohomishontherocks.com and will be available at the center.



Inside This Issue

Director's Letter	pg. 2
Lunch Menu	pg. 3
Board President's Letter	pg. 3
Center & Program Info	pg. 4-5
Fundraisers & Events	pg. 6
Trips	pg. 7
Calendar	pg. 8-9
Center Pics	pg. 10
Reminders	pg. 11
Business Members	pg. 12-13
Word Search	pg. 14
Member Thoughts	pg. 14
Donors	pg. 15
Birthdays	pg. 15

From the
EXECUTIVE DIRECTOR



Sharon Burlison

A year ago, in February, Superbowl Sunday to be exact, my father-in-law passed away. It is a date the family will forever remember. Not because it was Superbowl but because it became the first day for the many firsts to come. Each holiday, or family gathering, we remember him as Dad, or Grandpa, or Great Grandpa. For us, we experienced the grief that many of our members are going through today with the loss of their loved one. Whether they are tears of joy or tears of sadness they still come often and for some of us they will come and go forever. I share this with you, so you know you are not alone. We are not alone in this journey. We have a

wonderful Resilient Living support group that grew from our Grief Support: Living with Change group, that are sharing their losses together. If you or another member might need their support, please share with them. We can't take away your pain, but we can add love and compassion to each other.

With the growth of our membership exceeding just over 1,000 we need your help with a project we're working on. If you have experienced a significant difference in your life, or have been impacted by our center, we want to hear from you. Testimonial statements are available at the front desk. We all have a story to share, so help us spread the word.

Be sure to join on March 15th for our traditional St. Patrick's Day dinner. Make your reservation today at the front desk.

Hope to see you there!

Sharon



Don't Forget

Daylight Savings Time Begins On

Sunday, March 10th

LUNCH

Cost: Complimentary for Members, \$5 Non-Members
Senior Service Meals: \$4 Suggested Donation For Ages 60+, \$8 For All Others

Lunch reservations must be made, at the latest by 2pm, the business day prior, but note that reservations will be cutoff once we have reached capacity, which may be sooner. Please call 360-568-0934 or stop by the front desk to reserve lunch. Menu is subject to change due to the availability of items.

MARCH MENU

Lunch is Served From 12-12:30

Frozen weekend meals are available, provided by Senior Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Chop Salad
Senior Services: 4 French Dip, Potato Wedges, Carrot Raisin Salad	5 Salmon Burger, Coleslaw	6 El Paraiso: Chicken Enchilada, Rice, Beans	7 Senior Services: Fish & Chips, Corn Muffin	8 Chicken Spaghetti, Veggies
Senior Services: 11 Chicken Chili, Garden Salad	12 Ham and Cheese Sliders, Salad	13 Senior Services: Chef's Surprise	14 Brookdale of Monroe: Homemade Pizza, Salad	15 NO LUNCH SERVED St. Patty's Day Dinner 4:30-6:30 \$15
Senior Services: 18 BBQ Chicken Leg, Potato Salad, Beans	19 Hamburger, Salad	20 Senior Services: Grilled Chicken, Turmeric Rice, Veggies	21 Tomato Soup, Grilled Cheese Sandwich, Fruit	22 Village Concepts of Marysville: Taco Salad
Senior Services: 25 Country Fried Steak, Garlic Roasted Potatoes	26 Chicken Salad Sandwich, Salad	27 Senior Services: Baked Ham, Au Gratin Potatoes, Roasted Veggies	28 Salad Bar	29 GenGare of Lynnwood: Meatloaf, Mashed Potatoes, Corn

FROM THE BOARD PRESIDENT



Merle Kirkley

The March winds are coming and as always it tells you Spring is coming. It is the time of the year where we are all Irish for a day and enjoy great food and fun even with being dressed in green. If you have not been over to Fabulously Frugal to meet Jenn, our new manager, take a few minutes to come on over. The store looks fantastic and has lots of great buys. But what I hear are the compliments about our Frugals' staff and their friendliness and how they are so welcoming.

I was in Myrtle Beach, SC last month and my original flight was cancelled because it was the 737 Max 9 and they were all grounded. Well low and behold on my return home, my flight was on a Max 9 and I asked the flight attendant if all the windows were closed and tight. She did not think that was funny. I guess she figured an old guy was trying to be funny. At our age sometimes there is no filter.

I wanted to end with a quote I read recently. Start each day with a positive thought and a grateful heart. Be grateful for what you already have while you pursue your goals. If you aren't grateful for what you already have, what makes you think you would be happier?

See you soon at our Snohomish Senior Center.
Merle

**Board of Directors
2023-2024**

Merle Kirkley- President
 Michael Manley- V President
 Bill Doran - Secretary
 Kim Harrison - Treasurer
 JoAnn Britt
 Carroll Brown
 John Buckingham
 Beth Buckley
 Timm Hall
 Kyla McNulty
 Issy Olivia
 Kimberlee Spaetig-Peterson
 Carol Stultz
 James White
 Patty Wunsch

Board meets 3rd Wednesday
of every month, 8:00am

CENTER & PROGRAM INFO

Bazaar

The Spring Bazaar is next month on **April 13th**. There are a few vendor spots available at \$50 each. If you are interested in having a table to sell your goods, applications are available at the front desk. We'll begin collecting donations for the Bazaar senior tables on Monday, April 1st. Start looking through your home for Spring décor, housewares etc. Please make sure your items are clean and in good condition. Our bake sale table will also need donations. If you enjoy baking and would like to donate homemade goodies, please sign up at the check in table at SSC.

Board of Directors Election

Do you want to serve or nominate someone to serve on the Board of Directors from July 1, 2024 to June 30, 2027? Here is your opportunity! Nomination/Application forms are available at the front desk and need to be completed and received at the Center by 4pm on April 26, 2024. Article VI of the Amended and Restated By-laws (also available at the front desk) contains procedural information. Current Board Members or staff will be glad to answer questions you may have.

JoAnn Britt
Board of Directors
Nominations Committee Chairman

Craft Workshop

Board Member, Kimberlee Spaetig-Peterson will be leading an Easter themed craft workshop on **Friday, March 8th at 9:30am**. Come make adorable bunny and duck washcloth animals. The cost for this project is **\$5** and you will make both animal designs. Sign up the front desk, space is limited. Payment is made to the instructor, please bring cash.



Easter Craft Sale

The Creative Crafters Group will be selling Easter items during the Community Breakfast and again during Bingo. Come get your bunnies, baskets and eggs here at the Snohomish Senior Center. Please stop by between **8:30 and 10:30am** or between **4:00 and 6:30pm** on **Saturday, March 2nd**.



General Membership Meeting

Our next membership meeting will be on Wednesday, March 27th at 1:00pm. All SSC members are encouraged to attend. Homage Senior Services will share a short presentation about their transportation options.

Grief Support-Living With Change

The Grief Support Group welcomes a new facilitator, Monica Diteman. Monica brings her experience as an advanced practice psychiatric mental health nurse and has expertise in grief support. The members of the Living With Change group offer comfort and support, helping each other through our painful journeys of losing a loved one-whether a family member or other loss, whether recent, anticipated, or in the past. Dealing with sorrow is a difficult experience, and we've found that sharing our stories eases our grief. We warmly welcome new attendees with sympathy and understanding. Everyone is free to participate or just listen. **2nd and 4th Wednesdays from 1:00-2:30pm**.

CENTER & PROGRAM INFO

Line Dancing

Have you tried line dancing before? Come join the fun and get your body moving. All experience levels are welcome! Lisa McCadam leads this class on the 2nd and 3rd Thursday of the month at **3pm**. There's no fee for **Members**, guests can give it a try for \$5 per class.

Mahjongg Lessons

If you'd like to learn how to play mahjongg, Ruth Ann Neff offers 1 on 1 lessons. Please see the front desk about scheduling a lesson.

Mexican Train

A new game group has recently formed on Monday afternoons. New players are welcome to join in to play Mexican Train Dominoes every **Monday at 1:00pm**. No fee

Party Bridge Lessons

Are you interested in learning to play party bridge? Come on **Fridays from 11a-12p** for lessons. There is a suggested one time \$5 donation for the lessons, no matter how many weeks it takes you to learn. No need to RSVP, just show up and join. If you have questions, contact Jack at 425-408-3141.

Qi Gong

There's a new program for you to try. Kris Shea is leading Qi Gong classes on the **1st and 3rd Fridays of each month at 3:00pm**. Qi Gong is ancient Chinese movements that have unique and powerful benefits including lowered pain, stress, anxiety and depression. It also helps with sleep, posture, fatigue and balance. The flowing movements with breathing increase the awareness of mind, body and spirit. It is the oldest brand of traditional Chinese medicine. Plus it's fun! Free for **Members**.

Sound Bath

Come enjoy the benefits of a sound bath - a unique way for groups to experience the benefits of an energetic tune up and synchronization for the whole body created by the vibrational energy of the sound created by Tibetan bowls, drums, and other instruments. Each person will have their own individual experience which can range anywhere from feeling calm and peaceful to reducing stress or even managing pain. Sharon Martin leads the sound bath on the **2nd and 4th Fridays of each month at 3:00pm**. Free for **Members**.

Tech Help

Students from Archbishop Murphy High School offer free tech help to **Members**. Get your questions answered about your computer, tablet or smartphone. They can help with transferring photos, learning new apps and programs and organizing or troubleshooting problems. Ask at the front desk about an appointment.

Transportation Presentation - Homage

A representative from Homage Senior Services will be here during our monthly membership meeting on March 27th at 1:00 to give a short presentation about their available transportation options and to answer questions.

FUNDRAISERS & EVENTS

COMMUNITY BREAKFAST

SATURDAY, MARCH 2ND
8:30 - 10:30AM

MENU:
Pancakes or French Toast,
Scrambled Eggs,
Sausage Links,
Biscuits & Gravy,
Coffee or Tea, Juice

SUGGESTED DONATION
\$7



Snohomish Senior Center

BINGO BASH

Saturday, March 2nd
Snohomish Senior Center

Doors Open @ 4:00pm
Early Bird Session @ 5:15pm
Regular Session @ 5:30
Café Open



HAPPY HOUR

At Our Happy Place

FUN!

Thurs. 3/28
4:00pm

Drinks, Appetizers, Music
\$20

Guests Welcome
Sign up at the front desk



Save the Date




SPRING TEA

Saturday, April 27th 2pm
\$15

Tickets On Sale Beginning April 1st

TRIP GUIDELINES

- * A current membership is required to venture on any SSC trip.
 - * Trips must be paid for at the time of reservation. Payment guarantees spot on the trip. Payments must be made in person with a check, cash (which is preferred) or credit card.
 - * Cancellations are not reimbursed unless (a) we (or you) can find a standby to take your place or (b) the trip is cancelled by the Snohomish Senior Center or (c) approval by the Trip Coordinator or Executive Director.
 - * Trips will only be cancelled if: The minimum number of participants, according to the trip, is not met the week before the trip, the vehicle is out of commission due to repairs or a driver illness.
- 

TRIPS

TRIP SIGN UP PROCEDURE

On the 1st business day of the month:

- Those wanting to register for trips will drop their name in a bowl between 9:00-11:00am.
- Names will be randomly drawn, one by one, beginning at **11:00am**.
- When your name is called, it is your turn to sign up.
- You may only sign yourself up for trips.
- Sign ups will remain in person, no phone orders will be taken.

There is no advantage to being first in line, first in the building etc. We will be drawing names at random from those collected, up until 11:00.

After the initial sign up day, members may register for trips in person or by phone, at anytime if there is still space available on the shuttle. It is not uncommon for spaces to still be open after the first business day.

Breakfast with the Director

Thursday, March 7th: Depart @9:00am, Return @11:00am

Come along to enjoy a delicious breakfast and great conversation.

Capacity: Min 8, Max 12 Cost: \$5 for Transportation Only



Boeing Factory Tour

Monday, March 11th: Depart @9:00am, Return @3:00pm

Step inside the world's largest factory for a behind-the-scenes look at the Boeing Everett Factory and 777 assembly line. Each tour is an 80-minute guided experience with a front row view of current airplane production, the Everett site's history and the central role it plays in the future of commercial aviation. Be advised this tour is approximately 0.3 miles round trip. The Gallery and Sky Deck admission are included with your ticket. We'll stop at Ivar's for lunch after the tour.

Capacity: Max 14 Cost: \$39 for Ticket and Transportation Only

Angel of the Winds Casino

Thursday, March 14: Depart @9:30am, Return @2:00pm

Come try your luck at the slots or just enjoy the drive. There's plenty of time to enjoy a bite of lunch with your friends.

Capacity: Min 5, Max 14 Cost: \$10 for Transportation Only

Mystery Dinners

Tuesday, March 19th & Thursday, March 21st Depart @4:30pm, Return @7:00pm

You'll enjoy good laughs and friendship at a different restaurant each month.

Capacity: Min 8, Max 14 Cost: \$6 for Transportation Only

Food Bank Tour

Wednesday, March 20th Depart @10:00am Return @11:30am

Snohomish Food Bank's new Director, Ashleigh invites us to get to know all about the food distribution programs and take a tour.

Capacity: Max 14 Cost: Complimentary (Donations Accepted)

Key of G Live Concert

Saturday, March 23rd Depart @1:00pm, Return after concert

Key of G Live is a tribute to country superstar Garth Brooks. Presented by Everett Civic Music at Everett Civic Auditorium.

Capacity: Max 14 Cost: \$18 for Ticket and Transportation

Everett Silvertips Game




Sunday, March 24th: Depart @3:00pm, Return after game

Experience our hometown hockey team in our very own private suite!





Capacity: Max 14 Cost: \$41 for Tickets and Transportation.





Food and Beverages are at your expense.

ACTIVITY LEVELS

	Easy. Minimal walking, primarily flat surfaces.
	Moderate. Walking short distances and some standing. Possibly uneven surfaces or a few stairs.
	Difficult. Walking tours. Standing. Uneven surfaces, possibly one or more flights of stairs.

***FOR ALL TRIPS, NO ASSISTANCE WILL BE AVAILABLE. IF YOU NEED HELP WITH MOBILITY, YOU MUST BRING SOMEONE ALONG WITH YOU TO HELP. YOUR HELPER MUST ALSO BE REGISTERED FOR THE TRIP.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<h1>March 2024</h1>			
3 12:30 Deck & 1/2 \$	4 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train	5 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study	6 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 12:30 Open Table Games 1:00 French Group (remote) 1:00 Resilient Living 3:00 Chair Yoga
10 12:30 Deck & 1/2 \$	 11 9:00 Boeing Factory Tour \$ 9:15 Movement to Music 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train	12 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study	13 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Book Club 12:30 Open Table Games 1:00 French Group (remote) 1:00 Grief Support 3:00 Chair Yoga
17 12:30 Deck & 1/2 \$	18 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train	19 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study  4:30 Mystery Dinner \$	20 8:00 Board Meeting 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters  10:00 Food Bank Tour 11:30 Entertainment 12:30 Open Table Games 1:00 French Group (remote) 1:00 Resilient Living 3:00 Chair Yoga
24 12:30 Deck & 1/2 \$  3:00 Silvertips Game \$	25 9:15 Movement to Music 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Quilting Group 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train	26 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study	27 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Book Club 12:30 Open Table Games 1:00 French Group (remote) 1:00 Membership Meeting 1:00 Homage Transportation Pres. 1:00 Grief Support 3:00 Chair Yoga
31 12:30 Deck & 1/2 \$			

THURSDAY	FRIDAY	SATURDAY
	1 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:30 Party Bridge \$ 3:00 Qi Gong 5:30 Poker \$	2 8:30 Community Breakfast \$ 5:00 Bingo Bash \$ Easter Craft Sale (8:30-10:30a & 4-6:30p)
7 9:00 Watercolor  9:00 Breakfast w/Director \$ 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$	8 9:00 Ping Pong 9:30 Craft Workshop \$ 10:00 Creative Writing 11:00 Party Bridge Lesson 12:30 Party Bridge \$ 1:00 Bunco 3:00 Sound Bath 5:30 Poker \$	9
14 9:00 Watercolor  9:00 Caregiver Support 9:30 Casino Trip \$ 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 3:00 Line Dancing 7:00 Alzheimer's Support	15 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:30 Party Bridge \$ NO Movie & Ice Cream 3:00 Qi Gong 5:30 Poker \$	16
21 9:00 Watercolor 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 3:00 Line Dancing  4:30 Mystery Dinner \$	22 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:30 Party Bridge \$ 1:00 Bunco 3:00 Sound Bath 5:30 Poker \$	23 12-6 Snohomish on the Rocks \$ (at Thomas Family Farm)  1:00 Key of G Live Concert \$
28 9:00 Watercolor 9:00 Caregiver Support 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 4:00 Happy Hour \$	29 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:30 Party Bridge \$ 1:00 Bunco 5:30 Poker \$	30

NON-WEEKLY PROGRAMS

Alzheimer's Support
2nd Thur 7:00p

Book Club
2nd & 4th Wed 10:00a

Bunco
2nd & 4th Fri 1:00p

Caregiver Support Group
2nd & 4th Thur 9:00a

Coloring Group
1st & 3rd Mon 10:00am

Grief Support: Living with Change
2nd & 4th Wed 1:00p

Happy Hour at our Happy Place
Last Thur of the Month

Line Dancing
2nd & 3rd Thur 3:00

Membership Meeting
4th Wed 1:00p

Movie & Ice Cream Social
3rd Fri 1:00p
(No Movie & Ice Cream in March)

Qi Gong
1st & 3rd Fri 3:00p

Resilient Living
A path to a meaningful life after loss
1st & 3rd Wed 1:00p

Silver Threads Quilting Group
2nd & 4th Mon 1:00p


Sound Bath
2nd & 4th Fri 3:00

WEEKLY FITNESS CLASSES

Movement to Music
Mon, Wed 9:15

Senior Fitness
Tue, Thur 10:00

Chair Yoga
Wed 3:00

\$	There is a fee or suggested donation
	Trip

**LUNCH SERVED
MON-FRI 12-12:30**

CENTER PICS



Senior Fitness got moving to a disco themed playlist last month.



Breakfast with the Director



Valentine's Day Fun



Chair Yoga is currently our largest fitness class.



Mexican Train dominoes on Monday afternoons.



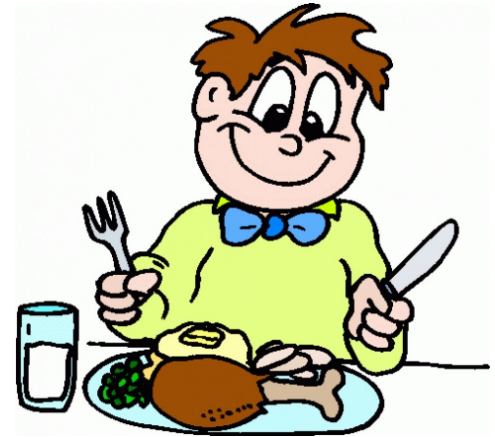
REMINDERS

LUNCH

Lunch reservations are required in advance. The latest we take reservations is by **2pm the business day prior** but earlier is better as some of our most popular meals fill up fast.

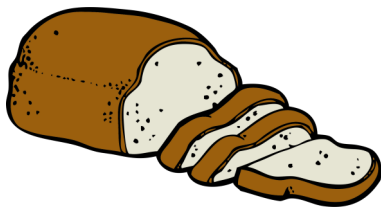
Drop ins on the day of, cannot be guaranteed a spot. You can call to see if there is still space available.

We try our best to accommodate everyone but also try to prevent food waste by preparing meals according to reservations.



Free Bread On Tuesdays

Every Tuesday we have bread (and sometimes produce) courtesy of the Mill Creek Bread Booth. Come help yourself and don't forget to bring your reusable bag.



Newsletter Pickup Option

If you currently have your newsletter mailed and are in the center on a regular basis, you may want to change your delivery option to "pickup" from the front desk. Just let us know and we'll update your preference in our system. Newsletters will be available for pickup after our mailed copies have been dropped off at the post office each month.

Stay Connected With The Latest Updates

Online: snohomishcenter.org

Facebook: Snohomish Senior Center

Instagram: [snohomishseniorcenter](https://www.instagram.com/snohomishseniorcenter)

Robocalls From The Center

We want to remind you that we occasionally utilize the robocall feature on our My Senior Center software. Sending a recorded message allows us to relay information quickly to our members. The phone number that shows up on caller ID will be a Boston, MA # and is sometimes mislabeled as a spam call.

Saving this number in your phone will help you to know it is actually us calling with a message. **617-855-0125**



Business Members

<p>Skydive Snohomish 9906 Airport Way Snohomish (360) 568-7703 WA State's #1 Skydiving Center</p>	<p>Snohomish Flying Service 9900 Airport Way Snohomish (360) 568-1541 x227 Learn to fly * Charters * Tours</p>	<p>Umpqua Bank Kim Harrison VP - Branch Manager Together For Better</p>
<p>Harvey Airfield 9900 Airport Way Snohomish (360) 568-1541 x222 Foundation for the Future</p>	<p>First Financial Northwest Bank Marie Auriol Business Banking Manager 303 91st Ave NW E-502 Lake Stevens 425-264-2784 AuriolM@FFNWB.com</p>	<p>KT Nails Manicures, Pedicures, Waxing & Facials 255 Cypress Street, Snohomish 360-217-7045</p>
<p>Echoing Nature Education & Sales of dōTERRA essential oils & natural products Call/text Joanna @425-231-3616</p>	<p>Snohomish Lions Club "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions</p>	<p>Visit YogaCircleStudio.com Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.</p>
<p>Sanders Coaching Team dawn@sanderscoachingteam.com offering classes to build mental fitness 425.351.8125</p>	<p>New York Life Pamela Taubenheim www.pytaubenheim.nylagents.com 360-568-6436</p>	<p>Julianne McKeown Gilpin Realty, Inc. Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709</p>
<p>Questions about Medicare? VibrantUSA can help! Contact us today at 866-733-5111 or vibrantusa.com</p>	<p>Snohomish Valley Golf Center 8511 Marsh Road, Snohomish, WA 360-568-2493 info@snohomishvalleygolfcenter.com</p>	<p>Lake Serene Senior Care AFH 925-383-8909 Bobby Jallow 13713 37th Ave. W Lynnwood, WA 98087 lakesereneseniorecareafh@gmail.com</p>
<p>Washington Tree Experts washingtontreeexperts.net 425-771-4430 Free estimates for tree pruning/removal</p>	<p>John L. Scott Real Estate Jill Mutcheson 425-308-4496 Senior Real Estate Specialist jillmutcheson@johnlscott.com</p>	<p>ABW Enterprise Professional House Painting in Snohomish Co. www.abwpaint.com 206-498-7739</p>
<p>Village Concepts of Bothell ~Riverside East~ 425-481-1976 Creating a village...</p>	<p>Village Concepts of Marysville ~Grandview Village~ Joanne Acton 360-653-2223 ...that feels like family</p>	<p>Accessibath 866.375.BATH(2284) info@accessibath.com 14815 Chain Lake Rd. STE J Monroe, WA Bathroom safety & accessibility DONE RIGHT</p>
<p>Ashley Pointe Senior Living Small enough to care a little more Carigan Donnelly 425-397-7500 carigan.donnelly@sincerisl.com</p>	<p>Kyle Contracting LLC Residential. Design. Build. Remodel. Repair Business Pone 425-412-0081 KyleContactorLLC@gmail.com</p>	<p>Schultz Financial Partners www.schultzfp.com 360-863-3180 Partnering together to improve the community</p>
<p>Periwinkle Rose Handmade pajamas, gifts, decor, subscription box! www.periwinklerose.com 360-568-3465</p>	<p>Alternative Roofing Systems Inc. www.altroofing.com or 866-ALT-ROOF Flat Roof Specialists Since 1982 "Work & Quality Guaranteed!"</p>	<p>Zion Evangelical Lutheran Church 329 Ave. A 360-568-2700 web: zionsnohomish.360unite.com We preach and teach Jesus</p>

<p>MB Curated Gifts 629 Ford Ave. Snohomish mbcuratedgifts@gmail.com creativitydecor@gmail.com</p>	<p>Edward Jones - Financial Advisor: Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042</p>	<p>Snoho Mojo Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish</p>
<p>A Better Solution In Home Care info@abettersolutionhc.com (206) 446-8896 or (360) 629-4510</p>	<p>Evergreen Health Monroe "Your Community Owned Hospital" www.evergreenhealthmonroe.com</p>	<p>Ryan Hembree Insurance 425-330-4885 Ryan@HembreeInsurance.com Medicare, LTC, Life, Annuities</p>
<p>Blanc & Rouge Wine Bar & Shop 801 First Street, Snohomish blancandrougewine.com</p>	<p>Beck's Place We provide pet foster boarding for people in crisis, as well as volunteer opportunities. 425-419-8992 www.becksplace.org</p>	<p>First and Main Real Estate Snohomish Family Owned Historic Firehouse Building 425-210-7307</p>
<p>Pacifica Senior Living 1124 Pine Ave. Snohomish 360-568-1900</p>	<p>Community Transit Website: communitytransit.org Got questions? We're here to help Call (800) 562-1375</p>	<p>Bruning Pottery 115 Ave D Snohomish, WA 98290 Handmade High Fired Pottery Since 1983 www.bruningpottery.com</p>
<p>Right at Home Snohomish County Serving Seniors "Wherever home may be" 425-290-1714 www.rightathome/snohomishcounty</p>	<p>Riverview Road Cidery 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)</p>	

NEW MEMBER!

NEW MEMBER!

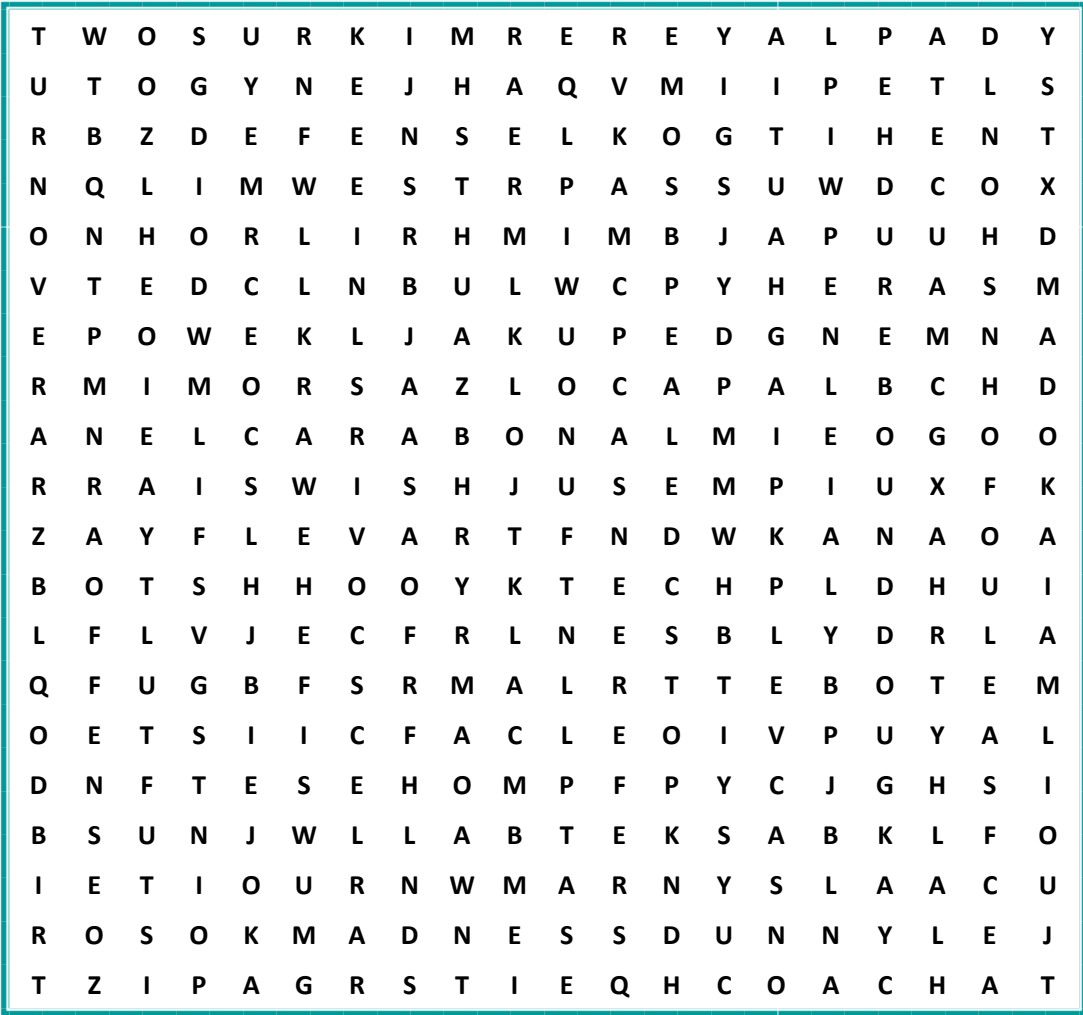
Support Our Local Business Members!

Thanks to these local businesses for supporting the mission of our center. If you are a business owner or know of one who would be interested in an annual membership, contact us for more information.

The annual fee is \$100.00 and contributes to funding our programs and services.

Interested in partnering with us on an upcoming event?
Email info@snohomishcenter.org for details.

WORD SEARCH



- BASKETBALL
- TOURNAMENT
- SWISH
- REBOUND
- MARCH
- MADNESS
- PASS
- LAYUP
- JUMP
- REFEREE
- FOUL
- COACH
- TRAVEL
- OFFENSE
- DEFENSE
- POINTS
- HOOP
- PLAYER
- BLOCK
- TURNOVER

MEMBER THOUGHTS

Shared by Carol Sack:

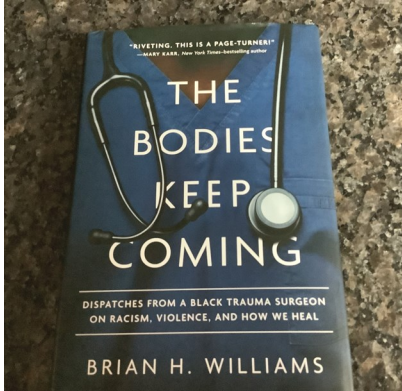
I would like to encourage people to read this book that I just finished. I found it very enlightening in many areas and full of interesting facts and research by the doctor and his colleagues.

“A powerful and necessary read, *The Bodies Keep Coming* offers extraordinary insights into America’s epidemic of violence and Black surgeon’s experience on the front lines.”

Author-Seema Yasmin

“Gripping, candid, and indelible, Dr. Williams’s memoir is an urgent call to arms and an evidence-based blueprint for meaningful healing.”

Author-Lucy Kalanithi



Member Thoughts

*Is there something you’d like to share with our readers?
For consideration send your submission to:*

info@snohomishcenter.org

*drop it at the front desk, or mail it to us at
506 4th St. Snohomish, WA 98290*

JANUARY DONORS

DONORS

Baer-Peckham, Marla	Brown, Roy	Humphrey, Dan	Seahawk Fan Group
Bashaw, Patricia	Bunco Group	Pinochle Group	Shayne, Sue
Bible Study Group	Carlson, Kaye	Poker Group	Snodgrass, Jim
Bindel, Frederick	Dills, Sue	Rogers, Diane	Verlinde, Arthur
	Han, Daniel	Sack, Carol	Water Color Class
	Heinzer, Carl	Schauf, Jordan	Writers Group

March Birthdays - Happy Birthday!!

Bryan Ness	03/01	Sue Hungerford	03/12	Candace Cooper	03/22
Kathryn Sterley	03/01	Shirley McMullin	03/12	Julia Dubrovay	03/22
Juanita Eldine Gomez	03/02	Kathy Service	03/12	Jamie Lyon	03/22
Peter Bohlke	03/03	Diane Thompson	03/12	Gwen Melnyk	03/22
Karen Voggenthaler	03/03	Lynn Anderer	03/13	William Pfliging	03/23
Glenda Platz	03/04	Jennifer Edgington	03/13	Linda Wolk	03/23
Linda Wilson	03/04	Karen Johnston	03/14	Linnie Bride	03/24
Paul Brand	03/05	Margaret Sanders	03/14	Linda Neubauer	03/24
Kenneth Huotari	03/05	Kris Shea	03/14	Judith Tull	03/24
Marcia Kamaka	03/05	Wanda Speer	03/14	John Escude	03/25
Teresa Waddell	03/06	Francis Zapf	03/14	Louise Hoops	03/25
Ann Millar	03/07	Gayle Danahy	03/15	Laura Scott	03/25
Scott Olsen	03/07	Camie Martin	03/15	Brittany Smith	03/25
Sharon Wright	03/07	Malcolm Bates	03/16	Sharon Jungers	03/26
Bernice Akaki	03/08	Robin Martin	03/16	Trisha Kraus	03/26
Steven Cannon	03/08	Lindola Stevens	03/16	Pam Smith	03/26
Marshal Davis	03/08	Ricardo Fonceca	03/17	Warren White	03/26
Ginger Dreves	03/08	Brian Melnyk	03/17	Stephanie Sakelarlis	03/27
Sharon Ferguson-Monks	03/08	James Price	03/17	Kenneth Riley	03/28
Larry Hanson	03/08	Patricia Torres	03/17	Helen Fagerlie	03/29
Kathleen Ihnken	03/08	Jerry Knittel	03/18	Sean O Sullivan	03/29
Todd Parks	03/08	Julianne McKeown	03/18	Nicholas Thomle	03/30
Donna Lee	03/09	Patricia Richard	03/18	Diane Criss	03/31
Gail Shook	03/10	Andrew Kuna	03/19	Sandra Funk	03/31
Arthur Verlinde	03/10	Marcella Adolfson	03/21	Pat Jack	03/31
Carol Lee	03/11	Mary Fairbairn	03/21	Margaret Michaud	03/31
Julia Storey	03/11	Bryan Graves	03/21		
Jacqueline Fitzgerald	03/12	Christine Lake	03/21		

SNOHOMISH | SENIOR | CENTER

HAPPY PLACE

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506 Fourth Street Snohomish WA 98290 360-568-0934

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Proceeds Benefit
The Snohomish Senior Center

611 Second St. Snohomish, WA
360-863-6353

Sun-Sat 10:00am-5:00pm

Donations accepted
during business hours.

We Do Not Accept:
Keyboards, Printers, Ink,
or Computers

**Please call before bringing TVs or large furniture,
we must see items before accepting.*

SSC membership is \$40/year.

Ages 18+ are welcome to join.

SSC membership also makes a great gift!

Our center offers a variety of activities, classes, support groups, special events, and trips which provide a number of ways for our members to connect and thrive.

Applications are available at the front desk or online at
snohomishcenter.org.



Snohomish Senior Center is funded in part by the Snohomish
County Department of Human Services.