



Together, let's make 2026 a year
of extraordinary KINDNESS!

"Be kind whenever possible. It is always possible." - Dalai Lama

**"Kindness is the language which the deaf can hear and the blind
can see." - Mark Twain**

"Always try to be a little kinder than is necessary." - J.M. Barrie

**Kindness in words creates confidence. Kindness in thinking creates
profoundness. Kindness in giving creates love." - Lao Tzu**

We will be closed on January 1st and January 2nd
for New Year's Day as well as
January 19th for Martin Luther King Jr. Day

Snohomish Seniors

High on Life

506 Fourth Street
Snohomish, WA 98290
360-568-0934
info@snohomishcenter.org

Mon-Fri
9am-4pm

Membership \$50 annually

snohomishcenter.org
@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

Last month the center family lost a very special long-time member, Carl Heinzer. He was a polite, and respectful man who always greeted you with his contagious smile. His passing came quickly, and expected, but are we ever really ready, even when we know it's coming?

There are so many amazing members at the center, many who have same or similar life changes like Carl's, but sometimes one shines a little brighter in the crowd.

Many of us witnessed Carl over the past few years experiencing the inevitable stages of aging. Yet, he was resilient through it all. His resilience to be in his Happy Place was driven by his strong Swiss will. No matter the obstacle, he overcame it to be here. I witnessed him go from using a cane, to a walker, to his wheelchair, all on his own accord until he couldn't.

It's never been a secret to anyone that Carl was my work boyfriend. It was not uncommon for me to receive a phone call from him after hours with a question or concern about the center and on occasion he'd remember me on my birthday. I probably have more pictures of him and I than anyone in the center! It's been so heartwarming to look back at all the memories.

Rosalie, Melinda and I shared visits with Carl during his last week. Each one of us captured his soft voice of kind words to us, the twinkle in his eyes and that unforgettable smile. It was special, something I will cherish forever.

When someone is slowly nearing the end of life, the body begins to soften its hold in the most tender way. As the body lets go, our hearts begin to find a way to put things in order, to honor what mattered most, and to prepare ourselves for the deep goodbye that's coming. In those quiet moments, we're often given time we didn't know we needed – the chance to sit close, to remember, to speak about love aloud.

I've learned from this experience and will take the time to lean in with an open heart, to listen and share what matters most.

With love,
Director Sharon



JANUARY BIRTHDAYS

Karen Brothers	01/01	Timothy Evans	01/08	Kathryn Watanabe	01/17	JoAnn Cole	01/27
Bonnie Fretwell	01/01	Brandee Glugla	01/08	Pamela Weaver	01/19	Thom Engel	01/27
Joli Hansson	01/01	Linda Kelly-Groeneveld	01/09	Jeri Apker	01/20	Char McCain	01/27
Eleanor Owen	01/01	Marylou Lockwood	01/09	Kathleen Gable	01/20	Julie Romanick	01/27
Debbie Packebush	01/01	Patricia Bowers	01/10	Phyllis Garrett	01/20	Philip Bastian	01/28
Katherine Barnes	01/02	Marlys Illg	01/11	Conrad Steeneck	01/20	Debi Fetherolf	01/28
Judith Godfrey	01/02	Tauna Meyer	01/11	Cynthia Bergh	01/21	James Fosmark	01/28
Idabelle Lee	01/03	Christine Ryan	01/11	Loretta Carlile	01/21	Kathleen Hines	01/28
Diane Lonnies	01/03	Jon Hart	01/12	James Charvet	01/21	Mary Waggoner	01/28
Anna Ross	01/03	Timothy McBride	01/12	Dawn Perez	01/21	Beverly Cooper	01/29
Robert Brujhell	01/04	John Paradis	01/12	Charlene Counts	01/22	Moira Earl	01/29
Ricky Damron	01/04	Donna Archer	01/13	Marilyn Gauthier	01/22	Brenda Hill	01/29
Beverly Temmer	01/04	Suzanne Aveihle	01/13	Don Keat	01/22	Charlotte Hofer	01/29
Teresa Agopsowicz	01/05	Nancy Finkeldei	01/13	Marvin Thill	01/22	Linda Hughes	01/29
Gloria Davidson	01/05	Darlene Harrington	01/13	Jennifer Kohn	01/23	Daniel Burkey	01/30
Russell Enyeart	01/05	Marcus Pederson	01/13	Helene Smith	01/23	Thomas Seigal	01/30
Madelyn Lafayette	01/05	Janette Bellows	01/14	Martin Tong	01/23	Carey Clay	01/31
Marlene Murray	01/05	Barbara Dempsey	01/14	Sandra Wright	01/23	Dale Edwards	01/31
Jane Belmondo	01/06	Helen Fahey	01/14	William Gwinn	01/24	Barbara Hall	01/31
Kathleen Fonceca	01/06	Kathryn Hall	01/14	Josie Taylor	01/24	Dorothy Hiestand	01/31
Richard Gerbing	01/06	Frederick Self	01/14	Linda Foley	01/25	Peggy Summerhays	01/31
Alice Martinek	01/06	John Farrell	01/15	Denise Held	01/25	Becca Thomas	01/31
Vivian Moen	01/06	John Minifie	01/16	Neal Huntley	01/25		
Charles Bailey	01/07	Valerie Saadatmandi	01/16	Kathy Heikes	01/26		
Mary Cathey	01/07	Linda Mulvenon	01/17	Sue Osborne	01/26		
Saskia Duffner	01/07	Connie Singer	01/17	Pam Schilaty	01/26		



In Case of Inclement Weather

In the event of snow, ice etc., the Snohomish Senior Center may be closed or have a late opening. This is for the safety of our members and staff. We follow the inclement weather policy of the Snohomish School District.

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



EVENTS AND FUNDRAISERS

SUNRISE SOCIAL

Friday, January 9th
&
Friday, January 30th
9:30am

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

\$6
-Sign up at the front desk-

HAPPY PLACE

JANUARY 29TH

Happy Hour

\$20
4:00PM
DRINKS, APPETIZERS, MUSIC

SIGN UP AT THE FRONT DESK BY 1/26. DUE TO THE TIME AND COST TO PREPARE, THIS EVENT REQUIRES A MINIMUM OF 18 RESERVATIONS TO PROCEED.

Community Breakfast

SNOHOMISH SENIOR CENTER

SATURDAY JAN 3RD **8:30-10:30AM** **\$7**



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

EVERY 1ST SATURDAY OF THE MONTH

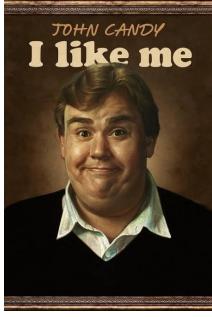
BINGO BASH

SATURDAY, JAN. 3RD
Snohomish Senior Center

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

LET'S PLAY
BINGO!

CAFÉ OPEN TOO!



Movie & Ice Cream Social

John Candy: I Like Me
(Rated PG-13, 1hr 53min)
Documentary, Heartwarming, Humorous)

Friday, 1/16 1:00pm
Ice Cream Sponsored by Susan Hanson

Those who knew John best share his story, in their own words, through never-before-seen archival footage, imagery, and interviews. It's a documentary of the life, career, and loss of one of the most beloved actors of all time.

CENTER & PROGRAM NEWS

Basket Weaving

Julie Bruck will be teaching her basket weaving class on **Wednesday, January 14th, 21st and 28th at 1:00pm**. You will need to attend all 3 sessions in order to complete your basket. Space is limited, sign up at the front desk. Please bring **\$5 cash** on the first class to cover the cost of supplies.

Bible Study

The Bible Study group will be on break until Tuesday, January 13th.

Foot Care Clinic

Due to the holiday closure, Foot Care Clinic will only be available once in January on 1/16.

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.

Grocery App Workshop

Would you like to know how to use the grocery store apps on your phone to browse the weekly ad and clip digital coupons? Rosalie will lead a workshop on **Friday, January 23rd at 10:00am** showing you how to navigate store apps for Fred Meyer and Safeway. Space is limited in order to offer individual assistance as needed. Sign up at the front desk.

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. Your requested reservations are not guaranteed and 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. **Please call to cancel if you are unable to keep your reservation.**

Senior Fitness Express

Senior Fitness has grown to be quite large. In order to accommodate members, Lisa now offers a Senior Fitness Express class on **Thursdays from 9:15 to 9:45**. This shorter class will include a warmup, cardio, strength training and a cool down. If the full 60 minute class is a bit too much for you or you would just like an earlier workout, give it a try. Please pick one class or the other. This is not intended to extend your current workout.

Stay Connected With The Latest Updates



Online: snohomishcenter.org



Facebook: Snohomish Senior Center



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

Member Share

Is there something you'd like to share with our readers?

For consideration send your submission to:

info@snohomishcenter.org

drop it at the front desk, or mail it to us at

506 4th St. Snohomish, WA 98290

CENTER PICS



Getting crafty during a wreath making class, led by Kimberlee.



Plenty of smiles at the annual holiday party.





Enjoying a visit with Seahawks legends Randall Morris and Alonzo Mitz, plus a delicious lunch from El Paraiso during one of the 12 Days of Goodness events.



WORD SEARCH

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

KINDNESS
PATIENCE
GENTLE
SHARING
LISTEN
GIVE
HELPFUL
TOLERANCE
COMPASSION
FRIENDLY
BENEVOLENCE
CARE
MERCY
AFFECTION
HUMANITY
SUPPORT
GOODNESS
COMPLIMENT
POSITIVE
GRACIOUS

THURSDAY	FRIDAY	SATURDAY	NON-WEEKLY PROGRAMS
1 CLOSED	2 CLOSED	3 8:30 Community Breakfast \$ 5:15 Bingo Bash \$	Alzheimer's Support 2nd Thur 7:00p Balance Class 2nd, 3rd & 4th Fri 1:30 Book Club 2nd & 4th Wed 10:00a Bunco 2nd & 4th Fri 1:00p Caregiver Support Group 2nd & 4th Thur 9:00a Coloring Group 1st & 3rd Mon 10:00a Current Events Discussion 1st & 3rd Monday 1:00p Foot Care Clinic 1st & 3rd 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 Line Dancing 1st, 2nd & 3rd Thur 2:00p Meditation 1st Friday 3:00p Membership Meeting 4th Wed 1:00p Movie & Ice Cream Social 3rd Fri 1:00p Resilient Living <i>A path to a meaningful life after loss</i> 1st & 3rd Wed 1:00p Silver Threads Quilting Group 2nd & 4th Mon 1:00p Sound Bath 2nd & 4th Fri 3:00p
8 9:00 Watercolor 9:00 Caregiver Support 9:15 Senior Fitness Express 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 7:00 Alzheimer's Support	9 9:00 Ping Pong 9:30 Sunrise Social \$ 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 \$	10	
15 9:00 Watercolor 9:15 Senior Fitness Express 10:00 Senior Fitness 10:30 NO Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 2:30 Beginners Clay Sculpting	16 9:00 Ping Pong 9:00 Foot Care Clinic \$ * 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 1:00 Movie & Ice Cream 1:30 Balance Class 5:30 Poker \$	17	
22 9:00 Watercolor 9:00 Caregiver Support 9:15 Senior Fitness Express 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:30 Beginners Clay Sculpting 4:00 Mystery Dinner \$	23 9:00 Ping Pong 10:00 Creative Writing 10:00 Grocery App Workshop 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 1:00 Bunco 1:30 Balance Class 3:00 Sound Bath 5:30 Poker \$	24	LUNCH SERVED MON-FRI 11:45-12:30
29 9:00 Watercolor 9:15 Senior Fitness Express 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:30 Beginners Clay Sculpting 4:00 Happy Hour \$	30 9:00 Ping Pong 9:30 Sunrise Social \$ 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 5:30 Poker \$	31	WEEKLY FITNESS CLASSES Movement to Music Mon, Wed 9:15a Senior Fitness Tue, Thur 10:00a Senior Fitness Express Thur 9:15a Chair Yoga Wed 3:00p Senior Stretch Wed 10:15a

* **Appointment Needed**

\$ **Fee or Suggested Donation**



Trip

FROM THE BOARD PRESIDENT



Merle Kirkley

HAPPY NEW YEAR AND WELCOME 2026!
Where have the years gone? It seems as I get older they go quicker.

It was an amazing December at the center with so many special events happening. First Santa showed up for our holiday party and we enjoyed wonderful appetizers and desserts. Sharon and the staff led us in the singing of The Twelve Days of Christmas and we all were in harmony, kind of. It was a lot of fun and then we all received a gift. Thanks to BECU for sponsoring.

Then it was followed by the Seahawks legends. I love hearing all the stories of the old days of the franchise from Randall & Alonzo and their interaction with us. Their excitement brings us all laughter and joy.

I was thinking about the floods and all who were affected. It also is amazing how our community of Snohomish came together to help. We are blessed to live here. I also cannot stop thinking about all of those who are less fortunate, from the elderly to the children, I wish we could do more. We need to keep them all in prayer.

On behalf of the board, thank all of you for the honor of serving on our board of directors. We are a good team. We have a big task ahead of us and it will take our time and energy to accomplish everything.

I read a quote the other day that fits everyone. It is by Edwin Elliot "By being yourself you put something in the world that was not there before ". I wish everyone the best year ever in 2026 and look forward to seeing you and sharing at our Snohomish Senior Center.

Merle

We occasionally utilize the robocall/text feature on our My Senior Center software. Sending a recorded message and texts allows us to relay information quickly to our members. The phone number that shows up on caller ID is sometimes mislabeled as a spam call.

The robocall/text number is **855-924-4330**. Save this number in your phone so you will know it is actually SSC with a message.




Jessica Claybrook-Holtz, NAC
Adult Family Home Provider
License #755905



425.760.3948 Phone / 360.838.6678 Fax
info@adkinsonestatesafh.com

Quality of Care & Lifestyle
Proudly serving Snoh. Co's Highest Maintenance Golden Girls since 2020
from our Family to Yours!

adkinsonestatesafh.com

TRIPS

1/12/26 (Monday) Tour of McMenamins Hotel/Property/Pool Depart @ 10:30, Return @ 3:00pm
Built in 1931 in the art deco style, Bothell's first junior high has been revitalized into a fun "playground" of dining, movies, live music, swimming, games and lodging. We'll enjoy lunch at one of the restaurants on site.

Capacity: Min 8, Max 14 Cost: \$8 for Transportation only, Lunch at your expense

1/21/26 (Wednesday) & 1/22/26 (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

1/26/26 (Monday) Snoqualmie Casino Depart @10:00am, Return @4:00pm

Slot machines, table games, great food & drinks. There's something for everyone.

Capacity: Min 8, Max 14 Cost: \$10 for Transportation only, Gambling and Lunch at your expense

TRIP SIGN UP WILL BEGIN ON MONDAY, JANUARY 5TH

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.

2025 DONORS



Thank you to all who generously donated to Snohomish Senior Center in 2025. Our members, community and business sponsors continue to show their support of our mission and the importance of SSC. While this list is expansive, there are countless anonymous donors as well. We give our heartfelt gratitude to you all.

**Donations received as of 12/16/25*

Adkinson Estates Adult Family Home	Bordelon, Peggy	Dotson, James & Wanda
Alternative Roofing Systems Inc.	Bresheare, Karen	El Paraiso
Amcon Pools & Spas	Brookdale of Monroe	Elliott, Janet
Anders, Eric	Brown, Carroll	Evanger, Kara
Andy's Fish House	Brown, Jeanette	Evans, Linda
Arnold, Steve	Brown, Roy	Fisher, Sharyn
Auriol, Marie	Burlison, Sharon	Fisk, Kathy
Barclay, Beth	Caldwell, Cindy	Fonceca, Ricardo
Bartelheimer, Lillian	Care Giver Class	Fred Meyer
Bashaw, Patricia	Carnevali, Tom & Sharon	Fulton, Bill
BECU	Cenci, Erica	Gahm, Karen
Berrier, Jean	Clark, Nancy	Garner, Elizabeth
Bess, Laurie	Clay Sculpture Class	Garner, Julie
Bible Study Group	Columbia Bank	Grant, Fiona
Big Trees Inc.	Comeau, Tammy	Grant, Ronald
Bindel, Frederick	Community Foundation of Snohomish County	Gray, Rick
Blanchard, Kimmi	Cox, Cathy	Greenshields, Cathy
Blaschka, Joe	Davenport, Barbara	Hagbrandt, Susan
Bohlke, Scherion	Davidson, Gloria	Hagen, Amanda
Bollinger, Rick	DMC Excavating	Hamlin, Rosey

2025 DONORS

Harrington, Debbie	Larimer, Anna	Seigel Vexler, Sonia
Harrison, Gary	Loesell, Eva	Sharp, Leeann
Harvey, Kandace	Lundberg, Neil	Shayne, Susie
Hawkinson, George	Manley, Michael & Karen	Shea, Kristin
Heimbach, Virginia	Marable, Jean	Shoemake Jr, James
Heinzer, Carl	Martin, Sharon	Shoemaker, Harold
Hereth, Janice	McClellan, Ernest	Sky Valley Stock & Antique Tractor Club
Hickenbottom, Susan	McClung, William	Smith, Gayl
Hoffman, Sally	McQuillan, Karen	Snoho Mojo
Holtz Safety & CPR	Meadows, Patrick	Snohomish Eagles #195
Homage Senior Services	Mitchell, Mary	Snohomish Health & Rehabilitation
Home Instead	Montague, Barbara	Snohomish Lions Club
Horton, Debra	Olauson, Gordon & Dana	Sound To Summit Brewery
Humphrey, Dan & Dan	Party Bridge Group	Spada Farmhouse Brewery
Hutchinson, Susan	Ping Pong Group	Stewart, Marilyn
Jack, Pat	Pinochle Group	Stolt, Kay
Jefferson, Marie	Pinson, Kathy	Sullivan, Jim
Johnson, Denise	Pinson, Paul	Timothy Alan Salon
Johnson, Gregory	Po Papa's Nuts	Trails End Taphouse
Jones, Carol	Pocha, Glenda	Truck Builders
Josh's Taps and Caps	Poker Group	Turner, Doug
Kam, Dr Randall	Puget Sound Energy Foundation	Verlinde, Arthur
Kathie Salvadalena	Rahm, James	Village Concepts of Marysville
Kays, Bettie	Rainsberger, Pat	Walters, Janet
Keat, Don	Redmond, Linda	Water Color Class
Kirkley, Merle	Rogers, Diane	Williams, Sharon
Klein, Pamela	Rubin, Friedman	Windermere Real Estate
Knittel, Jerry	Sack, Don & Carol	Wright, Sandra
Kuntz, Michael	Saxena, Rosalinda	Wright, Sharon
Lake, Chris	Schultz Financial Partners	Writers Group
Lang, Judy	Scichilone, Marion	Wunsch, Patricia
Lanz, Juanita	Seahawk Fan Group	

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 Servicing all makes and models 7625 44th Ave NE Marysville 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
Home Instead 425-549-3100 Homeinstead.com Top Quality Care At Home	Jallos Hamidou Jallow (CEO) 425-232-1892 hamid.jallow@jallos.com West African Fried Rice (Jollof) & Intl. Food	Lifewave, LIGHT THERAPY PATCHES Teresa 425-299-8206 ID #2146974 Lifewave.com/TERESAPHILIPS • ELEVATE • ACTIVATE • REGENERATION
Alternative Roofing Systems Inc. www.altroofing.com or 866-ALT-ROOF Flat Roof Specialists Since 1982 "Work & Quality Guaranteed!"	Schultz Financial Partners Bobby & Krystal Schultz (360) 863-3180 Financial Planning and Investment Services	Dubuque Bakery Handmade Organic Sourdough Bread (206) 705-3474 katya@dubuquebakery.com
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 onthespotsnohomish@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
Patch with Kimberlee Kimberlee 425-231-9481 #3085339 liveyoungers.com/kimberleesp Live Well · Live Long · Live Young	Adams Family Estate Services Estate liquidation/Clean outs Donations/Move assistance Anthony (425) 780 9787	Cottages of Snohomish Tracy Morcom tracy@carepartnersliving.com Independent, Assisted & Memory Care Living
Abraham & Co. Registered Investment Advisors Andrew Amoroso: 206-222-0251 a.amoroso@abrahamco.com	iCure Physical Therapy Ann Rodriguez— care@icurept.com 425-458-7261 www.icurept.com "Your partner for full recovery and strength"	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	Dream Islands Adult Family Home Where Every Day Feels Like Home Call Us On 206-737-0008 Dreamislandsafh.com	Windsor Square Independent Senior Living Call us today to schedule a tour! (360) 653-1717 or windsorsrliving.com
RE/MAX Town Center Seniors Real Estate Specialist (SRES) Dale Forney, (425) 315-6401 dale.forney@remax.net	Snohomish Inn 323 Second St, Snohomish Clean, Comfy, Cozy Book today 360-568-2208	Medicare Help? Andrea Griffin Service at No Cost to You 425-405-7667 andrea@mcgregorbenefits.com
New York Life Pamela Taubenheim www.pytaubenheim.nylagents.com 360-568-6436	Legacy Wealth Partners Scott Kelly, Financial Advisor 206-914-4712 www.LegacyWPartners.com	Mary Kay Cosmetics Shelli Martinez www.marykay.com/shellimartinez 425-750-4055

NEW MEMBER!

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

January Lunch Menu Lunch is Served From 11:45a-12:30p *Frozen weekend meals are available, provided by Senior Services.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			CLOSED	CLOSED
Senior Services: 5 BBQ Pulled Pork Sandwich, Potato Wedges, Peaches	6 Chicken Chili, Salad	7 El Paraiso: Chicken Enchilada, Rice, Beans <i>Member Only</i>	8 Brookdale of Monroe: Cheeseburger, Tater Tots <i>Member Only</i>	9 Senior Services: Chicken Parmesan over Spaghetti Noodles, Garden Veggies, Fruit
Senior Services: 12 Salmon Burger, Pea & Cheese Salad, Sweet Potato Fries	13 Lasagna, Salad	14 Senior Services: Smothered Pork Chop, Steamed Rice, Mixed Veggies, Peaches	15 Adkinson Estates AFH & Holtz Safety & CPR: Salad Bar <i>Member Only</i>	16 Village Concepts of Marysville: Taco Salad <i>Member Only</i>
CLOSED	19 20 Chicken Noodle Soup, Roll	21 Senior Services: Grilled Turkey & Cheese Sandwich, Tomato Soup, Fresh Carrots, Fruit	22 Snohomish Health & Rehab: Pizza <i>Member Only</i>	23 Meatloaf, Mashed Potatoes, Corn
26 Senior Services: Clam Chowder, Caesar Salad, Roll, Fresh Fruit	27 Chicken Salad Sandwich, Salad	28 Senior Services: Black Bean Soup, Cheese Quesadilla with Salsa & Sour Cream, Corn, Fruit	29 Sausage Lentil Soup	30 Cook's Choice (Surprise)

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 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.