Snohomish Seniors

High on Life

February 2023



Heart Health Month

Each year when February rolls around, we're reminded of the importance of heart health. We have several ways here at the Center to help you reach your health goals.



<u>Exercise</u>

Exercise is an important aspect of your heart health and in case you didn't know, all fitness classes are free to our members in 2023. Participants come from a variety of abilities and are encouraged to exercise at their own pace.

Movement to Music - Mondays and Wednesdays at 9:15a Senior Fitness - Tuesdays and Thursdays at 10:00a Chair Yoga - Wednesdays at 3:00p Walking Group - Thursdays at 11:00a Ping Pong - Fridays at 9:00a

<u>Nutrition</u>

Check our lunch menu for an abundance of heart healthy meals this month as well. Melinda has incorporated more lean proteins, veggies and whole grains. Lunches are complimentary 3 days a week and on the 2 days that Homage Senior Services provides the meals, there is a suggested donation. See page 3 for the menu and more information.

Support Groups

Managing your stress will help boost your heart health. Support groups can often reduce stress by providing emotional support and sharing coping skills while talking through life transitions or difficulties. There are a number of support groups that take place here throughout the month.

Alzheimer's Support - 2nd Thursday of the month at 7p Caregiver Support - 2nd and 4th Thursdays at 9a Grief Support: Living with Change - 1st and 3rd Wednesdays at 1p Resilient Living - 2nd and 4th Wednesdays at 1p

CLOSURE DATE CLOSED FEB 20th: Presidents' Day



506 Fourth Street Snohomish, WA 98290 360-568-0934 Mon-Fri 9am-4pm

Membership \$40 annually

snohomishcenter.org @snohomishseniorcenter



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From the **EXECUTIVE DIRECTOR**



We started off 2023 with such positive energy that I hope the momentum will continue throughout the year. If you haven't already taken advantage of the benefits of being a member here at the center, may I remind you that all of our fitness programs are available to you 5 days a week. There is a class for everyone. From Movement to Music, Senior Fitness, Chair Yoga, Walking Class and

Ping Pong! We have a great team of instructors, plenty of room and awesome music.

In addition to this program, you're invited to join us for a complimentary lunch 3 out of the 5 days offered weekly. One of our main goals this year is to enhance and improve the Nutrition program, aka LUNCH. In order to do so, we need your help. Please stop by the front desk during the month to complete a <u>short</u> questionnaire. Your feedback is valuable to us and will help us to better serve your nutritional needs.

I want to express my sincerest gratitude to our membership, our anonymous member donors, our community and our center team for continuing to support our center. Together, we have built a beautiful community within our four walls here and it shows through our membership. Our founding board members would be proud of us as we continue to provide an environment for older adults to feel welcome, safe and whole.

Thank you Bill Huested (former SSC Board President) for enlightening me with your humor and your love for the Snohomish Senior Center six years ago when my journey began here . . .

With gratitude, Director Sharon

Robocalls From The Center

We want to remind you that we occasionally utilize the robocall feature on our My Senior Center software. Sending a recorded message allows us to relay information quickly to our members. The phone number that shows up on caller ID will be a Boston, MA # and is sometimes mislabeled as a spam call. Saving this number in your phone will help you to know it is actually us calling with a message. **617-855-0125**

LUNCH

Cost: Complimentary for Members, \$5 Non-Members Senior Service Meals: \$4 Suggested Donation For Ages 60+, \$8 For All Others

Lunch reservations must be made by 2pm, the day prior, but note that reservations will be cutoff once we have reached capacity, which may be sooner. Please call 360-568-0934 or stop by the front desk to reserve lunch. Menu is subject to change due to the availability of items.

FEBRUARY MENU Lunch is Served From 12-12:30

Frozen weekend meals are available, provided by Senior Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Senior Services: 1 Roasted Pork Loin, Stuffing, Sweet Potato	2 Salad Bar	3 Cabbage Patch Soup, Salad
Senior Services: 6 Scalloped Potatoes with Ham, Veggies, Pears	7 Spaghetti with Ground Chicken, Salad	Senior Services: ⁸ Baked Chicken, Rice, Peas	<u>El Paraiso:</u> 9 Chicken Enchilada, Rice, Beans	10 Lettuce Wraps
Senior Services: 13 Cranberry Chicken, Wild Rice, Asparagus	14 Salmon Burger	Senior Services: 15 Chicken Fajita, Spanish Rice, Fruit	16 Salad Bar	17 Chicken Caesar Salad
20 CLOSED	Village Concepts of <u>Marysville:</u> Taco Salad	Senior Services: 22 Split Pea Soup, Grilled Ham & Cheese	23 Fish, Rice and Vegetables	24 Tuna Salad on a Bed of Lettuce
Senior Services: 27 BBQ Ribs, Collard Greens, Mac & Cheese	<u>Village Concepts of</u> 28 <u>Bothell:</u> Meatloaf, Mashed Potatoes, Corn			



FROM THE BOARD PRESIDENT

Happy February and Valentine's Day. Whether your sweetheart Valentine is an angel in heaven or a blessing who is with you, it is a great day for the celebration of love along with the 175 million others sending or giving cards. It is also National Heart month, so head out and get your checkup to be ready for spring.

It is also a month to celebrate our blessings. I found this and thought it was appropriate for the month.

Blessings

Be present, Let the day flow, Expect joy, Serve with compassion, Speak only kindness, Impart only love, Never forget you're not alone, Give thanks for everything and See goodness in others. (Mary Davis)

YOU ALL ARE A BLESSING TO ME! See you at our Snohomish Senior Center, Merle



Board of Directors 2023

Merle Kirkley- President Michael Manley- V President Bill Doran - Secretary Kim Harrison - Treasurer JoAnn Britt Carroll Brown John Buckingham Beth Buckley Sharon Diel Timm Hall Kyla McNulty Judy Spaetig Carol Stultz James White *Open

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

Acupuncture

Dr. Alexander of Free Range Health offers acupuncture services here on Thursdays. To register and schedule an appointment, visit **FreeRangeHealth.org** or call **425-419-7033 ext. 715** for more information.

Board of Directors Election

Do you want to serve or nominate someone to serve on the Board of Directors from July 1, 2023 to June 30, 2026? Here is your opportunity! Nomination/Application forms are available at the front desk and need to be completed and received at the Center by 4pm on April 28, 2023. Article VI of the Amended and Restated Bylaws (also available at the front desk) contains procedural information, and current Board Members or staff will be glad to answer questions you may have.

Beth Buckley Board of Directors Nominations Committee Chairman

General Membership Meeting

Our next membership meeting will be on Wednesday, February 22nd at 1:00pm. Members are always encouraged to join.

Haircuts

Board Member, Timm Hall of Timothy Alan Salon offers complimentary haircuts to our members. Appointments are available on the first Thursday of each month. Ask at the front desk about getting scheduled. As there are only a small number of spaces available each month, members will be limited to 1 haircut per quarter. The goal is to open up this service to more members.

Library Donations

At this time, we are not accepting any book donations. In the future when space allows, we will be only accept newer released books in good condition. We've gotten our fair share of moldy, ripped books that have ended up being sent to the garbage. Let's keep our library in good shape.



Lunch Info

Snohomish Senior Center provided lunches will be complimentary for **members** in 2023. Guests will be charged \$5. As always, Homage Senior Service provided meals have a suggested donation of \$4 for those aged 60+ and \$8 for all others.

Please remember to put your name on the lunch reservation list in advance. The latest we take reservations is by **2pm the day before** but earlier is better as some of our most popular meals fill up fast. **Leaving a voicemail reservation the night before does not guarantee a spot for you**. We try our best to accommodate everyone but also try to prevent food waste by preparing meals according to reservations.

Mahjongg Lessons

If you'd like to learn how to play mahjongg, Ruth Ann Neff offers 1 on 1 lessons. Please see the front desk about scheduling a lesson.

Massage

Chair massage with Kathleen Sutton is available on **Thursdays from 10am-12:20pm.** 15 minute massages are **\$15 Members/ \$18 Non-Members.** Sign up at the front desk for a relaxing appointment; drop-ins are accepted based on availability.

Spring Bazaar

Save the date for the Spring Bazaar on Saturday, **March 25th from 9a-3p**. There are a few vendor spaces still available at \$50 per table.

We will be looking for new or gently used items for the Senior Table at the bazaar. If you have household décor and goods to donate, please bring them to the center beginning on **Friday, March 10th.**

Super Bowl

Members are invited to watch the Super Bowl on the big screen on **Sunday February 12th**. Doors will open at 3:00, the game begins at 3:30. Bring a potluck snack to share and come enjoy the game, whoever is playing. Not interested in football? Come for the commercials and halftime show.

Tech Help

Students from Archbishop Murphy High School offer free tech help to **members**. Get your questions answered about your computer, tablet or smartphone. They can help with transferring photos, learning new apps and programs and organizing or troubleshooting problems. The next appointments will be on **Wednesday, February 8th from 3-4pm**. Sign up at the front desk.

A Bit of Gratitude

Thank you to the Bazaar volunteers. Their dedication and hard work helped us to bring in a record profit from the Holiday Bazaar. Looking forward to the Spring Bazaar in March. Also, thank you to the Crafter Group for their donations to the Bazaar and the Quilting Group for their beautiful quilt which raised a great amount of money through the raffle.

Thank you to the Bingo volunteers. Their loyalty to the Saturday night bingo is deeply appreciated. They bring so much to the program and make it so much fun for the players.

- Carol Stultz Bingo and Bazaar Coordinator



FUNDRAISERS & EVENTS







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

> **\$5** -Sign up at the front desk-



SIGN UP AT THE FRONT DESK GUESTS ARE WELCOME TO ATTEND

Complimentary Movie and Ice Cream Social 3rd Friday of each month at 1:00

This month we're showing Top Gun: Maverick

Sponsored by Medicare Choices 4 U, Susan Hanson



7

TRIPS

Trip signups begin on the 1st business day of the month at 9:30am. You must sign up and pay in person, no phone reservations will be taken.

Mystery Dinners

Friday, February 3rd and Tuesday, February 28th, Depart @4:30pm, Return @7:00pm.

You'll enjoy good laughs and friendship at a different restaurant each month. *You may only sign up for one mystery dinner each month. Capacity: Min 8, Max 14 Cost: \$6 for Transportation Only

Ain't Too Proud - The Life and Times of the Temptations

Sunday, February 5th: Depart @ 11:30am (1pm showtime), Return following dinner. (Paramount Theater, Seattle)

This electrifying musical follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. After the show we'll be stopping for an early dinner at Dick's Drive In.

Capacity: Max 18 Cost: \$100 for Ticket and Transportation, Dinner is at your CURRENTLY FULL own expense.

Quil Ceda Casino

Thursday, February 9th: Depart @9:30am, Return @2:00pm Come try your luck at the slots or just enjoy the drive. There's plenty of time to enjoy a bite of lunch with your friends.

Capacity: Min 5, Max 14 Cost: \$6 for Transportation Only

Senior Centers Tour

Thursday, February 16th: Depart @9:30am, Return @2:30pm Join our director for a tour of other senior centers in our county. We'll visit as many as we can and make a stop for lunch along the way. Capacity: Min 5, Max 14 Cost: \$8 for Transportation Only

Breakfast with the Director

Wednesday, February 22nd: Depart @9:30am, Return @11:30am Come along to enjoy a delicious breakfast and great conversation. Capacity: Min 8, Max 12 Cost: \$5 for Transportation Only

COMING IN APRIL: Shen Yun at McCaw Hall, April 5th, 2pm show, \$135

- 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.

Easy. Minimal walking, primarily flat surfaces. Moderate. Walking short distances and some standing. Possibly uneven surfaces or a few stairs.

ACTIVITY LEVELS

Difficult. Walking tours. Standing. Uneven surfaces, possibly one or more flights of stairs.

***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.**









	SUNDAY		MONDAY		TUESDAY	WEDNESDAY			
						1	9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 12:30 Canasta Hand & Foot 12:30 Scrabble/ Open Games 1:00 French Group 1:00 Grief Support 3:00 Chair Yoga		
5	11:30 Temptations Show \$ 12:30 Pinochle \$	6	9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting	7	9:00 Wood Carving 9:00 Cribbage 9:00 Sunrise Social \$ 10:00 Senior Fitness 12:30 Duplicate Bridge \$ 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study	8	9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Book Club 12:30 Canasta Hand & Foot 12:30 Scrabble/ Open Games 1:00 French Group 1:00 Resilient Living 3:00 Chair Yoga 3:00 Tech Help		
12	12:30 Pinochle \$ 3:30 Super Bowl Viewing Party	13	9:15 Movement to Music 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group	14	9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge \$ 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study Valentine's Day	15	8:00 Board Meeting 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 12:30 Canasta Hand & Foot 12:30 Scrabble/ Open Games 1:00 French Group 1:00 Grief Support 3:00 Chair Yoga		
19	12:30 Pinochle \$	20	Presidents' Day CLOSED	21	9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge \$ 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study	22	9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 9:30 Breakfast w/Director \$ 10:00 Book Club 12:30 Canasta Hand & Foot 12:30 Scrabble/ Open Games 1:00 French Group 1:00 Membership Meeting 1:00 Resilient Living 3:00 Chair Yoga		
26	12:30 Pinochle \$	27	9:15 Movement to Music 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group	28	9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge \$ 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study 4:30 Mystery Dinner \$				

	THURSDAY		FRIDAY		SATURDAY
2	7:00 Acupuncture \$ 9:00 Watercolor 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$	3	9:00 Ping Pong 9:30 Creative Writing 12:30 Party Bridge \$ 4:30 Mystery Dinner \$ 5:30 Poker \$	4	8:30 Community Breakfast \$ 5:30 Bingo Bash \$
9	7:00 Acupuncture \$ 9:00 Watercolor 9:00 Caregiver Support 9:30 Casino Trip 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 7:00 Alzheimer Support	10	9:00 Ping Pong 9:30 Creative Writing 12:30 Party Bridge \$ 1:00 Bunco 5:30 Poker \$	11	
16	7:00 Acupuncture \$ 9:00 Watercolor 9:30 Senior Centers Tour \$ 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$	17	9:00 Ping Pong 9:30 Creative Writing 12:30 Party Bridge \$ 1:00 Movie & Ice Cream 5:30 Poker \$	18	
23	7:00 Acupuncture \$ 9:00 Watercolor 9:00 Caregiver Support 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 4:00 Happy Hour \$	24	9:00 Ping Pong 9:30 Creative Writing 12:30 Party Bridge \$ 1:00 Bunco 5:30 Poker \$	25	
	Febru		ary 2		23

Non-Weekly Programs

Alzheimer's Support 2nd Thur 7:00p

Book Club 2nd & 4th Wed 10:00a

Bunco 2nd & 4th Fri 1:00p

Caregiver Support Group 2nd & 4th Thur 9a

Coloring Group 1st & 3rd Mon 10am

Grief Support: Living with Change 1st & 3rd Wed 1:00p

Happy Hour at our Happy Place Last Thur of the month 4:00pm

Membership Meeting 4th Wed 1:00p

Movie & Ice Cream Social 3rd Fri 1:00p

Quilting Group 2nd & 4th Mon 1:00p

Resilient Living 2nd & 4th Wed 1:00p

\$ There is a fee or suggested donation
Trip

LUNCH SERVED MON-FRI 12-12:30

CENTER PICS







The Seahawks Fan Group always had a fun time watching the games together, win or lose. There was quite a crowd at the last game of the season.











Bingo Bash - 1st Saturday of each month. Come join the fun!



Our members have been loving FREE FITNESS.







COMMUNITY INFO



Saturday, March 25 | 9 a.m. - 4 p.m. Lynnwood Convention Center

The Alzheimer's Association Washington State Chapter invites you to join us for the 2023 Journey Conference for dementia family caregivers.

This conference offers tools and encouragement to unpaid family caregivers supporting a loved one with memory loss, Alzheimer's disease, or other forms of dementia. Topics to be covered include emergency planning, difficult conversations, and practical tips for everyday living.

KEYNOTE ADDRESS



Carolyn Birrell, Author

Walking with Fay: My Mother's Uncharted Path Into Dementia

Carolyn Birrell retired to Bonners Ferry, ID, after spending 20 years in Atlanta, GA, working for the American Cancer Society and then as a real estate agent. Soon after her move, she relocated her aging mother to be near her and spent the next eight years caring for her while learning "all things dementia."

What began as a written collection of her mother's difficult behaviors during dementia's earliest stages quickly turned into a comprehensive book that she continued to update until the inevitable end of her mother's disease.



REGISTER TODAY

alzwa.org/conferences | 1.800.272.3900 | Scan the QR code Registration cost: \$10 (virtual attendance option available)

Questions? Contact us at: Journeyfamilycaregiverconf@alz.org | 425.654.0947

ALZHEIMER'S R ASSOCIATION

Business Members

Harvey Airfield 9900 Airport Way Snohomish (360) 568-1541 x222 Foundation for the Future

Skydive Snohomish 9906 Airport Way Snohomish (360) 568-7703 WA State's #1 Skydiving Center

Peoples Bank 2801 Bickford Ave, Ste 101 Snohomish, WA 98290 (360) 563-1112

Chris Laliberte eXp Realty/Laliberte Homes (425) 220-0107 www.lalibertehomes.com

French Creek Manor Weddings - Events - Community Center www.frenchcreekmanor.com 360-643-9292

Ron's Balms and Botanicals ronsbalmsandbotanicals.com

NW Security & Sound We are your local security and personal emergency response system provider. nwsecurityandsound.biz

Washington Tree Experts washingtontreeexperts.net 425-771-4430 Free estimates for tree pruning/removal

The Health Plan MatchMaker Helping You Find A Plan Based On Your Needs 425-451-1470 TheHealthPlanMatchMaker.com **Capstone Home Loans** Honored To Support Snohomish Senior Center 425-582-2420

Snohomish Flying Service 9900 Airport Way Snohomish (360) 568-1541 x227 Learn to fly * Charters * Tours

Medicare Questions? Call Hillary Blanchard (805) 651-0091 My services are no cost to you!

Snohomish Lions Club "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions

Advice Senior Care In your house or mine! For more info. call Carmen at 206-446-4915

20/20 Chip Repair Mobile Windshield Chip Repair Book Online @www.2020.glass Call 425-553-2020

Rolling Gate Stables 11104 Springhetti Rd. Snohomish, WA 98296 425-319-3904

Snohomish Valley Golf Center 8511 Marsh Road, Snohomish, WA 360-568-2493 info@snohomishvalleygolfcenter.com

John L. Scott Real Estate Jill Mutcheson 425-308-4496 Senior Real Estate Specialist jillmutcheson@johnlscott.com Clearview Perennials (360) 668-6688

Columbia Bank Kim Harrison—VP Branch Manager 167 Lincoln Ave Snohomish, WA 98290

KT Nails Manicures, Pedicures, Waxing & Facials 255 Cypress Street, Snohomish 360-217-7045

Visit YogaCircleStudio.com Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.

Julianne McKeown Gilpin Realty, Inc. Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709

First Financial Northwest Bank Marie Auriol Business Banking Manager 303 91st Ave NW E-502 Lake Stevens 425-264-2784 | AuriolM@FFNWB.com

Board & Brush - Snohomish DIY Wood Home Decor Studio! <u>boardandbrush.com/snohomish</u> Classes, @Home Kits, or Premade Signs

Electrician For Hire LLC Ask about senior discount! Lights, EV chargers, and more! Call now 253-264-8553

Mobile Notary Services Wills, POA or any other! 1stnotaryservices@gmail.com 360-951-4030

Periwinkle Rose	Spirited Ambiance Candle Foundry	Snohomish Chamber of Commerce
Handmade pajama, gifts, decor,	Handcrafted Soy Wax Candles	360-568-2526
subscription box!	Locally made in Snohomish	manager@snohomishchamber.org
www.periwinklerose.com 360-568-3465	www.spiritedambiance.com	www.snohomishchamber.org
The Stupey Agency John H. Stupey	Clearview Montessori	New York Life
stupey52@comcast.net	Educational Experience for the Young Child	Pamela Taubenheim
Health Insurance, Medicare,	clearviewmontessori.com	605 2nd St. Ste 201
Life Insurance, Long Term Care	360-668-7776	360-568-6436
Snohomish Farmer's Market	Team Blalock- Keller Williams Realty	Cruise Planners -Jim & Christine Hoover
May - September 3-7pm	Trusted Local Real Estate Sales Professionals	Full Service Travel Advisors
Historic Downtown Snohomish	<u>soldbyblalock.com</u> Elisabeth 206-963-5072	www.VacayDreams.com
Serving Snoho for 31 years!	We'll help you navigate today's housing market.	425-279-8058
Reshelve	Java Haus Café	Laura Lanter
Vintage everything: LP albums, clothing,	The little red barn in	Pre-Planning Advisor
art, kitchenwareWe love to find new homes	McDaniel's parking lot	Bauer Funeral Chapel 425-268-1867
for your treasures. reshelveshop@gmail.com	360-568-7090	laura.lanter@dignitymemorial.com
Edward Jones	H.J. McGee Real Estate	King Charley's Drive In
Sterling Gurney, CFP®	www.SnohomishAreaHomes.com	Highway 9, Snohomish
Financial Advisor	360-568-2101 (w) 425-870-1901 (c)	360-568-2963
(360) 563-1042	Barry McGee	Family Owned
Westford Homes Adult Family Home	Schultz Financial Partners	NW Clinical Research Center
9618 10th Place SE Lake Stevens, WA	417 Maple Ave. Snohomish	Improving Lives Through Research
Caring for seniors in Snohomish County.	360-863-3180	Enrolling for clinical trials!
Exceptional care for Exceptional people	www.SchultzFinancialPartners.com	425-453-0404; www.nwcrc.net
RDH Insurance Professionals, Ltd	Susan Hanson	Echoing Nature
Heidi@rdhinsurance.com 425-876-4195	Specializing in Medicare Choices	Education & Sales of dōTERRA
If money/insurance issues keep you up,	Local Licensed Agent	essential oils & natural products
I'd love to help you sleep better.	425-658-6022	Call/text Joanna @425-231-3616

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 \$100.00 and contributes to funding our programs and services.

> Interested in partnering with us on an upcoming event? Email info@snohomishcenter.org for details.

WORD SEARCH

HEART	L	ο	w	F	Α	т	В	Е	Ε	Ν	R	D	L	Ρ	Ε	С	м	Α	S	к
HEALTHY	х	т	Α	w	Ν	Т	Α	L	С	Е	S	Т	С	R	Е	х	Е	т	ο	w
EXERCISE	н	В	U	F	F	Т	В	Ε	R	Y	Т	Q	D	0	D	Α	Ρ	L	Е	L
FRUIT	J	L	С	Ε	Y	Т	В	0	D	Ν	D	Α	R	т	к	S	Ε	Т	J	о
ACTIVE	G	0	G	S	L	Ε	Ε	С	0	т	U	м	к	Ε	н	Y	G	Т	т	S
SLEEP	L	0	Α	S	ο	В	R	Α	Ν	н	L	I	Е	I	Ν	н	Α	Y	D	Α
WATER	Y	D	Ε	Ρ	S	ο	В	т	S	Y	D	Ε	R	Ν	т	м	Α	н	С	Т
PROTEIN	v	Ρ	т	Α	J	Ν	В	т	L	Е	Т	S	ο	В	F	F	Т	т	R	z
BLOOD PRESSURE	н	R	ο	К	L	Α	w	S	Ε	Α	к	Y	w	S	L	ο	Т	L	Ρ	U
FIBER	U	Ε	ο	S	Ν	I	м	Р	Ε	G	В	I	Α	М	R	v	G	Α	ο	J
WEIGHT	G	S	Ν	т	Α	Ρ	Ν	н	Ρ	J	Е	v	ο	В	Е	Ν	С	Е	Y	Р
FLOSS	Е	S	R	Р	D	U	ο	0	S	Е	м	v	м	Ν	С	U	Y	н	х	Е
MOVE	L	U	к	D	Q	к	D	Ε	I	к	Ε	В	w	0	R	Т	к	S	Α	Y
DOCTOR	м	R	Т	0	к	С	Ε	U	Y	J	U	R	Α	В	S	S	ο	L	F	С
WALK	К	Ε	Α	С	Υ	Ε	Α	G	н	С	w	Ε	т	Α	В	F	R	ο	Т	N
WHOLE GRAIN	G	J	Т	т	Ε	н	Ν	т	R	Α	Ε	н	Ε	н	D	В	R	Α	D	S
STRESS	z	Y	S	0	Т	С	Ε	Ν	Ρ	Ε	Ν	L	R	R	D	S	К	U	Ε	н
VEGETABLE	К	В	Х	R	Ε	w	R	Т	Y	ο	L	L	Ε	н	Ρ	S	ο	L	Т	F
LOW FAT	L	С	U	т	S	W	Н	0	L	Ε	G	R	Α	I	Ν	L	L	Α	Н	т
CHECKUP	0	К	U	н	Т	R	Y	Α	Ε	Μ	Т	0	В	Y	Н	С	I	D	S	Е
		_																		

SUDOKU

5	4	2	6			9	7	3
				4			8	
	1	3	9					
					0	5		
	3		2	1	4		9	
		4						
					9	1	6	
	5			7				
1	7	9			2	4	3	5



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

GENERAL MEMBERSHIP

DECEMBER DONORS

Baer-Peckham, David
Bashaw, Patricia
Bible Study Group
Bruck, Julie
Carlson, Kaye
Dotson, Wanda

Dreves, Ginger Ellis, Pat Everett Steel Inc Gable, Gary Haggen Foundation Heath, Chris Heinzer, Carl Humphrey, Dan Hutchinson, Susan Iseminger, Mary Jack, Patricia L. Kuna-Dewitte, Kathy Myers, Norma Olivia, Issy Pinochle Group Pinson, Paul Po Papa's Nuts Sack, Carol Sky Valley Stock & Snodgrass, Jim Snohomish Networking Stevens, Dave & Sharon Sutter, JoyDawn Wenell, Gary



"There is always light, if only we're brave enough to see it. If only we're brave enough to be it."

-Amanda Gorman

February Birthdays - Happy Birthday!!

Yoko Huey	02/01	Flora Wilson	02/11	James Welch	02/18
Mary Ann Britton	02/02	Edward Poquette	02/12	Patricia Bjerkan	02/19
Betty Crimmins	02/02	Mirinda Atchison	02/13	Beverly Lowry	02/20
Richard Jeter	02/02	Vivian Cannon	02/13	Carol Thielke	02/20
Carol Moffet	02/02	Marlene Elmendorf	02/13	Elizabeth Cortner	02/21
Nikki Casey-Carlson	02/03	Bonnie Johnson	02/13	Audrey Martin-Woodin	02/21
Bob Cathey	02/03	James Luby	02/14	Annette Menig	02/25
Dick Clemans	02/04	Diane Rogers	02/14	Roberta Thomas	02/26
Carol Jones	02/04	Steve Welch	02/14	Teri Towle	02/26
Sharon Diel	02/06	Donna Belin	02/15	Gloria Yost	02/26
Jon Gobiet	02/06	June Savoie	02/15	Theresa Smith	02/28
Merle Kirkley	02/06	Barbara Broadway	02/16	Patricia Wunsch	02/28
Christine Stites	02/06	Kathy Kuna-Dewitte	02/16		
Carol Krause	02/07	Doug Turner	02/16	Happing	
Susan Abraham	02/08	Aesun Wilhelm	02/17	Birth	
Glenda Atchison	02/10	Kim Williams	02/17		



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611 Second Street Snohomish, WA

360-863-6353

Mon-Sat 10-5:30 Sun 12-4

Donations accepted during business hours.

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*Please call before bringing furniture, we must see items before accepting.

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Member Thoughts

Is there something you'd like to share with our readers? For consideration send your submission to: **info@snohomishcenter.org** drop it at the front desk, or mail it to us at 506 4th St. Snohomish, WA 98290