

SNOHOMISH | SENIOR | CENTER

HAPPY PLACE

EST. 1989 | WASHINGTON

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!



Reminder of our Code of Conduct

Participants are expected to treat staff, volunteers, and other attendees with respect. The center encourages a positive and inclusive environment, avoiding lewd or profane language, and disruptive behavior. Engaging in malicious gossip or activities that disrupt the flow of the center is prohibited. Participants are expected to show proper care for the center’s property. The center is committed to continuous evaluation and improvement, listening to feedback and engaging in open dialogue. In essence, the Snohomish Senior Center aims to provide a safe and enjoyable environment where members can connect and participate in activities with dignity and respect. The Executive Director has the right to place restrictions on or exclude members, guests and staff from program participation due to a breach to this Code of Conduct.



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

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*

**SNOHOMISH
BREWFE**

NOVEMBER 7TH

THOMAS FAMILY FARM

Early Bird General Admission: \$40
(\$45 at the door)

Early Bird Designated Driver: \$8
(\$10 at the door)

SNOHOMISHBREWFE.COM

From the Executive Director



Shaunna Ballas

A Note for October

Hello, friends!

I'm sitting here wondering where the summer went. It feels like just yesterday I was in complete bliss, throwing rocks into the lake with my grandson, Cyprus, and now he's 11! I promise I blinked only once.

Of course, the hot chocolate came right after the rock throwing. Some traditions are sacred.

I also dug up an older photo of him at the pumpkin farm, perched on a tractor when he was small enough to need a boost. He looked so proud of himself.

Time has a funny way of sneaking up on us, doesn't it? One minute it's summer, and the next you step outside to a crisp morning and realize fall has arrived. And I couldn't be happier about it! I love the cool air, and the colors are just showing off right now, with crimson, golden ochre, orange, and plum. I feel lucky to live in this part of the country where the seasons put on such a show. They remind me that change can be beautiful, and that every season has its own kind of glow.

My family and I love to get outside this time of year. We pull on our boots for hikes in the Cascades, wander the north coastline of the Salish Sea, and gather around bonfires by the river when the evening chill rolls in. Wool socks, warm mugs, crackling fires, and lots of laughter. It doesn't get cozier than that!

That sense of wonder is what I hope we can share this month. Here at the center, we're a community of members, volunteers, staff, and families, and one of the best things about us is that we never stop being curious. Like the season around us, we get to keep turning, and there's real magic in learning something new just because it sounds fun.

So, this October, I'd love you to try something new. Sign up for a class, strike up a conversation with someone you haven't met yet, walk a trail you've never explored, or dig into a subject you've always wondered about. And if you're not sure where to start, stop by and say hello. I'd love to hear what's sparked your curiosity and maybe swap a fall favorite or two.

A special thanks to all of you who came to our Spaghetti Dinner Fundraiser. Your generous support ensures that the center is able to provide the good food and meaningful programs you enjoy. At the time of this letter, we have raised over \$32,000! Thanks for keeping our happy place humming.

Here's to crisp mornings, warm cups, and never running out of things to discover.

With warmth and a cup of hot chocolate,

Shaunna ♥



October Birthdays

Buddy Brock	10/01	Marianne Thill	10/08	Lydia Bishop	10/17	Elizabeth Wright	10/23
Connie Hans-Young	10/01	Kimberly Angelo	10/09	Ray Cox	10/17	Patricia Bond	10/24
Cheryl Lauch	10/01	Wendy Beaudry	10/09	Debbie Mayhew	10/17	Michael Shephard	10/24
Paul Pinson	10/01	Lanni Johnson	10/09	Cheryl Orwiler	10/17	Sarah Springer	10/24
Merilyn Carlson	10/02	Anne Knight	10/09	Lorraine Lindsey	10/18	Marilyn Summers	10/24
Melinda McCall	10/02	Maria Balague	10/10	Cheryl Cooper	10/19	Melinda Anderson	10/25
Rodney Vroman	10/02	Pamela Cadotte	10/10	Daniel Parks	10/19	Genevieve Britt	10/25
Suzanne Cowper	10/03	Alice O'Grady	10/10	Ramona Peck	10/19	Gary Gable	10/25
David Horton	10/03	Tom Puetz	10/10	Leann Torgerson	10/19	Susan Hebel	10/25
Jeff Pocha	10/03	Tanya Ryner	10/10	Marie Auckland	10/20	Cherie LaMaine	10/25
Diana Uplinger	10/03	Rachel Shafer	10/10	Lee Calles	10/20	Myron Hovland	10/27
Sue Morgan	10/04	Krista Ascherl	10/11	Linda Gjertson	10/20	Susan Hutchinson	10/27
Karen Tracy	10/04	Jean Baker	10/11	Nancy Noble	10/20	Robin Martin	10/27
John Wishart	10/04	Barbara Sturdevant	10/11	Leslie Lentz	10/21	Shelia McDonald	10/27
Rosetta Hamlin	10/05	Diane Wright	10/11	David Riesner	10/21	Tom Scott	10/27
Dorotha Hoskins	10/05	Jacquelyn Adams	10/12	Ron Sheppard	10/21	Connie West	10/27
Beverly Lewis	10/05	Ken Crowder	10/12	Ginger Bernauer	10/22	Esther Borg	10/28
Dixie Collins	10/06	Dennis Finkeldei	10/12	William Bond	10/22	James Cronin	10/28
Douglas Cooper	10/06	Mary Jolley	10/12	Laurie Fatta	10/22	Susan Forsberg	10/29
Richard James	10/06	Norma Mapel	10/12	Helga Kash	10/22	Richard Mathison	10/29
Harold Shoemaker	10/06	Bruce Vibbert	10/12	Gloria Morrison	10/22	Sharon Hanson	10/30
Terrilyn Walker	10/06	Sarah Jusko	10/13	Thomas Waldron	10/22	Leslie Indresano	10/30
Katherine Williams	10/06	Kay Kramer	10/14	Gloria Winters	10/22	Karen Manley	10/31
Kandis Goetz	10/08	Patricia Burkey	10/15	Nancy Adams-Walker	10/23	Cheryl Norton	10/31
Diane Horning	10/08	Ella Peterson	10/15	Becky Buckingham	10/23		
Ann Remington	10/08	Nina Hartsock	10/16	David Croutworst	10/23		
Kathleen Starr	10/08	Cindy Morawski	10/16	Marilyn Stewart	10/23		



CORE RULES TO PREVENT SCAMS

Slow Down: Scammers create a false sense of urgency (e.g., "Your bank account is compromised!" or "Your grandchild is in jail!"). Legitimate businesses and government agencies will never pressure you to act immediately.

Never Give Out PII: Never share Personally Identifiable Information (PII) like your Social Security number, Medicare number, bank routing numbers, or birth date with someone who contacts you unexpectedly.

Verify Independently: If a caller claims to be from your bank, Medicare, or the government, hang up. Call them back using an official number from your statement, card, or the agency's verified website.

Refuse Unusual Payment Methods: No legitimate company or government agency will ever demand payment via gift cards, cryptocurrency, wire transfers, or payment apps like Venmo or CashApp.

Don't Trust Caller ID: Technology allows scammers to easily spoof phone numbers to make it look like a local business, utility company, or government agency is calling.

City of Snohomish Update:

North Bickford Avenue Improvements Begin As of 9/16:

- Work began on North Bickford Avenue on Wednesday, September 16, as the City launched an overlay project to improve the roadway and upgrade traffic detection equipment.
- Drivers should expect temporary single-lane closures and traffic revisions as work progresses. Access to all businesses and residences will be maintained throughout the project.
- Construction is currently expected to continue through November 2026. The schedule may change due to weather or other unforeseen project conditions.



**COMMUNITY
BREAKFAST**



**Saturday, October 3rd
8:30-10:30**

Snohomish Senior Center

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

 **\$9**



BINGO BASH

SATURDAY, OCTOBER 3RD

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

CAFÉ OPEN

SNOHOMISH SENIOR CENTER





Sunrise Social

**Friday, October 23rd
9:00am**

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

\$6
-Sign up at the front desk-

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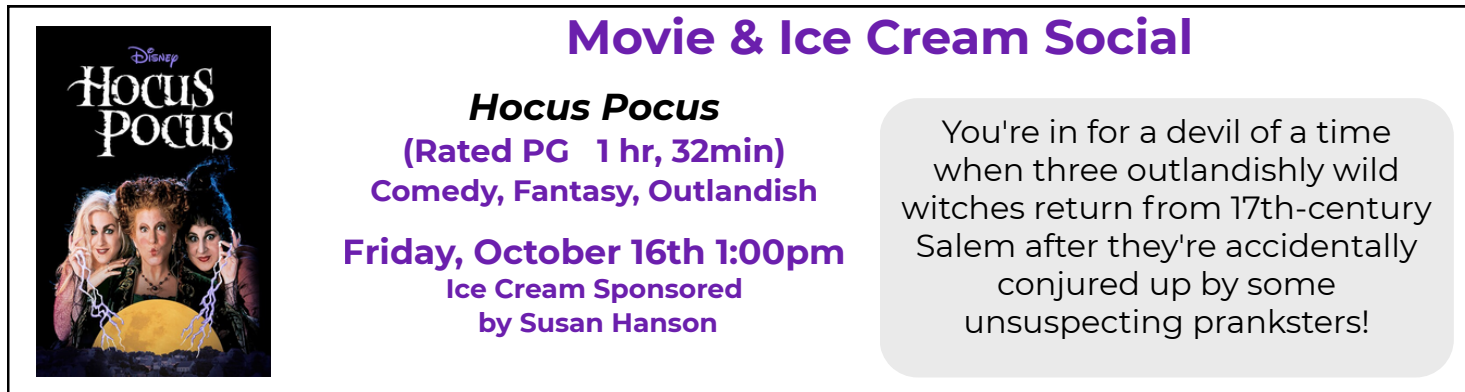


HOLIDAY BAZAAR

SAVE THE DATE

**NOVEMBER 21st
9AM-3PM**

Snohomish Senior Center



Movie & Ice Cream Social

Hocus Pocus
(Rated PG 1 hr, 32min)
Comedy, Fantasy, Outlandish

Friday, October 16th 1:00pm
Ice Cream Sponsored
by Susan Hanson

You're in for a devil of a time when three outlandishly wild witches return from 17th-century Salem after they're accidentally conjured up by some unsuspecting pranksters!

Center & Program News

Alzheimer's Presentation

Washington State Alzheimer's Association will be at SSC on **Monday, October 12th from 10-11am** for a presentation on 10 Warning Signs of Alzheimer's. Topics covered: Typical Age-Related Changes, Common Warning Signs of Alzheimer's, How to Approach Someone About Memory Concerns, Early Detection, Alzheimer's Association Resources.

Basket Weaving

Julie Bruck will be teaching her basket weaving class on **Wednesday, October 7th, 14th & 21st at 1:00pm**. You will need to attend all 3 sessions in order to complete your basket. Space is limited, sign up at the front desk. Please bring **\$5 cash** on the first class to cover the cost of supplies.

Bingo

Every Tuesday we play bingo in the great hall. If you would like to join in the fun, make sure to **buy-in by 1:20**. Games begin promptly at 1:30.

Foot Care Clinic

Due to the number of no-shows and last minute cancellations, a 50% cancellation fee (\$20) will be charged to members who cancel with less than **24 hours** notification. Fees are required to be paid before another appointment can be scheduled.

Senior Services Lunch Days

Homage Senior Services provides meals twice a week for our center. These lunches are noted with "Senior Services" on our menu. A yearly participant registration card must be filled out by each person who partakes of the meals on these days. The suggested donation for ages 60+ is \$5 and the fee for everyone under 60 is \$9. These prices are set by Homage. 100% goes back into Homage's congregate meal program to help cover the cost of food.

Massage

We have a new massage therapist, Stasha Howarth-Clark, LMT.

"Massage Therapy done with Experience, Skill, and Compassion. My name is Stasha, and I am so excited to be offering massage therapy services at Snohomish Senior Center! I have over 20 years of experience. My focus has always been about helping people feel more comfortable, relaxed, and supported in their bodies. My work and training is especially well suited for seniors who are looking for individualized care. I am married to a chiropractor, Jeffrey. I have two sweet puppies. I am a continued education nerd. Love music of many kinds. And, fun fact...I looove my manual cars. No automatics for me. 😊 Looking forward to meeting all of you!"



15 minute massages every **Thursday from 10:00-2:00**. This is a member only service for \$20 per appointment. Sign up at the front desk.

Membership Meeting

Join us for the next membership meeting on **Wednesday, October 28th at 1pm**.

Trick or Treaters Visiting SSC

On **Friday, October 30th** a local moms and kids adventure group will be visiting to trick or treat in our center. We will provide the treats but would love our members to be present, dress up and help in handing out goodies. Kids will be arriving at **10am**, so come early to participate.

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.*

10/4 1:25pm vs Chargers

10/11 1:25pm vs 49ers

10/15 5:15pm vs Broncos

10/25 5:20pm vs Chiefs



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
4 1:25 Seahawks Game 	5 9:00 Movement to Music 10:00 Comm. Transit Training \$  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.	6 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	7 9:00 Poker \$ 9:00 Movement to Music 9:00 Casino Trip \$  9:30 Creative Crafters 10:00 Garden Caretakers Mtg. 10:15 Senior Stretch 12:30 Open Table Games 1:00 Basket Weaving \$ 1:00 Resilient Living 1:30 Tai Chi 3:00 Chair Yoga
11 1:25 Seahawks Game 	12 9:00 Movement to Music 10:00 Alzheimer's Presen. 10:15 Walking Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train	13 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 4:00 Mystery Dinner \$ 	14 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 Basket Weaving \$ 1:00 Grief Support 1:30 Tai Chi 3:00 Chair Yoga 4:00 Mystery Dinner \$ 
18	19 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.	20 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	21 8:00 Board Meeting 9:00 Poker \$ 9:00 Leavenworth \$  9:00 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 1:00 Basket Weaving \$ 1:00 Resilient Living 1:30 Tai Chi 3:00 Chair Yoga
25 1:25 Seahawks Game 	26 9:00 Movement to Music 10:15 Walking Group 11:00 Swans Trail \$  12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train	27 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	28 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

THURSDAY	FRIDAY	SATURDAY
1 8:40 Senior Fitness Express 9:00 Watercolor 9:30 Senior Fitness 10:00-2:00 Massage \$ * 11:00 Trip Sign-Ups Begin \$ 12:00 Clay Sculpting 12:30 Deck & 1/2 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting	2 9:00 Ping Pong 9:00-2:30 Foot Care Clinic \$ * 10:00 Creative Writing 12:15 Party Bridge \$ 3:00 Meditation	3 8:30 Community Breakfast \$ 1:00 Concert \$  5:15 Bingo Bash \$
8 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	9 9:00 Ping Pong 10:00 Creative Writing 12:15 Party Bridge \$ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath	10
15 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 5:15 Seahawks Game 	16 9:00 Ping Pong 9:00-2:30 Foot Care Clinic \$ * 10:00 Creative Writing 12:15 Party Bridge \$ 1:00 Movie & Ice Cream Social 1:30 Balance Class	17
22 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 \$ 2:30 Beginners Clay Sculpting	23 9:00 Ping Pong 9:00 Sunrise Social \$ 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	24
29 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 \$ 2:30 Beginners Clay Sculpting 4:00 Happy Hour \$	30 9:00 Ping Pong 10:00 Trick or Treat Kids Visit 10:00 Creative Writing 12:15 Party Bridge \$	31

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

Garden Caretakers Meeting

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

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

From The Board President



Merle Kirkley

Welcome to October. Of all the months of the year, October for me, is about change. It is a month where I know time will slow down and we get to enjoy the brilliance of all the trees turning into an artist's palette of color, showing us that life changes with every season. October in its beauty, is calming and a time to reflect on the year and look forward to the future of life. I also love (although at times I hated it) watching all the leaves falling to the ground and children throwing leaves everywhere and jumping on them and laughing with joy. Of course I then have to rake all the leaves up and decide where to put them. I love the crispness of the mornings and the beautiful warmth of the afternoon later in the day. I enjoy the children knocking on the door and in loud voices exclaiming "Trick or Treat." It warms my heart. At our old home on Avenue A, we would get about 600-700 kids at our door. I enjoyed every minute.

The last three months are a busy time with many events and it really puts a strain on our amazing staff. Be patient. I feel so good about watching Shaunna and our staff work and grow together. It is a change and with change comes new ideas. We are so fortunate to have a small team accomplish so much. Your board, along with Shaunna are looking down the road for what is next. We continue to grow and with growth comes challenges of dealing with it. It is fun and hard work looking ahead. We always look for ideas on how you see growth. We are all in it together. We grow because it is a Happy Place with many programs and events.

I look forward to seeing you all at our 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
- 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.

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.

10/3/26 (Saturday) CeCe Teneal's Divas of Soul Concert - Depart @1:00pm, Return after concert ▲

Presented by Everett Civic Music, award-winning vocalist CeCe Teneal delivers the "R-E-S-P-E-C-T" that the queens of music deserve in her show, celebrating 50 years of chart-topping R&B and Soul music.
Capacity: Max 14 Cost: \$20 for Transportation and Ticket

10/5/26 (Monday) Community Transit Training - Depart @10:00am, Return @4:00pm ●

Have you ever wanted to know how to ride light rail to SeaTac? Join us for a full educational day! We will learn how to take community transportation from Snohomish to Lynnwood to SeaTac and back home again. *Please bring a sack lunch and water bottle with you.*
Capacity: Min 6, Max 9 Cost: Free

10/7/26 (Wednesday) Snoqualmie Casino - Depart @9:00am, Return @2:00pm ▲

Feeling lucky? Slot machines, table games, great food & drinks. There's something for everyone.
Capacity: Min 6, Max 14 Cost: \$13 for Transportation only, Gambling and Lunch at your expense.

10/13/26 (Tuesday) and 10/14/26 (Wednesday) 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.

10/21/26 (Wednesday) Leavenworth- Depart @9:00am, Return @5:00pm ●

Join us as we travel over Steven's pass to quaint Leavenworth. Explore the shops, taste Bavarian cuisine and enjoy all things Oktoberfest!
Capacity: Min 8, Max 14 Cost: \$18 for Transportation only, Shopping and Lunch at your expense

10/26/26 (Monday) Swans Trail - Depart @11:00am, Return @2:00pm ▲

Enjoy a local trip to the farm with us. Grab some fresh produce, pick your favorite pumpkin, stroll through the corn maze and sip some cider. Don't forget to take some fun fall festival pictures of you and your friends and share them with us!
Capacity: Min 6, Max 14 Cost: \$10 for Transportation only, Shopping and food at your expense.



First Responder BBQ



Fresh Vegetables for the Center
Courtesy of Garden of Hope



Planting the New
Flower Baskets



Community
Health Fair



Spaghetti
Dinner
Fundraiser

Business Members

#1 Angels of Comfort AFH Contact: Jane Njeru Email angelsofcomfortafh@gmail.com www.angelsofcomfortafh.com	Dream Islands Adult Family Home Where Every Day Feels Like Home Call Us On 206-737-0008 Dreamislandsafh.com	Harvey Airfield 9900 Airport Way Ste. B, Snohomish, WA cyndyh@harveyfield.com 360-568-1541 ext. 229
Abraham & Co. Registered Investment Advisors Andrew Amoroso: 206-222-0251 a.amoroso@abrahamco.com	Dubuque Bakery Handmade Organic Sourdough Bread (206) 705-3474 katya@dubuquebakery.com	Helping Hands Home Care Aide-Nurse assistant services Supporting independence, dignity, and comfort - right at home. 916-459-9394
AccentCare Hospice of Snohomish Natasha Jahn, Hospice Consultant C: 206-491-9647 ; O: 425-336-5934 natashajahn@accentcare.com	Edward Jones - Financial Advisor: Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042	Home Instead 425-549-3100 Homeinstead.com Top Quality Care At Home
Adams Family Estate Services Estate liquidation / Clean outs Donations / Move Assistance Anthony (425) 780-9787	Evergreen Care Solutions contact@evergreencaresolutions.com (425) 770-2516 or (206) 355-1410 Home Care With Heart	Homestead Financial Management Kristin Davis 360-654-4624 Daily Money Management
Alternative Roofing Systems Inc. www.altroofing.com or 866-ALT-ROOF Flat Roof Specialists Since 1982 "Work & Quality Guaranteed!"	EvergreenHealth Monroe "Your Community Owned Hospital" www.evergreenhealthmonroe.com	Humana Maria Salinas Licensed Sales Agent Phone: 815-315-3534 Email: MSalinas14@humana.com
Ashley Pointe Senior Living Hollie Girvan 425-397-7500 hollie.girvan@sincerisl.com www.sinceriseniorliving.com/ashey-pointe	Fedelta Home Care www.fedeltahomecare.com 866-802-2920 contact: Julia Filippov	iCure Physical Therapy Ann Rodriguez—care@icurept.com 425-458-7261 www.icurept.com "Your partner for full recovery and strength"
Blu Dental & Wellness Snohomish Gentle care for every smile Proudly serving Snohomish Bludentalwellness.com 360-568-5800	Glacier Peak Plumbing Family Owned - Snohomish County Devon 425-923-7663 Integrity with every job!	Julianne McKeown Gilpin Realty, Inc. Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709
Brain Based Chiropractic Center Michael L. Carter, DC 425-303-1330 www.drmmichaelcarter.com	Global Credit Union Theresa Optiz www.globalcu.org e: t.optiz@globalcu.org / p: 425-264-2771 www.globalcu.org	Kara Evanger - RE/MAX ELITE Real Estate Specialist John Minifie's daughter (425) 268-1105
Columbia Bank Together For Better Kim Harrison Branch Manager	Grandcare LLC In-Home Care Services 2819 Mill Ave. South Renton 253-999-7418	Legacy Wealth Partners Scott Kelly, Financial Advisor 206-914-4712 www.LegacyWPartners.com
Dependable Care Adult Family Home LLC 1504 130th Dr NE Lake Stevens, WA 98258 206-302-9214 DependableCareAFH.com Dependablecare86@gmail.com	Harbour Pointe PC Repair (425) 220-1535 www.harbourpointepc.com "We come to You!"	Mary Kay Cosmetics Shelli Martinez www.marykay.com/shellimartinez 425-750-4055

NEW MEMBER

Business Members

Medicare Help? Andrea Griffin Service at No Cost to You 425-405-7667 andrea@mccgregorbenefits.com	Schultz Financial Partners Bobby & Krystal Schultz (360) 863-3180 Financial Planning and Investment Services	Snojo Mojo Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish
Medicare Questions? Call Hillary Blanchard (805) 651-0091 My services are no cost to you!	Seniors Helping Seniors Everett Local. Licensed. Heart-Led. shseverett.com 425-496-7160	Susan Hanson Specializing in Medicare Choices Local Licensed Agent 425-658-6022
New York Life Pamela Taubenheim www.pytaubenheim.nylagents.com 360-568-6436	Snohomish Flying Service 9900 Airport Way Ste. C, Snohomish, WA christio@snohomishflying.com 360-568-1541 ext. 234	Tree of Life Senior Care 24/7 Long term care facility Dementia and mental health specialty Call Roman 425-499-4642
RE/MAX Town Center Seniors Real Estate Specialist (SRES) Dale Forney, (425) 315-6401 dale.forney@remax.net	Snohomish Health & Rehab 360-568-3161 snohomishrehabofcascadia.com Skilled Nursing / Respite Care	Village Concepts of Marysville Grandview Village Joanne Acton 360-653-2223 Independent & Assisted Living
Regency Care Center at Monroe Short Term Rehabilitation, Skilled Nursing and Long-Term Care Carigan Donnelly 360-913-2809	Snohomish Inn 323 Second St, Snohomish Clean, Comfy, Cozy Book today 360-568-2208	Visit YogaCircleStudio.com Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.
Riverview Road Cidery 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)	Snohomish Lions Club "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions	Windsor Square Independent Senior Living Call us today to schedule a tour! (360) 653-1717 or windsorsrliving.com
Sage Senior Network Carly Christou, RN 425-299-7927 Senior Living Advisory & Mobile Notary	Snohomish School District Kent Kultgen Kent.Kultgen@sno.wednet.edu 360-563-7280	



**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

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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

OCTOBER 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 Vegetable Beef Soup	2 Pork Fried Rice (Guest Chef Blake)
5 <u>Senior Services:</u> Chef's Special (Guest Chef James)	6 Italian Anti-Pasta with Chicken and Breadstick (Guest Chef)	7 <u>El Paraiso:</u> Chicken Enchilada, Rice, Beans Member Only	8 <u>Brookdale of Monroe:</u> White Chicken Chili with Biscuit (Guest Chef) Member Only	9 <u>Senior Services:</u> Beef Strips w/Mushroom Gravy over Egg Noodles (Guest Chef James)
12 <u>Senior Services:</u> Lemon Pepper Drumstick, Rice Pilaf, Steamed Vegetables	13 Beef Stew, Salad, Birthday Cake	14 <u>Senior Services:</u> Bratwurst, Roll, Bavarian Potato Salad, Apple Strudel	15 <u>Adkinson Estates AFH & Holtz Safety & CPR:</u> Salad Bar Member Only	16 <u>Village Concepts of Marysville:</u> Taco Salad Member Only
19 <u>Senior Services:</u> Teriyaki Chicken Bowl with Rice and Veggies, Egg Roll, Fruit	20 Turkey Croissant, Salad	21 <u>Senior Services:</u> Chicken Fajitas, Black Bean Salad, Spanish Rice	22 Pizza	23 Meatloaf, Mashed Potatoes, Corn
26 <u>Senior Services:</u> Swedish Meatballs over Egg Noodles, Steamed Carrots, Mixed Fruit	27 Teriyaki Chicken Sandwich, Salad	28 <u>Senior Services:</u> BBQ Rib Sandwich, Tater Tots, Pumpkin Bar, Apple	29 Chicken Noodle Soup, Salad	30 Chef's Special

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.