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

HOLIDAY LUNCHEON

Wednesday, December 23rd
12:00pm
Doors Open at 11:30am

Menu: Ham, Holiday Potatoes, Fresh Salad, Vegetables

Dessert: Potluck Cookie Bar! (Optional) Bring 1 or 2 dozen of your special holiday cookies.

MEMBER ONLY EVENT
RSVP AT THE FRONT DESK
$5

SSC Closure Dates and Business Hour Changes
(See Calendar For Details)

Wednesday, December 23rd (CLOSED EXCEPT FOR HOLIDAY LUNCHEON)
Thursday, December 24th (CLOSED)
Friday, December 25th (CLOSED)
Monday, December 28th (OPEN 9:00-1:00)
Tuesday, December 29th (OPEN 9:00-1:00)
Wednesday, December 30th (OPEN 9:00-1:00)
Thursday, December 31st (CLOSED)
Friday, January 1st (CLOSED)



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

Dear Friends,

Magical! That is how I feel about this time of year. I love the crisp, cool mornings and the frost glistening on the branches, where wren cheerfully greets me each day. I love the fragrance and textures of fir and cedar gracing our doorway, and the paperwhites welcoming us on our porch, their scent lifting our spirits with the hope of spring. The glitter of lights, children laughing, bonfire nights with my family, and oh, the stars! They shine so brightly this time of year! And I especially love December 21st, the longest night, with its beautiful promise that the light is coming back to us, a little more each day.

Here at our center, that same magic hums through every room. Every day I look around and think how lucky I am to know each of you: our members, our staff, and our community friends. You are the heart of this place: the laughter ringing out from the card tables, the friendly wave at the front door, the way you care for one another day in and day out. You are so loved, and each of you brings a light that truly matters here.

We come from different hometowns and traditions, yet oh, how much we share! A love of good company. Memories of the people who shaped us. Hope for the ones who come after us. And hearts that still know how to give. Woven together, our common threads make a well-loved quilt that wraps around all of us.

Every one of you carries a gift: a singing voice that fills the room, a pie that makes everyone go quiet with the first bite, or something quieter, like patience, a listening ear, or a laugh that brightens a gray day. Please share it! Tell a story, teach a card trick, pull up a chair next to someone new. The very best gifts can't be wrapped, and they only grow when we give them away.

I also know this season isn't merry and bright for everyone. The holidays can stir up memories of loved ones we miss, loneliness, or a heaviness that's hard to put into words. If that's where you are, please know you are not alone. All of us, Rosalie, Lacey, Dawn, Melinda, Carmen, Lisa, and I, are here for you, always. Stop by, sit with us, share a cup of coffee. We are holding your heart in ours.

So, whatever this season holds for you, let's catch that sparkling energy in the air and make merry together, just like the Fezziwigs at their joyful Christmas ball! From my heart to yours, consider this letter a great big holiday hug.

With so much love, and joyous holiday wishes,

Shaunna

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HAPPY PLACE

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Watch for our upcoming year-end giving appeal, arriving soon by mail or email. As we reflect on the past year, we're celebrating what we've accomplished together and inviting you to be part of what's next. Your generosity helps sustain our programs and services, and we are grateful for your partnership.

December Birthdays

Virginia Bryan	12/01	Genelle Ackley	12/11	Carol Stultz	12/19	Adrienne Wolf	12/24
Stephen Camp	12/01	Robert Gamage	12/11	Cyndi Mosher	12/20	Douglas Bradshaw	12/25
Ken Anderson	12/02	Julia Luke	12/11	Michel Munro	12/20	Richard Homme	12/26
Sharon Dunning	12/02	Deborah Skyles-Thorpe	12/11	Carl Nermo	12/20	Juanita Lanz	12/26
Rosalie Han	12/02	John Buckingham	12/12	Sherry Stecher	12/20	Thomas Solatka	12/26
Joanne Holloway	12/02	Kaye Carlson	12/12	Carole Thiessen	12/20	Linda Sparks	12/26
Dorothy Moseley	12/02	Victoria Gamble	12/12	Steven Brown	12/21	George Mooney	12/27
Beverly Simpson	12/02	Harold Hayford	12/12	Dolores Darr	12/21	Joy Panks	12/27
Richard Patton	12/03	Timothy Larson	12/12	Kathleen Harper	12/21	Wendy Patterson	12/27
Debbie Schlosser	12/03	Susan Mihora-Scholl	12/12	Debra Hudson	12/21	Carol Vincent	12/27
Daveen Smith	12/03	Carol Sack	12/12	Paul Ryner	12/21	Trina Cole	12/28
Claudia Hankins	12/04	Joan Litzkow	12/14	Martin Cayford	12/23	Doug Greenshields	12/28
Robert Horning	12/04	Dana Uplinger	12/15	Michelle Heinitz	12/23	Rick Eickhoff	12/29
Dennis Weczorek	12/04	Dianna Davis	12/16	Barbara Maybin	12/23	Shirley Mock	12/29
Evangeline Loranc	12/05	Pam McNealy	12/16	Floyd Rhodes	12/23	Lorie Welly	12/29
Rosie Welcome	12/05	Karen Scott	12/16	Elvina Spoon	12/23	Jennifer Severin	12/30
Rich Bentz	12/06	Kathy Trumbo	12/16	Judy Toomey	12/23	Kay Stolt	12/30
Pam Earls	12/07	Sandy Bass	12/17	Noelle Vitalich	12/23	Douglas Diel	12/31
Roger Hinrichs	12/07	Debora Harshfield	12/17	Britt Barrett	12/24	Carol Peverly	12/31
Robin Hendricks	12/08	Debra Horton	12/17	Vickie Cole	12/24	Donna Stanton	12/31
Gyda Harris	12/09	Kristine Johnston	12/17	Cynthia Cornelius	12/24		
Valerie Read	12/09	Martin Richins	12/17	Phyllis McGillivray	12/24		
Beverly Eickhoff	12/10	Nancy Lemon	12/18	Susan Sutton	12/24		



Veterans Day Program











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











MOVIE & ICE CREAM SOCIAL

Friday, December 18th
1:00pm

Ice Cream Sponsored by Susan Hanson

This Month We're Showing

A Christmas Carol

Rated PG, 1hr 33min
(Drama, Fantasy, Heartwarming)

Center & Program News

Bingo on Tuesdays
Seating for those playing bingo on Tuesdays will begin at **12:45pm**. Due to the busyness of Tuesdays inside the center and in the parking lot, we need a time of transition between lunch and bingo. Tuesday lunches will now be member only in order to help alleviate the space issues as well.

Cub Scout Caroling
Cub Scout Pack 36 will be offering their joyful singing of Christmas carols to our members on **Friday, December 18th at 12:00** during lunch.

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. First time guests can try a program for free, once. Repeat visitors will need to stop at the front desk to pay each time before signing in.

Holiday Hours and Post Christmas Center Activities
Please pay attention to this month's calendar as there are several days with adjusted hours and/or closures. Thank you for your patience and understanding as we allow our activity coordinators and the staff to take a break during the holiday season.

During the week after Christmas, we will have limited hours and not hold our regular programs and activities. **Monday, 12/28 through Wednesday 12/30** the center will be open from **9:00am to 1:00pm** only. There will be coffee and group activities in the great hall for those who want to gather to socialize. Lunch will still be served at 11:45am. Group activites begin at 10:00.
Monday, 12/28: PARTY GAMES
Tuesday, 12/29: Trivia!
Wednesday, 12/30: *Re-Gift* Gift Exchange (Bring an unwanted gift to exchange. Make sure it's wrapped.)

Lunch Service Times
Beginning in December, our lunch service time will end 15 minutes earlier at 12:15. The starting time remains the same at 11:45. Please ensure you arrive between **11:45-12:15** if you have reserved lunch.

Ornament Decorating
Melanie of We Art Here Studios will be hosting a snowflake ornament bar here at SSC on **Monday, December 21st from 9:00-11:00**. Choose layers, paint, and embellish to create a custom snowflake. Sign up at the front desk. Bring **$10** to pay the instructor on the day of the event.

Outsmart Your Smartphone
Maricel Halmo will be here to teach smartphone tips with easy to follow step-by-step instructions. Join us on **Friday, December 11th at 9:00am**.

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.*

12/7 5:15pm vs Cowboys
12/13 1:25pm vs Giants
12/19 2:00pm vs Eagles
12/25 5:15pm vs Rams

Sound Bath
Sound Bath will be on hold until at least February. Stay tuned for an announcement of its return.

Sunshine Committee
Know of a member who could use a little "sunshine" sent their way? (Illness, surgery, passing of a loved one etc.) Stop by the front desk to fill out a request for a card to be sent by our sunshine committee on behalf of SSC.

December 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 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	2 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
6	7 9:00 Movement to Music 9:30 Bellevue Shopping $ 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. 5:15 Seahawks Game	8 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	9 9:00 Poker $ 9:00 Movement to Music 9:30 Creative Crafters 9:30 Alderwood Shopping $ 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
13 1:25 Seahawks Game	14 9:00 Movement to Music 10:15 Walking Group 12:00 MahJongg 12:15 Party Bridge $ 1:00 Quilting Group 1:00 Diamond Painting 1:00 Mexican Train 3:30 Sip & Stroll $	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 Pinochle $ 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 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 1:30 Tai Chi 3:00 Chair Yoga
20	21 9:00 Movement to Music 9:00 Ornament Decorating * $ 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. 1:00 Holiday Sing Along 2:15 Ultimate Christmas Exp. $	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 Pinochle $ 1:30 Bingo $ (buy-in by 1:20) 2:00 Bible Study 4:00 Ping Pong	23 **Closed except for Holiday Luncheon at 12:00pm** **Reservation Required** **Members Only** **Doors Open at 11:30**
27	28 **Center Hours: 9:00-1:00** **No regular programs** **10:00 Party Games** **11:45 Lunch**	29 **Center Hours: 9:00-1:00** **No regular programs** **10:00 Trivia** **11:45 Lunch**	30 **Center Hours: 9:00-1:00** **No regular programs** **10:00 Re-Gift Gift Exchange** **11:45 Lunch**

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

LUNCH SERVED MON-FRI 11:45-12:15

THURSDAY	FRIDAY	SATURDAY
3 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 3:30 Lights of Christmas $	**4** 9:00 Ping Pong 9:00-2:30 Foot Care Clinic $ * 9:30 Casino Trip $ 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 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 4:00 Music Bingo $ 7:00 Alzheimer's Support	**11** 9:00 Ping Pong 9:00 Outsmart Your Smartphone 10:00 Creative Writing 12:15 Party Bridge $ 1:00 Bunco 1:30 Balance Class	**12** 1:15 *White Christmas* $
17 8:40 Senior Fitness Express 9:00 Watercolor 9:30 Senior Fitness 10:00-2:00 Massage $ * 11:30 Mystery Lunch $ 12:00 Clay Sculpting 12:30 Deck & 1/2 Pinochle $ 2:00 Line Dancing 2:30 Beginners Clay Sculpting	**18** 9:00 Ping Pong 9:00 Sunrise Social $ 9:00-2:30 Foot Care Clinic $ * 10:00 Creative Writing 11:30 Mystery Lunch $ 12:00 Cub Scout Caroling 12:15 Party Bridge $ 1:00 Movie & Ice Cream Social 1:30 Balance Class	**19** 2:00 Seahawks Game
24 **CLOSED**	**25** **CLOSED** 5:15 Seahawks Game	**26**
31 **CLOSED**		

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
(No Happy Hour in Dec.)

Line Dancing
1st, 2nd & 3rd Thur 2:00p

Meditation
1st Friday 3:00p

Membership Meeting
4th Wed 1:00p
(No Meeting in Dec.)

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
(On Hold)

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

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

From The Board President


Merle Kirkley

HO HO HO and welcome to December and all the celebrations with our family at our Happy Place and with family and friends also. It is also a time reflect on all the blessings we all have been given every day. For Christians, Christmas is to celebrate the birth of Jesus Christ and for many other religions they have celebrations too. We are fortunate in America to have such a large multicultural gathering of people.

Of course it is such a joy in your heart to watch your little grandchildren happily open their gifts with all our families. I also find myself hurting for those that are less fortunate and homeless and those living alone. Whenever and wherever you can, reach out. It is a blessing and gift of love. One of the highlights at the center is Mr. & Mrs. Santa Claus visiting us and our time singing some favorite Christmas carols.

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

I want to thank Shaunna and our super fantastic staff for the tireless amount of time and effort on Brewfest. It went really well and now it is the time to think about the future. Also thanks to all who participated in the Holiday Bazaar.

You have not seen me a whole lot last month. Well I guess should never go on vacation. I was exercising in the swimming pool and somehow both my big toes got infected and I have been down off my feet for a lot of the month. One healed and the other is being stubborn in getting better. But I will survive and move on.

Last thing, I was reading some quotes from a nursing home and a couple really stuck with me.
It's from a home in Pascoag RI.
“Amidst the festive holiday decorations and twinkling lights, I see reflections of a lifetime filled with love, challenges overcome and the resilience of the human spirit.” -Grace 90 yrs old
“The Holiday season is akin to a beautifully crafted quilt, with each day a unique square stitched with memories and traditions that warm the heart.” -Lillian 79 yrs old

Merry Christmas and Happy Holidays. I look forward to seeing you at our Happy Place, the 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.

Trips

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 **(CURRENTLY FULL, *Sign-Ups Began In November*)**

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. ($5-$30)

12/7/26 (Monday) Bellevue Square Holiday Shopping - Depart @9:30am, Return @3:30pm
Enjoy an afternoon of holiday shopping at Bellevue Square! Already done shopping? Get your steps in while enjoying the holiday displays. There are many cafes and dining opportunities to choose from for a snack or lunch.
Capacity: Min 8, Max 14 Cost: $10 for Transportation only, Shopping and Lunch at your expense.

12/9/26 (Wednesday) Alderwood Mall Holiday Shopping - Depart @9:30am, Return @3:30pm
Enjoy an afternoon of holiday shopping at Alderwood Mall! Already done shopping? Get your steps in while enjoying the holiday displays. There are many cafes and dining opportunities to choose from for a snack or lunch.
Capacity: Min 8, Max 14 Cost: $10 for Transportation only, Shopping and Lunch at your expense.

12/10/26 (Thursday) Music Bingo at Coconut Kenny's in Lake Stevens - Depart @4:00pm, Return @9:30pm
Bingo like you've never HEARD it! Set your inhibitions aside as you sing along to your favorite songs while playing bingo. Instead of numbers called out, snippets of songs are played. Look for the song title on your bingo card and mark it off.
Capacity: Min 8, Max 14 Cost: $10 for Transportation only, Bingo is free. Dining at your expense. ($20-$30)

12/12/26 (Saturday) White Christmas - Depart @1:15pm, Return @5:00pm
Snohomish High School presents *White Christmas*. Join us for a lovely holiday afternoon performance.
Capacity: Min 8, Max 14 Cost: $20 for Transportation and Ticket

12/14/26 (Monday) Sip & Stroll - Depart @3:30pm, Return @7:15pm
Let there be lights! Get festive with us as we take a stroll through over 10 million holiday lights! We'll begin with a stop at Killer Coffee (inside Tulalip Casino) for a warm beverage of your choice. Then we'll bundle up, head outside and sip & stroll. To wrap up the evening, we'll head over to Panera Bread for a cup of hot soup or a warm meal of your choice. Please dress for the weather.
Capacity: Min 8, Max 14 Cost: $10 for Transportation only, Beverages and Food at your expense.

12/17/26 (Thursday) and 12/18/26 (Friday) Mystery Lunches*
Depart @11:30am, Return 2pm or after lunch
(*We are moving our gatherings to lunch time during daylight savings.) 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, Lunch at your expense. ($20-$30)

12/21/26 (Monday) Ultimate Christmas Lover Experience!
Depart @2:15pm, Return @8:30pm
Join us for 3 wonderful holiday stops. First up, an upscale (early) dining experience at JOEY in Bellevue. Then it's off for a stroll through Bellevue Botanical Gardens and their "Garden d'Lights." We'll cap off the evening with a visit to Snowflake Lane, Bellevue's festive holiday parade. Please dress for the weather.
Capacity: Min 8, Max 14 Cost: $20 for Transportation and Garden d'Light fee, Dinner at your expense. (JOEY $15-$40, happy hour menu)

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	**Eden Health - Home Health** Soureya Johnson - Liaison C:(360)-773-0178 O:(360-734-5410 Soureya.Johnson@eden-health.com	**Home Instead** 425-549-3100 Homeinstead.com Top Quality Care At Home
Abraham & Co. Registered Investment Advisors Andrew Amoroso: 206-222-0251 a.amoroso@abrahamco.com	**Edward Jones - Financial Advisor:** Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042	**Homestead Financial Management** Kristin Davis 360-654-4624 Daily Money Management
AccentCare Hospice of Snohomish Natasha Jahn, Hospice Consultant C: 206-491-9647 ; O: 425-336-5934 natashajahn@accentcare.com	**Evergreen Care Solutions** contact@evergreencaresolutions.com (425) 770-2516 or (206) 355-1410 Home Care With Heart	**Humana** Maria Salinas | Licensed Sales Agent Phone: 815-315-3534 Email: MSalinas14@humana.com
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	**Julianne McKeown** Gilpin Realty, Inc. Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709
Ashley Pointe Senior Living Hollie Girvan 425-397-7500 hollie.girvan@sinceriSL.com www.sinceriseniorliving.com/ashey-pointe	**Farmers Insurance - Brandon Simeon** Auto - Home - Life - Business Phone 360-568-4105 bsimeon@farmersagent.com NEW MEMBER	**Kara Evanger - RE/MAX ELITE** Real Estate Specialist John Minifie's daughter (425) 268-1105
Blu Dental & Wellness Snohomish Gentle care for every smile Proudly serving Snohomish Bluedentalwellness.com 360-568-5800	**Global Credit Union** Theresa Optiz www.globalcu.org e: t.optiz@globalcu.org / p: 425-264-2771 www.globalcu.org	**Legacy Wealth Partners** Scott Kelly, Financial Advisor 206-914-4712 www.LegacyWPartners.com
Brain Based Chiropractic Center Michael L. Carter, DC 425-303-1330 www.drmichaelcarter.com	**Grandcare LLC** In-Home Care Services 2819 Mill Ave. South Renton 253-999-7418	**MAE CLEANS HOUSES** 360-420-0759 (text or call) www.cleanshouses.com "We don't cut corners, We clean them!"
Columbia Bank Together For Better Kim Harrison Branch Manager	**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
Dependable Care Adult Family Home LLC 1504 130th Dr NE Lake Stevens, WA 98258 206-302-9214 DependableCareAFH.com Dependablecare86@gmail.com	**Harvey Airfield** 9900 Airport Way Ste. B, Snohomish, WA cyndyh@harveyfield.com 360-568-1541 ext. 229	**Medicare Questions?** Call Hillary Blanchard (805) 651-0091 My services are no cost to you!
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	

Business Members

NJH Painting, LLC-Owner Operated Jacob Heinitz Owner 425-770-4835 Residential Painting and Repairs Interiors and Exteriors NEW MEMBER	**Schultz Financial Partners** Bobby & Krystal Schultz (360) 863-3180 Financial Planning and Investment Servic	**Snohomish Lions Club** "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions
New York Life Pamela Taubenheim www.pytaubenheim.nylagents.com 360-568-6436	**Seniors Helping Seniors Everett** Local. Licensed. Heart-Led. shseverett.com 425-496-7160	**Snohomish School District** Kent Kultgen Kent.Kultgen@sno.wednet.edu 360-563-7280
RE/MAX Town Center Seniors Real Estate Specialist (SRES) Dale Forney, (425) 315-6401 dale.forney@remax.net	**Snojo Mojo** Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish	**Susan Hanson** Specializing in Medicare Choices Local Licensed Agent 425-658-6022
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	**Tree of Life Senior Care 24/7** Long term care facility Dementia and mental health specialty Call Roman 425-499-4642
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	**Village Concepts of Marysville** Grandview Village Joanne Acton 360-653-2223 Independent & Assisted LIving
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	**Visit YogaCircleStudio.com** Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.

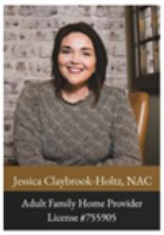
Fabulously FRUGAL THRIFT SHOP

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



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ADULT FAMILY HOME
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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

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

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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

DECEMBER LUNCH MENU

Lunch is Served From 11:45a-12:15p

Frozen weekend meals are available provided by Senior Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sausage Lentil Soup, Salad **Member Only**	**2** El Paraiso: Chicken Enchilada, Rice, Beans **Member Only**	**3** Chicken Casserole, Salad	**4** Senior Services: Salisbury Steak, Mashed Potatoes, Green Beans, Fruit
7 Senior Services: Chicken Alfredo, Breadstick, Broccoli, Fruit	**8** Chicken Salad Sandwich, Salad **Member Only**	**9** Senior Services: Smothered Pork Chop, Steamed Rice, Mixed Veggies, Peaches	**10** Brookdale of Monroe: Butternut Squash Soup **Member Only**	**11** Beef Mac and Cheese, Veggies
14 Senior Services: Baked Salmon, Clam Chowder, Wild Rice, Spinach	**15** Spaghetti, Salad **Member Only**	**16** Senior Services: Swedish Meatballs over Egg Noodles, Steamed Carrots, Mixed Fruit	**17** Adkinson Estates AFH & Holtz Safety & CPR: Salad Bar **Member Only**	**18** Village Concepts of Marysville: Taco Salad **Member Only**
21 Senior Services: Smash Burger, French Fries	**22** Chicken Fajita Casserole **Member Only**	**23** **Holiday Luncheon** Ham, Holiday Potatoes, Salad, Vegetables *(Doors Open @11:30)* **Member Only $5**	**24** **CLOSED**	**25** **CLOSED**
28 Chef's Surprise	**29** Chef's Surprise	**30** Chef's Surprise	**31** **CLOSED**	

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.