

# SNOHOMISH | SENIOR | CENTER

# HAPPY PLACE

EST. 1989 | WASHINGTON

August 2025

Issue 213



## VOLUNTEERS NEEDED

**AISLE MAINTENANCE:**  
STRAIGHTENING UP, DISCARDING  
GARBAGE, MAKING AISLES PRESENTABLE

**LINEN ORGANIZER:**  
BUNDLE AND TAG LINENS

**1 OR 2X A WEEK, 1 TO 2 HOURS**

*Fabulously***FRUGAL**  
**THRIFT**  
**SHOP**

PROCEEDS BENEFIT THE  
SNOHOMISH SENIOR CENTER

Interested?  
Speak With  
Store Manager,  
Jenn  
360-863-6353

## Cooling Center

The heat is here. Make sure you drink plenty of fluids, close your curtains to block the sunlight during the day, and create a breeze with fans if your home does not have air conditioning. Don't forget you can cool off at the Snohomish Senior Center! Enjoy our air conditioning while you socialize. There are a variety of activities everyday, take a look at the calendar.



## 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***



## 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



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*Fabulously***FRUGAL**  
**THRIFT**  
**SHOP**

Owned and Operated by the  
Snohomish Senior Center

611 Second Street  
Snohomish, WA

360-863-6353

Sun-Sat 10:00-5:00pm

*Donations Accepted During  
Business Hours*

*From the*

## EXECUTIVE DIRECTOR



Sharon Burlison

My husband Dave and I recently took a road trip clear across the state to Idaho for a family wedding. I know what you're thinking, "to Idaho, that's barely a road trip". Well for us, we haven't done a lot of travelling in the car outside of our state, so it was a big trip. We decided a year or so ago that owning a trailer would be the start for us planning our retirement. Off we went, trailer in tow and sunshine here we come over the mountains.

The beauty of our state both on the west and east side of the mountains is beautiful during this time of the year. The blue skies, the mountain side, rivers and lakes, we have it all. I don't think one ever outgrows wanting to spot some kind of wildlife along the way either. Dave always seems to have a keen eye before me, and I tend to miss whatever he's spotted! So, we have a little contest every time we travel. I don't often win, but it's always a good challenge!

Summertime seems to be when we spend the shortest amount of time with our extended family. My family still gathers every year for a family reunion, and if we're lucky, a wedding will bring us together. And then, it's a celebration of life that reunites us again.

I guess what I mean is that your family is precious. Family time is priceless. Whether that's with your immediate, extended or your "chosen" family, enjoy the moments you're given. Savor the time and tell them you love them.

That road trip across the state was a gift I will treasure. It gave me time with my cousins, my aunt, uncle and my grandpa, filled with memories of years gone by and new memories of a beautiful wedding and the celebration of a new baby boy.

Happy summer everyone! :)

*Sharon*



## AUGUST BIRTHDAYS

Loren Lilley	08/01	Lorna Rentko	08/11	Cheryl Erickson	08/17	Lorna Skantze-Neill	08/25
Kimberlee Spaetig	08/01	Bobbie Wampler	08/11	Sally Hoffman	08/17	Joe Clark	08/26
Judy Boyden	08/02	Gladys Wehland	08/11	Larry Pearl	08/17	Laurel Leonard	08/26
Joyce Childs	08/02	Cindy Bittler	08/12	Gina Sharp	08/17	Chris Olson	08/26
Marifae Clark	08/02	Connie Janke	08/12	Glenda Pocha	08/18	Roger Sharp	08/26
Maurice Hansen	08/02	Connie Larson	08/12	Amanda Hagen	08/19	Wanda Wilson	08/26
Janny Endsley	08/03	Evalani Nitta	08/12	Cathy Long	08/19	Linda Blaschka	08/27
Jim Maule	08/03	John Bruce	08/13	Susan Hickenbottom	08/20	Audrey Kellerman	08/27
Catherine Steppe	08/03	Heather Cunningham	08/13	Ronald Knutsen	08/20	John Sanders	08/27
Marie Rose	08/04	Seosaimhin McSweeney	08/13	Karen Lawton	08/20	Katie Anderson	08/28
Mary Fitzmaurice	08/05	Barbara Montague	08/13	Michelle McVey	08/20	Dorothy Cadotte	08/28
Melinda Gladstone	08/05	Ralph Sterley	08/13	Linda Gardner	08/21	Lynne Larson	08/28
Karen Price	08/05	Gregory Tasse	08/13	Richard Haltom	08/22	Susan Spooner	08/28
Denise Ferro	08/06	Roy Brown	08/14	John Heppes	08/22	Judith Baker	08/29
John Sattler	08/07	Sylvie Burban	08/14	Cindy Mayer	08/22	Owen Nitta	08/29
Karen Beahm	08/08	Janice Huss	08/14	Edward Mesa	08/22	Peter Richard	08/29
Frederick Bindel	08/08	Scherion Bohlke	08/15	Harold Ronnestad	08/22	Charlene Yarno	08/30
Muteteli Moore	08/09	Karen Harvey	08/15	Linda McGowan	08/23	Paula Abbott	08/31
Vicky O Sullivan	08/10	Carolyn Hood	08/15	Diane Rugh	08/23	Paul Harshman	08/31
Susan Swayzee	08/10	Renee Parsons	08/15	Debbie Stecher	08/23	Marilyn Heuser	08/31
Bill Woodcook	08/10	Valerie Bloodgood	08/16	Zoanne Stokke	08/23	Donna Nicholson	08/31
Laurie Carruthers	08/11	Ruth Ann Erickson	08/16	Beverly Thorkildson	08/23	Dan Rankin	08/31
Mary McBride	08/11	Joel Evans	08/16	Gary Linger	08/24		
JoAnn Pugsley	08/11	Nadine McGinness	08/16	Sherri Williams	08/24		



EvergreenHealth

Monroe

Your Community-Owned Hospital

## CENTER & PROGRAM NEWS

### **Balance Class**

Fitness instructor, Loretta Gallagher teaches a new balance class where members will learn to develop their motor skills and reflexes with stabilizing and strengthening balance activities. Please dress comfortably. **2nd and 4th Fridays from 1:30-2:30pm**. Complimentary for members.

### **Bingo**

Make sure you arrive in time to purchase your game cards. Sales end promptly at **1:20 on Tuesdays** in order for the game to begin on time.

### **Craft Workshop**

Kimberlee Spaetig will lead a craft workshop on **Monday, August 25th at 9:30am**. Enjoy making cute creations with polymer clay. Sign up at the front desk. Bring \$5 to class for supplies.

### **Fire Extinguisher Demonstration**

Snohomish Fire Department will be at SSC on **Wednesday, August 20th at 1:00pm** for an informative demonstration about fire extinguisher use.

### **Fitness Class Cancellations**

Please make note of the various fitness cancellations for August. No Chair Yoga on **August 6th**. No Senior Stretch on **August 11, 13, 18, 25**.

### **Garden Caretakers**

The Garden Caretakers meet on the **1st Wednesday of the month at 10:00am, from April through October**. The monthly garden work party takes place on the 3rd Wednesday of each month from 10:00am until noon through the month of September. If you are interested in pitching in to beautify the SSC grounds, feel free to join in.

### **Haircuts**

Haircut Clinic is back with a new volunteer, Thuy. Thuy has been a hair stylist for many years and is eager to offer complimentary, simple haircuts to SSC members on the **2nd Monday of each month**. Appointments are available from **9:00-11:40**. Come with freshly washed hair please. Sign up at the front desk.

### **Homage Workshops**

Homage will be at SSC offering a variety of workshops to our members at no cost focusing on different topics. The workshops will include a craft or something hands on for participants to do while they learn about the topic at hand.

**Wednesday, August 13th 12:30-3:30** will cover Seasonal Affective Disorder (SAD). Members will learn the signs and symptoms of SAD and ways to take care of yourself if you feel symptoms.

**Wednesday, August 20th 12:30-3:30** will cover Gratitude. Members will learn how gratitude can affect mood and mental health. Participants will be given tools to practice feeling more gratitude in their daily activities.

### **Mariners Viewing Parties**

We will be offering 2 opportunities to watch the Seattle Mariners here on the big screen. Join us on Sunday, **August 10th** (vs. Tampa Bay Rays) and Sunday, **August 24th** (vs. Oakland A's). Games start at 1:10pm, doors will open at 12:40pm. Bring a snack to share and enjoy the game together!

### **Meditation**

Each **1st Friday** of the month from **3:00-3:45pm** we have Guided Loving Kindness Meditation in our library. This free, secular, non-religious meditation is open to everyone, no prior experience. Join Arun Manickam, certified compassion teacher, father, engineer, volunteer and meditator.



## CENTER & PROGRAM NEWS

### Movie and Ice Cream Social

We host a movie and ice cream social every **3rd Friday of the month at 1:00pm**. This month's featured film is ***Deep Cover***. "An improv teacher and two of her students infiltrate the London underworld by impersonating dangerous criminals." **Rated R, runtime 1 hour, 49 mins**, action, comedy. Thanks to Susan Hanson for sponsoring the ice cream.

### Seahawks Viewing Parties

Members are invited to watch the Seahawks football games on the big screen and cheer on our team. The Seahawks Fan Group will get together at the Senior Center for viewing parties. Doors open half an hour before game time. Bring a tailgate snack to share during the games. Get ready for the first viewing party on **September 7th!**

### Sunshine Committee

Sometimes we could use a little extra "sunshine" to brighten our day. If you know of a member who would benefit from receiving a special card in the mail, (sickness, surgery, family passing etc.) fill out a request form at the front desk. We have a volunteer Sunshine Committee that is happy to send out a personal note on behalf of SSC.

## COMMUNITY INFO

### National Night Out

Join local police, fire and service organizations for Snohomish National Night Out on the first Tuesday in August. This year's event will be on August 5th from 4:30 PM to 6:30 PM at Averill Field (400 2nd St).

National Night Out is an annual community event that promotes public safety and partnerships that make our neighborhoods safer, more caring places to live. National Night Out gives neighbors and public safety providers a chance to get to know one another in a positive environment.

Public safety and fun activities for kids and families are the focus. There will be fire trucks, police cars and music. The Snohomish Kiwanis will fit children under 10 with bicycle helmets.

**This event is FREE and open to EVERYONE**

### The Repair Café

**August 23, 2025 1:00 PM – 5:00 PM Snohomish Library**

Got broken stuff? The WSU Repair Café is here for you!

Bring your vacuums, lamps, bikes, jewelry...anything you might have and one of the volunteer fixers will diagnose the issue and do their best to make it usable again. They will show you their process, order parts if necessary, and help you learn how you can do it on your own with videos or one-on-one instruction. First come, first served. Two item limit per visit.

**Please arrive by 4:00pm. The last hour of the event will be used to complete repairs.**

Simple fixes are repaired onsite; complex fixes repaired offsite and ready for pick-up after two weeks.

Please note: The Repair Cafe is unable to fund the cost of any additional parts needed. If a part needs to be purchased our volunteer will contact you to discuss before a part is ordered. Repairs are not guaranteed, and we cannot be held responsible for any damage made in attempt to repair items.

This program is made possible through a partnership with the WSU Extension and Snohomish County.

## FROM THE BOARD PRESIDENT



Welcome to August in all its beauty. It's vacation month for families. I read the 3rd week of this month is the busiest vacation week of the year. August also brings all the beautiful flowers in full bloom and then near the end of the month, fall air sneaks in. Speaking of beautiful flowers, every time I come into the center and view our gorgeous hanging baskets, I'm in awe and thankful to all who lovingly care for them. It is our Happy Place.

I just finished a book by Sandy Zimmerman from Selkirk WA titled, *Get Out Of The Car*. She talks about life and all the great things and challenges, even at our age. Sandy writes "Sometimes in life we think we know exactly what we want and know how it is supposed to work out, but sometimes life surprises us with something far GREATER."

What will your next life surprise be? So many of life's amazing moments even happen at our wonderful age.

See you soon at our Snohomish Senior Center.  
Merle

### Board of Directors 2024-2025

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

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

### 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.

### 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

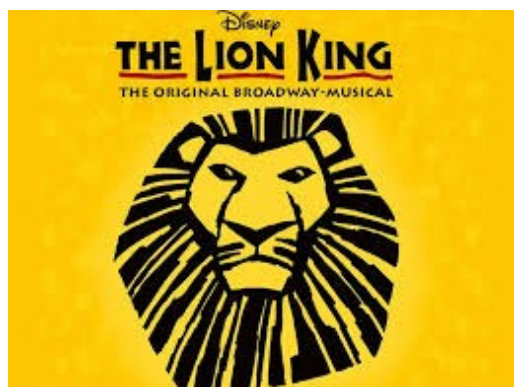
**08/06/25, 08/20/25, 08/27/25 (Wednesday) Aqua Sox Baseball** Depart@ 6:00pm, Return after game ●  
 These trips are currently FULL, but members who have bought season tickets sometimes need to pass along their tickets if they are unable to attend a game. If you'd like to be on a waitlist, inquire at the front desk.

**08/11/25 (Monday), 08/25/25 (Monday) Mystery Dinner** Depart@4:00pm, Return @6:30pm ▲  
 You'll enjoy good laughs and friendship at a different restaurant each month.  
**Capacity: Min 8, Max 14 Cost: \$6 for Transportation only**

**08/13/25 (Wednesday) Angel of the Winds Casino** 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 8, Max 14 Cost: \$10 for Transportation only**

**08/14/2025 (Thursday), 08/21/25 (Thursday) Music at the Marina** Depart 4:45pm, Return 9:00pm ●  
 Music at the Marina is the perfect pairing of stunning marina views and a variety of local music. Enjoy music, a beer garden and food trucks. August 14th's concert features Victims of Love, a tribute to the Eagles. August 21st's concert features Queen Mother, a tribute to the music of Queen. \*Bring a lawn chair for seating. (music starts at 6:30)  
**Capacity: Min 8, Max 14 Cost: \$6 for Transportation Only, Concert is Complimentary**

**SAVE THE DATE** December 4th, 2025



### Lion King

at Paramount Theatre Seattle

***Trip Sign Up For Lion King Will  
Be On October 1st***

**\*\*\*\$60 Discounted Tickets**

**Courtesy of an Arts & Theater Grant\*\*\***



**\*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.**

#### 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<h1>August 2025</h1>			
<b>3</b> 12:30 Deck & 1/2 \$	<b>4</b> 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Needlework Group 1:00 Current Events Discuss. 1:00 Mexican Train 3:45 Senior Stretch	<b>5</b> 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	<b>6</b> 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Garden Caretakers Mtg 10:15 Senior Stretch 12:30 Open Table Games 1:00 French Group (remote) 1:00 Resilient Living 3:00 <b>NO</b> Chair-Yoga— 6:00 Aqua Sox \$ 
<b>10</b> 12:30 Deck & 1/2 \$  1:10 Mariners Viewing Party	<b>11</b> 9:00 Haircut Clinic 9:15 Movement to Music 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train 3:45 <b>NO</b> Senior-Stretch 4:00 Mystery Dinner \$ 	<b>12</b> 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	<b>13</b> 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 9:30 Casino Trip \$ 10:00 Book Club 10:15 <b>NO</b> Senior-Stretch 12:30 Open Table Games 12:30 SAD Workshop 1:00 French Group (remote) 1:00 Grief Support 3:00 Chair Yoga 
<b>17</b> 12:30 Deck & 1/2 \$	<b>18</b> 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Needlework Group 1:00 Mexican Train 1:00 Current Events Discuss. 3:00 Chair Yoga (off site) * 3:45 <b>NO</b> Senior-Stretch	<b>19</b> 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	<b>20</b> 8:00 Board Meeting 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Garden Work Party 10:15 Senior Stretch 12:30 Open Table Games 12:30 Gratitude Workshop 1:00 Fire Extinguisher Demo 1:00 French Group (remote) 1:00 Resilient Living 3:00 Chair Yoga 6:00 Aqua Sox \$ 
<b>24</b> 12:30 Deck & 1/2 \$  1:10 Mariners Viewing Party	<b>25</b> 9:15 Movement to Music 9:30 Craft Workshop \$ 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train 3:45 <b>NO</b> Senior-Stretch— 4:00 Mystery Dinner \$ 	<b>26</b> 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	<b>27</b> 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Book Club 10:15 Senior Stretch 12:30 Open Table Games 1:00 French Group (remote) 1:00 Grief Support 1:00 Membership Meeting 3:00 Chair Yoga 6:00 Aqua Sox \$ 
<b>31</b> 12:30 Deck & 1/2 \$			



## NON-WEEKLY PROGRAMS

### Alzheimer's Support

2nd Thur 7:00p

### Balance Class

2nd & 4th Fri 1:30

### Book Club

2nd & 4th Wed 10:00a

### Bunco

2nd & 4th Fri 1:00p

### Caregiver Support Group

2nd & 4th Thur 9:00a

### Chair Yoga (offsite at Yoga Circle)

1st Fri & 3rd Mon 3:00p

### Coloring Group

1st & 3rd Mon 10:00a

### Current Events Discussion

1st & 3rd Monday 1:00p

### Foot Care Clinic

1st & 3rd Fri 9:00a-2:00p

### Garden Caretakers Meeting

1st Wed 10:00a (thru Oct.)

### Garden Caretakers Work Party

3rd Wed 10:00a-12:00p  
(thru Sept.)

### Grief Support: Living with Change

2nd & 4th Wed 1:00p

### Happy Hour at our Happy Place

Last Thur of the Month 4:00p

### Line Dancing

1st, 2nd & 3rd Thur 2:00p

### Meditation

1st Friday 3:00p

### Membership Meeting

4th Wed 1:00p

### Movie & Ice Cream Social

3rd Fri 1:00p

### Needlework Group

1st & 3rd Mon 1:00p

### 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 3:00p

## WEEKLY FITNESS CLASSES

### Movement to Music

Mon, Wed 9:15a

### Senior Fitness

Tue, Thur 10:00a



### Chair Yoga

Wed 3:00p

### Senior Stretch

Wed 10:15a, Mon 3:45p

**LUNCH SERVED  
MON-FRI 11:45-12:30**

THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:00 Ping Pong 9:00 Foot Care Clinic \$ * 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 3:00 Meditation 3:00 Chair Yoga (off site ) * 5:30 Poker \$	<b>2</b> 8:30 Community Breakfast \$  5:15 Bingo Bash \$
<b>7</b> 9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing	<b>8</b> 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath 5:30 Poker \$	<b>9</b>
<b>14</b> 9:00 Watercolor 9:00 Caregiver Support 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing  4:45 Music at the Marina \$ 7:00 Alzheimer's Support	<b>15</b> 9:00 Ping Pong 9:00 Foot Care Clinic \$ * 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 1:00 Movie & Ice Cream 5:30 Poker \$	<b>16</b>
<b>21</b> 9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing  4:45 Music at the Marina \$	<b>22</b> 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath 5:30 Poker \$	<b>23</b>
<b>28</b> 9:00 Watercolor 9:00 Caregiver Support 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 4:00 Happy Hour \$	<b>29</b> 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 5:30 Poker \$	<b>30</b>

\* **Appointment Needed**

\$ **Fee or Suggested Donation**

 **Trip**

## EVENTS AND FUNDRAISERS

# COMMUNITY *Breakfast*

**\$7**



Saturday  
August 2nd  
8:30-10:30am

SNOHOMISH SENIOR CENTER

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

# SEAHAWKS BINGO

Snohomish Senior Center

**SATURDAY, AUGUST 2ND**

WIN A SET OF  
SEAHAWKS TICKETS!

(8/7 vs Raiders)

Doors Open 4:00pm

Early Bird Session 5:15pm

Regular Session Begins 5:30pm

CAFÉ OPEN



Snohomish Senior Center

# HAPPY HOUR

At Our Happy Place

Thursday, August 28th  
4:00PM

**\$20**  
Sign Up  
At The  
Front Desk



DRINKS, APPETIZERS & MUSIC!

## Movie & Ice Cream Social



An improv teacher and two of her students  
infiltrate the London underworld by  
impersonating dangerous criminals.

**Deep Cover**

(Rated R, 1hr 49min: Action, Comedy)

**Friday, 8/15 1:00pm**

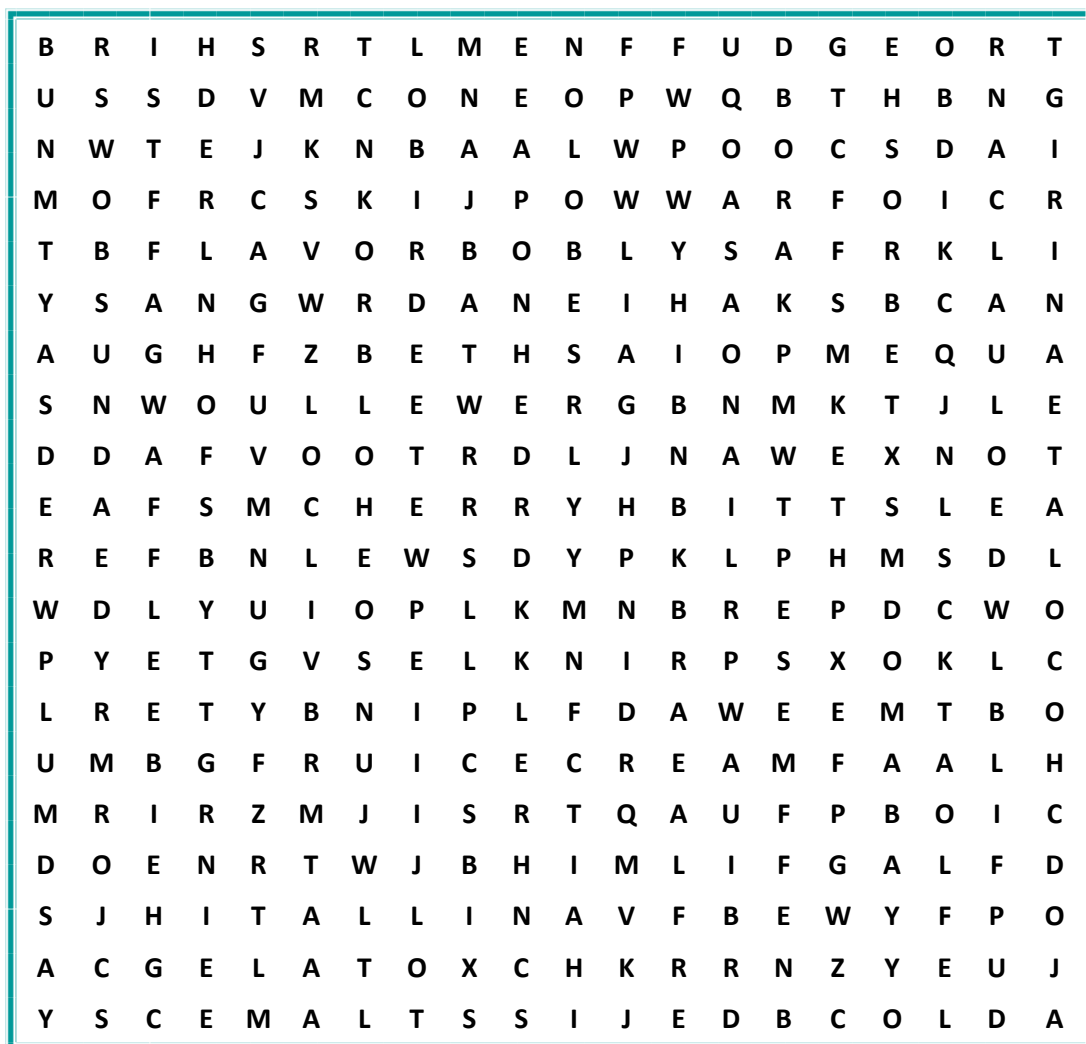
Ice Cream Sponsored by Susan Hanson

SNOHOMISH | SENIOR | CENTER

**HAPPY PLACE**

EST. 1989 | WASHINGTON

## WORD SEARCH



ICE CREAM

SCOOP

CONE

MINT

WAFFLE

CHOCOLATE

VANILLA

STRAWBERRY

SUNDAE

SPRINKLES

TOPPINGS

COLD

FUDGE

SHAKE

BOWL

FLAVOR

SORBET

CHERRY

GELATO

FLOAT

**SNOHOMISH**  
HEALTH AND REHABILITATION OF CASCADIA

Force For Good For Our Residents, Our Employees  
And the Communities That We Serve!



Our Mission is to provide  
personalized care for each of  
our patients that enhances their  
well-being and quality of life.

[www.snohomishrehabofcascadia.com](http://www.snohomishrehabofcascadia.com)

800 10<sup>th</sup> St – Snohomish, WA (360)568-3161

## PARKING

We are well aware of the parking challenges on our busiest days. Please remember to be courteous of our neighbors on the other side of Centennial Trail. If you park in the library lot, we have been gently asked to try to park in the south end.



If you park along side streets, some rules to keep in mind: do not park within 30 feet of a stop sign, traffic signal, or yield sign. Also make sure when parallel parking, you are close to the curb and facing the same direction as traffic.

## Stay Connected With The Latest Updates



Online: [snohomishcenter.org](http://snohomishcenter.org)



Facebook: **Snohomish Senior Center**



Instagram: **snohomishseniorcenter**



## CENTER PICS



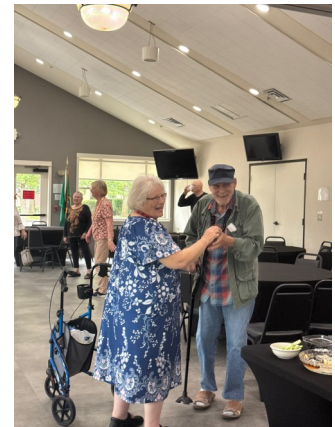
Preparing daily lunches with a smile.



Celebrating Janice's 90th birthday in June with the Movement to Music class.



Having a blast at last month's Happy Hour event.



Beautiful views on the Argosy Locks Cruise.

## Robocalls/Texts From The Center

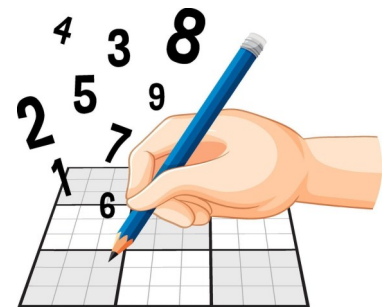
We occasionally utilize the robocall/text feature on our My Senior Center software. Sending a recorded message and texts allows us to relay information quickly to our members. The phone number that shows up on caller ID is sometimes mislabeled as a spam call.

The robocall/text number has been changed, so please update and save this number in your phone so you will know it is actually SSC with a message. **855-924-4330**



## SUDOKU

		9	4	7			3	6
				8			2	9
	1		2				5	7
7	6							
		1				6		
							1	5
6	9				1		4	
8	2			5				
1	4			6	9	7		



Each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.



## BUSINESS MEMBERS

<b>Explore Medicare With Our Team</b> Optimal Insurance Choice 866 725 7104 optimalinsurancechoice.com	<b>D &amp; D Junk Removal</b> Call Brittany today to schedule junk removal 425-622-7565 office@ddjunk.com	<b>Sanrise Homecare LLC</b> Finding Care Should Be easy as visiting www.sanrisehomecare.com
<b>Skydive Snohomish</b> 9906 Airport Way Snohomish, WA 98296 tysonh@skysno.com 360-568-7703	<b>Snohomish Flying Service</b> 9900 Airport Way Ste. C, Snohomish, WA christio@snohomishflying.com 360-568-1541 ext. 234	<b>Umpqua Bank</b> Together For Better Kim Harrison Branch Manager
<b>Harvey Airfield</b> 9900 Airport Way Ste. B, Snohomish, WA cyndyh@harveyfield.com 360-568-1541 ext. 229	<b>First Financial Northwest Bank</b> Marie Auriol Business Banking Manager 303 91 <sup>st</sup> Ave NW E-502 Lake Stevens 425-264-2784   AuriolM@FFNWB.com	<b>KT Nails</b> Manicures, Pedicures, Waxing & Facials 255 Cypress Street, Snohomish 360-217-7045
<b>Echoing Nature</b> Tools for your health & happiness w/doTERRA essential oils & more! Call/text Joanna @425-231-3616	<b>Snohomish Lions Club</b> "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions	<b>Visit YogaCircleStudio.com</b> Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.
<b>Austin's Automotive Repair</b> Pickup/Delivery available at Senior Center Servicing all makes and models 507 Maple Ave. Snohomish 360-863-2700	<b>Snoho Mojo</b> Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish	<b>Julianne McKeown Gilpin Realty, Inc.</b> Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709
<b>Evergreen Care Solutions</b> contact@evergreencaresolutions.com (425) 770-2516 or (206) 355-1410 Home Care With Heart	<b>Village Concepts of Marysville</b> Grandview Village Joanne Acton 360-653-2223 Independent & Assisted Living	<b>Peoples Bank</b> Snohomish Branch at Fred Meyer Jennifer Berry 360-563-1112 www.peoplesbank-wa.com
<b>Riverview Road Cidery</b> 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)	<b>Snohomish School District</b> Kent Kultgen Kent.kultgen@sno.wednet.edu 360-563-7280	<b>First and Main Real Estate</b> Snohomish Family Owned Historic Firehouse Building 425-210-7307
<b>Susan Hanson</b> Specializing in Medicare Choices Local Licensed Agent 425-658-6022	<b>Snohomish Health &amp; Rehab</b> 360-568-3161 snohomishrehabofcascadia.com Skilled Nursing / Respite Care	<b>AccentCare Hospice of Snohomish</b> Natasha Jahn, Hospice Consultant C: 206-491-9647 ; O: 425-336-5934 natashajahn@accentcare.com
<b>Home Instead</b> 425-549-3100 Homeinstead.com Top Quality Care At Home	<b>Jallos</b> Hamidou Jallow (CEO) 425-232-1892 hamid.jallow@jallos.com West African Fried Rice (Jollof) & Intl. Food	<b>Lifewave, LIGHT THERAPY PATCHES</b> Teresa 425-299-8206 ID #2146974 Lifewave.com/TERESAPHILIPS • ELEVATE • ACTIVATE • REGENERATION
<b>Alternative Roofing Systems Inc.</b> www.altroofing.com or 866-ALT-ROOF Flat Roof Specialists Since 1982 "Work & Quality Guaranteed!"	<b>Schultz Financial Partners</b> Bobby & Krystal Schultz (360) 863-3180 Financial Planning and Investment Services	<b>Dubuque Bakery</b> Handmade Organic Sourdough Bread (206) 705-3474 katya@dubuquebakery.com

## BUSINESS MEMBERS

<b>Medicare Questions?</b> Call Hillary Blanchard (805) 651-0091 <b>My services are no cost to you!</b>	<b>Edward Jones - Financial Advisor:</b> Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042	<b>On the Spot Improv - Classes L1</b> onthespotsnohomish@gmail.com Wednesday evenings, 6:30 Sign ups or questions, via email
<b>Kara Evanger ~ RE/MAX ELITE</b> Real Estate Specialist John Minifie's daughter (425) 268-1105	<b>EvergreenHealth Monroe</b> "Your Community Owned Hospital" www.evergreenhealthmonroe.com	<b>Rick's Home Maintenance &amp; Repair</b> Just hand me your to-do list! (425) 308-1205 Licensed, Bonded & Insured
<b>Patch with Kimberlee</b> Kimberlee 425-231-9481 #3085339 liveyounger.com/kimberleesp Live Well · Live Long · Live Young	<b>Let Us Help You Live Safely &amp; Enjoy Life</b> Senior Living Options Of The Northwest 760-808-2375 Assisted, Independent and Memory Care	<b>Cottages of Snohomish</b> Tracy Morcom tracy@carepartnersliving.com Independent, Assisted & Memory Care Living
<b>Abraham &amp; Co.</b> Registered Investment Advisors Andrew Amoroso: 206-222-0251 a.amoroso@abrahamco.com NEW MEMBER!	<b>Estate Sales / Liquidation</b> Clean Outs / Junk Removal Move Management / Donations Recycling (425) 780-9787 Tony NEW MEMBER!	<b>Glacier Peak Plumbing</b> Family Owned - Snohomish County Devon 425-923-7663 Integrity with every job! NEW MEMBER!
<b>Fedelta Home Care</b> www.fedeltahomecare.com 866-802-2920 contact: Julia Filippov NEW MEMBER!	<b>iCure Physical Therapy</b> Ann Rodriguez—care@icurept.com 425-458-7261 www.icurept.com "Your partner for full recovery and strength" NEW MEMBER!	<b>Windsor Square</b> Independent Senior Living Call us today to schedule a tour! (360) 653-1717 or windsorsrliving.com 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 \$130.00 and contributes to funding our programs and services.

Interested in partnering with us on an upcoming event?  
Email [info@snohomishcenter.org](mailto:info@snohomishcenter.org) for details.

SNOHOMISH | SENIOR | CENTER

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Your renewal date.

Identification Statement: Snohomish Senior Center "High On Life" Newsletter, Published Monthly Snohomish Seniors,  
506 Fourth Street Snohomish WA 98290 360-568-0934

## August Lunch Menu Lunch is Served From 11:45a-12:30p

*Frozen weekend meals are available,  
provided by Senior Services.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<sup>1</sup> Hot Ham & Cheese Wrap, Macaroni Salad
<sup>4</sup> <u>Senior Services:</u> Steak Quesadilla, Refried Beans, Fruit	<sup>5</sup> Spaghetti, Salad	<sup>6</sup> <u>El Paraiso:</u> Chicken Enchilada, Rice, Beans <i>Member Only</i>	<sup>7</sup> <u>Senior Services:</u> French Dip, Potato Wedges, Carrots, Peaches	<sup>8</sup> Hot Dog, Chips, Jello
<sup>11</sup> <u>Senior Services:</u> Grilled Chicken & Citrus Salad, Flat Bread w/ Hummus, Fruit	<sup>12</sup> Cheeseburger, French Fries	<sup>13</sup> <u>Senior Services:</u> Lemon Pepper Chicken, Roasted Potatoes, Zucchini, Roll	<sup>14</sup> <u>Brookdale of Monroe:</u> Salmon Burger, Coleslaw <i>Member Only</i>	<sup>15</sup> <u>Village Concepts of Marysville:</u> Taco Salad <i>Member Only</i>
<sup>18</sup> <u>Senior Services:</u> Fish Sandwich, French Fries, Fruit	<sup>19</sup> Chicken, Mac & Cheese, Salad	<sup>20</sup> <u>Senior Services:</u> Stuffed Peppers, Rice, Broccoli, Peaches	<sup>21</sup> <u>Adkinson Estates AFH &amp; Holtz Safety &amp; CPR:</u> Salad Bar <i>Member Only</i>	<sup>22</sup> Tomato Soup, Grilled Cheese Sandwich
<sup>25</sup> <u>Senior Services:</u> Cranberry Turkey Wrap, Broccoli Salad, Chips	<sup>26</sup> Lasagna, Salad	<sup>27</sup> <u>Senior Services:</u> Meatball Stroganoff, Egg Noodles, Veggies	<sup>28</sup> <u>Snohomish Health &amp; Rehab:</u> Pizza <i>Member Only</i>	<sup>29</sup> Meatloaf, Mashed Potatoes, Corn

**Cost: Complimentary for Members, \$5 Non-Members (Sponsor Meal Days Are Member Only)**

This project is supported, in whole or in part, by federal award number SLFRF2616 awarded to City of Snohomish, Washington by the U.S. Department of the Treasury.

**SENIOR SERVICE MEALS: \$4 Suggested Donation For Ages 60+, \$8 For Ages 59 and under**

**Reservations required, 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.**