

# SNOHOMISH | SENIOR | CENTER

# HAPPY PLACE

EST. 1989 | WASHINGTON September 2025

Issue 214



## 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



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Owned and Operated by the  
Snohomish Senior Center

611 Second Street  
Snohomish, WA

360-863-6353

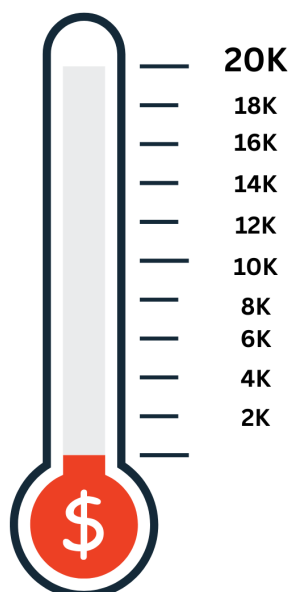
Sun-Sat 10:00-5:00pm

Donations Accepted During  
Business Hours

## National Senior Center Month and September Fundraising Goal

September is National Senior Center Month! There are a number of special events happening at SSC in celebration of our center and the critical role we play in the community. Along with other senior centers in our area, we will be hosting a spaghetti fundraiser. Our spaghetti fundraiser will be a luncheon, held on Wednesday, September 24th from 12-1pm. We are also excited to host a dinner and evening of live music with Chad Donohue on Friday, September 19th at 6pm. Find all the details for these events as well as others on pages 4-5.

## SEPTEMBER FUNDRAISING GOAL



As we highlight our senior center and think about the many programs we are able to provide, it is important to remember that as a non profit organization, we rely on donations for a good chunk of our annual budget. During the month of September, we have a \$20,000 fundraising goal. You can help us reach this goal whether you are able to attend our fundraisers or not. Contributions are always appreciated and can be made in person, by mail or online as well. Thank you for your continuous support!

We will be closed on Monday, September 1st in observance of Labor Day.

*From the*

# EXECUTIVE DIRECTOR



**Sharon Burlison**

Happy National Senior Center month Snohomish Senior Center! We invite you to join us throughout the month for a class, an event or for a social visit, as we embrace this recognition not only nationally, but statewide and locally.

We appreciate your participation in our senior center programs. During National Senior Center Month, we want to recognize the many coordinators and volunteers who keep our center's wheels a turning!

First, to our fitness instructors, thank you for leading with such an open and giving heart that allows you to provide new and interactive routines for our members. You lead with passion, and it shows in our class attendance. Our overall fitness programs have a growth of over 20% since including this in our membership. Nearly 40% of the membership participates in one or more of these classes; Movement to Music, Senior Fitness, Chair Yoga, Walking Group, Senior Stretch, Balance Class and Line Dancing! (Exercise is exercise no matter what the form of movement is!) Thank you for your dedication and commitment to the seniors in our community. It has been beautiful to see the growth and friendships develop.

To our program coordinators, thank you for your commitment of your time to prepare lessons, set up, and ensuring that our members have an experience that makes them feel welcome and engaged. From organized table games, group meetings, to support partners, classes and workshops, they are all led by a coordinator(s) who have chosen your center to give their time to. Approximately 40% of the membership is involved in a weekly program.

Also, to our volunteers who go unnoticed. Without your help our center would not sail smoothly. A team of volunteers makes all the difference in an organization like this, and we realize your importance here. Thank you for your unwavering support of time and effort.

Lastly, thank you to my mighty center team. You are the foundation that keeps us rooted. We plan and pivot accordingly and we work very well together. *Thank you.*

Snohomish Senior Center is a very special place, and we want to share it with you!

Come enjoy the center.

*Director Sharon*

Last month we had the honor of being the venue for a pinning ceremony for veterans in our area who served in the Vietnam war. The veterans were recognized and thanked by Congresswoman, Suzan DelBene. Each veteran was called up individually as they received the 50th year anniversary pin along with the Congresswoman's Challenge Coin. Feel free to stop by my office to see these as I received one for my dad who also served in the Vietnam war in the Marine Corps.

It was a beautiful and emotional event. We are grateful to have hosted these veterans in our center.



## SEPTEMBER BIRTHDAYS

Sharon Martin	09/01	James Tipton	09/06	Michael Hughes	09/15	Marylee Penhollow	09/24
Kenneth Weldin	09/01	Janell Hunnicutt	09/07	Lawrance Baty	09/16	Foster Thompson	09/24
Barbara Wislen	09/01	Cynthia Quam	09/07	Thomas Gammons	09/16	Jo Valentine	09/24
Vicki Brandvold	09/02	Darrell Smallbeck	09/07	JoAnn Ray	09/16	Evelyn Larson	09/25
Barry Brannman	09/02	Tamela Nesting	09/08	Dolly Hunter	09/17	Debie Webber	09/25
Jannae Gill	09/02	Rose Fowler	09/09	Bettie Kays	09/17	Gloria Woodcook	09/25
Rose Mansfield	09/02	Robert Monson	09/09	Tammy Comeau	09/18	Melody Clemans	09/26
Janice McWherter	09/02	Patty Bowen	09/10	Susan Temairik	09/18	Carol Erga	09/26
Denny Perrigoue	09/02	Andrea McKena	09/10	Karen Schofield	09/19	Mike Hatch	09/26
Ann Sperry	09/03	Karen Gahm	09/11	Nancy Walker	09/19	Julie Garner	09/27
Jude Anderson	09/04	Melody Ojala	09/11	Patricia Albee	09/20	Harold Akaki	09/28
Vina Donow	09/04	Karen Avery	09/12	Terry Lippincott	09/20	Joan Crueger	09/28
Larry Sharp	09/04	Jeff Fetherolf	09/12	John Dow	09/21	Beverly King	09/28
Susan Stahl	09/04	Georgina Hatch	09/12	Sharon Bettinger	09/22	Karen Richmond	09/28
Gary Jessop II	09/05	James Krach	09/12	Lee Brevik	09/22	Mildred Ford	09/29
Bonita Merrill	09/05	Paula Rairdan	09/12	Jacklyn King	09/22	Lori Hudson	09/29
Mae Delpuerto-Stoddard	09/06	Loreto Salgado Perez	09/12	Sharlene Qualley-Jonson	09/22	Dorothy Agopsowicz	09/30
Cindy Sanders	09/06	Marcie Allen	09/13	Carol Amisson	09/23	Robert Brandvold	09/30
Fred Jacobson	09/06	CoraLee Brand	09/13	Catherine Robbins	09/23	Elaine McClain	09/30
Linda Nunn	09/06	Edna Hannaford	09/13	Patricia Rogers	09/23	Diane Gwinn	09/30
Gordy Olauson	09/06	Dan Schulte	09/13	Kim Hurt	09/24	Mylene Weston	09/30
Victoria SchildwachTer	09/06	Anita Huntley	09/14	Ruth Ann Neff	09/24		

We Celebrate Monthly Birthdays On The  
 2nd Tuesday of Each Month, With CAKE!



Ralph Sterley celebrated his **100th** birthday last month!

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**HAPPY PLACE**  
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## EVENTS AND FUNDRAISERS

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

# Spaghetti Luncheon Fundraiser

**September 24th**  
Lunch Served 12:00–1:00



We're celebrating National Senior Center Month.  
Join us for lunch, make a donation and help us reach our  
**\$20k** September fundraising goal!

**SNOHOMISH SENIOR CENTER**  
506 4<sup>TH</sup> St. Snohomish  
RSVP 360-568-0934

*OPEN TO THE  
COMMUNITY*



**Unable to Attend? Scan & Donate!**

Your generous donation will have a meaningful  
impact on the lives of older adults in the community.

# COMMUNITY Breakfast

SATURDAY, SEPTEMBER 6TH  
8:30-10:30AM

SNOHOMISH SENIOR CENTER



### Menu:

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

**DONATE &  
EAT WITH  
US**

# Bingo Bash

**Saturday, Sept. 6th**

Snohomish Senior Center

*Join The Fun Every 1st Saturday*

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

## EVENTS AND FUNDRAISERS

# BALLADS FROM MEMORY LANE WITH CHAD DONOHUE

Featuring Songs From the 50's, 60's & 70's

**Friday, Sept 19<sup>th</sup>**

**Snohomish Senior Center**  
506 4<sup>th</sup> St. Snohomish  
360-568-0934

**Doors Open at 5:30**  
**Dinner Served at 6:00**



**Tickets \$35**

Includes:  
**Dinner, 1 Drink Ticket, Live Music**

**Dinner Menu: Parmesan Crusted Chicken with Fresh  
Julienne Vegetables, Rice Pilaf, Salad & Dessert**

Celebrate National Senior Center Month with Snohomish Senior Center and help us reach our **September \$20k** fundraising goal. Consider adding an additional donation to your ticket fee to support programs that benefit older adults in our community.



Scan For Tickets or Reserve Yours At SSC

## FIRST RESPONDERS BBQ

**SNOHOMISH SENIOR CENTER**  
506 4TH STREET, SNOHOMISH

*you'RE  
INVITED*

Join us for our annual  
BBQ celebrating our  
First Responders and  
City Employees.



**\*RSVP by Sept. 5th**  
**360-568-0934**

**THURSDAY, SEPTEMBER 11TH**

**12:00 PM**

COMPLIMENTARY FOR FIRST RESPONDERS,  
CITY EMPLOYEES & SSC MEMBERS



## COMMUNITY HEALTH FAIR

**SEPTEMBER 19TH**  
**10 AM TO 12 PM**



- VARIETY OF VENDORS
- BLOOD PRESSURE CHECKS  
(SNOHOMISH FIRE DEPT.)
- INFORMATION
- GIVEAWAYS
- FLU & COVID SHOTS  
(SAFEWAY PHARMACY)

**Snohomish  
Senior Center**  
506 4<sup>th</sup> St. Snohomish

**Open To The Public  
FREE!**



## CENTER & PROGRAM NEWS

### **Balance Class**

Fitness instructor, Loretta Gallagher teaches balance class where members will learn to develop their motor skills and reflexes with stabilizing and strengthening balance activities. Please dress comfortably. There are now 3 classes offered each month; **2nd, 3rd & 4th Fridays from 1:30-2:30pm**. Complimentary for members.

### **Bingo Cancellation**

There will be NO Bingo on Tuesday, September 2nd.

### **Closing Time**

As a reminder, all programs must end by **3:45** in order to clean up and reset rooms for the next day. SSC closes at 4:00. Everyone needs to exit the building by 4:00. Your respect of the staff's time is appreciated. We have obligations after our work days and need to leave at our scheduled times.

### **Garden Caretakers**

The Garden Caretakers meet on the **1st Wednesday of the month at 10:00am, from April through October**. The monthly garden work party takes place on the 3rd Wednesday of each month from 10:00am until noon through the month of September. If you are interested in pitching in to beautify the SSC grounds, feel free to join in.

### **Gordy's 80th Birthday**

Dana Olauson is inviting members and friends to celebrate Gordy's 80th birthday on **Saturday, September 13th from 1-3pm** at Snohomish Senior Center. Cake and coffee will be served.

### **Haircuts**

Haircut Clinic is back with a new volunteer, Thuy. Thuy has been a hair stylist for many years and is eager to offer complimentary, simple haircuts to SSC members on the **2nd Monday of each month**. Appointments are available from **9:20-11:40**. Come with freshly washed hair please. Sign up at the front desk.

### **Meditation**

Each **1st Friday** of the month from **3:00-3:45pm** we have Guided Loving Kindness Meditation in our library. This free, secular, non-religious meditation is open to everyone, no prior experience. Join Arun Manickam, certified compassion teacher, father, engineer, volunteer and meditator. The next meditation will be on September 5th.

### **Phone Number Updates**

Do we have your current phone number? Perhaps you have gotten rid of a land line or added a cell phone. If so, please let us know so we can make an update to your information. Reminders and changes to programs etc. are sent via text and/or voice messages so a correct phone number is needed.

### **Program Cancellations on Sept 19th**

Due to our Community Health Fair and Dinner and Music event on **Friday, Sept 19th**, all regular programs are cancelled with the exception of foot care clinic.

## CENTER & PROGRAM NEWS

### 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, Sept 7th @1:05pm vs The 49ers**

**Sunday, Sept 17th @ 10:00am vs The Steelers**

**Sunday, Sept 21st @1:05pm vs The Saints**

**Thursday, Sept 25 @5:15pm vs The Cardinals**

### Sunshine Committee

Sometimes we could use a little extra "sunshine" to brighten our day. If you know of a member who would benefit from receiving a special card in the mail, (sickness, surgery, family passing etc.) fill out a request form at the front desk. We have a volunteer Sunshine Committee that is happy to send out a personal note on behalf of SSC.

## MEMBER SHARE

~Waiting Reflection~

By Vilma J. Tennery

Recently, I needed a replacement for my cracked glass top stove. How this affected me, and consequent fix is where I begin.

Notification to those in the loop of fixers were notified of said problem. Texts and phone calls were made and waited for help. Pertinent suggestions and advice were heard one positive, while I waited for replacement resolution.

Knowing timing with coordinating needs of its impact not in my control left me in patterns of semi-frustration. Not being the most patient person, made me tune into why? Mainly, no use to any part of this machine that has held over my emotions! Silly I know...Living in the fast-paced society of quick fixes, meant I had to re-evaluate my mindset. Ok, settle down, I told myself.

You have your microwave...but ugh TV dinners not my forte...sorry, done that, been there. Inconvenient, yes. Store access for fresh wraps, salads, trays etc. pizza is readily available.

First phone call received set in motion confirming hour and day of reception of my new appliance. Yea! Anxiously waited for replacement and received no notification along with no stove. Ok, I get constricts with all concerned and out of my control. Guess, have a bit of "control" issues with timing and set appointment times. Can't help that, old work habits. Notified needed new cord for stove, not originally sent.

Second notification, new cord received. New date and time set for replacement. Happily waiting after 14 days without it. It's beautiful! I'm looking forward to just scrambling some eggs and all that goes with it. Thankfully, I have my coffee machine!





Learning lesson. Grateful, I have access to today's needs. Also waiting meant all things worked out when they're supposed to with patience in mind. Note, especially watching the "Back to the Frontier" TV series, where 21<sup>st</sup> Century families compete living the 1800s!

---

A Giggle of the Day

*Shared by Wanda Dotson*

"My Grandpa calls his false teeth Chicklets!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<b>1</b>  <b>CLOSED</b>  <b>LABOR DAY</b>	<b>2</b> 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 <b>NO Bingo \$</b> 2:00 Bible Study 4:00 Ping Pong	<b>3</b> 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Garden Caretakers Mtg 10:15 Senior Stretch 12:30 Open Table Games 1:00 Resilient Living 3:00 Chair Yoga
<b>7</b> 1:05 Seahawks Game	<b>8</b> 9:00 Haircut Clinic 9:15 Movement to Music 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train 3:45 Senior Stretch	<b>9</b> 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	<b>10</b> 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 12:30 Homage Workshop 1:00 Grief Support 3:00 Chair Yoga 3:00 Tech Help * 6:15 ABRA Cadabra \$ 
<b>14</b> 10:00 Seahawks Game	<b>15</b> 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Needlework Group 1:00 Current Events Discuss. 1:00 Mexican Train 3:00 Chair Yoga (off site) * 3:45 Senior Stretch  4:00 Mystery Dinner \$	<b>16</b> 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	<b>17</b> 8:00 Board Meeting 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Garden Work Party 10:15 Senior Stretch 12:30 Open Table Games 12:30 Homage Workshop 1:00 Resilient Living 3:00 Chair Yoga
<b>21</b> 1:05 Seahawks Game	<b>22</b> 9:15 Movement to Music  9:30 Casino Trip \$ 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train 3:45 Senior Stretch	<b>23</b> 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	<b>24</b> 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:00 Book Club 10:15 Senior Stretch 12:00 Spaghetti Luncheon \$ 12:30 Open Table Games 1:00 <b>NO Membership Meeting</b> 1:00 Grief Support 3:00 Chair Yoga
<b>28</b>	<b>29</b> 9:15 Movement to Music 9:30 Craft Workshop \$ 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 3:45 Senior Stretch  4:00 Mystery Dinner \$	<b>30</b> 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	



## 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

### Garden Caretakers Meeting

1st Wed 10:00a (thru Oct.)

### Garden Caretakers Work Party

3rd Wed 10:00a-12:00p  
(thru Sept.)

### 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 Sept)

### 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

## 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, Mon 3:45p

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

THURSDAY	FRIDAY	SATURDAY
<b>4</b> 9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ *  11:00 Kangaroo Farm Trip \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing	<b>5</b> 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 \$	<b>6</b> 8:30 Community Breakfast \$  5:15 Bingo Bash \$
<b>11</b> 9:00 Watercolor 9:00 Caregiver Support 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 1st Responders BBQ 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 7:00 Alzheimer's Support	<b>12</b> 9:00 Ping Pong 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 \$	<b>13</b>  1:00 Long Long Time \$
<b>18</b> 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	<b>19</b> 9:00 Foot Care Clinic \$ * 10:00-12:00 Health Fair 6:00 Dinner & Music \$  <i>All other day programs cancelled</i>	<b>20</b>
<b>25</b> 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 \$ 5:15 Seahawks Game	<b>26</b> 9:00 Ping Pong 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 \$	<b>27</b>
<h1>September 2025</h1>		

\* **Appointment Needed**

\$ **Fee or Suggested Donation**



**Trip**

## FROM THE BOARD PRESIDENT



Welcome to September when leaves begin turning and we feel the autumn air arriving. Oh, the beauty of Fall is upon us. This is in Woodstock Vermont and all the brilliance of fall foliage is witnessed. It gives a feeling of peace and calm realizing the beauty of creation. If you have not visited New England in the fall, it is truly a magnificent blend of foliage colors.



Fall at Snohomish Center begins yearly with laughter and fun in gathering again after a relaxing summer. It is time for our National Senior Center month celebrating our popular Spaghetti fundraiser. Our goal is \$20,000 so please plan to join us for this yearly event. These funds contribute towards our many programs and lunches for the community.

See you soon at 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**  
**Beth Buckley**  
**Timm Hall**  
**Michael Manley**  
**Kyla McNulty**  
**Issy Olivia**  
**Carol Stultz**  
**James White**  
**Patty Wunsch**

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

### 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.

## TRIPS

**09/04/25 (Thursday) Outback Kangaroo Farm Arlington** Depart@ 11:00am, Return after lunch ■  
See animals such as kangaroos, wallabies, tortoises, wallaroos, lemurs, llamas, alpacas, peacocks, Nigerian dwarf goats, mini donkeys, parrots and emus. Observe and learn about the animals during the 45 minute tour. We'll stop for lunch in Arlington afterwards.

**Capacity: Min 8, Max 13 Cost: \$15 for Transportation and Ticket. Lunch at your expense.**

**09/10/25 (Wednesday) ABRA Cadabra - A Tribute to ABBA** Depart @6:15, (Show @7:30) Return after show ●  
ABRA Cadabra has been wowing audiences worldwide for over 20 years, bringing the timeless music of ABBA to diverse audiences across continents. This unmissable event features a dynamic live band, stunning vocals, captivating dancers, and authentic costumes. Presented by Edmonds Center for the Arts.

**Capacity: Max 13 Cost: \$60 for Transportation and Ticket**

**09/13/25 (Saturday) Long Long Time - Linda Ronstadt Tribute** Depart @1:00pm, Return after concert ●  
Former Nashville recording artist, Teresa performs a reverent and radiant celebration of one of the most iconic voices in American music history.

**Capacity: Max 11 Cost: \$18 for Transportation and Ticket**

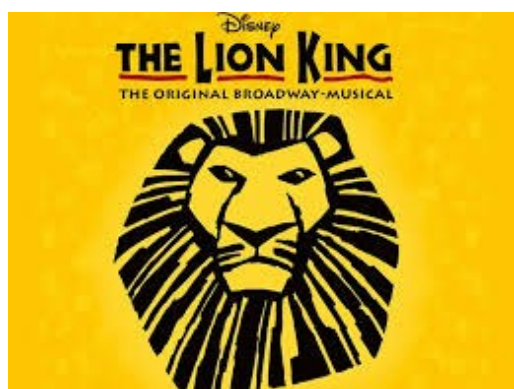
**09/15/25 (Monday), 09/29/25 (Monday) Mystery Dinner** Depart@4:00pm, Return @6:30pm ▲  
You'll enjoy good laughs and friendship at a different restaurant each month.

**Capacity: Min 8, Max 14 Cost: \$6 for Transportation only, Dinner at your expense**

**09/22/25 (Monday) Angel of the Winds Casino** Depart @9:30am, Return @2:00pm ▲  
Come try your luck at the slots or just enjoy the drive. There's plenty of time to enjoy a bite of lunch with your friends.

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

SAVE THE DATE December 4th, 2025



### Lion King

at Paramount Theatre Seattle

**Trip Sign Up For Lion King Will**

**Be On October 1st**

**\*\*\*\$60 Discounted Tickets**

**Courtesy of an Arts & Theater Grant\*\*\***



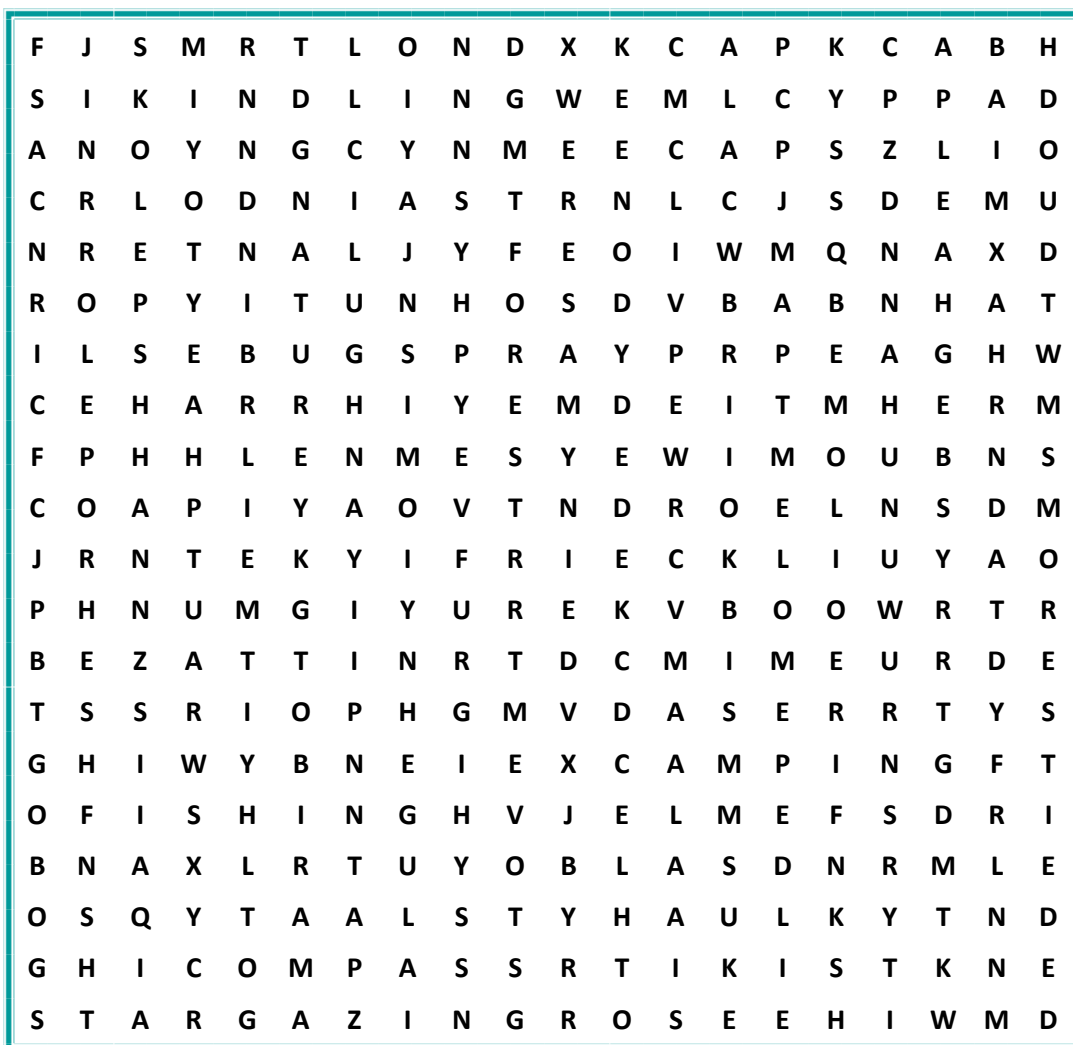
\*FOR ALL TRIPS, NO ASSISTANCE WILL BE AVAILABLE. IF YOU NEED HELP WITH MOBILITY, YOU MUST BRING SOMEONE ALONG WITH YOU TO HELP. YOUR HELPER MUST ALSO BE REGISTERED FOR THE TRIP.

#### 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.



## WORD SEARCH



CAMPING

TENT

SPACE

NATURE

FIRE

HAMMOCK

COMPASS

KINDLING

SMORES

LANTERN

STOVE

BUG SPRAY

HIKING

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FOREST

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800 10<sup>th</sup> 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](http://snohomishcenter.org)**



**Facebook: Snohomish Senior Center**



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

## CENTER PICS



Daniel P. was the lucky winner of a gift basket during on the Aqua Sox Silver Slugger's game nights.



Our members LOVE getting a massage from Cesalee. She's here every Thursday.



Thanks to Shirley J. for leading a fun beaded wrap bracelet class last month.



Having fun at the monthly Happy Hour.



Music at the Marina trip-sun, fun and wonderful live music.



Carl H. had a special visit from his granddaughter and new great-granddaughter.

 **EvergreenHealth**  
**Monroe**  
Your Community-Owned Hospital

## BUSINESS MEMBERS

<b>Skydive Snohomish</b> 9906 Airport Way Snohomish, WA 98296 tysonh@skysno.com 360-568-7703	<b>Snohomish Flying Service</b> 9900 Airport Way Ste. C, Snohomish, WA christio@snohomishflying.com 360-568-1541 ext. 234	<b>Umpqua Bank</b> Together For Better Kim Harrison Branch Manager
<b>Harvey Airfield</b> 9900 Airport Way Ste. B, Snohomish, WA cyndyh@harveyfield.com 360-568-1541 ext. 229	<b>First Financial Northwest Bank</b> Marie Auriol Business Banking Manager 303 91 <sup>st</sup> Ave NW E-502 Lake Stevens 425-264-2784   AuriolM@FFNWB.com	<b>KT Nails</b> Manicures, Pedicures, Waxing & Facials 255 Cypress Street, Snohomish 360-217-7045
<b>Echoing Nature</b> Tools for your health & happiness w/doTERRA essential oils & more! Call/text Joanna @425-231-3616	<b>Snohomish Lions Club</b> "We Serve" SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions	<b>Visit YogaCircleStudio.com</b> Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.
<b>Austin's Automotive Repair</b> Pickup/Delivery available at Senior Center Servicing all makes and models 507 Maple Ave. Snohomish 360-863-2700	<b>Snoho Mojo</b> Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish	<b>Julianne McKeown Gilpin Realty, Inc.</b> Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709
<b>Evergreen Care Solutions</b> contact@evergreencaresolutions.com (425) 770-2516 or (206) 355-1410 Home Care With Heart	<b>Village Concepts of Marysville</b> Grandview Village Joanne Acton 360-653-2223 Independent & Assisted Living	<b>Peoples Bank</b> Snohomish Branch at Fred Meyer Jennifer Berry 360-563-1112 www.peoplesbank-wa.com
<b>Riverview Road Cidery</b> 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)	<b>Snohomish School District</b> Kent Kultgen kent.kultgen@sno.wednet.edu 360-563-7280	<b>First and Main Real Estate</b> Snohomish Family Owned Historic Firehouse Building 425-210-7307
<b>Susan Hanson</b> Specializing in Medicare Choices Local Licensed Agent 425-658-6022	<b>Snohomish Health &amp; Rehab</b> 360-568-3161 snohomishrehabofcascadia.com Skilled Nursing / Respite Care	<b>AccentCare Hospice of Snohomish</b> Natasha Jahn, Hospice Consultant C: 206-491-9647 ; O: 425-336-5934 natashajahn@accentcare.com
<b>Home Instead</b> 425-549-3100 Homeinstead.com Top Quality Care At Home	<b>Jallos</b> Hamidou Jallow (CEO) 425-232-1892 hamid.jallow@jallos.com West African Fried Rice (Jollof) & Intl. Food	<b>Lifewave, LIGHT THERAPY PATCHES</b> Teresa 425-299-8206 ID #2146974 Lifewave.com/TERESAPHILIPS • ELEVATE • ACTIVATE • REGENERATION
<b>Alternative Roofing Systems Inc.</b> www.altroofing.com or 866-ALT-ROOF Flat Roof Specialists Since 1982 "Work & Quality Guaranteed!"	<b>Schultz Financial Partners</b> Bobby & Krystal Schultz (360) 863-3180 Financial Planning and Investment Services	<b>Dubuque Bakery</b> Handmade Organic Sourdough Bread (206) 705-3474 katya@dubuquebakery.com
<b>Dream Islands Adult Family Home</b> Where Every Day Feels Like Home Call Us On 206-737-0008 Dreamislandsafh.com	<b>NEW MEMBER!</b>	



## BUSINESS MEMBERS

<b>Medicare Questions?</b> Call Hillary Blanchard (805) 651-0091 <b>My services are no cost to you!</b>	<b>Edward Jones - Financial Advisor:</b> Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042	<b>On the Spot Improv - Classes L1</b> onthespot Snohomish@gmail.com Wednesday evenings, 6:30 Sign ups or questions, via email
<b>Kara Evanger ~ RE/MAX ELITE</b> Real Estate Specialist John Minifie's daughter (425) 268-1105	<b>EvergreenHealth Monroe</b> "Your Community Owned Hospital" www.evergreenhealthmonroe.com	<b>Rick's Home Maintenance &amp; Repair</b> Just hand me your to-do list! (425) 308-1205 Licensed, Bonded & Insured
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<b>Abraham &amp; Co.</b> Registered Investment Advisors Andrew Amoroso: 206-222-0251 a.amoroso@abrahamco.com	<b>Estate Sales / Liquidation</b> Clean Outs / Junk Removal Move Management / Donations Recycling (425) 780-9787 Tony	<b>Glacier Peak Plumbing</b> Family Owned - Snohomish County Devon 425-923-7663 Integrity with every job!
<b>Fedelta Home Care</b> www.fedeltahomecare.com 866-802-2920 contact: Julia Filippov	<b>iCure Physical Therapy</b> Ann Rodriguez—care@icurept.com 425-458-7261 www.icurept.com "Your partner for full recovery and strength"	<b>Windsor Square</b> Independent Senior Living Call us today to schedule a tour! (360) 653-1717 or windsorsrliving.com

## 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](mailto: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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED</b> <b>LABOR DAY</b>	<b>2</b> Italian Salad, Roll	<b>3</b> <u>El Paraiso:</u> Chicken Enchilada, Rice, Beans <i>Member Only</i>	<b>4</b> <u>Senior Services:</u> Baked Potato Soup, Grilled Turkey & Cheese, Fries, Banana Pudding	<b>5</b> <u>Senior Services:</u> Red Beans & Rice Bowl w/Polish Sausage, Salad, Fruit Crisp
<b>8</b> <u>Senior Services:</u> Hot Beef & Cheddar Soup, Potato Wedges, Pears	<b>9</b> Chicken, Rice and Salad	<b>10</b> <u>Senior Services:</u> Dijon Chicken, Lemon Orzo, Steamed Broccoli, Pineapple	<b>11</b> <b>First Responders</b> <b>BBQ</b>	<b>12</b> <u>Brookdale of Monroe:</u> Salmon Patty, Biscuit, Coleslaw <i>Member Only</i>
<b>15</b> <u>Senior Services:</u> Fish & Chips, Coleslaw, Corn Muffins, Peaches	<b>16</b> Cheeseburger, Tater Tots	<b>17</b> <u>Senior Services:</u> BBQ Pulled Pork, Coleslaw, Potato Wedges, Applesauce	<b>18</b> <u>Adkinson Estates AFH &amp; Holtz Safety &amp; CPR:</u> Salad Bar <i>Member Only</i>	<b>19</b> <u>Village Concepts of Marysville:</u> To-Go Sack Lunch <i>Member Only</i>
<b>22</b> <u>Senior Services:</u> Country Fried Steak, Roasted Garlic Potatoes, Green Beans, Fruit	<b>23</b> Hot Ham & Cheese Wrap, Macaroni Salad	<b>24</b> <b>Spaghetti Luncheon</b> <b>Fundraiser</b> 12-1p	<b>25</b> <u>Snohomish Health &amp; Rehab:</u> Pizza <i>Member Only</i>	<b>26</b> <u>Senior Services:</u> Stuffed Shells, Italian Salad, Bread Stick, Pears
<b>29</b> <u>Senior Services:</u> Chicken Alfredo, Garlic Bread, Steamed Broccoli, Peaches	<b>30</b> Chicken Salad Sandwich, Macaroni Salad			

**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.**