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

Thanksgiving Meal -Wednesday, November 25th

Our annual Thanksgiving meal will be served on **Wednesday, November 25th** as a lunch. In order to set up and prepare for this large event, all programs are cancelled on Wednesday. SSC will serve a delicious traditional turkey meal at **12:00pm**, with doors opening at 11:30. This is a member only event. We cannot accommodate your guests. The meal is complimentary however, your thoughtful contributions are appreciated.

Please note that there will not be an additional meal served on Thanksgiving Day.



Veterans Day

We will be hosting a special Veterans Day program on Wednesday, November 11th . Together we'll honor our local veterans for their service and sacrifice and let them know how grateful our community is. The progam begins promptly at 9:00am. Please feel free to invite your veteran family members and friends.

A light continental breakfast will be served. All other programs are cancelled on 11/11 and the center will be closing at 11:00 following the Veterans Day program.



SSC Closure Dates *(See Calendar For Details)*

Wednesday, November 11th
Wednesday, November 25th
Thursday, November 26th
Friday, November 27th



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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Fabulously FRUGAL THRIFT SHOP $ave

Owned and Operated by the Snohomish Senior Center

611 Second Street
Snohomish, WA

360-863-6353
Sun-Sat 10:00-5:00

Donations Accepted During Business Hours

From the Executive Director



Shaunna Ballas

Hello friends,

Over the weekend, my family and I attended a water lantern festival at Seward Park. Nearly a thousand people gathered along the shore to decorate paper lanterns with messages of hope, love, forgiveness, and gratitude. As I looked around, I realized that so many of us had come for the same reason: to be together with others who value connection, and to do something meaningful, side by side, in peace.

When darkness fell and the lanterns were set afloat, I watched their soft glow drift along the waves. We came from as many backgrounds as there were lanterns on the water, and yet we were neighbors just the same, joined by the simple, beautiful thread of being human. (I've shared a few photos so you can see a little of the magic for yourself.)

As Thanksgiving approaches, I keep coming back to that evening. So much in our world feels uncertain right now, but standing among strangers who didn't feel like strangers at all, I was reminded that our connection with one another is the anchor that keeps us steady.

That's the feeling I find every day here at the Center: in the warm cup of coffee on a chilly morning, the soup made with homemade love, and the friends who lean in to listen, share a laugh, and offer a hug. Thank you for making this place our Happy Place. Thanksgiving isn't just a day; it's a way of being.

More than sixty years ago, President John F. Kennedy wrote in his Thanksgiving proclamation:
"Let us therefore proclaim our gratitude to Providence for manifold blessings — let us humbly be thankful for inherited ideals — and let us resolve to share those blessings with our fellow human beings throughout the world."

I love that he didn't stop at being thankful. He asked us to share. So this month, I invite you to tell someone thank you when they least expect it, and to say hello to someone new. As author Valerie Kaur beautifully puts it, "You are a part of me I do not yet know." Every new face at our table is a lantern we haven't seen glow yet.

From my family to yours, thank you for the light you bring to this community. Like those lanterns on the water, each of you adds your own special glow.

With heart, joy and so much gratitude for you,

Shaunna

P.S. Speaking of gathering together… raise a glass with us at our annual Snohomish Brewfest on Saturday, November 7, at Thomas Family Farm! It's one of our biggest fundraisers of the year, and whether you're a beer lover or have never tasted a drop, there's a spot (and a toast) waiting for you. Grab your tickets at snohomishbrewfest.com and bring your friends, family, and neighbors. Here's to sharing the glow, one pint at a time!







November Birthdays

Shaunna Ballas	11/01	Lorri Dixon	11/07	Christine Evans	11/16	Lacey Baldwin	11/25
Teresa Greene	11/01	Dan Humphrey	11/07	Barbara Forster	11/16	Steve Cross	11/25
Sharon Nelson	11/01	Joy McBride	11/07	William Rasmussen	11/16	Valerie Dianne Linden	11/25
Gerard Simeon	11/01	Lonnie McCool	11/07	Judy Willis	11/17	Cynthia Clary	11/26
James Toomey	11/01	Mona Swanson	11/07	Nancy Clark	11/19	Eve Fialho	11/26
Corrine Brown	11/03	Jacqueline Dobbelaar	11/08	Linda Kyle	11/19	Heidi Meyer	11/26
James Haskins	11/03	Patricia Mathison	11/08	Crystal Mullen	11/19	Carole Messenger	11/27
Maureen Loomis	11/03	Bonnie Giles	11/09	Simi Nikoomanesh	11/19	Susan Fargher	11/28
Carol Thomas	11/03	Teresa Reid	11/10	Susan Pettit	11/19	Nicole Lyons	11/28
Raymond Anderson	11/04	Ernest McClellan	11/11	Christina Shadinger	11/19	Delaina Pruitt	11/28
Donna Johnson	11/04	Lee Bayle	11/12	Donna Taylor	11/19	Brenda Rumball	11/28
Joyce Krach	11/04	Gary Cooley	11/12	Penny Zettlemoyer	11/19	Debi Gahringer	11/29
Janet Owen	11/04	Ann Dorgan	11/12	Kelly Atwell-Cassem	11/20	Dianne Goodyear	11/29
Michelle Haneberg	11/05	Evelyn Himple	11/12	Patricia Connors	11/20	Lenora Salandi	11/29
Karen Pullen	11/05	Tom Merrill	11/12	Dawn Steidle	11/21	Robert Thomas	11/29
Richard Arsenault	11/06	Julie Bruck	11/13	Colette Hoeth	11/23	Susan Bailey	11/30
Ralph Hatfield	11/06	Mechelle Phillips	11/13	Carroll Brown	11/24	Karen Bresheare	11/30
Gerard Jorgensen	11/06	Kathleen Reid	11/13	William Eilliot	11/24	Dawn Humphrey	11/30
June Stjern	11/06	Lauren Gisler	11/14	Gregory Johnson	11/24	George Nunziata	11/30
Maria West-Daughtery	11/06	Linda Martina	11/14	Thomas Sofie	11/24		
Glenda Clemans	11/07	Charles Debruler	11/15	Mary Zwerling	11/24		











Venturing out on SSC trips.

City of Snohomish Update:

Community Navigator, Amber Charouhas will be at Snohomish Senior Center to help with:

HOUSING RESOURCES, FOOD AND BASIC NEEDS, MENTAL HEALTH RESOURCES, REFERRALS AND COMMUNITY PROGRAMS

Third Thursdays of the Month
10:30a-12:00p

Fundraisers & Events











Center & Program News

Bazaar
Our annual Holiday Bazaar will be held on **Saturday, November 21st from 9am to 3pm.**
DONATIONS: If you have new or gently used household items you are ready to part with, we will be collecting donations for the "senior tables." Due to storage limitations at the center, please wait to drop off your donations until the week of Nov. 17th.
BAKE SALE: Sign up to bring your homemade cakes, pies, cookies and other treats to be sold at the bazaar bake sale. Baked goods will need to be dropped off by Friday, 11/20 at noon.
SPRING BAZAAR APPLICATIONS: Vendors, save the date for the **Spring Bazaar - March 20, 2027.** Applications will be available beginning **Monday, December 7th at 9:00am** at SSC.

Food Drive
We will be collecting non perishable foods for the Snohomish Community Food Bank. Drop off canned soups, vegetables, fruits, macaroni & cheese, diapers and wipes at SSC through **Wednesday, 11/25**.

Guest Rates
Beginning in January, a $5 guest fee will go into effect for all programs (excluding Bingo). If you are already a member, this will not affect you. Specific details will be announced in December.

Quilt Raffle
The Silver Threads Quilting Group has completed two quilts to be raffled. Each features a whimsical pattern of colorful cats and dogs. With two quilts this year, the first winner will receive the double sized quilt, the second winner will receive the crib sized one. Tickets are on sale at the front desk for $5 each or 5/$20. The drawing takes place at our Holiday Bazaar on November 21st. Winners do not need to be present to win. All proceeds from raffle sales benefit SSC. Thank you Quilting Group!

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. *Bring your own beer or wine. No liquor permitted.*

11/2 5:15pm vs Bears
11/8 1:25pm vs Cardinals
11/15 1:05pm vs Raiders
11/29 1:25pm vs 49ers



Cheering on our team during
Seahawks Viewing Parties





November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	**2** 9:00 Movement to Music 10:00 Coloring Group 10:15 Walking Group 11:00 Trip Sign-Ups Begin $ 12:00 MahJongg 12:15 Party Bridge $ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Current Events Discuss. 5:15 Seahawks Game	**3** 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 Pinochle $ 1:30 Bingo $ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	**4** 9:00 Poker $ 9:00 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 1:30 Tai Chi 3:00 Chair Yoga
8 1:25 Seahawks Game	**9** 7:30 NW Trek $ 9:00 Movement to Music 10:15 Walking Group 12:00 MahJongg 12:15 Party Bridge $ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train	**10** 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 Pinochle $ 1:30 Bingo $ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	**11** 9:00 Veterans Day Program **CLOSED** For All Other Programs
15 1:05 Seahawks Game	**16** 9:00 Movement to Music 10:00 Coloring Group 10:15 Walking Group 12:00 MahJongg 12:15 Party Bridge $ 1:00 Current Events Discuss. 1:00 Diamond Painting 1:00 Mexican Train	**17** 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 Pinochle $ 1:30 Bingo $ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	**18** 8:00 Board Meeting 9:00 Poker $ 9:00 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 1:30 Tai Chi 3:00 Chair Yoga 4:00 Mystery Dinner $
22	**23** 9:00 Movement to Music 9:00 Southcenter $ 10:15 Walking Group 12:00 MahJongg 12:15 Party Bridge $ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train	**24** 8:40 Senior Fitness Express 9:00 Wood Carving 9:00 Cribbage 9:30 Hibulb Center $ 9:30 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 Pinochle $ 1:30 Bingo $ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	**25** **CLOSED** Except for Thanksgiving Meal **at 12:00pm** Reservation Required Members Only Doors Open at 11:30
29 1:25 Seahawks Game	**30** 9:00 Movement to Music 10:15 Walking Group 12:00 MahJongg 12:15 Party Bridge $ 1:00 Diamond Painting 1:00 Mexican Train		

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

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

THURSDAY	FRIDAY	SATURDAY
5 8:40 Senior Fitness Express 9:00 Watercolor 9:30 Senior Fitness 10:00-2:00 Massage $ * 12:00 Clay Sculpting 12:30 Deck & 1/2 Pinochle $ 2:00 Line Dancing 2:30 Beginners Clay Sculpting	**6** 9:00 Ping Pong 9:00-2:30 Foot Care Clinic $ * 10:00 Creative Writing 12:15 Party Bridge $ 3:00 Meditation	**7** 8:30 Community Breakfast $ 2:00-7:00 Snohomish Brewfest at Thomas Family Farm $ 5:15 Bingo Bash $
12 8:40 Senior Fitness Express 9:00 Watercolor 9:00 Caregiver Support 9:30 Senior Fitness 10:00-2:00 Massage $ * 12:00 Clay Sculpting 12:30 Deck & 1/2 Pinochle $ 2:00 Line Dancing 2:30 Beginners Clay Sculpting 7:00 Alzheimer's Support	**13** 9:00 Ping Pong 9:30 Tulalip Casino $ 🚌 10:00 Creative Writing 12:15 Party Bridge $ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath	**14** 1:00 Ragtime $ 🚌
19 8:40 Senior Fitness Express 9:00 Watercolor 9:30 Senior Fitness 10:00-2:00 Massage $ * 12:00 Clay Sculpting 12:30 Deck & 1/2 Pinochle $ 2:00 Line Dancing 2:30 Beginners Clay Sculpting 4:00 Mystery Dinner $ 🚌	**20** 9:00 Ping Pong 9:00 Sunrise Social $ 9:00-2:30 Foot Care Clinic $ * 10:00 Creative Writing 12:15 **NO** Party Bridge $ 1:00 **NO** Movie & Ice Cream Social 1:30 **NO** Balance Class	**21** 9:00-3:00 Holiday Bazaar
26 **CLOSED** **Thanksgiving Day**	**27** **CLOSED**	**28**

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

NON-WEEKLY PROGRAMS

Alzheimer's Support
2nd Thur 7:00p

Balance Class
2nd, 3rd & 4th Fri 1:30p

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

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

Happy Hour at our Happy Place
Last Thur of the Month 4:00p
(On Hold Until Jan.)

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

**** Appointment Needed*** ***$ Fee or Suggested Donation*** 🚌 ***Trip***

From The Board President


Merle Kirkley

Welcome to November as the weather is getting us ready for winter. It is a month of giving thanks to our Veterans who have served this beautiful country we live in. It is also a time to enjoy our family and friends for the feast of Thanksgiving. It is a time of celebration at our Happy Place where we get together for all the special events happening.

I was thinking about how things change for us as seniors over time. We were in Palm Desert in October and staying where there was an adult pool. Most of those in the pool were in our age range and it was hilarious to hear the conversations about what particular part of your body was hurting and how many doctor appointments you were going to. Additionally, the conversations moved on to health insurance and all the changes this year and the cost really going up. It makes me appreciate how blessed we are and the fun we all have.

Our senior center is growing and with that we must look ahead at how to deal with it. It takes all of us working together in a number of ways. We can't dog it for those who come after us. We all have a lot to offer.

I look forward to seeing everyone at our Happy Place, the Snohomish Senior Center. Enjoy Thanksgiving with your family and friends.
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
Brad Nelson

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 8:30-11:00am.
· 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

11/9/26 (Monday) NW Trek - Depart @7:30am, Return @4:30pm
Get your nature on! See bison, moose, elk and more as we visit NW Trek! *Bonus* There are 8 newly installed Thomas Dambo Trolls to see! We'll visit the park, see the animals and ride the tram. Only 1 troll is visible from the tram so there will be a fair bit of walking to find the other 7 trolls. There is a cafe on site (Forest Cafe). They serve a variety of lunch items (burgers, sandwiches, salads, etc.)
Capacity: Min 8, Max 14 Cost: $56 for Transportation and Admission, Lunch at your expense

11/13/26 (Friday) Tulalip Casino - Depart @9:30am, Return @2:00pm
Feeling lucky? Slot machines, table games, great food & drinks. There's something for everyone.
Capacity: Min 8, Max 14 Cost: $13 for Transportation only, Gambling and Lunch at your expense.

11/14/26 (Saturday) *RAGTIME* (Village Theater Everett)-Depart @1:00pm, Return approximately 5:45pm
See this powerful Tony award winning production. *RAGTIME* is a uniquley compelling exploration of America at the turn of the 20th century, weaving together three unforgettable stories: a daring Harlem pianist, a determined Jewish immigrant, and an affluent society woman.
Showtime is 2 hrs 50 min, with a 15 min intermission.
Capacity: Max 14 Cost $43 for Ticket and Transportation

11/18/26 (Wednesday) and 11/19/26 (Thursday) Mystery Dinners - Depart @4:00pm, Return after dinner
Enjoy a delicious meal and great conversation. The restaurant location is a surprise each month.
Capacity: Min 8, Max 14 Cost: $10 for Transportation only, Dinner at your expense.

11/23/26 (Monday) Southcenter Holiday Shopping- Depart @9:00am, Return @3:00pm
Enjoy an excursion to Southcenter Mall for some shopping. Don't forget to visit their amazing food courts or plan to visit one of the restaurants in the mall.
Capacity: Min 8, Max 14 Cost: $15 for Transportation only, Shopping and Lunch at your expense

11/24/26 (Tuesday) Hibulb Cultural Center - Depart @9:30am, Return @2:00pm
Visit this official archaeological repository with us. Learn more about the Tulalip tribe. After we explore the cultural center, we'll head over to Don's restaurant in Marysville.
Capacity: Min 8, Max 14 Cost: $15 for Transportation only, Shopping and food at your expense.

12/3/26 (Thursday) The Lights of Christmas at Warm Beach - Depart @3:30pm, Return @7:30pm
We'll take a cozy drive up to Warm Beach where we'll enjoy some seasonal light displays from the comfort of our shuttle!
Capacity: Min 8, Max 14 Cost: $15 for Admission and Transportation

12/4/26 (Friday) Angel of the Winds Casino - Depart @9:30am, Return @2:30pm
Feeling lucky? Slot machines, table games, great food & drinks. There's something for everyone.
Capacity: Min 8, Max 14 Cost: $13 for Transportation only, Gambling and Lunch at your expense.

Offsite Parking For Trips

Hey trip-goers, there may be times that we will ask you to park offsite (at a local church) to free up space in our parking lot. You will be given notice and details if this is the case for any trips you have signed up for.

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.

Business Members

#1 Angels of Comfort AFH
Contact: Jane Njeru
Email angelsofcomfortafh@gmail.com
www.angelsofcomfortafh.com

Abraham & Co.
Registered Investment Advisors
Andrew Amoroso: 206-222-0251
a.amoroso@abrahamco.com

AccentCare Hospice of Snohomish
Natasha Jahn, Hospice Consultant
C: 206-491-9647 ; O: 425-336-5934
natashajahn@accentcare.com

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Kim Harrison
Branch Manager

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Dependablecare86@gmail.com

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katya@dubuquebakery.com

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-Home Health - Home Care Palliative
-Hospice 360-734-5410 Snohomish Co.
360-773-3068 Eden-health.com
NEW MEMBER

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Sterling Gurney, CFP®, CRPC™
602 2nd St Suite C, Snohomish
(360) 563-1042

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Phone: 815-315-3534
Email: MSalinas14@humana.com

Julianne McKeown
Gilpin Realty, Inc.
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mckeownhomes.com 425-330-4709

Kara Evanger - RE/MAX ELITE
Real Estate Specialist
John Minifie’s daughter
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Scott Kelly, Financial Advisor
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www.LegacyWPartners.com

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360-568-6436

Business Members

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Regency Care Center at Monroe Short Term Rehabilitation, Skilled Nursing and Long-Term Care Carigan Donnelly 360-913-2809	**Snohomish Flying Service** 9900 Airport Way Ste. C, Snohomish, WA christio@snohomishflying.com 360-568-1541 ext. 234	**Susan Hanson** Specializing in Medicare Choices Local Licensed Agent 425-658-6022
Riverview Road Cidery 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)	**Snohomish Health & Rehab** 360-568-3161 snohomishrehabofcascadia.com Skilled Nursing / Respite Care	**Tree of Life Senior Care 24/7** Long term care facility Dementia and mental health specialty Call Roman 425-499-4642
Sage Senior Network Carly Christou, RN 425-299-7927 Senior Living Advisory & Mobile Notary	**Snohomish Inn** 323 Second St, Snohomish Clean, Comfy, Cozy Book today 360-568-2208	**Village Concepts of Marysville** Grandview Village Joanne Acton 360-653-2223 Independent & Assisted LIving
Schultz Financial Partners Bobby & Krystal Schultz (360) 863-3180 Financial Planning and Investment Services	**Snohomish Lions Club** "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions	**Visit YogaCircleStudio.com** Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.
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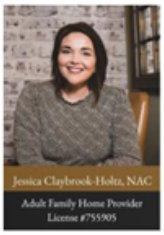
611 Second Street Snohomish, WA

360-863-6353

Sun-Sat 10:00-5:00

Donations Accepted During Business Hours







Thanks to our local business members for supporting the mission of our center.

If you are a business owner interested in a business membership, contact info@snohomishcenter.org for more information.

Annual fee is $130 and contributes to funding SSC programs and services.

SNOHOMISH | SENIOR | CENTER

HAPPY PLACE

EST. 1989 | WASHINGTON

506 Fourth Street Snohomish, WA 98290

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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

NOVEMBER LUNCH MENU

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

Frozen weekend meals are available provided by Senior Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Services: Pork Chop Patty, Scalloped Potatoes, Steamed Vegetables, Pears	**3** Ham & Cheese Wrap, Salad	**4** El Paraiso: Chicken Enchilada, Rice, Beans **Member Only**	**5** Lasagna, Salad	**6** Senior Services: Salisbury Steak, Mashed Potatoes & Gravy, Mixed Veggies, Applesauce
9 Senior Services: Lemon Pepper Pollock, Baked Potato, Veggies, Peaches	**10** Cheeseburger, Tater Tots	**11** **CLOSED**	**12** Brookdale of Monroe: Chicken Parmesan, Pasta, Salad **Member Only**	**13** Senior Services: Beef Strips w/Mushroom Gravy, Egg Noodles, Green Beans, Roll
16 Senior Services: Tomato Bisque Soup, Grilled Cheese, Sun Chips, Fruit	**17** Italian Pasta, Salad	**18** Senior Services: Lemon Pepper Drumstick, Rice Pilaf, Vegetables, Mandarin Oranges, Roll	**19** Adkinson Estates AFH & Holtz Safety & CPR: Salad Bar **Member Only**	**20** Village Concepts of Marysville: Taco Salad **Member Only**
23 Senior Services: Chili w/Green Onion, Shredded Cheddar, Tortilla Chips, Fruit	**24** Bean and Cheese Burrito with Rice	**25** Thanksgiving Lunch *** **12:00** *** *(Doors Open @11:30)* **Member Only**	**26** **CLOSED**	**27** **CLOSED**
30 Senior Services: Tuna Melt, Pasta Salad, Sun Chips, 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.