Snohomish Seniors

High on Life

January 2022

Issue 170

Free Fitness

Thanks to donations through Snohomish Giving
Trees, we are able to offer complimentary fitness
classes to our members for the entire month of
January. The Giving Trees were created by the
Historic Downtown Snohomish Association, and
supported various non-profit organizations around



town. Gracious community members selected tags from a tree to donate funds to our senior center to "give the gift of fitness." If you've never tried one of our fitness classes, we especially hope you take advantage of this gift and join us this month. Participants exercise at their own pace and the instructors offer suggestions for modified movements during workouts. Come give a class a try, it's never too late to improve your health!

Movement to Music - Mondays & Wednesdays at 9:15 Senior Fitness -Tuesdays & Thursdays at 10:00 Chair Yoga - Wednesdays at 3:00

Walking Group - Thursdays at 11:00

Free fitness is offered to current members. The standard rate of \$10/month for members for unlimited classes will resume in February. Guests may participate for \$5/class.

Thank You Donors

2021 was a generous year here at SSC. We continue to be amazed at the



openheartedness of our members and community. Thank you to all our donors and sponsors of 2021. Your support is appreciated and helps us start the new year strong. See for yourself the abounding list on page 14.



SNOHOMISH | SENIOR | CENTER

HAPPY PLACE

EST. 1989 | WASHINGTON

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

Membership \$40 annually

snohomishcenter.org
@snohomishseniorcenter





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We will be closed on Monday, January 17th in observance of Martin Luther King Jr. Day.

EXECUTIVE DIRECTOR

Happy New Year everyone!! It is so exciting to have 2021 behind us and a new beginning in front of us. We challenge you to start new with us and step outside of your comfort zone. Maybe it's time to try one of those fitness classes you've been hearing about. Did you know fitness classes are complimentary during the entire month of January? Or maybe you're willing to learn a new card game that you always wanted to try, or dabble in watercolor, clay or diamond dots. There truly is something for everyone, it's merely up to you to take the step. We are committed to helping each of you find your place here at the center.

I want to share a story a member recently shared with me, as it is a wonderful reminder of how impactful the center can be when we give time to listen and support one another . . . This member was new to the area, with few to no friends and very unsure of how she would fit into the center family. She was a quiet and reserved woman, who could capture your attention when she spoke with her gentle southern accent. She made friends and became a familiar face around the center. Yet, she still wasn't sure where she fit in. Every time she came to the center I learned more and more about her. I gently encouraged her to volunteer here and expressed to her that she will find her place here at the center.

This dear lady whom I call my friend, recently moved away to be with her family in need. She shared how important it was for her to be there but needed me to know how much she loved the center and how she came to feel that she belonged here. What I thought to be a simple comment of support & encouragement, had impacted her immensely. Her friendly face is missed around here but she happily knows she's where she should be.

May you be inspired to share how the center has impacted your life with someone so that they will find their place here and feel that they belong here too.

With love,
Happy New Year
Sharon

In Inclement Weather

In the event of snow or ice, the Snohomish Senior Center may be closed or have a late opening. This is for the safety of our members and staff.

We will update our voicemail, website and Facebook page if a closure or delay is necessary.





LUNCH

Effective 1/3/22: \$4 Members, \$5 Non-Members Senior Service Meals: \$3 Suggested Donation For Ages 60+, \$7.50 For All Others

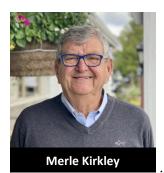
Lunch reservations must be made by 2pm, the day prior, but note that reservations will be cutoff once we have reached capacity, which may be sooner. Please call 360-568-0934 or stop by the front desk to reserve lunch. To-Go lunches are no longer offered, join us in the dining room.

JANUARY MENU Lunch is Served From 12-12:30

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Senior Services: 3 Oven Fried Chicken Wild Rice, Green Beans	4 Hamburgers	Senior Services: ⁵ Grilled Salmon, Rice, Broccoli	6 Sponsor Brookdale	7 Tuna Casserole, Salad
Senior Services: 10 Cheese Ravioli, Brussel Sprouts, Garlic Bread	Chicken Salad on a Bed of Lettuce, Roll	Tomato Soup, Grilled Cheese Sandwich	Chicken Parmesan with Rice and Veggies	14 Spaghetti and Salad
CLOSED 17 MLK JR. Day	Sponsor 18 Village Concepts Taco Salad	Senior Services: 19 Pot Roast, Mashed Potatoes	Fish and Chips, Coleslaw and Corn Muffin	21 Hot Beef Sandwich
Senior Services; 24 Grilled Chicken Sandwich, Pea Salad	Hot Ham and Cheese Sandwich	Sponsor El Paraiso	27 Turkey Pot Pie, Salad	28 Pizza & Salad
Senior Services: Garden Salad, Dijon Chicken, Orzo, Fruit				

FROM THE BOARD PRESIDENT



HAPPY NEW YEAR & WELCOME 2022. I trust you all had a fantastic holiday with family and friends. It was sure nice to see so many of you at the Senior Center over the holidays. Our Holiday Lunch was a big hit and the entertainment made you jump for joy and celebration.

I have been thinking a lot about our hopes and dreams, the coming year and all the amazing possibilities ahead. " Hope is the Gift of Possibilities." I want to challenge everyone to

reach out for new friends and experiences. Here are 5 things I'm going to strive to do .

- 1. Dream Big
- Look For The Best In Others
- 3. Be A Positive Influence
- 4. Speak With Kindness
- 5. Invest Myself In Things That Matter

WILL YOU JOIN ME AND MAYBE WE CAN START A CHAIN REACTION?

Blessings,

Merle

Carol Stultz - Secretary Kim Harrison - Treasurer JoAnn Britt

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Carroll Brown John Buckingham

Beth Buckley Sharon Diel

Bill Doran

Timm Hall

Kyla McNulty

Judy Spaetig James White

*Open

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

CENTER NEWS

Acupuncture

Dr. Alexander of Free Range Health offers acupuncture services here on Thursdays beginning at 7am. To register and schedule an appointment, visit **FreeRangeHealth.org** or call Dr. Alexander at **425-419-7033 ext. 715** for more information.

Bible Study

The bible study group is currently meeting as an open fellowship. Instructed classes will resume on January 18th with a weekly meeting on Tuesdays at 2pm.

Book Club

Book Club resumes their regular meetings on the 2nd and 4th Wednesdays of each month at 10am. Books are on hold at the Snohomish Library for your convenience.

Coffee Donations

Did you know our self serve coffee bar is funded by donations? In order to continue serving freshly roasted, premium coffee from Vista Clara Coffee, please drop a small donation in the box when you help yourself to a cup of coffee.

Foot Clinic

January 14th & 28th (10am-1pm) February 11th & 25th (10am-1pm)

Julie Grimm provides foot clinic appointments which include having your feet soaked, light massage, nails clipped, and bunions filed. No diabetics.

*Please bring a towel for your appointment. \$23 Members / \$26 Non-Members

General Membership Meeting

Our next membership meeting will be on Wednesday, January 26th at 1:00pm. All members are invited to stay informed about the center.

Haircut Clinic

Our very own board of directors member, Timm Hall of Timothy Alan Salon offers haircuts here at the center. The next appointments available are on **February 10th from 1-4pm.** Call the center for an appointment. Please come with freshly washed hair. Free for members.

Massage

Chair massage with Kathleen Sutton is available on **Thursdays from 10am-2pm.** 15 minute massages are **\$15 Members/ \$18 Non-Members.** Sign up for an appointment at the front desk; drop-ins are accepted based on availability.

CENTER NEWS

MySeniorCenter - Your Wallet

Many of you are familiar with our software MySeniorCenter as we utilize it with our touchscreen check in process. A new feature we're introducing is *Your Wallet*. Your Wallet is 'banked' money to use at a later time to pay for activities or events that have a charge. For example, you, or someone on your behalf, can 'deposit' money in

myseniorcenter

to Your Wallet via cash, check or credit card and then future activities—are paid using Wallet funds rather than individual cash, check or credit card transactions. Your Wallet will—also be used to handle certain refunds rather than cash back. No value will be lost, it will just be held in Your Wallet for future use. Your Wallet is just that, it is only accessible for your use, it is individually tracked by member. Your Wallet is not actually tied with any bank accounts or credit cards; it's just a temporary place you can allocate money (through deposits or refunds) that you can use to pay for later charges for activities, trips, rides, etc. If you would like to add funds to Your Wallet ask at the front desk or ask a staff member if you have any questions.

Seahawks Sunday Viewing Parties

Let's cheer on our team for the last 2 games of the season. Doors open half an hour before game time. A potluck of store bought snacks is shared during the game. Bring your own beverages, coffee will be provided.

January 2nd @1:25pm vs The Lions
January 9th @1:25pm vs The Cardinals



Tech Help

Archbishop Murphy students Eric Yarnot (Senior) and Gabe Yarnot (Sophomore) offer support with computers, tablets or smartphones. They can help with transferring photos, learning new apps & programs and organizing or troubleshooting problems. This is a free service for members. One on one appointments are available depending on the students' schedules. Inquire at the front desk.



Featured Program of the Month

COLORING GROUP

Coloring Group resumes this month. Express your creativity in a relaxing environment with friendly conversation and coffee. We have supplies available to share or bring your own coloring materials.

1st and 3rd Mondays from 10-11:30am

Free



COMMUNITY BREAKFAST

Happy New Year



Snohomish Senior Center Saturday, Jan. 1st 8:30-10:30am

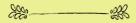
Menu: Pancakes or French Toast, Scrambled Eggs, Sausage Links, Biscuits & Gravy, Coffee or Tea, Juice



Member Social

THURSDAY, JANUARY 27TH

4-6pm



DRINKS ~ APPETIZERS ~ MUSIC

Get to know some new friends or catch up with old ones.

Guests Are Welcome To Attend \$20 ~ Sign Up At The Front Desk



Stay Connected With The Latest Updates

Online: snohomishcenter.org

Facebook: Snohomish Senior Center

Instagram: snohomishseniorcenter



Saturday, Jan. 8th

Snohomish Senior Center

Doors Open @ 4:00pm Early Bird Session @ 5:15pm Regular Session @ 5:30 Café Open



*Bingo will be on the 2nd Saturday in January, and resumes the 1st Saturday of the month in February.

Thank you to the many Holiday Bazaar volunteers who worked hard to help us host a successful fundraiser. -Carol Stultz

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.

TRIPS



Trip sign ups begin on the <u>1st business day of the month</u>. You must sign up and pay in person, no phone orders will be taken.

Edmonds Waterfront Center Tour & Lunch



Friday, January 7th: Depart @11:00am, Return @1:30pm

Tour the newest center in Snohomish County (previously the Edmonds Senior Center) and enjoy lunch at The Potlatch Bistro, located in the center.

Capacity: Min 8, Max 14 Cost: \$6 for transportation only

Everett Silvertips vs. Tri-City Americans



Wednesday, January 12th: Depart @6:15pm, Return immediately after game Experience our hometown hockey team in our very own private suite!

Capacity: Max 14, All seats must be filled.

Cost: \$37.50 for transportation & ticket. Food & beverages are at your expense

Mystery Dinner



Thursday, January 20th: Depart @4:30am, Return @6:30pm

This month's dining excursion will be outside of our little town and will offer a

nice menu variety.

Capacity: Min 8, Max 14 Cost: \$4 for transportation only

Angel of the Winds Casino



Monday, January 24th: Depart @9:30am, Return @2:30pm

Try your luck or enjoy breakfast or lunch, as we adventure north to the members'

favorite casino!

Capacity: Min 8, Max 14 Cost: \$8 for transportation only

Brunch with the Director



Monday, January 31st: Depart @9:30am, Return @11:30am

Start your day with great conversation and a great meal at Kona Kitchen in Lynnwood.

Capacity: Min 8, Max 14 Cost: \$4 for transportation only



Trips In The Making...

6/9/22 Pretty Woman, the Musical at the Paramount 8/4/22 Hamilton at the Paramount

- * A current membership is required to venture on any SSC trips.
- * 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 are 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.



	SUNDAY		MONDAY		TUESDAY	WEDNESDAY				
	Jan	U	lary 2	2	022					
2	12:30 Pinochle \$ 1:25 Seahawks Game	3	9:15 Movement to Music \$ 10:00 Coloring Group 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Quilting Group 5:15 Deck & 1/2 \$	4	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	5	9:00 Poker \$ 9:15 Movement to Music \$ 9:30 Creative Crafters 12:30 Canasta Hand & Foot 12:30 Open Games 12:30 Scrabble 1:00 French Group 2:00 Grief Support 3:00 Chair Yoga \$			
9	12:30 Pinochle \$ 1:25 Seahawks Game	10	9:15 Movement to Music \$ 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 5:15 Deck & 1/2 \$	11	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	12	9:00 Poker \$ 9:15 Movement to Music \$ 9:30 Creative Crafters 10:00 Book Club 12:30 Canasta Hand & Foot 12:30 Open Games 12:30 Scrabble 1:00 French Group 3:00 Chair Yoga \$ 6:15 Everett Silvertips \$			
16	12:30 Pinochle \$	17	MLK JR. HOLIDAY CLOSED	18	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	19	8:00 Board Meeting 9:00 Poker \$ 9:15 Movement to Music \$ 9:30 Creative Crafters 12:30 Canasta Hand & Foot 12:30 Open Games 12:30 Scrabble 1:00 French Group 2:00 Grief Support 3:00 Chair Yoga \$			
30	12:30 Pinochle \$	24 - 31	9:15 Movement to Music \$ 9:30 Casino Trip \$ 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 5:15 Deck & 1/2 \$ 9:15 Movement to Music \$ 9:30 Brunch w/Director \$ 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 5:15 Deck & 1/2 \$	25	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	26	9:00 Poker \$ 9:15 Movement to Music \$ 9:30 Creative Crafters 10:00 Book Club 12:30 Canasta Hand & Foot 12:30 Open Games 12:30 Scrabble 1:00 French Group 1:00 Membership Meeting 3:00 Chair Yoga \$			

	THURSDAY		FRIDAY		SATURDAY
				1	8:30 Community Breakfast \$
6	7:00 Acupuncture \$ 9:00 Watercolor 10:00 Senior Fitness \$ 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$	7	10:00 Creative Writing 11:00 Edmonds Ctr Tour \$ 12:30 Party Bridge \$ 5:30 Poker \$	8	5:30 Bingo Bash \$
13	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 \$ 7:00 Alzheimer Support	14	10:00 Creative Writing 10:00 Foot Clinic \$ 12:30 Party Bridge \$ 5:30 Poker \$	15	
20	7:00 Acupuncture \$ 9:00 Watercolor 10:00 Senior Fitness \$ 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 4:30 Mystery Dinner \$	21	10:00 Creative Writing 12:30 Party Bridge \$ 5:30 Poker \$	22	
27	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 Member Social \$	28	10:00 Creative Writing 10:00 Foot Clinic \$ 12:30 Party Bridge \$ 1:00 Movie & Ice Cream 5:30 Poker \$	29	

Non-Weekly Programs

Alzheimer Support 2nd Thur 7:00p

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

Caregiver Support Group 2nd & 4th Thu 9a

Diamond Painting 2nd & 4th Mon 1pm

Grief Support
1st & 3rd Wed 2:00p

Membership Meeting 4th Wed 1:00p

Movie & Ice Cream Social 4th Fri 1:00p

Quilting Group 1st & 3rd Mon 1:00p

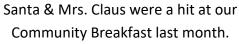
\$ There is a fee or suggested donation
Trip

LUNCH SERVED MON-FRI 12-12:30

CENTER PICS















Members enjoyed being together for our Holiday Luncheon.
Thanks to Granite Construction for sponsoring this event and Snohomish Jazz Illusion for entertaining us with festive music.











CENTER PICS











The highly requested appetizer recipe.



Cranberry Cream Cheese Dip

Ingredients:

12 ounces cream cheese, softened 1/2 cup dried cranberries, chopped 1 tablespoon chopped fresh rosemary 1/2 teaspoon garlic powder Juice from one orange* (3-4 tablespoons)

Instructions:

- 1. In a medium bowl, beat cream cheese until smooth.
- 2. Fold in cranberries, rosemary, garlic powder, and orange juice until blended.
- 3. Salt and pepper to taste and chill until serving. Serve with crackers.



In memory of Anita Fisher, who passed on December 8th. She often sent in clipped quotes, poems and funny sayings.





New Year Blessings

Here comes a brand new year,
Lots of new things to explore,
A clean, blank slate to write on,
Fun happenings galore.
To you we wish the best of things,
All the blessings a new year brings.
By Joanna Fuchs

You'll never get bored when you try something new. There's no limit to what you can do. -Dr. Seuss

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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.

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WORD SEARCH

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OWL **HUMMINGBIRD CARDINAL HERON CROW CRANE SANDPIPER FOWL ROBIN PIGEON OSTRICH PARROT SPARROW DOVE BLUE JAY ALBATROSS CHICKADEE EAGLE BLUEBIRD ORIOLE**

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January Birthdays - Happy Birthday!!

Giolitti, Maryanne	01/01	Legaspi, Anita	01/08	
Owen, Eleanor	01/01	Hintze, Kathleen	01/11	ļ
Schock, Geri	01/01	Illg, Marlys	01/11	-
Godfrey, Judith	01/02	Ryan, Christine	01/11	(
Wilson, Janet	01/03	Finkeldei, Nancy	01/13	
Bruhjell, Robert	01/04	Minifie, John	01/16	
Dorschel, Lois	01/04	Dvorak, Christine	01/17	
Kloes, Donna	01/04	Watanabe, Kathryn	01/17	l
Bloomberg, Paula	01/05	Nelson, Robbin	01/18	
Cochran, Dale	01/05	Stewart-Price, Chris	01/18	
Kammer, Jeannine	01/05	Gable, Kathleen	01/20	
Murray, Marlene	01/05	Fuller, Beate	01/21	
Vanderwind, Patricia	01/05	Johnson, Joan	01/22	,
DeDamm, Herminia	01/06	Dvorak, Robert	01/26	•
Moen, Vivian	01/06	Osborne, Sue	01/26	
Thornsberry, Sarah	01/06	Schilaty, Pam	01/26	
Bailey, Charles	01/07	Arnold, Ramona	01/27	
Cathey, Mary	01/07	Engel, Thom	01/27	
Scott, Virgil	01/07	McCain, Char	01/27	





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