

SNOHOMISH | SENIOR | CENTER

HAPPY PLACE

EST. 1989 | WASHINGTON

November 2025

Issue 216

Veterans Day Program - November 11th, 10:00am



In honor of the brave men and women who have served in our military, we will be hosting a special program on **Tuesday, November 11th at 10:00am**. Please feel free to invite your veteran family members or friends. RSVP at the front desk or call **360-568-0934**.

Light refreshments will be served. Seating will be auditorium style.

All other programs are cancelled on 11/11 and the center will be closing at 12:00 following the Veterans Day program.

Holiday BAZAAR

Snohomish Senior Center
506 4th St. Snohomish

NOVEMBER 22ND | 9AM-3PM

*Handmade Goods,
Gifts, Jewelry, Art,
Beauty Items, Decor,
Bake Sale & MORE!*

**FREE ENTRY
FREE PARKING**

**Snohomish Senior Center will be closed on
Thursday, November 27th and Friday, November 28th**



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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Owned and Operated by the
Snohomish Senior Center

**611 Second Street
Snohomish, WA**

360-863-6353

Sun-Sat 10:00-5:00pm

*Donations Accepted During
Business Hours*

From the

EXECUTIVE DIRECTOR



Sharon Burlison

Fall The season that brings us brisk temperatures, spider webs, rainfall, and windy days. For some, fall can keep us from going out and about unlike how we do during the spring and summer seasons. One can't be blamed for choosing to stay in the comfort of one's own home on days like these, yet we hope that if you do choose to go out, you will choose the center. Our commitment to always providing a warm, friendly and safe environment for members to find fellowship will remain a priority no matter the season.

Fall also brings our holiday bazaar, giving thanks, and holiday gatherings. We will have a little bit of everything in November. So be sure to read your newsletter front to back, and back to front!

Every so often, I am moved to share a story of one of our members. Some of you might recall meeting Jim and Wanda Dotson over the years. Their story has become not only a testimonial but a true testament to our center family bond. They came to the center one morning in search of a safe place for Wanda to spend time while Jim went to work at his full-time job. Once we realized exactly what Jim and Wanda's needs were, we were able to support them. Wanda had experienced a stroke that limited her vision, and her stability. Not needing anything specific from us, but a safe place, we would greet them both, and watch Jim escorting Wanda in to make sure she was settled for the day. They would wish each other a good day, and then sweetly give each other a kiss and say good bye. Everyone came to know who Jim and Wanda were and their story.

The years that followed that introduction would cultivate a relationship that became so much more. Not only did you all embrace Wanda when she was here, but you embraced others with similar needs, a simple friendship.

As time passed, we would learn that Jim was diagnosed with cancer. Jim would fight the most courageous battle with traditional treatments, to experimental treatments, and yet they always found comfort in knowing there was a plan, and all would be taken care of. We witnessed not only the strength of their marriage, but the strength of their faith. Jim and Wanda exuberated love, gratitude, and blessings no matter what they were faced with. Jim's cancer would go in and out of remission over time until last week when he was called home.

Although we are saddened by his loss, he did not want us to be sad. Jim and Wanda were prepared and comforted by their faith. I give thanks for bringing Jim and Wanda to our center and feel truly blessed to have had them a part of my life.

With a grateful heart,
Director Sharon



NOVEMBER BIRTHDAYS

Teresa Greene	11/01	Joy McBride	11/07	Crystal Mullen	11/19	Heidi Meyer	11/26
James Toomey	11/01	Mona Swanson	11/07	Simi Nikoomanesh	11/19	Carole Messenger	11/27
Lisa Galbraith	11/02	Patricia Mathison	11/08	Susan Pettit	11/19	Susan Fargher	11/28
Abraham Son	11/02	Robert Bazzano	11/09	Penny Zettlemoyer	11/19	Nicole Lyons	11/28
Julie Bader	11/03	Bonnie Giles	11/09	Kelly Atwell-Cassem	11/20	Alice Mitchell	11/28
Corrine Brown	11/03	Teresa Reid	11/10	Patricia Connors	11/20	Brenda Rumball	11/28
Linda Gabel	11/03	Ernest McClellan	11/11	Pamela Damron	11/21	Susie Conyers	11/29
Rita Harrigan	11/03	James Zang	11/11	Dawn Steidle	11/21	Debi Gahringer	11/29
Maureen Loomis	11/03	Evelyn Himple	11/12	Brenda Harrison	11/22	Dianne Goodyear	11/29
Carol Thomas	11/03	Tom Merrill	11/12	Vicki Rowland	11/22	Lenora Salandi	11/29
Raymond Anderson	11/04	Julie Bruck	11/13	John Arenskov	11/24	Robert Thomas	11/29
Donna Johnson	11/04	Kathleen Reid	11/13	Carroll Brown	11/24	Karen Bresheare	11/30
Joyce Krach	11/04	Linda Martina	11/14	Gregory Johnson	11/24	Robin Gelinas - Zachary	11/30
Janet Owen	11/04	Charles Debruler	11/15	Mary Zwerling	11/24	Dawn Humphrey	11/30
Michelle Haneberg	11/05	Shelly Carmichael	11/16	Lacey Baldwin	11/25		
Ralph Hatfield	11/06	William Rasmussen	11/16	Steve Cross	11/25		
Glenda Clemans	11/07	Sylviane Quinn	11/18	Valerie Dianne Linden	11/25		
Lorri Dixon	11/07	Nancy Clark	11/19	Eve Fialho	11/26		
Dan Humphrey	11/07	Linda Kyle	11/19	Susan Hopkins	11/26		



CALLS FROM SSC

We make a number of reminder calls each day for upcoming appointments (foot care, massage, haircuts etc.), trips, or to let you know you have been moved up from the lunch waiting list. We will always leave a message if you do not answer.



PLEASE LISTEN TO YOUR VOICEMAIL, rather than just calling us back when you see a missed call. You will save us time in the end. Thank you!

EVENTS AND FUNDRAISERS



Community Breakfast

SATURDAY, NOVEMBER 1ST
8:30 - 10:30AM

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

\$7

Join us for this delicious fundraiser every 1st Saturday of the month.

SNOHOMISH | SENIOR | CENTER



BINGO BASH

Saturday, November 1st
Snohomish Senior Center

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

Café Open

Come Try Your Luck!
Join us every 1st Saturday of the month.



SNOHOMISH BREWFEST

NOVEMBER 8TH
THOMAS FAMILY FARM

General Admission: \$35 (\$40 at the door)

**VIP: \$75 (\$85 at the door
if tickets are still available)**

Designated Driver: \$8 (\$10 at the door)

SNOHOMISHBREWFEEST.COM

SNOHOMISH | SENIOR | CENTER

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EVENTS AND FUNDRAISERS

Thanksgiving Meal - Nov 27th, 12 PM

Our annual Thanksgiving meal will be held on Thursday, Nov 27th at noon. Due to limited space, we specifically invite members who will not be with family during the Thanksgiving weekend to come to the center and be with friends and enjoy a traditional meal. The Senior Center will be closed for business and will only be open for members who have made reservations for the noon meal. (Doors will open at 11:30am.)

This will be a potluck meal. SSC will provide the turkey, gravy and mashed potatoes. If you are able to bring a side or dessert, please sign up at the front desk.

>>> **Call to reserve by Friday, Nov 21st, 2 PM.** (*Complimentary, Members Only*)

The meal is complimentary, but donations are accepted to offset the cost of the event.



SNOHOMISH
HEALTH AND REHABILITATION OF CASCADIA

Force For Good For Our Residents, Our Employees
And the Communities That We Serve!



Our Mission is to provide
personalized care for each of
our patients that enhances their
well-being and quality of life.

www.snohomishrehabofcascadia.com
800 10th St – Snohomish, WA (360)568-3161

SSC complies with state and local health
regulations as well as federal ADA regulations.

**NO
ANIMALS ALLOWED**

**Except
Service Animals**

“Service Animals” means any animal trained to do
work or perform tasks for the benefit of an
individual with a disability.

Pets providing emotional support, well being,
comfort or companionship are not recognized as
service animals under ADA regulations.

Stay Connected With The Latest Updates



Online: snohomishcenter.org



Facebook: Snohomish Senior Center



Instagram: [snohomishseniorcenter](https://www.instagram.com/snohomishseniorcenter)

CENTER & PROGRAM NEWS

Bazaar

Our annual Holiday Bazaar will be held on Saturday, November 22nd from 9am to 3pm.

DONATIONS: If you have new or gently used household items you are ready to part with, we will be collecting donations for the "senior tables." Due to storage limitations at the center, please wait to drop off your donations until the week of Nov. 17th.

BAKE SALE: Sign up to bring your homemade cakes, pies, cookies and other treats to be sold at the bazaar bake sale. Baked goods will need to be dropped off by Friday, 11/21 at noon.

SPRING BAZAAR APPLICATIONS: Vendors, save the date for the Spring Bazaar - March 28, 2026. Applications will be available beginning **Thursday, December 11th** at SSC.

Beginners Clay Class

Our Clay Sculpting class has gotten quite popular and has reached capacity. In order to accommodate participants who are new to clay sculpting, Crystal Thomas now leads a Beginner Clay Sculpting class on **Thursdays from at 2:30.**

Craft Workshops

Kimberlee Spaetig has 2 craft workshops coming up. Sign up at the front desk. Bring cash on the day of, to pay for supplies.



Friday, November 14th at 9:30am, make a cute macrame gnome. (\$5 for supplies)

Monday, December 1st at 9:30am, make a festive Christmas wreath. (\$7 for supplies)

General Membership Dues Increasing Jan, 1, 2026

Beginning **January 1st 2026**, our membership annual dues will increase to **\$50**. This increase will be for new and renewing members on their scheduled renewal date. Your renewal date can be found on the address label of your newsletter. Those who receive the newsletter via email will have a reminder on the monthly email during their renewal month. If you are unsure of your renewal date, you can ask at the front desk.

Kitchen Donations

Melinda has put out a request for olive oil for the kitchen. New, unopened bottles only please.

Lost and Found

Our lost and found is overflowing. If you've misplaced something while at the center, ask at the front desk. Unclaimed items are donated to our thrift store, Fabulously Frugal.

Lunch

As our lunch attendance continues to grow, your patience is appreciated. Remember, that reservations are required in advance by filling out a paper slip at the front desk. You may be put on a waiting list for days that are already full. We will notify you if a spot opens up and you can be moved to the reservation list.

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.

Sunday, November 2nd @5:20pm vs The Commanders

Sunday, November 9th @1:05pm vs The Cardinals

Sunday, November 16th @1:05pm vs The Rams

Sunday, November 23rd @10:00am vs The Titans

Sunday, November 30th @1:05pm vs The Vikings

CENTER & PROGRAM NEWS

LOST & FOUND



**Missing something?
Ask at the front desk.**

Unclaimed items are donated to
Fabulously Frugal Thrift Shop



A shout out to the awesome kitchen crew that shows up Saturdays to serve the pancake breakfast once a month. Thank you for your time, dedication and generous contribution to our Senior Center.

Lunch reservation slips must be filled out each month.

If you are a less frequent diner, you are still able to call or stop by the front desk to be added on the days you choose.

*****The sooner you reserve, the better. We often reach capacity several days in advance of our most popular meals.*****

Don't forget to call and cancel if you are unable to make it. We can then move someone up from the waitlist.

360-568-0934

LUNCH RESERVATIONS



Important Notice

**MEMBERSHIP DUES WILL BE INCREASING TO \$50
BEGINNING JANUARY 1ST.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
November 2025			
2 1:30 Gourd Succulent Craft \$ 5:20 Seahawks Game	3 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Current Events Discuss. 1:00 Mexican Train 1:00 Needlework Group	4 9:00 Wood Carving 9:00 Cribbage 10:00 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	5 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 3:00 Chair Yoga
9 1:05 Seahawks Game	10 9:00 Haircut Clinic * 9:15 Movement to Music  9:30 Casino Trip \$ 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Quilting Group	11 10:00 Veterans Day Program  SSC will be closing at 12:00, all other programs are cancelled for this day	12 8:00 Board Meeting 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Book Club 10:15 Senior Stretch 12:30 Open Table Games 1:00 Grief Support 3:00 Chair Yoga 3:00 Tech Help *
16 1:05 Seahawks Game	17 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Current Events Discuss. 1:00 Mexican Train 1:00 Needlework Group 3:00 Chair Yoga (off site) *	18 9:00 Wood Carving 9:00 Cribbage 10:00 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	19 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 3:00 Chair Yoga  4:00 Mystery Dinner \$
23 10:00 Seahawks Game 30 1:05 Seahawks Game	24 9:15 Movement to Music 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Quilting Group	25 9:00 Wood Carving 9:00 Cribbage 10:00 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	26 9:00 Poker \$ 9:15 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

THURSDAY	FRIDAY	SATURDAY
		1 8:30 Community Breakfast \$ 5:15 Bingo Bash \$
6 9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting	7 9:00 Ping Pong 9:00 Foot Care Clinic \$ * 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 3:00 Meditation 3:00 Chair Yoga (off site) * 5:30 Poker \$	8 1-4 or 5-8 Snohomish Brewfest \$ (at Thomas Family Farm)
13 9:00 Watercolor 9:00 Caregiver Support 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$  1:00 Brigadoon \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting 7:00 Alzheimer's Support	14 9:00 Ping Pong 9:30 Craft Workshop \$ 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath 5:30 Poker \$	15
20 9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting  4:00 Mystery Dinner \$	21 9:00 Ping Pong 9:00 Foot Care Clinic \$ * 10:00 Creative Writing 11:00 NO Party Bridge Lesson 12:15 NO Party Bridge \$ 1:00 NO Movie & Ice Cream 1:30 NO Balance Class 5:30 NO Poker \$	22 9-3 Holiday Bazaar
27 12:00 Thanksgiving Meal <i>(Center only open for members who have made a reservation)</i> THANKSGIVING CLOSED	28 CLOSED	29

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

Chair Yoga (offsite at Yoga Circle)

1st Fri & 3rd Mon 3:00p

Coloring Group

1st & 3rd Mon 10:00a

Current Events Discussion

1st & 3rd Monday 1:00p

Foot Care Clinic

1st & 3rd Fri 9:00a-2:00p

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 November

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

Needlework Group

1st & 3rd Mon 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

**LUNCH SERVED
MON-FRI 11:45-12:30**

WEEKLY FITNESS CLASSES

Movement to Music

Mon, Wed 9:15a

Senior Fitness

Tue, Thur 10:00a

Chair Yoga

Wed 3:00p

Senior Stretch

Wed 10:15a

* **Appointment Needed**

\$ **Fee or Suggested Donation**

 **Trip**

FROM THE BOARD PRESIDENT



Merle Kirkley

Happy November. This is the time of year when the colors are a brilliant art show and then they start to shed for the winter. I love November as it is a month of thanks for all we have and a time to celebrate with family and friends. It is also a month we probably eat too much, because nothing smells better than a turkey baking in the oven.

We at the center are so blessed to have amazing friends, fantastic lunches and events we are part of. Our center staff is so caring about all of us and it shows every day you walk

into our Happy Place.

I was thinking about that first gathering and sharing together, wondering what they would think about our Thanksgivings of today. We get so caught up with life and the fast pace it is. They would probably say, don't hurry so much. Take the time to enjoy our beautiful surroundings we live in and how very blessed we are to have a senior center that allows us to take the time and relax. I'm thankful every day for that. We also can't forget those in need and to show them love and kindness.

I hope to see you all to celebrate our Happy Place.
Merle

Board of Directors 2024-2025

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

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



 **EvergreenHealth**
Monroe
Your Community-Owned Hospital

TRIPS

11/10/25 (Monday) Angel of the Winds Casino Depart @9:30am, Return @2:00pm ▲
 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

11/13/25 (Thursday) Brigadoon at Everett Village Theater ●
 (**Sign up for Brigadoon began on 10/1**)

CURRENTLY FULL

Depart @1:00pm, Return after show (*Show begins at 2:00pm*)
 It's almost like being in love! Dance your way back in time to one of the most romantic musicals ever written, Lerner and Loewe's *Brigadoon*. *Americans Tommy and Jeff are hiking the Scottish Highlands, when out of the mists they stumble upon the enchanting village of Brigadoon, which appears for only one day every 100 years.*
Capacity: 14 Cost: \$40 for Ticket and Transportation

11/19/25 (Wednesday) & 11/20/25 (Thursday) Mystery Dinner Depart @4:00pm, Return @6:30pm ▲
 You'll enjoy good laughs and friendship at a different restaurant each month.
Capacity: Min 8, Max 14 Cost: \$6 for Transportation only, Dinner at your expense

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 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.

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.



***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.**

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.

CENTER PICS



Thank you to all who attended our Spaghetti Luncheon Fundraiser. With all the combined events and donors in September, we were able to surpass our fundraising goal!



Thomas Family Farm gifted our members with beautiful pumpkins and gourds. Did you take one home to carve?



QUILT RAFFLE

Tickets \$5 each or 5/\$20

Proceeds Benefit Snohomish Senior Center
"Exploding Pinwheels" handmade by the
SSC Silver Threads Quilting Group

Queen Sized

Drawing on November 22nd

(Winner need not be present to win)

WORD SEARCH

A	B	R	U	S	H	E	S	J	E	C	X	S	P	A	C	K	L	E	W
N	I	R	S	U	T	O	P	O	H	F	L	A	S	D	N	B	R	Z	U
P	Y	R	W	R	Q	R	S	L	N	M	L	D	R	E	D	D	A	L	P
N	I	L	A	R	S	O	D	H	E	G	T	A	C	H	K	N	N	A	L
F	T	Y	O	G	E	L	I	T	B	J	P	C	T	R	E	C	P	J	C
B	Z	E	I	G	S	L	Y	O	M	Y	W	O	T	K	I	L	D	F	N
K	I	G	S	H	S	E	H	L	N	Y	T	N	A	L	W	R	E	N	A
C	E	A	C	A	D	R	O	C	I	P	R	E	S	S	O	L	G	V	J
I	D	X	W	D	T	S	A	P	A	I	N	T	G	M	N	A	G	E	R
T	I	O	T	R	C	I	R	O	I	N	L	G	A	W	C	K	S	H	V
S	H	P	A	E	R	N	N	R	B	O	V	B	U	P	M	D	H	E	P
R	P	O	V	T	N	J	C	D	E	Z	B	I	N	G	E	G	E	R	X
I	S	H	R	E	C	S	I	B	Z	L	I	N	E	R	P	D	L	E	S
T	J	U	S	W	R	U	I	A	M	L	B	R	T	A	Q	I	L	N	L
S	H	D	O	O	K	F	H	O	W	Q	N	N	E	S	L	Y	A	N	R
J	C	I	F	L	J	M	S	A	N	D	P	A	P	E	R	U	A	I	K
O	X	R	U	R	S	N	C	J	C	P	U	H	B	N	S	R	Z	H	E
I	N	A	B	P	L	E	Y	Y	A	S	O	D	H	A	N	P	D	T	Y
T	C	H	R	R	E	M	I	R	P	D	A	L	G	U	P	L	M	Y	O
S	W	N	M	B	R	T	L	N	M	S	D	S	E	Y	D	C	V	I	M

PAINT
 TAPE
 LADDER
 EGGSHELL
 DROP CLOTH
 BRUSHES
 CAULK
 SANDPAPER
 GLOSS
 PRIMER
 STIR STICK
 RAGS
 EXTENSION POLE
 FLAT
 THINNER
 TRAY
 LINER
 ROLLERS
 SATIN
 SPACKLE

COMMUNITY INFO

MEMORY CARE KITS

Lake Stevens Library has Memory Care Kits available to check out. There are 9 kits, divided into three stages of memory care with different themes such as backyard birds, sewing, trains etc. and include activities, games, books and movies related to the theme. There are also caregiver support materials included. You have 3 weeks to borrow a kit once it is checked out.

Currently, the kits are only available at the Lake Stevens library (2211 Grade Rd. Lake Stevens), and will need to be returned there as well.

For more info call **425-334-1900**.



BUSINESS MEMBERS

Skydive Snohomish 9906 Airport Way Snohomish, WA 98296 tysonh@skysno.com 360-568-7703	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
Harvey Airfield 9900 Airport Way Ste. B, Snohomish, WA cyndyh@harveyfield.com 360-568-1541 ext. 229	First Financial Northwest Bank Marie Auriol Business Banking Manager 303 91 st Ave NW E-502 Lake Stevens 425-264-2784 AuriolM@FFNWB.com	KT Nails Manicures, Pedicures, Waxing & Facials 255 Cypress Street, Snohomish 360-217-7045
Echoing Nature Tools for your health & happiness w/doTERRA essential oils & more! Call/text Joanna @425-231-3616	Snohomish Lions Club "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions	Visit YogaCircleStudio.com Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.
Austin's Automotive Repair Pickup/Delivery available at Senior Center Servicing all makes and models 507 Maple Ave. Snohomish 360-863-2700	Snoho Mojo Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish	Julianne McKeown Gilpin Realty, Inc. Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709
Evergreen Care Solutions contact@evergreencaresolutions.com (425) 770-2516 or (206) 355-1410 Home Care With Heart	Village Concepts of Marysville Grandview Village Joanne Acton 360-653-2223 Independent & Assisted Living	Peoples Bank Snohomish Branch at Fred Meyer Jennifer Berry 360-563-1112 www.peoplesbank-wa.com
Riverview Road Cidery 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)	Snohomish School District Kent Kultgen kent.kultgen@sno.wednet.edu 360-563-7280	First and Main Real Estate Snohomish Family Owned Historic Firehouse Building 425-210-7307
Susan Hanson Specializing in Medicare Choices Local Licensed Agent 425-658-6022	Snohomish Health & Rehab 360-568-3161 snohomishrehabofcascadia.com Skilled Nursing / Respite Care	AccentCare Hospice of Snohomish Natasha Jahn, Hospice Consultant C: 206-491-9647 ; O: 425-336-5934 natashajahn@accentcare.com
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Blu Dental & Wellness Snohomish Gentle care for every smile Proudly serving Snohomish Bludentalwellness.com 360-568-5800	Humana Maria Salinas Licensed Sales Agent Phone: 815-315-3534 Email: MSalinas14@humana.com	#1 Angels of Comfort AFH Contact: Jane Njeru Email: angelsofcomfortafh@gmail.com www.angelsofcomfortafh.com

BUSINESS MEMBERS

Medicare Questions? Call Hillary Blanchard (805) 651-0091 My services are no cost to you!	Edward Jones - Financial Advisor: Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042	On the Spot Improv - Classes L1 onthespot Snohomish@gmail.com Wednesday evenings, 6:30 Sign ups or questions, via email
Kara Evanger ~ RE/MAX ELITE Real Estate Specialist John Minifie's daughter (425) 268-1105	EvergreenHealth Monroe "Your Community Owned Hospital" www.evergreenhealthmonroe.com	Rick's Home Maintenance & Repair Just hand me your to-do list! (425) 308-1205 Licensed, Bonded & Insured
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Abraham & Co. Registered Investment Advisors Andrew Amoroso: 206-222-0251 a.amoroso@abrahamco.com	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!
Fedelta Home Care www.fedeltahomecare.com 866-802-2920 contact: Julia Filippov	iCure Physical Therapy Ann Rodriguez—care@icurept.com 425-458-7261 www.icurept.com "Your partner for full recovery and strength"	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	Dream Islands Adult Family Home Where Every Day Feels Like Home Call Us On 206-737-0008 Dreamislandsafh.com	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 MEMBER!

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 \$130.00 and contributes to funding our programs and services.

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

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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

November Lunch Menu Lunch is Served From 11:45a-12:30p

*Frozen weekend meals are available,
provided by Senior Services.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Senior Services:</u> 3 Dijon Chicken, Lemon Orzo, Steamed Broccoli, Pineapple, Roll	4 Stew, Salad	<u>El Paraiso:</u> 5 Chicken Enchilada, Rice, Beans (Member Only)	<u>Senior Services:</u> 6 Chicken Fajitas, Black Bean Salad, Spanish Rice, Mandarin Oranges	7 Lentil Soup, Salad
<u>Senior Services:</u> 10 Chili w/Green Onion & Shredded Cheddar, Tortilla Chips, Fruit	11 Veterans Day Program Center Closing at 12:00 NO LUNCH	<u>Senior Services:</u> 12 Swedish Meatballs over Egg Noodles, Steamed	<u>Brookdale of Monroe:</u> 13 Stir Fry (Member Only)	14 Vegetable Beef Soup, Salad
<u>Senior Services:</u> 17 Lasagna, Breadstick, Steamed Broccoli, Applesauce	18 Sliders, Salad	<u>Senior Services:</u> 19 Roasted Turkey, Stuffing, Mashed Potatoes, Cranberry Sauce, Garden Veggies, Pumpkin Pie	<u>Adkinson Estates AFH & Holtz Safety & CPR:</u> 20 Salad Bar (Member Only)	21 <u>Village Concepts of Marysville:</u> Taco Salad
<u>Senior Services:</u> 24 Grilled Lemon Herb Pollock, Wild Rice, Carib-bean Vegetables, Fruit	25 Cheeseburger, Tater Tots	<u>Snohomish Health & Rehab:</u> 26 Shepherd's Pie (Member Only)	27 CLOSED (Except for Thanksgiving Meal By Reservation)	28 CLOSED NO LUNCH

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: \$4 Suggested Donation For Ages 60+, \$8 For Ages 59 and under

**Reservations required, 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.