

Heart Health Month



What Makes A Heart HEALTHY?

- Regular Exercise
- Eating Well
- Reducing Stress
- Getting Enough Sleep



You'll find many ways to help your heart feel **HEALTHY & HAPPY** at Snohomish Senior Center

What Makes A Heart HAPPY?

- Meaningful Connections
- Spreading Kindness
- Gratitude
- Enjoying Hobbies



Snohomish Seniors

High on Life

506 Fourth Street
Snohomish, WA 98290

360-568-0934

info@snohomishcenter.org

Mon-Fri

9am-4pm

Membership \$50 annually

snohomishcenter.org
@snohomishseniorcenter



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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

We will be closed on Monday, February 16th
in observance of Presidents' Day.

From the

EXECUTIVE DIRECTOR



Sharon Burlison

February has always been associated with hearts, love, candy and flowers and as the years go by, we find ourselves not desiring the trinkets of this holiday but reminiscing about the love that surrounded it. Whether your loved one is a human being or a four-legged fur baby, love is love. Embrace it.

February is also Heart Health month, a national campaign to raise awareness about heart disease, the leading cause of death in the U.S. A few key goals for each of us, not just in February but every month, are to bring awareness of the disease, understand the warning signs, and take control of our heart health by scheduling checkups, eating well, exercising and maybe to quit smoking.

I challenge you to take advantage of one of our fitness classes for some exercise or enjoy one or more of the heart healthy meals offered this month. We will of course embrace the holiday with heart decorations and cookie decorating for fun too, but let's not forget that heart disease is preventable and remains the #1 killer in the U.S.

I hope you will join us on February 6th for "Go Red", a National Wear Red Day to support visible awareness for women's heart health.

Thank you for the kind words on my husband's retirement. We look forward to the years to come as you all have shown me what life looks like after retirement, A Happy Place just like the Snohomish Senior Center.

With love,
Director Sharon



FEBRUARY BIRTHDAYS

Susan Bartoo	02/01	Sharon Diel	02/06	Bonnie Johnson	02/13	Jean Jaen	02/21
Sheryl Hunter	02/01	Jon Gobiet	02/06	Judith Richmond	02/13	Kimberly Nelson	02/21
Gary Ackley	02/02	Merle Kirkley	02/06	Cathy Lair	02/14	George Hawkinson	02/22
Rick Jeter	02/02	Michael Warhank	02/06	James Luby	02/14	Melissa Johnson	02/22
Carol Moffet	02/02	Susan Destrier	02/07	Diane Rogers	02/14	Cathy Ninaud	02/22
Gloria Morgan	02/02	Susan Abraham	02/08	Ruth Schafer	02/14	Darlene Burke	02/23
Roberta Starne	02/02	Linda Burris	02/08	Dianne Zeutenhorst	02/14	Richard Gauthier	02/23
Joe Trepanier	02/02	Pamela Moll	02/08	Cindy Caldwell	02/15	Kathy Parzyk	02/23
Nikki Casey-Carlson	02/03	Marilyn Pulliam	02/08	Janet Walters	02/15	Eric Anders	02/24
Bob Cathey	02/03	Frances Swartz	02/08	Stacy Laird	02/16	Cindy Boskofsky	02/24
Emma Davis	02/03	Christine Cole	02/09	Christine Philips	02/16	Scott Della	02/24
Kimmi Blanchard	02/04	Gloria Hart	02/09	Doug Turner	02/16	Rebecca Person	02/24
Dick Clemans	02/04	Glenda Atchison	02/10	Catherine Fullerton	02/17	Karin Morris	02/24
Ron Jilk	02/04	Sharyn Fisher	02/10	Aesun Wilhelm	02/17	Zin Matheny	02/26
Carol Jones	02/04	Gerry Gipner	02/10	Amy Hartmann	02/18	Roberta Thomas	02/26
Michaelyn Nowack	02/04	Myrna Lucas	02/10	Janice Ingram	02/18	Teri Towle	02/26
Bob Schlatter	02/04	Rose Chui	02/11	Patricia Bjerkan	02/19	Gloria Yost	02/26
Leo Weisbrod	02/04	Flora Wilson	02/11	Richard Fynn	02/19	Nancy Steere	02/27
Victor Belmondo	02/05	Donald Henry	02/12	Janice Holden	02/19	Steven Knight	02/28
John Galbraith	02/05	Karl Keener	02/12	Marlene Keller	02/19	Theresa Smith	02/28
Janet Kowalski	02/05	William Kuonen	02/12	Marion Scichilone	02/20	Patricia Wunsch	02/28
Chuck Ruebush	02/05	Judy Lindell	02/12	Megan Spaulding	02/20		
Byron Tanis	02/05	Edward Poquette	02/12	Brenda Young	02/20		
James Burgess	02/06	Marlene Elmendorf	02/13	Willie Dickerson	02/21		



In Case of Inclement Weather

In the event of snow, ice etc., the Snohomish Senior Center may be closed or have a late opening. This is for the safety of our members and staff.

We follow the inclement weather policy of the Snohomish School District.

We will update our voicemail, website and Facebook page if a closure or delay is necessary.



EVENTS AND FUNDRAISERS

Sunrise Social

Friday, February 27th
9:30am

Enjoy a tasty breakfast, coffee and a little chitchat with friends.

\$6
-Sign up at the front desk-



SNOHOMISH | SENIOR | CENTER
HAPPY PLACE
EST. 1989 | WASHINGTON

SNOHOMISH SENIOR CENTER

HAPPY

Hour

THURSDAY, FEBRUARY 26TH
4:00PM

DRINKS APPETIZERS MUSIC

\$20

SIGN UP AT THE FRONT DESK



JOIN US

Community Breakfast

SNOHOMISH SENIOR CENTER

SATURDAY, FEB. 7th
8:30-10:30AM

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

\$7



BINGO BASH

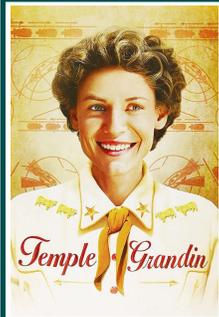
SAT. FEB 7TH

DOORS OPEN @ 4:00PM
EARLY BIRD SESSION @ 5:15PM
REGULAR SESSION @ 5:30PM

CAFÉ OPEN

-BINGO EVERY 1ST SATURDAY OF THE MONTH-

SNOHOMISH SENIOR CENTER

Movie & Ice Cream Social

Temple Grandin
(Rated 13+, 1hr 50min)
Drama, Inspiring, Empowering, Heavy)

Friday, 2/20 1:00pm
Ice Cream Sponsored by Susan Hanson

An autistic woman becomes an unlikely hero to America's cattle industry—and to autistic people everywhere, in this fact-based story.

CENTER & PROGRAM NEWS

Bauer Funeral Chapel Seminar

A representative from Bauer Funeral Chapel will be offering an educational seminar on advance planning and end-of-life topics here at SSC on **Thursday, February 19th at 1:00pm.**

Lunch

As our lunch attendance continues to grow, your patience is appreciated. Remember, that reservations are required in advance by filling out a paper slip at the front desk. Your requested reservations are not guaranteed and you may be put on a waiting list for days that are already full. We will notify you if a spot opens up and you can be moved to the reservation list. **Please call 360-568-0934 to cancel if you are unable to keep your reservation.**

Membership Meeting

Join us for the next membership meeting on **Wednesday, February 25th at 1:00pm.**

Personal Boundaries Reminder

Our goal is to foster a happy, positive space for everyone at SSC. Please do keep in mind that some people are huggers, and some people are not. Someone may feel uncomfortable with you standing very close for a conversation or being touched on the hand etc. even when your intent is innocent and stemming from a place of friendliness. We continually welcome new members and guests to our center, and it is important to take into account others' personal boundaries.

Senior Fitness Express

Senior Fitness has grown to be quite large. In order to accommodate members, Lisa now offers a Senior Fitness Express class on both **Tuesdays and Thursdays from 9:15 to 9:45.** This shorter class will include a warmup, cardio, strength training and a cool down. If the full 60 minute class is a bit too much for you or you would just like an earlier workout, give it a try. **Please pick one class or the other.** This is not intended to extend your current workout.

Valentine Cookie Decorating

We are planning a fun little activity of cookie decorating on **Friday, February 13th from 10:00-11:00.** Cookies will be prebaked and ready for your sweet designs. There is no fee, but please sign up at the front desk so we can prepare enough supplies.



Stay Connected With The Latest Updates



Online: snohomishcenter.org



Facebook: [Snohomish Senior Center](https://www.facebook.com/SnohomishSeniorCenter)



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

Member Share

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

FITNESS CLASSES



LINDA

Movement to Music: Mondays and Wednesdays 9:15-10:15

Low impact, high energy, full body movement to the beat of uplifting music. Movement to Music will leave your heart and body happy.

Walking Group: Thursdays 11:00-12:00

Put on your comfortable shoes and join the group for some exercise while you have fun exploring Snohomish. Rain or shine.



LISA

Senior Fitness: Tuesdays and Thursdays 10:00-11:00

Warm up, cardio, strength training, and a cool down session are included in this class. All fitness levels are welcome. Some participants may even choose to do part of the class while sitting, if needed.

Senior Fitness Express: Tuesdays and Thursdays 9:15-9:45

This class is an abbreviated version of Senior Fitness, for those who want a shorter class but still includes the same elements.



HEATHER

Senior Stretch: Wednesdays 10:15-11:00

Reduce stiffness, enhance balance and feel more relaxed with this gentle stretch class. Regular stretching helps improve circulation, coordination and can reduce the risk of injury.



KAREN

Chair Yoga: Wednesdays 3:00-3:45

Yoga has been proven to be a therapeutic practice, soothing body aches, gently stretching muscles, and calming the nervous system. Join us for 45 minutes of an easy rest and rejuvenating approach to yoga, using chairs for support.



DONNA

Line Dancing: 1st, 2nd & 3rd Thursdays 2:00-2:45

Line dancing is a fun, low-impact workout that can strengthen muscles and improve coordination. This choreographed group dance is for all levels. Steps are taught in a clear, easy and fun way.

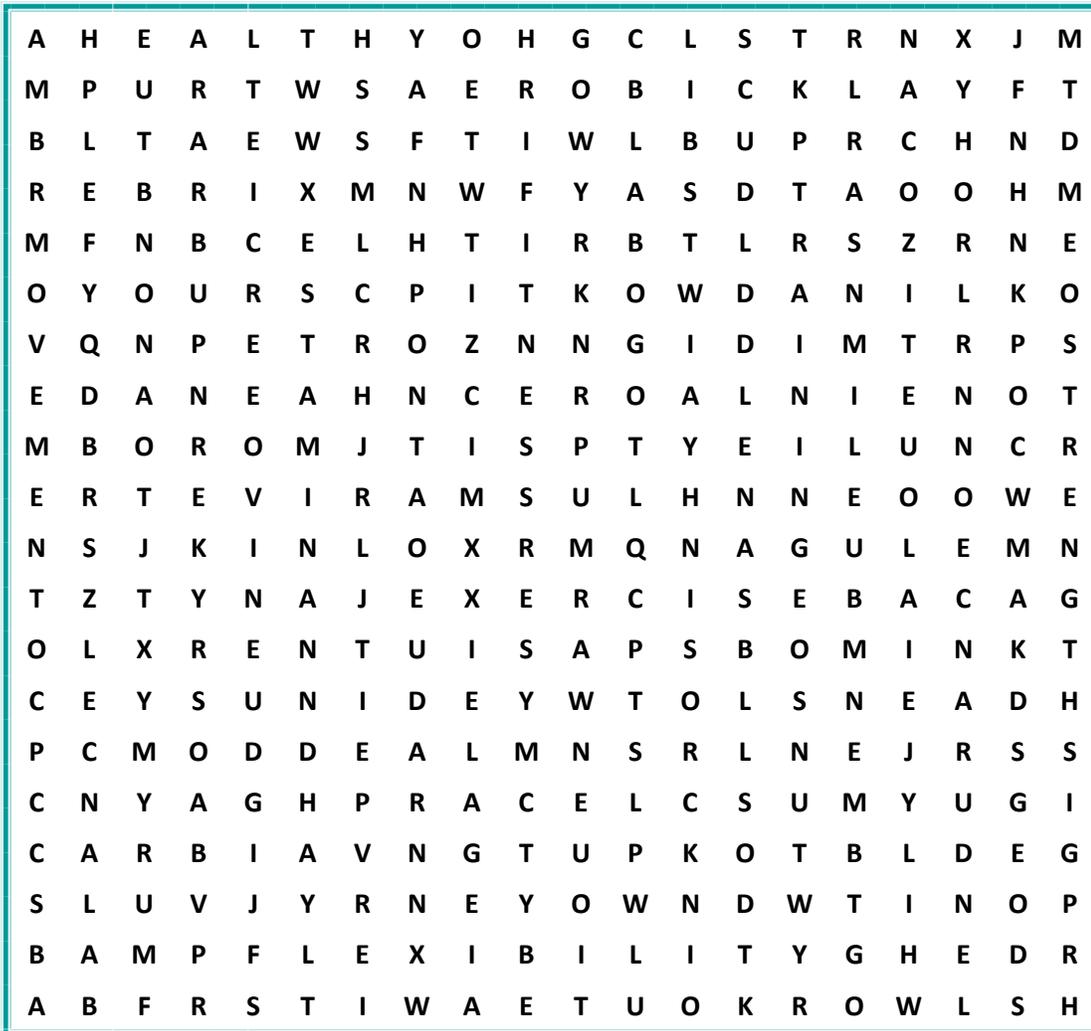


LORETTA

Balance Class: 2nd, 3rd & 4th Fridays 1:30-2:30

Members will learn to develop their motor skills and reflexes with stabilizing and strengthening balance activities. Please dress comfortably.

WORD SEARCH



- EXERCISE
- STRETCH
- TONE
- WARM UP
- AEROBIC
- STRENGTH
- FLEXIBILITY
- MOVEMENT
- MUSCLE
- CARDIO
- STAMINA
- YOGA
- ENERGY
- TRAINING
- HEALTHY
- FITNESS
- SWEAT
- WORKOUT
- ENDURANCE
- BALANCE

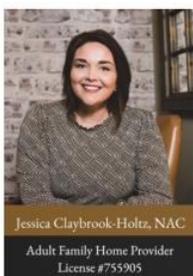
We often utilize the robocall/text feature on our My Senior Center software. Sending a recorded message and texts allows us to relay information quickly to our members. The phone number that shows up on caller ID is sometimes mislabeled as a spam call.

The robocall/text number is **855-924-4330**.



Save this number in your phone so you will know it is actually SSC with a message.

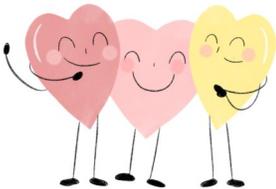
PLEASE LISTEN TO YOUR VOICEMAIL, rather than just calling us back when you see a missed call. You will save us time in the end. Thank you!




Adkinson Estates
 ADULT FAMILY HOME
 425.760.3948 Phone / 360.838.6678 Fax
 info@adkinsonestatesafh.com

Quality of Care & Lifestyle
 Proudly serving Snoh. Co's Highest Maintenance Golden Girls since 2020
from our Family to Yours!
 adkinsonestatesafh.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Current Events Discuss. 1:00 Mexican Train	3 9:00 Wood Carving 9:00 Cribbage 9:15 Senior Fitness Express 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	4 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 3:00 Chair Yoga
8	9 9:15 Movement to Music 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Quilting Group	10 9:00 Wood Carving 9:00 Cribbage 9:15 Senior Fitness Express 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	11 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters  9:30 Bowling Trip \$ 10:00 Book Club 10:15 Senior Stretch 12:30 Open Table Games 1:00 Grief Support 3:00 Chair Yoga
15	16 CLOSED Presidents' Day	17 9:00 Wood Carving 9:00 Cribbage 9:15 Senior Fitness Express 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	18 8:00 Board Meeting 9:00 Poker \$  9:15 Movement to Music 9:30 Flower & Garden Show \$ 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 3:00 Chair Yoga
22  1:30 Semiahmoo Resort \$ (2/22-2/23)	23 9:15 Movement to Music 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Quilting Group	24 9:00 Wood Carving 9:00 Cribbage 9:15 Senior Fitness Express 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	25 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 Grief Support 1:00 Membership Meeting 3:00 Chair Yoga  4:00 Mystery Dinner \$
<h1>February 2026</h1>			

THURSDAY	FRIDAY	SATURDAY
5 9:00 Watercolor 9:15 Senior Fitness Express 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting	6 9:00 Ping Pong 9:00 Foot Care Clinic \$ *  9:30 Casino Trip \$ 10:00 Creative Writing 11:00 Party Bridge Lesson TBD 12:15 Party Bridge \$ 3:00 Meditation 5:30 Poker \$	7 8:30 Community Breakfast \$ 5:15 Bingo Bash \$
12 9:00 Watercolor 9:00 Caregiver Support 9:15 Senior Fitness Express 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting 7:00 Alzheimer's Support	13 9:00 Ping Pong 10:00 Creative Writing 10:00 Val. Cookie Decorating 11:00 Party Bridge Lesson TBD 12:15 Party Bridge \$ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath 5:30 Poker \$	14  1:00 Waddington Brothers Concert \$
19 9:00 Watercolor 9:15 Senior Fitness Express 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 1:00 Bauer Funeral Pres. 2:00 Line Dancing 2:30 Beginners Clay Sculpting  4:00 Mystery Dinner \$	20 9:00 Ping Pong 9:00 Foot Care Clinic \$ * 10:00 Creative Writing 11:00 Party Bridge Lesson TBD 12:15 Party Bridge \$ 1:00 Movie & Ice Cream 1:30 Balance Class 5:30 Poker \$	21
26 9:00 Watercolor 9:00 Caregiver Support 9:15 Senior Fitness Express 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:30 Beginners Clay Sculpting 4:00 Happy Hour \$	27 9:00 Ping Pong 9:30 Sunrise Social \$ 10:00 Creative Writing 11:00 Party Bridge Lesson TBD 12:15 Party Bridge \$ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath 5:30 Poker \$	28
		

NON-WEEKLY PROGRAMS

- Alzheimer's Support**
2nd Thur 7:00p
- Balance Class**
2nd, 3rd & 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
- 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
- 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
- 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

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

WEEKLY FITNESS CLASSES

- Movement to Music**
Mon, Wed 9:15a
- Senior Fitness**
Tue, Thur 10:00a
- Senior Fitness Express**
Thur 9:15a
- Chair Yoga**
Wed 3:00p
- Senior Stretch**
Wed 10:15a

* **Appointment Needed**

\$ **Fee or Suggested Donation**



FROM THE BOARD PRESIDENT



Welcome to February, the month of romance, love, candy and flowers. Valentine's Day is a day that was brought about to celebrate what love is all about and to show our family, friends and spouse how much we really care about them. I'm sure Hallmark must have created this day as they sell more cards on Valentine's day than any other day of the year. But that's OK. It is a time of reflection as well.

February also is a month of George Washington chopping down the cherry tree. I'm not sure what the significance of that is but most certainly it is part of our history that we read about. Oh

it's also my birthday month. It is so hard for me to believe that 85 years have passed so quickly. I am so blessed by the life I've lived. I have had an amazing family that makes my life complete. The Senior Center most certainly is part of that because it is a place of walking in and feeling like you are wanted. It's also a great way to meet new friends and develop relationships. Of course we can't forget it's also a great time to enjoy the food that our kitchen prepares for us. A shout out to Melinda and crew for what they do for us. We also have so many great events to attend that brings us in contact with our friends and gives us opportunities to meet a new person who is walking through that door. I feel so blessed to be part of our Senior Center. I was thinking about people who come to the Senior Center and Carl who we just lost was one of those. He came in for cards and developed relationships in a family at our Senior Center. He left us a legacy of kindness.

Another great event happening this year; it is our United States of America's 250th birthday. When you look at our beginnings as a colony and now as the superpower of the world, a lot has happened in 250 years. There were many struggles back then, no different than today, but we keep striving, and we will move forward to create a life and an environment for our family and all that are left behind. I believe it's a year that we should let others know and maybe learn from educators a full understanding of US history, both good and bad and one that inspires future generations.

I look forward to seeing you soon at our Happy Place, The Snohomish Senior Center.
Merle

Board of Directors 2026

Merle Kirkley- President
Carroll Brown- V President
James White - Secretary
Kim Harrison - Treasurer
John Buckingham
Timm Hall
Issy Olivia

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**.
- **Individual names are drawn, not couples. Your significant other will need to wait until their name is drawn.**
- 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

<p>2/6/26 (Friday) Quil Ceda Casino Depart @9:30am, Return @2:00pm ▲ Slot machines, table games, great food & drinks. There's something for everyone. Capacity: Min 8, Max 14 Cost: \$10 for Transportation only, Gambling and Lunch at your expense</p>
<p>2/11/26 (Wednesday) Bowling at Strikerz - Angel of the Winds Casino ▲ Depart @9:30am, Return @4:00pm Bowl from 11-12 and enjoy lunch and casino games afterwards. Capacity: Min 8, Max 14 Cost: \$16 for Transportation, Bowling and Shoe Rental, Gambling and Lunch at your expense</p>
<p>2/14/26 (Saturday) The Waddington Brothers Depart @1:00pm, Return after concert ● The Waddington Brothers' sound is rooted in traditional bluegrass and gospel influences, combined with the sound of the West and their own sibling harmonies. Presented by Everett Civic Music. Capacity: Min 8, Max 14 Cost: \$18 for Ticket and Transportation</p>
<p>2/18/25 (Wednesday) Northwest Flower & Garden Show (Seattle Convention Center) ■ Depart @9:30am, Return @2pm Whether you're a seasoned green thumb or just starting to dig into gardening, this is the ultimate annual event to spark creativity and gather ideas for beautiful, thriving living spaces. Capacity: Min 8, Max 14 Cost: \$39 for Ticket and Transportation</p>
<p>2/19/26 (Thursday) & 2/25/26 (Wednesday) 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, Dinner at your expense</p>

Semiahmoo Resort Trip

Sunday February 22nd (1:30pm) –Monday February 23rd (4:00pm)

\$255 single occupancy, \$127.50 Double Occupancy

Accommodations and Transportation Only, meals at your expense

Itinerary:

Check in at 3pm

Dinner at 5pm Great Heron Grill, Semiahmoo Golf Club

Check Out 11am

Lunch 12pm Calico Cupboard, Mount Vernon



FYI UPCOMING TRIPS

3/12
Shawn O'Donnells
Dinner & Music

3/14
The Brothers Doobie
Everett Civic Music



***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.

CENTER PICS



Hat winners at one of the Seahawks viewing parties

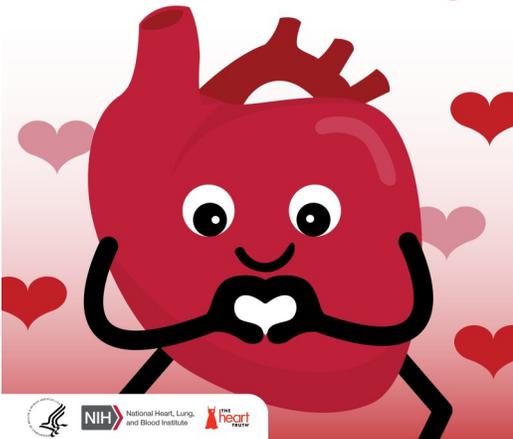


McMenamins Tour



Basket Weaving Class

National **Wear Red Day**[®]



**Friday
February 6th**



COMMUNITY INFO

AARP Tax-Aide announces tax return help in Snohomish County for 2026

AARP will offer free tax preparation at the following Snohomish County locations from **Feb. 1 to April 15**: the Edmonds Waterfront Center, Edmonds United Methodist Church, Lynnwood Library, Mountlake Terrace Library, Evergreen Library (Everett), Marysville Library, Snohomish Library, Camano Senior Center, Lincoln Hill Retirement Center (Stanwood) and the Monroe Senior Center. Volunteers will prepare your return and e-file it. If you qualify for the Washington Working Family Tax Credit, they will also complete that for you. While the main emphasis is on senior and low-income returns, volunteers can help many others.



Site	Appointment days/hours
<p style="text-align: center;">Camano Center, 606 Arrowhead Rd., Camano Pick up packets and make appointments at the center.</p>	Monday and Friday, 9:30 a.m.-1:30 p.m.
<p style="text-align: center;">Edmonds United Methodist Church 828 Caspers St., Edmonds Pick up packets at the Edmonds Waterfront Center or Edmonds Library. Call 425-666-9335 for an appointment.</p>	Friday and Saturday, 9 a.m.-3 p.m.
<p style="text-align: center;">Edmonds Waterfront Center 200 Railroad Ave., Edmonds Pick up packets at the Edmonds Waterfront Center or the Edmonds Library. Call 425-666-9335 for appointment</p>	Monday and Tuesday, 9 a.m.-3 p.m.
<p style="text-align: center;">Everett Public Library, Evergreen Branch 9512 Evergreen Way, Everett Pick up packets at the library; appointment instructions in packet.</p>	Friday, 10 a.m.-3 p.m. and Saturday, noon-3 p.m.
<p style="text-align: center;">Lincoln Hill Retirement Community 7430 276th St. N.W., Stanwood Pick up packets and make appointments at the center.</p>	Tuesday, 9:30 a.m.-1:30 p.m.
<p style="text-align: center;">Lynnwood Library 19200 44th Ave. W., Lynnwood Pick up packets and make appointments at the library.</p>	Thursday, 9:30 a.m. – 5 p.m. and Saturday, 10 a.m.-4 p.m.
<p style="text-align: center;">Marysville Library 6120 Grove St., Marysville Pick up packets and make appointments at the library.</p>	Tuesday, 3-6 p.m. and Saturday, 10 a.m.-5 p.m.
<p style="text-align: center;">Monroe Community/Senior Center 276 Sky River Pkwy., Monroe Pick up packets and make appointments at the center.</p>	Monday noon-4 p.m. and Wednesday, 9 a.m.-3:30 p.m.
<p style="text-align: center;">Mountlake Terrace Library 23300 58th Ave. W., Mountlake Terrace Pick up packets and make appointments at the library.</p>	Wednesday, 1-5:15 p.m. Saturday, 10 a.m.-1 p.m.
<p style="text-align: center;">Snohomish Library, 311 Maple Ave., Snohomish Pick up packets and make appointments at the library.</p>	Thursday and Friday, 9:30 a.m. – 2 p.m. and second Saturday, 9:30 a.m.-2 p.m.

MyEdmondsNews. "TOPS Weekly Meetings." *My Edmonds News*, 18 Jan. 2026, myedmondsnews.com/2026/01/aarp-tax-aide-announces-tax-return-help-in-snohomish-county-for-2026/. Accessed 20 Jan. 2026.

BUSINESS MEMBERS

<p>Skydive Snohomish 9906 Airport Way Snohomish, WA 98296 tysonh@skysno.com 360-568-7703</p>	<p>Snohomish Flying Service 9900 Airport Way Ste. C, Snohomish, WA christio@snohomishflying.com 360-568-1541 ext. 234</p>	<p>Columbia Bank Together For Better Kim Harrison Branch Manager</p>
<p>Harvey Airfield 9900 Airport Way Ste. B, Snohomish, WA cyndyh@harveyfield.com 360-568-1541 ext. 229</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 Tools for your health & happiness w/doTERRA essential oils & more! 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>Austin’s Automotive Repair Servicing all makes and models 7625 44th Ave NE Marysville 360-863-2700</p>	<p>Snoho Mojo Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish</p>	<p>Julianne McKeown Gilpin Realty, Inc. Now Is The Time, Let’s Make Your Move! mckeownhomes.com 425-330-4709</p>
<p>Evergreen Care Solutions contact@evergreencaresolutions.com (425) 770-2516 or (206) 355-1410 Home Care With Heart</p>	<p>Village Concepts of Marysville Grandview Village Joanne Acton 360-653-2223 Independent & Assisted Living</p>	<p>AccentCare Hospice of Snohomish Natasha Jahn, Hospice Consultant C: 206-491-9647 ; O: 425-336-5934 natashajahn@accentcare.com</p>
<p>Riverview Road Cidery 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)</p>	<p>Snohomish School District Kent Kultgen Kent.kultgen@sno.wednet.edu 360-563-7280</p>	<p>Lifewave, LIGHT THERAPY PATCHES Teresa 425-299-8206 ID #2146974 Lifewave.com/TERESAPHILIPS • ELEVATE • ACTIVATE • REGENERATION</p>
<p>Susan Hanson Specializing in Medicare Choices Local Licensed Agent 425-658-6022</p>	<p>Snohomish Health & Rehab 360-568-3161 snohomishrehabofcascadia.com Skilled Nursing / Respite Care</p>	<p>Dubuque Bakery Handmade Organic Sourdough Bread (206) 705-3474 katya@dubuquebakery.com</p>
<p>Home Instead 425-549-3100 Homeinstead.com Top Quality Care At Home</p>	<p>Humana Maria Salinas Licensed Sales Agent Phone: 815-315-3534 Email: MSalinas14@humana.com</p>	<p>#1 Angels of Comfort AFH Contact: Jane Njeru Email: angelsofcomfortafh@gmail.com www.angelsofcomfortafh.com</p>
<p>Alternative Roofing Systems Inc. www.altroofing.com or 866-ALT-ROOF Flat Roof Specialists Since 1982 “Work & Quality Guaranteed!”</p>	<p>Schultz Financial Partners Bobby & Krystal Schultz (360) 863-3180 Financial Planning and Investment Services</p>	<p>Blu Dental & Wellness Snohomish Gentle care for every smile Proudly serving Snohomish Bludentalwellness.com 360-568-5800</p>
<p>Brain Based Chiropractic Center Michael L Carter, DC 425-303-1330 www.dr michaelcarter.com</p>	<p>Sage Senior Network Carly Christou, RN 425-299-7927 Senior Living Advisory & Mobile Notary</p>	<p>Seniors Helping Seniors Everett A way to give and receive shseverett.com 425-496-7160</p>

NEW MEMBER!

NEW MEMBER!

NEW MEMBER!

BUSINESS MEMBERS

<p>Medicare Questions? Call Hillary Blanchard (805) 651-0091 My services are no cost to you!</p>	<p>Edward Jones - Financial Advisor: Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042</p>	<p>On the Spot Improv - Classes L1 onthespotshomish@gmail.com Wednesday evenings, 6:30 Sign ups or questions, via email</p>
<p>Kara Evanger ~ RE/MAX ELITE Real Estate Specialist John Minifie's daughter (425) 268-1105</p>	<p>EvergreenHealth Monroe "Your Community Owned Hospital" www.evergreenhealthmonroe.com</p>	<p>Rick's Home Maintenance & Repair Just hand me your to-do list! (425) 308-1205 Licensed, Bonded & Insured</p>
<p>Patch with Kimberlee Kimberlee 425-231-9481 #3085339 liveyounger.com/kimberleesp Live Well · Live Long · Live Young</p>	<p>Adams Family Estate Services Estate liquidation/Clean outs Donations/Move assistance Anthony (425) 780 9787</p>	<p>Cottages of Snohomish Tracy Morcom tracy@carepartnersliving.com Independent, Assisted & Memory Care Living</p>
<p>Abraham & Co. Registered Investment Advisors Andrew Amoroso: 206-222-0251 a.amoroso@abrahamco.com</p>	<p>iCure Physical Therapy Ann Rodriguez—care@icurept.com 425-458-7261 www.icurept.com "Your partner for full recovery and strength"</p>	<p>Glacier Peak Plumbing Family Owned - Snohomish County Devon 425-923-7663 Integrity with every job!</p>
<p>Fedelta Home Care www.fedeltahomecare.com 866-802-2920 contact: Julia Filippov</p>	<p>Dream Islands Adult Family Home Where Every Day Feels Like Home Call Us On 206-737-0008 Dreamislandsafh.com</p>	<p>Windsor Square Independent Senior Living Call us today to schedule a tour! (360) 653-1717 or windsorsrliving.com</p>
<p>RE/MAX Town Center Seniors Real Estate Specialist (SRES) Dale Forney, (425) 315-6401 dale.forney@remax.net</p>	<p>Snohomish Inn 323 Second St, Snohomish Clean, Comfy, Cozy Book today 360-568-2208</p>	<p>Medicare Help? Andrea Griffin Service at No Cost to You 425-405-7667 andrea@mcgregorbenefits.com</p>
<p>New York Life Pamela Taubenheim www.pytaubenheim.nylagents.com 360-568-6436</p>	<p>Legacy Wealth Partners Scott Kelly, Financial Advisor 206-914-4712 www.LegacyWPartners.com</p>	<p>Mary Kay Cosmetics Shelli Martinez www.marykay.com/shellimartinez 425-750-4055</p>

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 for details.

SNOHOMISH | SENIOR | CENTER

HAPPY PLACE

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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

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

Frozen weekend meals are available, provided by Senior Services.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Services: 2 Crispy Fish Fillet on Hoagie, Coleslaw, French Fries, Pineapple	3 Whole Wheat Spaghetti with Chicken	El Paraiso: 4 Chicken Enchilada, Beans, Rice <i>Member Only</i>	5 Soup, Salad, Sourdough Bread	6 Chicken Caesar Salad, Whole Wheat Bun
Senior Services: 9 Salisbury Steak, Mashed Potatoes, Green Beans, Apricots, Dinner Roll	10 Chicken Chow Mein, Salad	11 Chef's Choice <i>Guest Chef, James White</i>	Brookdale of Monroe: 12 Chef's Choice <i>Guest Chef, James White</i> <i>Member Only</i>	Senior Services: 13 Salmon, Wild Rice, Spring Salad, Roasted Veggies, Sweetheart Dessert
16 CLOSED	17 Chef's Choice <i>Guest Chef, James White</i>	Senior Services: 18 Smothered Pork Chop, Steamed Rice, Mixed Vegetables, Peaches	Adkinson Estates AFH & Holtz Safety & CPR: 19 Salad Bar <i>Member Only</i>	Village Concepts of Marysville: 20 Taco Salad <i>Member Only</i>
Senior Services: 23 BBQ Ribs, Mac & Cheese, Baked Beans, Collard Greens	24 Chicken, Brown Rice, Vegetables	Senior Services: 25 Swedish Meatballs over Egg Noodles, Steamed Carrots, Mixed Fruit	Snohomish Health & Rehab: 26 Pizza, Salad <i>Member Only</i>	27 Tuna Salad, Whole Wheat Roll

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: \$5 Suggested Donation For Ages 60+, \$9 For Ages 59 and under

Reservations are required in advance, but note that reservations will be cutoff once we have reached capacity which is often several days earlier. Fill out a reservation slip at the front desk or call 360-568-0934. Menu is subject to change due to the availability of items.