



Snohomish Seniors

High on Life

506 Fourth Street
Snohomish, WA 98290
360-568-0934

info@snohomishcenter.org

Mon-Fri

9am-4pm

Membership \$40 annually

snohomishcenter.org
[@snohomishseniorcenter](https://www.instagram.com/snohomishseniorcenter)



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***Volunteer
Appreciation
Dinner***

**Thursday, April 25th
4:30pm**

*Mahalo
For All You Do*

**All 2023 Volunteers Are Invited
Please RSVP by 4/ 22**

Volunteer Appreciation

Snohomish Senior Center volunteers are simply the best. Our annual appreciation event is a chance to thank the many volunteers who support our center day in and day out. If you volunteered in 2023, please join us on **Thursday, April 25th at 4:30pm** for a dinner in your honor. Embrace the theme and wear a Hawaiian shirt if you would like. RSVP by April 22 by giving us a call (360-568-0934) or stop by the front desk.

From the
EXECUTIVE DIRECTOR



Sharon Burlison

Happy Spring! On April 22nd, Earth Day we will host a kindergarten class from Dutch Hill Elementary school. They will participate in replanting the tree that was planted on Earth Day last year. We will also work together sprucing up the garden surrounding the tree. The youngsters will also enjoy a visit inside the center with our members. Details of their visit will be posted early this month. We hope you will join us in welcoming them to the center.

Last month, the center was given the chance to host a new fundraising event that had been successful for over a decade, "Snohomish on the Rocks," a tasting event that promotes distilleries around the state. By accepting this event, the team would be faced with challenges that included procuring new sponsor partners, vendors, distilleries, and volunteers with a limited amount of planning time. It had not been that long since we successfully finished managing Snohomish Brewfest in November. So, putting this weight on the team would be asking of lot of them.

With creative marketing, three amazing community partners and participating distilleries who wanted the event to return, we are so proud to share Snohomish on the Rocks was a tremendous success! Securing an event like this in our first quarter of the year gives us financial strength not only this year but for years to come. It could not have happened without the center team's challenging work, and the attendees. Thank you!

I continue to be grateful for everyone who makes the center a place where members want to spend their time. You have made it a warm and special place where the magic of friendships come easy.

In 2018, one of those friendships began here with our Administrative Assistant, Julianne. Julianne joined us that summer and jumped into the challenge to all that was requested of her with a limited amount of training in what would come. Julianne adapted to the center easily and was instrumental in improving and creating recent programs. She assisted in many events we hosted and was proud of growing the rental revenue for the center since 2018. She not only was close to the center team; you too have grown to know and love her just the same.

I share this with you as we say goodbye to her. She has decided to pursue other endeavors, continue her real estate career, and spend more time with her family and the arrival of her first grandbaby! We will miss her dearly and wish her much happiness in her future.

Julianne, from the center team, the Board of Directors, and our membership, thank you for all you have given to our center!

With a grateful and heavy heart,

Sharon

P.S. Let's go Mariners!



Julianne, Sharon, Melinda, Kathleen, Rosalie, Ginger

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, at the latest by 2pm, the business 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.

APRIL MENU

Lunch is Served From 12-12:30

Frozen weekend meals are available, provided by Senior Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Senior Services:</u> ¹ Baked Chicken, Steamed Rice, Veggies	² Pork Sliders, Slaw	<u>El Paraiso:</u> ³ Chicken Enchilada, Rice, Beans	<u>Senior Services:</u> ⁴ Shrimp Louie Salad, Dinner Roll, Fruit Crisp	⁵ Sausage Lentil Soup, Salad
<u>Senior Services:</u> ⁸ Dijon Chicken, Orzo with Peas, Steamed Carrots	⁹ Chicken Lasagna, Salad	<u>Senior Services:</u> ¹⁰ Salisbury Steak, Mashed Potatoes, Veggies, Fruit	<u>Brookdale of Monroe:</u> ¹¹ Parmesan Chicken, Pasta, Salad	¹² Chicken Caesar Salad
<u>Senior Services:</u> ¹⁵ Baked Potato (w/chili, cheese, sour cream), steamed spinach	¹⁶ Beef Stew, Salad	<u>Senior Services:</u> ¹⁷ Baked Manicotti, Tossed Salad, Garlic Bread	<u>North Creek by Bonaventure:</u> ¹⁸ Homemade Pizza	<u>Village Concepts of Marysville:</u> ¹⁹ Taco Salad
<u>Senior Services:</u> ²² Chicken Pesto Pasta, Garlic Bread, Broccoli	²³ Seashell Pasta, Salad	<u>Senior Services:</u> ²⁴ Chef Salad, Blueberry Muffin, Fruit	²⁵ Salad Bar	<u>GenCare of Lynnwood:</u> ²⁶ Meatloaf, Mashed Potatoes, Corn
<u>Senior Services:</u> ²⁹ Pork Chop Patty, Scalloped Potatoes, Mixed Veggies	³⁰ Spring Salad			

FROM THE BOARD PRESIDENT



Merle Kirkley

Happy April showers with the anticipation of May flowers. I wanted to share an experience recently that filled my heart with joy. Our Lions Club is celebrating our 96th birthday and we had the pleasure of having lunch with 1st-3rd graders at Cascade View Elementary. When they came in, they looked at us with those big eyes of curiosity. We broke up into different tables and I sat with the boys. The first thing they asked me was how old I was. I said 83 and one boy remarked "I have never met a really old person." I chuckled as the boys all had a good laugh and then they asked my name and when they heard Merle, one said "that's weird" and I agreed I was a little weird. Then I told them it meant blackbird in England and one little guy asked if black birds were mean and I said, gentle just like me. I was telling them how smart they are and have learned so much already, and they all piped up and said "we're not smart, but he is," and the boy claimed "yes I am." We talked about sports and what they liked best and of course they all said at once, recess, of which they were getting restless to go out. Then it was picture time and I swear the whole cafeteria was trying to get in the picture and finally Kristen Foley had to say we have enough now. It was funny. I also got a chance to say hi to Claire Harrison, our treasurer Kim's daughter. It filled us all with joy and love to know we have such amazing students in our schools. I will end with a quote "May we all have a vision of a world where every neighbor is a friend."

See you soon at our Happy Place - The Snohomish Senior Center
 Merle

**Board of Directors
2023-2024**

Merle Kirkley- President
Michael Manley- V President
Bill Doran - Secretary
Kim Harrison - Treasurer
JoAnn Britt
Carroll Brown
John Buckingham
Beth Buckley
Timm Hall
Kyla McNulty
Issy Olivia
Kimberlee Spaetig-Peterson
Carol Stultz
James White
Patty Wunsch

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

CENTER & PROGRAM INFO

Basket Weaving

Julie Bruck will be leading a basket weaving class on **April 17th, 24th and May 1st** from **1-3pm**. Space is limited and you will need to commit to all 3 days to complete your basket. The cost for materials is **\$5**, payable directly to Julie. Sign up at the front desk.

Bazaar

The Spring Bazaar is just around the corner on **April 13th**. We are collecting donations for the Bazaar senior tables. If you have gently used Spring décor, housewares etc. bring them to the center to donate. Please make sure your items are clean and in good condition. Our bake sale table will also need donations. If you enjoy baking and would like to donate homemade goodies, please sign up at the check in table at SSC.

Vendor spots are already full.

Bingo

If you would like to play Bingo on Tuesdays, make sure you arrive in time to purchase your bingo cards. Our volunteers must stop selling by 1:30 in order for the game to begin promptly.

Board of Directors Election

Do you want to serve or nominate someone to serve on the Board of Directors from July 1, 2024 to June 30, 2027? 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 26, 2024**. Article VI of the Amended and Restated By-laws (also available at the front desk) contains procedural information. Current Board Members or staff will be glad to answer questions you may have.

Craft Workshop

Sharon Martin will be leading a dream catcher workshop on **Friday, April 12th at 9:30am**. The cost for this project is **\$5**. Sign up the front desk, space is limited. Payment is made to the instructor, please bring cash.

Native cultures believe the dreamcatcher attracts the good dreams while catching the bad dreams in the center web. The good spirit dreams float down to the dreamer while the bad spirit dreams are held in the center web and burn off in the first light of the sun. Dreamcatchers bless the dreamer with pleasant dreams, good luck, and harmony throughout their lives. Native cultures also believe that a good and easy night's sleep will allow the dreamer to remember messages and visions from the higher spirit.



Earth Day Event

Students from Dutch Hill Elementary will be at the senior center on Monday, **April 22nd** for Earth Day. They will help replant the tree from last year that unfortunately didn't survive. The time is TBD, details will be posted around the center soon. We hope you'll join us for this delightful event.

CENTER & PROGRAM INFO

Foot Care

Foot Care at SSC is back. Carrie Work LPN, CFCS will be serving our members beginning this month on Friday, **April 19th from 9-12:30**. This is offered as a **Member only** service for **\$40**.

Your 30 minute appointment may include the following services:

Reduce Thickened/Fungal Nails

Trim Overgrown Nails

Ingrown Nail Prevention and Treatment

Infection Prevention

Callus Reduction

Foot Care Education

Foot Wear Assessment

Referrals When Necessary



Garden Caretakers

The Garden Caretakers Group will be holding their first meeting of the year on **Wednesday, April 3rd at 10:00am**. They meet on the 1st Wednesday of each month, April-October. If you are interested in pitching in with the upkeep of the gardens around the center, come to this meeting as they tour the grounds and talk about what needs to be done.

Grief Support-Living With Change

The Grief Support Group welcomes a new facilitator, Monica Diteman. Monica brings her experience as an advanced practice psychiatric mental health nurse and has expertise in grief support.

The members of the Living With Change group offer comfort and support, helping each other through our painful journeys of losing a loved one-whether a family member or other loss, whether recent, anticipated, or in the past. Dealing with sorrow is a difficult experience, and we've found that sharing our stories eases our grief. We warmly welcome new attendees with sympathy and understanding. Everyone is free to participate or just listen. **2nd and 4th Wednesdays from 1:00-2:30pm**.

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.

Party Bridge Lessons

Are you interested in learning to play party bridge? Come on **Fridays from 11a-12p** for lessons. There is a suggested one time \$5 donation for the lessons, no matter how many weeks it takes you to learn. No need to RSVP, just show up and join. If you have questions, contact Jack at 425-408-3141.

Qi Gong

There's a new program for you to try. Kris Shea is leading Qi Gong classes on the **1st and 3rd Fridays of each month at 3:00pm**. Qi Gong is ancient Chinese movements that have unique and powerful benefits including lowered pain, stress, anxiety and depression. It also helps with sleep, posture, fatigue and balance. The flowing movements with breathing increase the awareness of mind, body and spirit. It is the oldest brand of traditional Chinese medicine. Plus it's fun! Free for **Members**.

Writers Presentation

Authors Susan Brown and Toni Kief of the Writers Cooperative of the Pacific Northwest, will be special guest speakers during the Creative Writing Group on **Friday, May 3rd at 10:00am**. They will speak about writing and publishing and hold a general question session. Everyone is welcome to attend.

FUNDRAISERS & EVENTS

Community Breakfast

Saturday, April. 6th
8:30-10:30am

Menu:

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

\$7 Suggested Donation

Snohomish Senior Center

BINGO BASH

Saturday, April 6th

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

1st Saturday
of Every Month



Snohomish
Senior Center



Spring Tea

SNOHOMISH SENIOR CENTER

SATURDAY, APRIL 27TH 1:00
(DOORS OPEN AT 12:30)

SSC members are invited to join us
for our annual Spring Tea.

Members may bring guests.

\$ 15
PER
PERSON

- Tea Sandwiches
- Salad
- Scone
- Dessert
- Tea

Tickets on sale
beginning 4/1



SNOHOMISH SENIOR CENTER
506 4th Street, Snohomish



SPRING BAZAAR

Saturday April 13th
9:00-3:00

Local Vendors, Handmade Goods,
Unique Gifts, Bake Sale, Crafts,
Jewelry, Art & More

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.



TRIP SIGN UP PROCEDURE

TRIPS

On the 1st business day of the month:

- Those wanting to register for trips will drop their name in a bowl between 9:00-11:00am.
- Names will be randomly drawn, one by one, beginning at **11:00am**.
- 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.

Our steady trip driver, John B. will be out on medical leave for a little while. We've scaled down some of our trips this month, for example there will only be one mystery dinner and no casino trip. Keep John in your thoughts and thank you for your patience.

Lunch with the Director

Friday, April 5th: Depart @11:00am, Return @1:00pm

We're switching it up this month and grabbing lunch at Heidi's Sandwichboard on 1st Street.

Capacity: Min 8, Max 12 Cost: \$5 for Transportation Only

Mystery Dinner

Monday, April 8th Depart @4:00pm, Return @6:30pm (NOTE THE NEW DEPARTURE TIME)

You'll enjoy good laughs and friendship at a different restaurant each month.

Capacity: Min 8, Max 14 Cost: \$6 for Transportation Only

PBR Unleash The Beast

Wednesday, April 17th Depart @7:00p, Return after show

PBR is pyrotechnics, music and the most intense bull riding action the world has to offer. Enjoy 2 hours of thrills at the Angel of the Winds Arena.

Capacity: Max 14 Cost: \$40 for Ticket and Transportation

Fabulously Frugal Tour

Friday, April, 19th Depart @9:30am, Return @10:30

Get a behind the scenes look at our very own thrift store. See the donation/sorting areas, tour the whole store and get a sense of how Fabulously Frugal supports the Snohomish Senior Center. Perhaps you'll be inspired to volunteer at the store.

Capacity: Max 14 Cost: Complimentary

The Sounds of Silence Tribute

Saturday, April, 20th Depart @1:00pm, Return after concert

Steven Delopoulos and Johnny Phillips perform throwback music from the early 70's Greenwich Village Folk scene. Presented by Everett Civic Music at Everett Civic Auditorium.

Capacity: Max 14 Cost: \$18 for Ticket and Transportation

Tulip Tour

Wednesday, April 24th: Depart @9:30am, Return @3:00pm

Enjoy the spectacular colors of the tulips without leaving the shuttle. This tour will drive through the tulips without stopping to enter the fields. We'll grab lunch after our drive.

Capacity: Min 8, Max 14 Cost: \$10 for Transportation Only

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.

***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 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train	2 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	3 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Garden Caretakers Mtg 12:30 Open Table Games 1:00 French Group (remote) 1:00 Resilient Living 3:00 Chair Yoga
7 12:30 Deck & 1/2 \$	8 9:15 Movement to Music 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train  4:00 Mystery Dinner \$	9 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	10 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Book Club 12:30 Open Table Games 1:00 French Group (remote) 1:00 Grief Support 3:00 Chair Yoga
14 12:30 Deck & 1/2 \$	15 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 11:00 Mexican Train	16 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	17 8:00 Board Meeting 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 11:30 Entertainment 12:30 Open Table Games 1:00 French Group (remote) 1:00 Resilient Living 1:00 Basket Weaving \$ 3:00 Chair Yoga  7:00 Bull Riding Show \$
21 12:30 Deck & 1/2 \$	22 9:15 Movement to Music 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train	23 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	24 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters  9:30 Tulip Tour \$ 10:00 Book Club 12:30 Open Table Games 1:00 French Group (remote) 1:00 Grief Support 1:00 Membership Meeting 1:00 Basket Weaving \$ 3:00 Chair Yoga
28 12:30 Deck & 1/2 \$	29 9:15 Movement to Music 12:00 MahJongg 12:30 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train	30 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	

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 9:00a
- Coloring Group**
1st & 3rd Mon 10:00a
- Garden Caretakers Meeting**
1st Wednesday 10:00a (Apr-Oct)
- Grief Support: Living with Change**
2nd & 4th Wed 1:00p
- Happy Hour at our Happy Place**
Last Thur of the Month 4:00
(No Happy Hour in April)
- Line Dancing**
2nd & 3rd Thur 3:00p
- Membership Meeting**
4th Wed 1:00p
- Movie & Ice Cream Social**
3rd Fri 1:00p
- Qi Gong**
1st & 3rd Fri 3:00p
- 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 3:00

WEEKLY FITNESS CLASSES

- Movement to Music**
Mon, Wed 9:15
- Senior Fitness**
Tue, Thur 10:00
- Chair Yoga**
Wed 3:00

\$	There is a fee or suggested donation
	Trip

**LUNCH SERVED
MON-FRI 12-12:30**

THURSDAY	FRIDAY	SATURDAY
<p>4 9:00 Watercolor 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$</p>	<p>5 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson  11:00 Lunch w/Director \$ 12:30 Party Bridge \$ 3:00 Qi Gong 5:30 Poker \$</p>	<p>6 8:30 Community Breakfast \$ 5:00 Bingo Bash \$</p>
<p>11 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 \$ 3:00 Line Dancing 7:00 Alzheimer's Support</p>	<p>12 9:00 Ping Pong 9:30 Craft Workshop \$ 10:00 Creative Writing 11:00 Party Bridge Lesson 12:30 NO Party Bridge \$ 1:00 NO Bunco 3:00 NO Sound Bath 5:30 NO Poker \$ (Bazaar Set Up Day)</p>	<p>13 9-3 Spring Bazaar</p>
<p>18 9:00 Watercolor 10:00 Senior Fitness 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 3:00 Line Dancing</p>	<p>19 9:00 Ping Pong 9:00 Foot Care Clinic \$  9:30 Thrift Shop Tour 10:00 Creative Writing 11:00 Party Bridge Lesson 12:30 Party Bridge \$ 1:00 Movie & Ice Cream 3:00 Qi Gong</p>	<p>20  1:00 Concert \$</p>
<p>25 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 \$ 4:30 Volunteer Appreciation</p>	<p>26 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:30 Party Bridge \$ 1:00 Bunco 3:00 Sound Bath 5:30 Poker \$</p>	<p>27 1:00 Spring Tea \$</p>
<h1 style="font-size: 4em; color: purple; text-shadow: 2px 2px 0px purple;">April 2024</h1>		

CENTER PICS



Easter craft workshop, led by Kimberlee



St. Patty's Day Dinner



We had Aaron Crawford and Eric Verlinde (Art Verlinde's son) each entertain us with their 2 amazing performances. They are both SHS alumni.



Our first year of Snohomish On The Rocks was a hit.

COMMUNITY INFO

Senior Farmers Market Nutrition Program - Snohomish County

The Senior Farmers Market Nutrition Program (SFMNP) provides eligible seniors with fresh fruits and vegetables from local farmers markets and farm stands.

The Senior Farmers Market Nutrition Program (SFMNP) increases our community’s intake of fruits and vegetables; expands the use of local farmers markets, farm stands, and community-supported agriculture programs; and increases sales of Washington grown fruits, vegetables, and herbs.

A list of participating farmers markets and farm stands will be posted when available and will be included with the benefit card.

Eligible low-income seniors receive one \$80 benefit card to purchase fresh fruits and vegetables at participating farmers markets and farm stands.

Applications must be received by May 6, 2024.

Who Is Eligible?

- Age 60+ for non-Native Americans (by June 30, 2024)
- Age 55+ for Native Americans (by June 30, 2024)

Low income

- Up to \$2,322/month for 1 person
- Up to \$3,151/month for 2 people
- For larger households, add \$829 per person

Applications are available online
snohomishcountywa.gov/1002/Nutrition-Programs
Or by mail, call Snohomish County Long-Term Care & Aging (LTCA) at 425-388-7393



Board President, Merle Kirkley was honored last month for his 45 years of service to the Snohomish Lions Club.



Member Mae Tomita, 102 years old, recently bowled a 176 at Strawberry Lanes in Marysville, 5 strikes in a row!

Business Members

<p>Skydive Snohomish 9906 Airport Way Snohomish (360) 568-7703 WA State's #1 Skydiving Center</p>	<p>Snohomish Flying Service 9900 Airport Way Snohomish (360) 568-1541 x227 Learn to fly * Charters * Tours</p>	<p>Umpqua Bank Kim Harrison VP - Branch Manager Together For Better</p>
<p>Harvey Airfield 9900 Airport Way Snohomish (360) 568-1541 x222 Foundation for the Future</p>	<p>First Financial Northwest Bank Marie Auriol Business Banking Manager 303 91st Ave NW E-502 Lake Stevens 425-264-2784 AuriolM@FFNWB.com</p>	<p>KT Nails Manicures, Pedicures, Waxing & Facials 255 Cypress Street, Snohomish 360-217-7045</p>
<p>Echoing Nature Education & Sales of dōTERRA essential oils & natural products Call/text Joanna @425-231-3616</p>	<p>Snohomish Lions Club "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions</p>	<p>Visit YogaCircleStudio.com Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.</p>
<p>Sanders Coaching Team dawn@sanderscoachingteam.com offering classes to build mental fitness 425.351.8125</p>	<p>New York Life Pamela Taubenheim www.pytaubenheim.nylagents.com 360-568-6436</p>	<p>Julianne McKeown Gilpin Realty, Inc. Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709</p>
<p>Questions about Medicare? Guided Solutions can help! Contact us today at 866-733-5111 guidedolutions.com/medicare</p>	<p>Snohomish Valley Golf Center 8511 Marsh Road, Snohomish, WA 360-568-2493 info@snohomishvalleygolfcenter.com</p>	<p>Lake Serene Senior Care AFH 925-383-8909 Bobby Jallow 13713 37th Ave. W Lynnwood, WA 98087 lakesereneseniorecareafh@gmail.com</p>
<p>Washington Tree Experts washingtontreeexperts.net 425-771-4430 Free estimates for tree pruning/removal</p>	<p>John L. Scott Real Estate Jill Mutcheson 425-308-4496 Senior Real Estate Specialist jillmutcheson@johnlscott.com</p>	<p>ABW Enterprise Professional House Painting in Snohomish Co. www.abwpaint.com 206-498-7739</p>
<p>Village Concepts of Bothell ~Riverside East~ 425-481-1976 Creating a village that feels like family.</p>	<p>Village Concepts of Marysville Grandview Village Joanne Acton 360-653-2223 Independent and Assisted Living</p>	<p>Accessibath 866.375.BATH(2284) info@accessibath.com 14815 Chain Lake Rd. STE J Monroe, WA Bathroom safety & accessibility DONE RIGHT</p>
<p>Ashley Pointe Senior Living Small enough to care a little more Carigan Donnelly 425-397-7500 carigan.donnelly@sincerisl.com</p>	<p>Kyle Contracting LLC Residential. Design. Build. Remodel. Repair Business Pone 425-412-0081 KyleContactorLLC@gmail.com</p>	<p>Schultz Financial Partners www.schultzfp.com 360-863-3180 Partnering together to improve the community</p>
<p>Periwinkle Rose Handmade pajamas, gifts, decor, subscription box! www.periwinklerose.com 360-568-3465</p>	<p>Alternative Roofing Systems Inc. www.altroofing.com or 866-ALT-ROOF Flat Roof Specialists Since 1982 "Work & Quality Guaranteed!"</p>	<p>Zion Evangelical Lutheran Church 329 Ave. A 360-568-2700 web: zionsnohomish.360unite.com We preach and teach Jesus</p>

<p>MB Curated Gifts 629 Ford Ave. Snohomish mbcuratedgifts@gmail.com creativenessdecor@gmail.com</p>	<p>Edward Jones - Financial Advisor: Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042</p>	<p>Snoho Mojo Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish</p>
<p>A Better Solution In Home Care info@abettersolutionhc.com (206) 446-8896 or (360) 629-4510</p>	<p>Evergreen Health Monroe “Your Community Owned Hospital” www.evergreenhealthmonroe.com</p>	<p>Ryan Hembree Insurance 425-330-4885 Ryan@HembreeInsurance.com Medicare, LTC, Life, Annuities</p>
<p>Blanc & Rouge Wine Bar & Shop 801 First Street, Snohomish blancandrougewine.com</p>	<p>Beck’s Place We provide pet foster boarding for people in crisis, as well as volunteer opportunities. 425-419-8992 www.becksplace.org</p>	<p>First and Main Real Estate Snohomish Family Owned Historic Firehouse Building 425-210-7307</p>
<p>Pacifica Senior Living 1124 Pine Ave. Snohomish 360-568-1900</p>	<p>Community Transit Website: communitytransit.org Got questions? We’re here to help Call (800) 562-1375</p>	<p>Bruning Pottery 115 Ave D Snohomish, WA 98290 Handmade High Fired Pottery Since 1983 www.bruningpottery.com</p>
<p>Right at Home Snohomish County Serving Seniors “Wherever home may be” 425-290-1714 www.rightathome/snohomishcounty</p>	<p>Riverview Road Cidery 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)</p>	

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

S B U H Y T P E G A I N X V E E E T R A
S U F H E H U I P O W R B N G M T K L D
E X P E R I E N C E A E Y N I U H O M R
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HOPE
CHANGE
HEART
BELIEVE
EXPERIENCE
SERVICE
SHARING
KIND
LEADER
HELP
COMMUNITY
SUPPORT

MEMBER THOUGHTS

In The First Hour

Hour 1 following the soggy season arrives with its own magic:

A cloudless Pacific Blue sky

Mountains vibrant with a recent snowfall float above the calm waters of Puget Sound

Cars cruise by well below the speed limit with all of their window down

Toddlers bundled in snowsuits belly-laugh as they leave behind a trail of discarded hats and mittens

Humans emerge from the concrete with faces, unincumbered by ear plugs or cellphones, turned upward

Daffodils offer spontaneous dances of yellow

Cherry blossoms taunt with a tease of soft pink

Freshly mown grass wafts freely, hinting of the summer to come

Our dark, wet winter granted us the backdrop to fully experience this explosion of spring.

By Tami Nesting

FEBRUARY DONORS

DONORS

Burlison, Sharon	Kirkley, Merle	Pinochle Group	Snodgrass, Jim
Carlson, Kaye	Lewis, Linda Ann	Pinson, Kathy	Sperry, Ann
Agopsowicz, Dorothy	Crafters Group	Pinson, Paul	Sullivan, Jim
Barnes, Katherine	Heinzer, Carl	Poker Group	Water Color Class
Bashaw, Patricia	Humphrey, Dan	Sack, Carol	Writers Group
Bindel, Frederick	Ische, Lacy	Party Bridge	Seahawk Fan Group



April Birthdays - Happy Birthday!!

Elena Clift	04/01	Michael Thomas	04/10	Larry Senechal	04/20
Karla Hanson	04/01	Susan Alexander	04/11	Lois Marguerite Simpson	04/20
Louisa Moe	04/01	Jeannie Dunn	04/11	Norma Fernandez	04/21
Bryan Wyeth	04/01	Susan Freise	04/11	Elizabeth Garner	04/21
Judith Smith	04/02	Michael Kuntz	04/11	Pamela Gross	04/21
Sonia Bales	04/03	Grace Mihalco	04/11	Richard Yost	04/21
Dianne Campbell	04/03	Diane Locke	04/12	Carl Heinzer	04/22
Rebecca Thimm	04/03	Sharon Stevens	04/12	Penelope Thompson	04/22
Anne Tillinghast	04/03	James Good	04/13	James Wright	04/23
Ruth Ligman	04/04	Sue Ann Knuth	04/13	Nancy Hutchins	04/24
Mike McGinness	04/04	Barbara McNurlen	04/13	Tammy Prevo	04/25
Claudia Rogers	04/04	Patricia Wans	04/13	Linda Doolin	04/26
Shirley Bailey	04/05	Vicki Adams	04/14	Nickola Geoghegan	04/26
Kelly Dahms	04/05	Danielle Hyatt	04/14	Timothy Hall	04/26
Barbara Davenport	04/05	Phillip Johnson	04/15	Linda Gay	04/27
Amy Flink	04/05	Greg Bauman	04/16	Kathleen Henggeler	04/27
Bonnie Galvin	04/05	Lonnie Brown	04/16	Carol Ann Pinto	04/27
William Lovinus	04/06	Catherine Parks	04/16	Carol Robinson	04/27
Lorel Megenity	04/06	Laura Rocco	04/16	Leslie Somes	04/27
Jean Rogers	04/06	Dalene Sheets	04/16	Fred Allen	04/28
Linda Simpson	04/06	Beverly Walker	04/16	JoAnn Boe	04/28
Melin Ford	04/07	Vicki Morris	04/18	Wendy Ermence Olin	04/29
Betty Maier	04/07	Beth Barclay	04/19	Marcie Wishart	04/29
Keiko Johnson	04/08	Dorothy Fuhrman	04/19	Rosella Sheler	04/30
Chad Spaetig	04/08	Issy Olivia	04/19		
Ken Dempsey	04/09	Susan Tassej	04/19		



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The Snohomish Senior Center

611 Second St. Snohomish, WA
360-863-6353

Sun-Sat 10:00am-5:00pm

Donations accepted
during business hours.

We Do Not Accept:
Keyboards, Printers, Ink,
or Computers

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

SSC membership is \$40/year.

Ages 18+ are welcome to join.

SSC membership also makes a great gift!

Our center offers a variety of activities, classes, support groups, special events, and trips which provide a number of ways for our members to connect and thrive.

Applications are available at the front desk or online at
snohomishcenter.org.



Snohomish Senior Center is funded in part by the Snohomish
County Department of Human Services.