

SNOHOMISH | SENIOR | CENTER

HAPPY PLACE

EST. 1989 | WASHINGTON

Spaghetti

DINNER FUNDRAISER

FRIDAY SEPT 18TH
4:30 - 6:30 PM

Good Food, Good Company
Free To Attend

DONATIONS WARMLY WELCOMED

Proceeds Benefit Wellness
Programs and Activities at SSC

OPEN TO THE
COMMUNITY



September is
NATIONAL SENIOR CENTER MONTH



Unable to Attend?
Scan to Donate!



**SNOHOMISH
SENIOR CENTER**
RSVP 360-568-0934



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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Community Health Fair

Free

Open to the
Community

**Snohomish
Senior Center**
506 4th Street, Snohomish



Friday
September 18th
10:00am-12:00pm

Flu & Covid Shots
(Safeway Pharmacy)
Blood Pressure Checks
(Snohomish Fire Dept.)

Vendor Booths
Information
Giveaways

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*

We will be closed on Monday, September 7th
in observance of Labor Day.

From the Executive Director



Shaunna Ballas

Notes From the Happy Place

Happy September, friends!

There's a particular kind of magic in this month: summer setting gently into fall, mornings turning crisp, sunflowers still nodding along the fence line even as the light starts to change. September always feels like a month of transition, and if there's one thing I've learned in my time here, it's that change is something we know how to do well together. Perhaps that's because underneath all this change sits something wonderfully constant: our team's heart for this place, and everything we pour into it.

To making it joyful. To making it caring. To making it safe. To making it vibrant. Every single day, we get to open our doors to the most wonderful group of people I know, and we get to fill this building with chatter and laughter, with hugs hello, with fitness classes that get hearts pumping, with art classes that get creative juices flowing, with wellness programs that keep our folks strong, and with a hearty, delicious lunch that might just be the best part of some people's day. I have definitely become a huge fan!

More than any single program, this is a gathering place, and that's really the heart of it. What truly makes this place special goes far beyond programs and classes and lunch menus. Those are just the containers. What actually fills them, what actually makes this center the "Happy Place" so many of you call it, is you. It's your hearts, your gifts, your stories, your presence walking through that door. It's the community around us that shows up, again and again, to make sure this vital service keeps its lights on and its doors open. I am grateful for every single one of you, every single day, and September gives me a wonderful excuse to say so out loud.

That gratitude isn't just ours, either. September is National Senior Center Month, a nationwide celebration recognizing the vital role senior centers play in the lives of older adults, and Washington State communities join in that recognition each year, honoring the senior centers, staff, volunteers, and participants who turn buildings into true community hubs. This year's national theme, "Happier Birthdays Happen Here," captures something we already know deep in our bones: that happier birthdays, happier years really, begin with connection, purpose, support, and community, not candles and cake. That's what we build here, together, every day of the year, and this month, we get to celebrate it a little louder.

And celebrate we will! September is a busy one, and I'm thrilled about every bit of it:

- **Our Annual Spaghetti Dinner:** our beloved fundraiser, and the heart and soul of how we keep this center's programs and services running strong. Bring your appetite, bring your friends, and bring your generosity. Every plate served helps power the work we do here all year long.
- **Our Fall Trips:** because a change of scenery is good for the soul, and good company along for the ride makes these cooler mornings even better.
- **Our Health Fair:** a chance to check in on your wellbeing, connect with local health resources, and take one more step toward living well.

I hope you'll join us for all of it. Mark your calendars, invite a neighbor, and come be part of the busy, beautiful season ahead.

Thank you, as always, for being the reason this place feels like home. Here's to a wonderful September. See you soon.

Warmly,

2 *Shaunna* 

September Birthdays

Joanie Harper	09/01	Rose Fowler	09/09	Catherine Waldron	09/14	Patricia Rogers	09/23
Sharon Martin	09/01	Margaret Magnus	09/09	Shirley Evans	09/15	Ruth Ann Neff	09/24
Vicki Brandvold	09/02	Robert Monson	09/09	Michael Hughes	09/15	Foster Thompson	09/24
Janice McWherter	09/02	Kimberly Roberts	09/09	Aina McCormick	09/15	Pattie Tuengel	09/24
Denny Perrigoue	09/02	Alicia Tehero	09/09	Lawrance Baty	09/16	Jo Valentine	09/24
Sharon Sousa	09/03	Marinus Van Ginneken	09/09	Thomas Gammons	09/16	Constance Dorgan	09/25
Ann Sperry	09/03	Patty Bowen	09/10	Matt Krause	09/16	Robert Dorgan	09/25
Susan Stahl	09/04	Karen Gahm	09/11	Dean Differding	09/17	Gloria Woodcook	09/25
Bonita Merrill	09/05	Melody Ojala	09/11	Dolly Hunter	09/17	Melody Clemans	09/26
Elaine Urbick	09/05	Katharine Andrews	09/12	Rebecca Stone	09/17	Carol Erga	09/26
Mae Delpuerto-Stoddard	09/06	Karen Avery	09/12	Tammy Comeau	09/18	Julie Garner	09/27
Linda Nunn	09/06	Susan Brown	09/12	Teri Spencer	09/18	Jan Lengenfelder	09/27
Gordon Olauson	09/06	Joseph Chessie	09/12	Thomas Kreinbring	09/19	Ki Yoon	09/27
Robin Rowland	09/06	Jeff Fetherolf	09/12	Nancy Walker	09/19	Harold Akaki	09/28
Patricia Seeley	09/06	James Krach	09/12	Thea Weczorek	09/19	Joan Crueger	09/28
James Tipton	09/06	Kim Kranzler	09/12	Carolyn Wood	09/19	Robert Dietrich	09/28
Marilyn Perala	09/07	Paula Rairdan	09/12	Patricia Albee	09/20	Beverly King	09/28
Cynthia Quam	09/07	Joyann Bergevin	09/13	John Dow	09/21	MaryAnn Steeneck	09/28
Darrell Smallbeck	09/07	CoraLee Brand	09/13	Sharon Bettinger	09/22	Sue Beranek	09/29
Kathi Donald	09/08	Edna Hannaford	09/13	Lee Brevik	09/22	Mildred Ford	09/29
Tamela Nesting	09/08	Lesta Sparks	09/13	Jacklyn King	09/22	Dorothy Agopsowicz	09/30
Eleanor Perez	09/08	Sandra White	09/13	Sharlene Qualley-	09/22	Robert Brandvold	09/30
Joy VanVoorthuysen	09/08	Anita Huntley	09/14	Jonson		Mark McCahon	09/30
Linda Bortles	09/09	Jean Kareta	09/14	Marcia Weeks-Resler	09/22	Mylene Weston	09/30
				Carol Amisson	09/23		

Happy Birthday!



Sharon's Farewell Party



Fundraisers & Events

Community Breakfast

SATURDAY, SEPTEMBER 5TH
8:30-10:30

MENU: PANCAKES OR FRENCH TOAST,
SCRAMBLED EGGS, SAUSAGE LINKS,
BISCUITS & GRAVY, COFFEE OR TEA, JUICE

\$7
PER PERSON

FYI, Breakfast
Pricing Will Increase
to \$9 on October 3rd to
Cover Increasing Costs

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

BINGO BASH

**SATURDAY
SEPT.
5TH**

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

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

CAFE OPEN-SERVING HOT DOGS,
SANDWICHES, NACHOS, TREATS, ETC.

Sunrise Social



**Friday
Sept. 25th
9:00am**

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

\$6
-Sign up at the front desk-

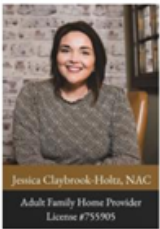
FIRST RESPONDERS BBQ

**Friday, September 11th
12:00pm**

Complimentary for First Responders,
City of Snohomish Employees
and SSC Members

RSVP by Sept 7th
360-568-0934

Snohomish
Senior Center
506 4th Street
Snohomish





Adkinson Estates
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Adult Family Home Provider
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Quality of Care & Lifestyle

Proudly serving Snoh. Co's Highest Maintenance Golden Girls since 2020

from our Family to Yours!

adkinsonestatesafh.com

Our roadtripping friend, Kimberlee stopped by during a visit home.

Center & Program News

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.

Fitness

During the month of September, a few of our regular fitness instructors will be out on vacation. We will have substitute instructors or utilize the recorded class videos so you can still participate in fitness.

Grief Support

Grief Support, Living with Change meets on the **2nd and 4th Wednesday** of each month at **1:00** in the SSC library. This is a small group setting where peers are ready to listen and help with the hard journey after loss. Members find hope, strength and healing while encouraging one another on the path forward.

Massage

Dee Godere offers 15 minute massages every **Thursday from 8:40-12:00**. 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, September 23rd.

Parking

While we understand that parking is a challenge, please do not double park, block others in or park in non-parking spaces. If you park on the side streets around the senior center, remember that you must park on the right side of the street matching the flow of traffic, park at least 15 feet away from fire hydrants and at least 30 feet away from stop signs, traffic lights or yield signs.

Replacement Key Fobs

If you are in need of a replacement key fob for our MySeniorCenter kiosk, we can assign a new one. There will be a minimal charge of \$1.

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.*

9/9 5:20pm vs Patriots

9/20 1:25pm vs Cardinals

9/27 10:00am vs Commanders



City of Snohomish Update:

Lowell-Snohomish River Road will be closed until September 16th for the SR 9 – Marsh Road to 2nd Street Vicinity – Widening & Bridge Painting project. The full closure will begin 7 a.m. Monday, Aug. 17, so that crews can begin in-water work to build bridge foundations and two new bridge piers for SR 9 on the banks of the Snohomish River.

Both directions of Lowell-Snohomish River Road will be closed 24 hours a day near the SR 9 work zone. Local access will be available to residents. Businesses will remain open and accessible on Lowell-Snohomish River Road. No through traffic will be allowed.

September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 8:40 Senior Fitness Express 9:00 Wood Carving 9:00 Cribbage 9:30 Senior Fitness 10:30 Evergreen State Fair \$ 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	2 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 3:00 Chair Yoga
6	7 CLOSED LABOR DAY	8 8:40 Senior Fitness Express 9:00 Wood Carving 9:00 Cribbage 9:30 Senior Fitness 11:00 MOHAI \$ 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	9 9:00 Poker \$ 9:00 Movement to Music 9:00 Ballard Locks \$ 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 3:00 Chair Yoga 5:20 Seahawks Game
13	14 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	15 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 \$ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	16 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 3:00 Chair Yoga
20 1:25 Seahawks Game	21 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	22 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 \$ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	23 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
27 10:00 Seahawks Game	28 9:00 Movement to Music 10:15 Walking Group 10:30 Botanical Gardens \$ 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train	29 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 \$ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong 4:00 Mystery Dinner \$	30 9:00 Poker \$ 9:00 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 3:00 Chair Yoga 4:00 Mystery Dinner \$

THURSDAY	FRIDAY	SATURDAY
3 8:40 Senior Fitness Express 8:40-12:00 Massage \$ * 9:00 Watercolor 9:15 Boeing Factory Tour \$  9:30 Senior Fitness 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting	4 9:00 Ping Pong 9:00-2:30 Foot Care Clinic \$ * 10:00 Creative Writing 12:15 Party Bridge \$ 3:00 Meditation	5 8:30 Community Breakfast \$ 5:15 Bingo Bash \$
10 8:40 Senior Fitness Express 8:40-12:00 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 7:00 Alzheimer's Support	11 9:00 Ping Pong 10:00 Creative Writing 12:00 First Responder BBQ 12:15 Party Bridge \$ 1:00 Bunco 1:30 NO Balance Class 3:00 Sound Bath	12
17 8:40 Senior Fitness Express 8:40-12:00 Massage \$ * 9:00 Watercolor 9:30 Senior Fitness 9:30 Snoqualmie Casino \$  12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting	18 9:00-2:30 Foot Care Clinic \$ * 10:00-12:00 Health Fair 4:30-6:30 Spaghetti Dinner Fundraiser <i>(All other regular activities are cancelled)</i>	19 1:00 Lubben Brothers Concert \$ 
24 8:40 Senior Fitness Express 8:40-12:00 Massage \$ * 9:00 Watercolor 9:00 Caregiver Support 9:15 Kangaroo Farm \$  9:30 Senior Fitness 12:00 Clay Sculpting 12:30 Pinochle \$ 2:30 Beginners Clay Sculpting 4:00 NO Happy Hour \$	25 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	26

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 1:30

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

From The Board President



Welcome to September and the change of seasons. We had a warm and beautiful summer filled with joyous celebrations and family gatherings. Also in July we said goodbye to our amazing Sharon and welcomed Shaunna. She has hit the ground running. She has great energy and warmth. Her smile and laughter are infectious. I watch her interacting with all of you and learning every day. We as a board are excited to work with her for the future and what lies ahead. We are growing and splitting at the seams in such a great way. (well except for parking). It has been nice to see our Mayor Aaron Hoffman stop by.

**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

You know I love to share my misgivings or clumsiness with you. I was pulling into a parking garage with a ramp going down. As I pull in, something under my seat rolls between my brake and gas peddle with a wall in front of me. Needless to say my car is now in the garage getting fixed. A good lesson for all, don't leave anything in the back of your car, since it could roll forward. Just another fun day in the life of Merle.

September is National Senior Center month and we will celebrate with our Spaghetti Fundraiser Dinner and I look forward to seeing you all. Bring a friend or neighbor that would like to celebrate and donate (any amount counts) to continue all we have and will have in the future. It is our Happy Place where lives change and friendships are built.

A September quote “Wine is the divine juice of September”. -Voltaire

See you at our Snohomish Senior Center.
Merle

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.

9/1/26 (Tuesday) Evergreen State Fair Depart @10:30am, Return @4:00pm "Barn in the USA! " is the Fair's theme this year. Enjoy all your favorite fair time activities. Capacity: Min 8, Max 14 Cost: \$20 for Transportation, Parking and Admission	▲
9/3/26 (Thursday) Boeing Everett Factory Tour Depart @9:15am, Return @1:30pm See this amazing 1,000 acre setting. The largest building by volume in the world, this aircraft assembly building has made 747's, 777's and 787's. Disneyland would fit inside this building with room to spare! Lunch at Ivar's Fish Bar after tour. Capacity: Min 8, Max 14 Cost: \$48 for Transportation and Tour, Lunch at your own expense	●
9/8/26 (Tuesday) Museum of History and Industry - Depart @11:00am, Return @4:00pm Explore our history at this beautiful museum located right on the southern shores of Lake Union. Capacity: Max 8 Cost \$30 for Admission and Transportation. Lunch at your expense.	●
9/9/26 (Wednesday) Ballard Locks - Depart @9:00am, Return @2:00pm Tour the Ballard locks which connect the salt water of Puget Sound to the freshwater of Lake Washington ship canal by adjusting water levels. See the visitors center, fish ladder and explore the botanical gardens. Enjoy lunch at Chinooks at Salmon Bay afterwards. Capacity: Min 8, Max 14 Cost \$10 for transportation only, lunch at your expense.	●
9/17/26 (Thursday) Snoqualmie Casino - Depart @9:30am, Return @3:30pm Feeling lucky? Slot machines, table games, great food & drinks. There's something for everyone. Capacity: Min 8, Max 14 Cost: \$6 for Transportation only, Gambling and Lunch at your expense.	▲
9/19/26 (Saturday) The Lubben Brothers Concert - Depart @1:00pm, Return after concert Presented by Everett Civic Music, the Lubben Brothers is a new age American folk band. With a jaw-dropping 14 instruments between them, the triplets add a multi-instrumental flair to American Folk tradition. Capacity: Max 14 Cost: \$20 for Ticket and Transportation	●
9/24/26 (Thursday) Outback Kangaroo Farm in Arlington - Depart @9:15am, Return @1:15pm See the exotic wallabys, kangaroos and other critters on this cute farm. We'll stop for lunch in Arlington. Capacity: Min 8, Max 14 Cost: \$16 for Entrance Fee and Transportation, Lunch at your expense.	●
9/28/26 (Monday) Bellevue Botanical Gardens - Depart @10:30, Return @2:30pm Take a stroll through these beautiful gardens with us. We'll stop for lunch at Joey in Bellevue. (lunch ranges from \$17-\$30) Capacity: Min 8, Max 14 Cost: \$10 for Transportation, lunch at your expense.	▲
9/29/26 (Tuesday) & 9/30/26 (Wednesday) Mystery Dinner 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: \$6 for Transportation only, dinner at your expense.	▲



Visiting the
State Capital on
the way to Oregon



Seattle Chocolate
Factory Tour



Business Members

Harvey Airfield 9900 Airport Way Ste. B, Snohomish, WA cyndyh@harveyfield.com 360-568-1541 ext. 229	Snohomish Flying Service 9900 Airport Way Ste. C, Snohomish, WA christio@snohomishflying.com 360-568-1541 ext. 234	Columbia Bank Together For Better Kim Harrison Branch Manager
Evergreen Care Solutions contact@evergreecaresolutions.com (425) 770-2516 or (206) 355-1410 Home Care With Heart	Global Credit Union Theresa Optiz www.globalcu.org e: t.optiz@globalcu.org / p: 425-264-2771 www.globalcu.org	Visit YogaCircleStudio.com Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.
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Home Instead 425-549-3100 Homeinstead.com Top Quality Care At Home	Snojo Mojo Coffee Stand Serving Gourmet Coffee Open 24/7 313 2 nd Street, Snohomish	AccentCare Hospice of Snohomish Natasha Jahn, Hospice Consultant C: 206-491-9647 ; O: 425-336-5934 natashajahn@accentcare.com
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Brain Based Chiropractic Center Michael L Carter, DC 425-303-1330 www.drmmichaelcarter.com	Snohomish School District Kent Kultgen Kent.Kultgen@sno.wednet.edu 360-563-7280	#1 Angels of Comfort AFH Contact: Jane Njeru Email angelsofcomfortafh@gmail.com www.angelsofcomfortafh.com
Sage Senior Network Carly Christou, RN 425-299-7927 Senior Living Advisory & Mobile Notary	Snohomish Health & Rehab 360-568-3161 snohomishrehabofcascadia.com Skilled Nursing / Respite Care	Blu Dental & Wellness Snohomish Gentle care for every smile Proudly serving Snohomish Bluedentalwellness.com 360-568-5800
Schultz Financial Partners Bobby & Krystal Schultz (360) 863-3180 Financial Planning and Investment Services	Humana Maria Salinas Licensed Sales Agent Phone: 815-315-3534 Email: MSalinas14@humana.com	Seniors Helping Seniors Everett Local. Licensed. Heart-Led. shseverett.com 425-496-7160
Tree of Life Senior Care 24/7 Long term care facility Dementia and mental health specialty Call Roman 425-499-4642	Homestead Financial Management Kristin Davis 360-654-4624 Daily Money Management	Kara Evanger - RE/MAX ELITE Real Estate Specialist John Minifie's daughter (425) 268-1105
Medicare Questions? Call Hillary Blanchard (805) 651-0091 My services are no cost to you!	EvergreenHealth Monroe "Your Community Owned Hospital" www.evergreenhealthmonroe.com	Cottages of Snohomish Tracy Morcom tracy@carepartnersliving.com Independent, Assisted & Memory Care Living
Patch with Kimberlee Kimberlee 425-231-9481 liveyounger.com/kimberleesp Live Well . Live Long . Live Young	Adams Family Estate Services Estate liquidation / Clean outs Donations / Move Assistance Anthony (425) 780-9787	Glacier Peak Plumbing Family Owned - Snohomish County Devon 425-923-7663 Integrity with every job!

Business Members

Abraham & Co. Registered Investment Advisors Andrew Amoroso: 206-222-0251 a.amoroso@abrahamco.com	iCure Physical Therapy Ann Rodriguez—care@icurept.com 425-458-7261 www.icurept.com "Your partner for full recovery and strength"	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	Dream Islands Adult Family Home Where Every Day Feels Like Home Call Us On 206-737-0008 Dreamislandsafh.com	Windsor Square Independent Senior Living Call us today to schedule a tour! (360) 653-1717 or windsorsrliving.com
RE/MAX Town Center Seniors Real Estate Specialist (SRES) Dale Forney, (425) 315-6401 dale.forney@remax.net	Snohomish Inn 323 Second St, Snohomish Clean, Comfy, Cozy Book today 360-568-2208	Medicare Help? Andrea Griffin Service at No Cost to You 425-405-7667 andrea@mcgregorbenefits.com
New York Life Pamela Taubenheim www.pytaubenheim.nylagents.com 360-568-6436	Legacy Wealth Partners Scott Kelly, Financial Advisor 206-914-4712 www.LegacyWPartners.com	Mary Kay Cosmetics Shelli Martinez www.marykay.com/shellimartinez 425-750-4055
Riverview Road Cidery 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)	Edward Jones - Financial Advisor: Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042	Dependable Care Adult Family Home LLC 1504 130 th Dr NE Lake Stevens, WA 98258 206-302-9214 DependableCareAFH.com Dependablecare86@gmail.com
Helping Hands Home Care Aide-Nurse assistant services Supporting independence, dignity, and comfort - right at home. 916-459-9394		
Grandcare LLC In-Home Care Services 2819 Mill Ave. South Renton 253-999-7418		
Regency Care Center at Monroe Short Term Rehabilitation, Skilled Nursing and Long-Term Care Carigan Donnelly 360-913-2809		

**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.**



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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

SEPTEMBER 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 Chicken Burger, Coleslaw	2 <u>El Paraiso:</u> Chicken Enchilada, Rice, Beans Member Only	3 Baked Potato, Chili	4 <u>Senior Services:</u> Teriyaki Chicken Bowl, with Rice, Egg Roll
7 <u>CLOSED</u>	8 Cheeseburger, Tater Tots	9 <u>Senior Services:</u> Oven Fried Chicken, Rice Pilaf, Pineapple	10 <u>Brookdale of Monroe:</u> Chicken Salad Sandwich, Chips Member Only	11 First Responders BBQ
14 <u>Senior Services:</u> Chicken Fajitas, Spanish Rice, Mandarin Oranges	15 Lasagna, Salad	16 <u>Senior Services:</u> Swedish Meatballs, Egg Noodles, Steamed Carrots, Mixed Fruit	17 <u>Adkinson Estates AFH & Holtz Safety & CPR:</u> Salad Bar Member Only	18 <u>Village Concepts of Marysville:</u> Sack Lunch TO-GO (Due to Health Fair) Member Only
21 <u>Senior Services:</u> Pork Chop Patty, Scalloped Potatoes, Steamed Vegetables	22 Hog Dog with Chili	23 <u>Senior Services:</u> Sweet & Sour Chicken, Rice, Stir Fry Veggies	24 Pizza	25 Salmon, Rice, Veggies
28 <u>Senior Services:</u> Salisbury Steak, Mashed Potatoes with Gravy, Mixed Vegetables, Applesauce	29 Chicken Pot Pie	30 <u>Senior Services:</u> Lemon Pepper Pollock, Baked Potato, Steamed Veggies, Peaches		

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.