



**Snohomish Seniors**

*High on Life*

506 Fourth Street  
Snohomish, WA 98290

360-568-0934

info@snohomishcenter.org

Mon-Fri

8:30am-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

Snohomish Senior Center

# *Spring Tea*



**SATURDAY, MAY 16TH**  
**1:30PM**  
DOORS OPEN AT 1:00PM

SSC Members are invited to join us  
for our annual Spring Tea.  
(Members may bring guests.)

**Tickets on sale beginning May 1**  
**\$15 per person**

**We will be closed on Monday, May 25th  
in observance of Memorial Day.**

*From the*

# EXECUTIVE DIRECTOR



Sharon Burlison

Thank you to everyone who helped make Snohomish on the Rocks a wonderful success. The attendance, generosity, and community spirit made this fundraiser a highlight of the year—and this support directly strengthens the programs, services, and welcoming spaces that our seniors rely on every day.

We also want to share our continued gratitude for our Premier Partners of Snohomish on the Rocks, whose support helped make this fundraiser possible: Nancy Penrose with Big Trees of Snohomish, Jason and Lauren Binford with Alternative Roofing Solutions, and Bobby and Krystal Schultz with Schultz Financial Planners. We are truly thankful for their ongoing commitment to our senior community.

We've already seen a positive impact from opening the Center earlier—our doors now open at 8:30 a.m. Some programs allow members to arrive and settle, while others are benefitting from a less congested parking lot. This has reduced the “all-at-once” rush at the doors. Inside, that extra time it's helping us transition more smoothly from morning fitness programs to lunch—giving participants time to wrap up activities, move between rooms, and get ready for meals without feeling hurried.

We were delighted to welcome Mrs. Diem's 5th graders (who included my oldest granddaughter Joey) from Dutch Hill Elementary for a fun event celebrating Earth Day. The students participated in three projects that included planting primroses donated by Telgenhoff Farms, in the garden area, tulip origami, and keep an eye out for the “Snake Rock” they started along our trail. These painted rocks are being added by our students, members, and anyone in the community who'd like to help “continue the snake.” An extended thank you to our friends Jeff Vileta, Nyssa Gray and my daughter Jordan Schauf. It was a wonderful reminder of the joy that comes from connecting with our younger generation.

If you volunteered, donated, sponsored, or simply came into the center last month, thank you. We're excited to keep the momentum going, and we look forward to seeing you at one of our upcoming activities this month.

Happy Spring and Happy Mother's Day,  
*Director Sharon*



## MAY BIRTHDAYS

Monica Diteman	05/01	Betty Andrew	05/09	Charlie Cox	05/19	Nancy Hash	05/25
Alice McClurken	05/01	Rahny Lawson	05/09	Glenna Smithson	05/19	Charleta Rhodes	05/25
Rita Snyder	05/01	Kathryn Welborn	05/09	Laurie Harris	05/20	Gay Anderson-Carr	05/26
Sheryl Martin	05/02	John Crimmins	05/10	Susie Mylan	05/20	Dan Bartelheimer	05/26
Kay Durkin	05/03	Doug Dixon	05/10	Christina Snell	05/20	Joe Blaschka	05/26
Toni Rankin	05/03	Elon DeArcana	05/11	Janice Hereth	05/21	Peggy Maillet	05/26
Gina Sanchez	05/03	Janet Cockbain	05/12	Janice Hill	05/21	Marilyn Parish	05/26
Leanne Cave	05/04	Barbara Reid	05/12	Mike Tipple	05/21	Janet Phillips	05/26
Joan Glinn	05/04	Hank Balderrama	05/13	Steve Arnold	05/22	Sandra Byrd	05/27
Bryan Key	05/04	Sharon Burlison	05/13	Yvette Carrie	05/22	Bruce Miller	05/27
Dale Kolbe	05/04	Rosie Erickson	05/13	Cathy McCain	05/22	Gary Bowen	05/28
Vincent Cavanaugh	05/05	Antoine Collins	05/14	Christine White	05/22	Irene Calis	05/28
Teresa Johnson	05/05	Roylynn McAllister	05/14	David Danner	05/23	Laura Hudgins	05/28
Crystal Thomas	05/05	Kathleen Medak	05/14	Katrina Gammons	05/23	Joan Jaeger	05/28
Mae Tomita	05/05	Lynn Olson	05/14	Patricia Green	05/23	N. Joan Vroman	05/28
Dani Nikolova	05/06	Julie Sheehy	05/14	Mary Jo Enyeart	05/24	Sara Conroy	05/29
Carl Knappe	05/07	Kandace Harvey	05/15	Carlos Pinto	05/24	Elvira Crowder	05/29
Katherine Deatherage	05/08	Cameron VanDunk	05/15	Dotty Ronnestad	05/24	Donna Novak	05/29
Mike Edwards	05/08	Mary Mitchell	05/16	Maria Zahina	05/24	Judy Bartelheimer	05/31
Roseanne Walgamott	05/08	Karen Warren	05/17	Candi Collins	05/25	Christine Homme	05/31
Brenda White	05/08	Thom DeRoest	05/18	Sherri Hammons	05/25	Michael Potts	05/31



### Stay Connected With The Latest Updates



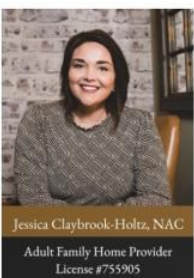
**Online: [snohomishcenter.org](http://snohomishcenter.org)**



**Facebook: [Snohomish Senior Center](#)**



**Instagram: [snohomishseniorcenter](#)**



**Adkinson Estates**  
 ADULT FAMILY HOME  
 425.760.3948 Phone / 360.838.6678 Fax  
[info@adkinsonestatesafh.com](mailto: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](http://adkinsonestatesafh.com)

EVENTS AND FUNDRAISERS



**SNOHOMISH SENIOR CENTER**

# COMMUNITY BREAKFAST

**Saturday, May 2nd**  
**8:30 - 10:30am**

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




Snohomish Senior Center

# BINGO

## Bash

**SATURDAY, MAY 2ND**

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



# Happy Hour

at our Happy Place

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THURSDAY  
MAY 28TH  
4PM

Drinks, Appetizers, Music  
\$20

SIGN UP AT THE FRONT DESK.  
GUESTS ARE WELCOME TO ATTEND

# Sunrise SOCIAL



**Friday, May 29th**  
**9:00am**

Join us for a light breakfast, coffee  
and conversation with friends.

**\$6**  
Sign up at the front desk

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

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

## WORD SEARCH

S	T	U	N	A	A	R	P	D	R	M	J	P	O	U	E	D	V	X	E
O	G	S	N	A	P	P	E	R	E	Z	A	L	J	I	G	F	S	R	N
T	N	A	S	Y	M	I	H	A	M	I	H	A	M	K	L	E	O	Q	L
R	M	U	H	B	R	T	F	S	I	H	L	K	J	O	B	C	A	W	K
O	P	R	S	N	D	C	O	D	C	T	Y	O	U	A	Z	H	U	H	M
U	L	O	G	T	C	P	P	R	F	L	U	N	M	O	S	S	B	I	T
T	S	S	R	C	K	A	E	C	H	Y	D	W	H	I	P	I	R	T	I
N	M	H	O	A	S	P	A	K	R	E	R	O	F	T	E	F	S	I	L
M	P	A	U	J	N	J	E	X	R	L	N	T	I	O	U	R	L	N	D
D	F	L	P	O	R	G	T	C	M	D	A	H	J	K	E	E	S	G	O
V	N	I	E	R	T	L	E	S	D	C	O	N	O	C	Q	T	H	A	N
I	L	B	R	N	I	A	J	R	D	N	E	E	A	N	U	T	R	O	M
S	N	U	M	O	M	W	C	R	O	A	K	E	R	V	R	U	S	H	I
B	O	T	N	L	D	R	X	N	L	U	D	G	W	E	O	B	A	S	S
N	M	E	L	F	D	J	U	Z	N	E	G	L	M	P	G	H	T	E	L
E	L	O	X	H	G	I	C	I	P	A	W	H	S	G	N	I	U	N	E
K	A	C	D	V	U	A	L	R	M	J	D	A	Y	S	S	H	C	R	R
O	S	Y	T	N	M	R	B	T	I	L	A	P	I	A	B	T	E	C	D
Y	P	R	M	L	A	C	J	H	T	S	Y	V	O	H	C	N	A	N	S
A	B	W	C	M	A	C	K	E	R	E	L	A	L	N	E	R	J	N	Y

COD  
 MAHI MAHI  
 ANCHOVY  
 BASS  
 TROUT  
 FLOUNDER  
 SALMON  
 MACKEREL  
 HALIBUT  
 CATFISH  
 WHITING  
 TUNA  
 GROUPE  
 MARLIN  
 PERCH  
 CROAKER  
 TILAPIA  
 ORANGE ROUGHY  
 BUTTERFISH  
 SNAPPER

## MOVIE & ICE CREAM SOCIAL



***Wicked For Good***  
 (Rated PG, 2hr 23min)  
 Drama, Fantasy

***Friday, 5/15 1:00pm***

Ice Cream Sponsored by Susan Hanson

The epic conclusion to the untold story of the witches of Oz begins. Elphaba, demonized as The Wicked Witch of the West, lives in exile, fighting for truth. Glinda, the symbol of Goodness, reigns in Emerald City. But when the angry citizens of Oz rise up against the Wicked Witch, the two must reunite and truly see each other to change themselves, and all of Oz, for good.

# CENTER & PROGRAM NEWS

## Board of Directors

Please welcome Karen Gahm, who was appointed to fill an open position on our Board of Directors at the April Board meeting.

## Foot Care

We have added an extra day of foot care with a new provider, Cassandra Joof. Cassandra will serve members on the 4th Fridays of each month and Carrie will continue with her regular days, 1st & 3rd Fridays. This is a member only service offered at **\$40**. Your appointment can include nail trimming, callous reduction, infection prevention and education to maintain healthy feet. Foot soaking is not provided. Please come with clean, dry feet. Sign up at the front desk.

## 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 will take 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.

## Massage

Massage appointments are available on Thursdays with our new massage therapist, Dee Godere. Choose from a chair massage or table massage. 15 minute sessions are **\$20**. Members only. Sign up at the front desk.

## Membership Meeting

Join us for the next membership meeting on **Wednesday, May 27th at 1:00pm**.

## Tai Chi

Beginning on May 6th, we will offer Tai Chi classes. Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Ed Putnam will lead this class on the **1st, 2nd & 3rd Wednesdays** of the month from **1:30-2:30**. Complimentary for members.

## Walking Group

Walking Group will start 15 minutes earlier beginning May 4th. Join in the outdoor exercise at **10:15** on Mondays.

## Lunch

As a whole, you all have improved on calling ahead to cancel your lunch reservations when you are unable to make it. Thank you for taking a few moments to call and cancel. This allows us to serve others who are on the waitlist and helps prevent food waste.



Please let us know of any cancellations as far in advance as possible.

## Program Requests

We have received a number of requests for programs of interest. We hear you, and we will do our best to find a day and time to introduce the program, but more importantly, it's often a challenge to find the right instructor or coordinator.

There is a fair amount of time involved in planning and adding a program. Your patience and understanding is much appreciated as we work to meet your requests.



**A Full Program List With Details Can Be Found At The Front Desk And Online**

# How and When to Use Naloxone for an Opioid Overdose

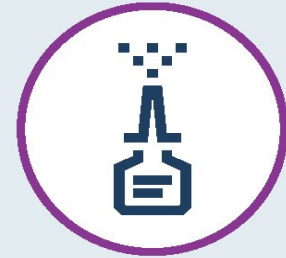
Naloxone saves lives because it can very quickly restore normal breathing to a person whose breathing has slowed or stopped as a result of overdosing on opioid medications, heroin, or other drugs (e.g., cocaine, methamphetamine) that are mixed or laced with the opioid fentanyl.<sup>1</sup>



### What are the signs of an opioid overdose?

During an overdose, a person's breathing can be dangerously slowed or stopped, causing brain damage or death. It's important to recognize the signs and act fast, even before emergency workers arrive. Signs of an overdose may include:<sup>2</sup>

- Small, constricted "pinpoint pupils"
- Limp body
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds



Naloxone (Narcan®) temporarily reverses the effects of overdose from drugs made from opium or opioids, including:<sup>3</sup>

- heroin
- morphine
- oxycodone (OxyContin®)
- methadone
- fentanyl
- hydrocodone (Vicodin®)
- codeine
- hydromorphone
- buprenorphine

**If you give naloxone to a person who has not taken an opioid medicine, it will not hurt them.<sup>5</sup>**

To learn about training on how to give naloxone, visit [getnaloxonenow.org](http://getnaloxonenow.org).







Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

LEARN MORE: [cdc.gov/opioids/naloxone](http://cdc.gov/opioids/naloxone)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<h1>May 2026</h1>			
<b>3</b>	<b>4</b> 9:00 Movement to Music 10:00 Coloring Group 10:15 Walking Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Current Events Discuss.	<b>5</b> 8:40 <b>NO</b> Senior Fitness Express 9:00 Wood Carving 9:00 Cribbage 9:30 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ <i>(buy-in by 1:20)</i> 2:00 Bible Study 4:00 Ping Pong	<b>6</b> 9:00 Poker \$ 9:00 Movement to Music 9:30 Creative Crafters 10:00 Garden Caretakers Mtg 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 1:30 Tai Chi <b>NEW</b> 3:00 Chair Yoga  6:00 Aqua Sox \$
<b>10</b>	<b>11</b> 9:00 Movement to Music 10:15 Walking Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Quilting Group	<b>12</b> 8:40 <b>NO</b> Senior Fitness Express 9:00 Wood Carving 9:00 Cribbage 9:30 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ <i>(buy-in by 1:20)</i> 2:00 Bible Study 4:00 Ping Pong	<b>13</b> 9:00 Poker \$ 9:00 Movement to Music 9:30 Creative Crafters 10:00 Book Club 10:15 Senior Stretch 12:30 Open Table Games 1:00 Grief Support 1:30 Tai Chi <b>NEW</b> 3:00 Chair Yoga
<b>17</b>	<b>18</b> 9:00 Movement to Music 10:00 Coloring Group 10:15 Walking Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Current Events Discuss.  4:00 Mystery Dinner \$	<b>19</b> 8:40 Senior Fitness Express 9:00 Wood Carving 9:00 Cribbage 9:30 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ <i>(buy-in by 1:20)</i> 2:00 Bible Study 4:00 Ping Pong  4:00 Mystery Dinner \$	<b>20</b> 8:00 Board Meeting 9:00 Poker \$ 9:00 Movement to Music 9:30 Creative Crafters 10:00 Garden Work Party 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 1:30 Tai Chi <b>NEW</b> 3:00 Chair Yoga  6:00 Aqua Sox \$
<b>24</b>	<b>25</b>  7:30am Troll Trip \$  <b>CLOSED</b> <b>MEMORIAL DAY</b>	<b>26</b> 8:40 Senior Fitness Express 9:00 Wood Carving 9:00 Cribbage 9:30 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ <i>(buy-in by 1:20)</i> 2:00 Bible Study 4:00 Ping Pong	<b>27</b> 9:00 Poker \$ 9:00 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
<b>31</b>			

## NON-WEEKLY PROGRAMS

THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:00 Ping Pong 9:00-2:30 Foot Care Clinic \$ * 10:00 Creative Writing 12:15 Party Bridge \$ 3:00 Meditation 5:30 Poker \$	<b>2</b> 8:30 Community Breakfast \$  5:15 Bingo Bash \$
<b>7</b> 8:40 <b>NO</b> Senior Fitness Express 8:40-3:00 Massage \$ * 9:00 Watercolor 9:30 Senior Fitness 9:30 Angel of the Winds \$ 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting 7:00 Alzheimer's Support 	<b>8</b> 9:00 Ping Pong 10:00 Creative Writing 12:15 Party Bridge \$ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath 5:30 Poker \$	<b>9</b>
<b>14</b> 8:40 Senior Fitness Express 8:40-3:00 Massage \$ * 9:00 Watercolor 9:00 Caregiver Support 9:30 Senior Fitness 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting	<b>15</b> 9:00 Ping Pong 9:00-2:30 Foot Care Clinic \$ * 10:00 Creative Writing  10:00 Yarn Tour \$ 12:15 Party Bridge \$ 1:00 Movie & Ice Cream 1:30 Balance Class 5:30 Poker \$	<b>16</b> 1:30 Spring Tea \$
<b>21</b> 8:40 Senior Fitness Express 8:40-3:00 Massage \$ * 9:00 Watercolor 9:30 Senior Fitness 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting 4:30 Senior Dinner \$ 	<b>22</b> 9:00 Ping Pong 9:00-2:30 Foot Care Clinic \$ * 10:00 Creative Writing 12:15 Party Bridge \$ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath 5:30 Poker \$	<b>23</b>
<b>28</b> 8:40 Senior Fitness Express 8:40-3:00 Massage \$ * 9:00 Watercolor 9:00 Caregiver Support 9:30 Senior Fitness 12:00 Clay Sculpting 12:30 Pinochle \$ 1:00 Grease \$ 2:30 Beginners Clay Sculpting 4:00 Happy Hour \$ 	<b>29</b> 9:00 Ping Pong 9:00 Sunrise Social \$ 10:00 Creative Writing 12:15 Party Bridge \$ 5:30 Poker \$	<b>30</b>

### 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 & 4th Fri 9:00a-2:30p

### 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

### 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

### Tai Chi

1st, 2nd & 3rd Wed 1:30p

## WEEKLY FITNESS CLASSES

### Movement to Music

Mon, Wed 9:00a

### Senior Fitness

Tue, Thur 9:30a

### Senior Fitness Express

Tue, Thur 8:40a

### Chair Yoga

Wed 3:00p

### Senior Stretch

Wed 10:15a

\* **Appointment Needed**

\$ **Fee or Suggested Donation**

 **Trip**

## FROM THE BOARD PRESIDENT



Welcome to beautiful May. It is a time of all the plants and flowers blooming and the joy it brings my heart. May is a time for renewal, giving us a reminder to embrace the joy and wisdom we share and new opportunities. It's time to embrace the season's growth, valuing the strength, resilience and experiences accumulated over a lifetime and sharing them with others. It also reminds me of our great country and all we have been through and still are, an amazing and free country.

I wanted to finish with lessons learned. I have been going through some kidney failure and the mention of dialysis scared me to death. I did not want any part of it. Yet, I learned in order to survive, you do things that have to be done. It's not immediate, but in my future. I rely on my faith in God. It is amazing what we learn.

See you at our wonderful 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  
Karen Gahm  
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.




## Seattle Chocolate Factory Tour


Tuesday, June 9th 12pm


*More Information in June's Newsletter, Sign Up With Other June Trips on 6/1*





## TRIPS


**05/06/26 (Wednesday), 05/20/26 (Wednesday) Aqua Sox Baseball** Depart @6:00pm, Return after game   
 These trips are currently **FULL**, by members who have bought season tickets. Sometimes tickets are available if they are unable to attend a game. If you'd like to be on a waitlist, inquire at the front desk.


**05/07/26 (Thursday) Angel of the Winds 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**

**05/15/26 (Friday) Yarn Tour** Depart @10:00am, Return @4:00pm   
 It's the 20th anniversary of the Puget Sound Local Yarn Store Tour. Visit a number of quality yarn shops, many offering prizes, free patterns and discounts. We will be touring several shops in the north region. A lunch stop will be made in between all the shopping.  
**Capacity: Min 8, Max 14 Cost: \$15 for Transportation only, Shopping and Lunch at your expense**

**05/18/26 (Monday) & 05/19/26 (Tuesday) 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**

**05/21/26 (Thursday) Senior Citizens Dinner at Glacier Peak HS** Depart @4:30pm, Return @7:00pm   
 Glacier Peak and Snohomish High Schools are hosting a complimentary Senior Dinner at Glacier Peak High. "Life's A Picnic" sponsored by the leadership students of GPHS and SHS includes food, games and fun!  
*If you choose to attend this event on your own, RSVP by 5/13 to Teri Corwin at 360-563-7547.*  
**Capacity: Min 8, Max 14 Cost: Complimentary**

**05/25/26 (Monday) Troll Trip** Depart @7:30am, Return @2:00pm   
 The troll exploration continues with a visit to the Vashon Troll. We'll take the ferry from west Seattle over to Vashon Island to see Oscar the Bird King troll. Enjoy the sites and a lunch stop too.  
**Capacity: Min 8, Max 14 Cost: \$27 for Transportation (and ferry ride) only, Lunch at your expense**

**05/28/26 (Thursday) Grease at Everett Village Theater** Depart @1:00pm, Return after show   
 This 1950s pop culture satire is filled to the brim with grit, glam, and youthful exuberance.  
*Grease promises nonstop, nostalgic fun.*  
**Capacity: Max 14 Cost: \$40 for Transportation and Ticket**

### Victoria Trip

**June 25th - 28th Cost: \$1195 (Double Room Occupancy Only)**




**\*\*\*Sign Up Beginning May 1st\*\*\***

**Depart 6:00am 6/25, Return 8:45pm 6/28**

**Trip Includes:** 3 Nights Hotel Stay at Grand Pacific Hotel, Clipper Transportation, Butchart Gardens Admission, 24 Hour Pass-Hop On/Off Bus + Craigdaroch Castle Admission, Pendray Tea House (lunch), Whale Watching, Royal BC Museum Admission

*Meals not included in pricing, except 1 lunch at Pendray Tea House*

**\*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



Do you have a great picture of recent SSC activities to share? Email it to: [info@snohomishcenter.org](mailto:info@snohomishcenter.org)



Tulip Tour Trip



Garden Caretakers



Spring Bazaar



Snohomish On The Rocks

CENTER PICS



Earth Day with 5th Graders from Dutch Hill



A Special Visit with Marilyn and Elizabeth at The Cottages

## BUSINESS MEMBERS

<p><b>Harvey Airfield</b> 9900 Airport Way Ste. B, Snohomish, WA cyndyh@harveyfield.com 360-568-1541 ext. 229</p>	<p><b>Snohomish Flying Service</b> 9900 Airport Way Ste. C, Snohomish, WA christio@snohomishflying.com 360-568-1541 ext. 234</p>	<p><b>Columbia Bank</b> Together For Better Kim Harrison Branch Manager</p>
<p><b>Austin's Automotive Repair</b> Servicing all makes and models 7625 44th Ave NE Marysville 360-863-2700</p>	<p><b>Global Credit Union</b> Theresa Optiz www.globalcu.org e: t.optiz@globalcu.org / p: 425.264.2771 Where Our Members Come First</p>	<p><b>Visit YogaCircleStudio.com</b> Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.</p>
<p><b>Evergreen Care Solutions</b> contact@evergreencaresolutions.com (425) 770-2516 or (206) 355-1410 Home Care With Heart</p>	<p><b>Snohomish Lions Club</b> "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions</p>	<p><b>Julianne McKeown Gilpin Realty, Inc.</b> Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709</p>
<p><b>Susan Hanson</b> Specializing in Medicare Choices Local Licensed Agent 425-658-6022</p>	<p><b>Snoho Mojo</b> Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish</p>	<p><b>AccentCare Hospice of Snohomish</b> Natasha Jahn, Hospice Consultant C: 206-491-9647 ; O: 425-336-5934 natashajahn@accentcare.com</p>
<p><b>Home Instead</b> 425-549-3100 Homeinstead.com Top Quality Care At Home</p>	<p><b>Village Concepts of Marysville</b> Grandview Village Joanne Acton 360-653-2223 Independent &amp; Assisted Living</p>	<p><b>Dubuque Bakery</b> Handmade Organic Sourdough Bread (206) 705-3474 katya@dubuquebakery.com</p>
<p><b>Alternative Roofing Systems Inc.</b> www.altroofing.com or 866-ALT-ROOF Flat Roof Specialists Since 1982 "Work &amp; Quality Guaranteed!"</p>	<p><b>Snohomish School District</b> Kent Kultgen Kent.kultgen@sno.wednet.edu 360-563-7280</p>	<p><b>#1 Angels of Comfort AFH</b> Contact: Jane Njeru Email: angelsofcomfortafh@gmail.com www.angelsofcomfortafh.com</p>
<p><b>Brain Based Chiropractic Center</b> Michael L Carter, DC 425-303-1330 www.drmmichaelcarter.com</p>	<p><b>Snohomish Health &amp; Rehab</b> 360-568-3161 snohomishrehabofcascadia.com Skilled Nursing / Respite Care</p>	<p><b>Blu Dental &amp; Wellness Snohomish</b> Gentle care for every smile Proudly serving Snohomish Bludentalwellness.com 360-568-5800</p>
<p><b>Sage Senior Network</b> Carly Christou, RN 425-299-7927 Senior Living Advisory &amp; Mobile Notary</p>	<p><b>Humana</b> Maria Salinas   Licensed Sales Agent Phone: 815-315-3534 Email: MSalinas14@humana.com</p>	<p><b>Seniors Helping Seniors Everett</b> Local. Licensed. Heart-Led. shseverett.com 425-496-7160</p>
<p><b>Schultz Financial Partners</b> Bobby &amp; Krystal Schultz (360) 863-3180 Financial Planning and Investment Services</p>	<p><b>Homestead Financial Management</b> Kristin Davis 360-654-4624 Daily Money Management</p>	<p><b>Kara Evanger ~ RE/MAX ELITE</b> Real Estate Specialist John Minifie's daughter (425) 268-1105</p>
<p><b>Tree of Life Senior Care 24/7</b> Long term care facility Dementia and mental health specialty Call Roman 425-499-4642</p>	NEW MEMBER!	

## BUSINESS MEMBERS

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Zuppa Toscana Soup, Salad
4 <u>Senior Services:</u> Blackened Chicken, Salad, Roll, Fruit	5 Cheeseburgers, Tater Tots	6 <u>El Paraiso:</u> Chicken Enchilada, Rice, Beans <b>MEMBER ONLY</b>	7 Baked Potato, Salad	8 <u>Senior Services:</u> California Turkey Burger, Sweet Potato Fries, Tropical Fruit
11 <u>Senior Services:</u> Grilled Salmon, Caesar Salad, Roasted Potatoes, Steamed Veggies	12 Teriyaki Chicken, Rice, Veggies	13 <u>Senior Services:</u> Veggie Burger, Carrot Raisin Salad, French Fries, Peaches	14 <u>Brookdale of Monroe:</u> Chicken Parmesan, Pasta, Salad <b>MEMBER ONLY</b>	15 <u>Village Concepts of Marysville:</u> Taco Salad <b>MEMBER ONLY</b>
18 <u>Senior Services:</u> Salisbury Steak, Mashed Potatoes, Capri Vegetables, Fruit	19 Chicken Salad Sandwich, Chips	20 <u>Senior Services:</u> Dijon Chicken, Orzo w/Peas, Steamed Carrots, Applesauce	21 <u>Adkinson Estates AFH &amp; Holtz Safety &amp; CPR:</u> Salad Bar <b>MEMBER ONLY</b>	22 Chili Dog, Potato Salad
25 <b>CLOSED MEMORIAL DAY</b>	26 Spaghetti, Salad	27 <u>Senior Services:</u> Turkey Cheddar & Spinach Wrap, Macaro- ni Salad, Peaches	28 <u>Snohomish Health &amp; Rehab:</u> Pizza, Salad <b>MEMBER ONLY</b>	29 <u>Senior Services:</u> Southwestern Salad in Tortilla Bowl, Fresh Fruit

**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.**