

# SNOHOMISH | SENIOR | CENTER HAPPY PLACE

EST. 1989 | WASHINGTON

October 2025

Issue 215

## New Team Member

You may have heard that we said goodbye to Amanda. While we were sad to see her go, we are happy to welcome a new receptionist, Lacey Baldwin.

Lacey is originally from California but has lived here long enough to consider herself a Washingtonian. She is a huge Mariners fan, Sasquatch believer, and lover of nature, hiking, camping and playing cards. Lacey's family includes 2 beautiful children, a son and daughter who play baseball and softball, and a wonderful husband who is a nurse and makes fantastic sausage that she hopes to share with the center at some point.

Please make sure to stop by the front desk to say hello and introduce yourself.



## 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



### Inside This Issue

Director's Letter	pg. 2
Birthdays	pg. 3
Events & Fundraisers	pg. 4
Word Search	pg. 5
Center Info	pg. 6-7
SHIBA Info	pg. 7
Calendar	pg. 8-9
Board President's Letter	pg. 10
Trips	pg. 11
Center Pics	pg. 12-13
Business Members	pg. 14-15
Lunch Menu	pg. 16

  
**SNOHOMISH  
BREWFEEST**

**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**

*Fabulously* **FRUGAL**  
**THRIFT  
SHOP** 

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

Goodbye summer, hello fall! Many of you know how much I enjoy the sunshine, whether it's a walk through the farmers market, enjoying time in the backyard with my family, a round of golf, or watching the sun rise in the morning, I just love the sunshine. But as we go into the fall season, I have to admit I am looking forward to all the things fall brings. Comfy sweaters, football games, comfort meals, weekend movies and the holidays.

The September events were challenging for everyone at the center. Without our volunteers and our fearless center team, we could not have pulled off all of the events we held. Attendance at our community breakfast was a record high for this year, our day and evening bingo players remain constant and growing. We hosted a well attended first responders luncheon, a health fair and a sold out dinner and music event on the same day, and we ended the month with our annual spaghetti fundraiser.

Thank you to Board member, James White for his dedication to our dinner event and spaghetti luncheon and to his sous chef, Bill Doran, you two are amazing! To our cook Melinda for the fantastic first responders luncheon and all the other daily lunches too! Thank you Dawn for keeping our programs in order during this crazy month and for orchestrating our health fair. To Kathleen our finance director, thank you for keeping us fiscally safe and sound. To Rosalie, our marketing and communications guru, thank you for being so creative and innovative with the center's newsletters and information. And lastly, thank you to our members for being flexible, supportive, helpful and understanding while we managed to pull off the busiest month of the year!!

As September comes to a close, we are excited to share that we met our \$20k fundraising goal in honor of National Senior Center month. It is evident that you believe in your Happy Place!

With gratitude

*Director Sharon*



### 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)*

## OCTOBER BIRTHDAYS

Denise Cavallo	10/01	Ann Remington	10/08	Joanne Hoffman	10/16	Patricia Bond	10/24
James Olson	10/01	Marianne Thill	10/08	Donna LaFave	10/16	Michael Shephard	10/24
Paul Pinson	10/01	Marla Baer-Peckham	10/09	Debra Tipple	10/16	Sarah Springer	10/24
Susanna Yeung	10/01	Wendy Beaudry	10/09	Roberta Carrick	10/17	Melinda Anderson	10/25
Merilyn Carlson	10/02	Lanni Johnson	10/09	Ray Cox	10/17	Genevieve Britt	10/25
Melinda McCall	10/02	Richard Peterson	10/09	Susan Evans	10/17	Gary Gable	10/25
Rodney Vroman	10/02	Pamela Cadotte	10/10	Cheryl Orwiler	10/17	Cherie LaMaine	10/25
Odette Yantz	10/02	Alice O'Grady	10/10	Jay Pulliam	10/17	Myron Hovland	10/27
Glenda Barnhart	10/03	Tom Puetz	10/10	Lorraine Lindsey	10/18	Susan Hutchinson	10/27
Suzanne Cowper	10/03	Tanya Ryner	10/10	Cheryl Cooper	10/19	Thomas Keyes	10/27
Donna Green	10/03	Krista Ascherl	10/11	Daniel Parks	10/19	Tom Scott	10/27
David Horton	10/03	Cathy Cox	10/11	Anita Spencer	10/19	Connie West	10/27
Jeff Pocha	10/03	Marilyn Haack	10/11	Leann Torgerson	10/19	Esther Borg	10/28
Diana Uplinger	10/03	Barbara Sturdevant	10/11	Marie Auckland	10/20	Suk (Sue) Kim	10/28
Ronna DeLaVergne	10/04	Diane Wright	10/11	Lee Calles	10/20	Bruce Spooner	10/28
Arleen Flores-Neals	10/04	Paul Bennett	10/12	Leslie Lentz	10/21	Nina Taylor	10/28
Sue Morgan	10/04	Ken Crowder	10/12	David Riesner	10/21	Alexandra Williams	10/28
Karen Tracy	10/04	Dennis Finkeldei	10/12	Ron Sheppard	10/21	Bill Doran	10/29
John Wishart	10/04	Norma Mapel	10/12	Ginger Bernauer	10/22	Susan Forsberg	10/29
Rosey Hamlin	10/05	Bruce Vibbert	10/12	William Bond	10/22	Richard Mathison	10/29
Beverly Lewis	10/05	Sarah Jusko	10/13	Delenah Helvig	10/22	Sharon Hanson	10/30
Yvonne Meredith	10/05	Judy Lacy	10/13	Helga Kash	10/22	Leslie Indresano	10/30
Dixie Collins	10/06	Denise Smith	10/13	Gloria Morrison	10/22	Karen Manley	10/31
Douglas Cooper	10/06	James West	10/13	Felix Neals	10/22	Shellie Starr	10/31
Harold Shoemaker	10/06	Bernice Wright	10/13	Nancy Adams-Walker	10/23		
Terrilyn Walker	10/06	Patricia Burkey	10/15	Becky Buckingham	10/23		
David Carr	10/07	Ella Peterson	10/15	Marilyn Stewart	10/23		



### Robocalls/Texts From The Center

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.





## EVENTS AND FUNDRAISERS

# BINGO BASH

SATURDAY, OCTOBER 4TH

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

CAFÉ OPEN

SNOHOMISH SENIOR CENTER



# COMMUNITY BREAKFAST

SATURDAY, OCTOBER 4TH  
8:30 - 10:30AM

### MENU:

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

**\$7**



[Snohomish Senior Center](#)

# HAPPY HOUR

At Our Happy Place

Thurs. 10/30  
4:00pm

Drinks, Appetizers, Music  
**\$20**

Guests Welcome

Sign up at the front desk by 10/27

Due to the time and cost to prepare, this event requires a minimum of 18 reservations to proceed.

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

## Movie & Ice Cream Social



New York, 1961. A young Bob Dylan (Timothée Chalamet) arrives with his guitar and revolutionary talent, forging relationships with music icons on his meteoric rise.

**A Complete Unknown**  
(Rated R, 2hr 21min: Drama, Heavy, Intense)

**Friday, 10/17 1:00pm**

Ice Cream Sponsored by Susan Hanson

SAVE THE  
DATE

**HOLIDAY BAZAAR**  
Saturday, November 22nd  
9:00-3:00  
(Vendor Spaces Are Full)

## WORD SEARCH

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

SLEEP  
PILLOW  
DARK  
REST  
MATTRESS  
NIGHT  
RELAXATION  
ROUTINE  
BEDDING  
SNOOZE  
SNORE  
NAP  
DREAM  
CIRCADIAN  
RECHARGE  
DOZE  
TIRED  
PAJAMAS  
YAWN  
SLUMBER

**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](http://www.snohomishrehabofcascadia.com)

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 & PROGRAM NEWS

### **Basket Weaving**

Julie Bruck will be teaching a basket weaving class on Wednesday, **October 8th, 15th and 22nd 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** to the first class to cover the supply cost.

### **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 will be leading a Beginner Clay Sculpting class on **Thursdays from 2:30 to 4:30**.

### **Chair Yoga**

Offsite chair yoga classes are available every 1st Friday and 3rd Monday at 3:00 at Yoga Circle Studio (707 Pine Ave. Ste A103.) Sign up at the front desk. These are in addition to our weekly chair yoga classes on Wednesdays at SSC. Karen Guzak teaches all classes offered to SSC members, at the center and at her studio.

### **Comedy Show**

Come share some laughs with us as Boomer Comedian, Jay Fiske performs at SSC on **Thursday, October 23rd at 1:00**. "This isn't another Boomer Roast. It's a show that lifts up America's Greatest Generation with stories, humor, and hard-earned wisdom. From the glory days of rotary phones and rock 'n' roll to the modern-day struggle of surviving group texts and self-checkouts, Jay delivers hilarious, relatable comedy tailored for Boomers who still know how to have a great time."

### **Garden Caretakers**

The Garden Caretakers will have their last meeting of the year on **Wednesday, October 1st at 10:00am**.

### **Fall Gourd Succulent Decorating**

Make your own live succulent centerpiece. Loretta G. will be leading this class where you will learn about succulent care and get to take home your beautiful creation at the end. Space is limited. Sign up at the front desk. **Sunday, November 2nd, 1:30-3:30pm. Cost \$25**

### **Movie and Ice Cream Social**

We host a movie and ice cream social every 3rd Friday of the month at 1:00pm. This month's featured film is *A Complete Unknown*. "New York, 1961. A young Bob Dylan (Timothée Chalamet) arrives with his guitar and revolutionary talent, forging relationships with music icons on his meteoric rise." **Rated R, runtime 2 hour, 21 mins, drama, heavy, intense**. Thanks to Susan Hanson for sponsoring the ice cream.

### **Opioid Overdose Response (Narcan) Training**

Snohomish County Health Department will be at SSC on **Wednesday, October 22nd** during our membership meeting (1:00pm). Join us to learn about the typical signs of an overdose and what to do if one happens.

### **Photo Digitization Event - Remme**

Preserve and share your memories. Do you have a box of old print photos tucked away in a drawer? Now's your chance to preserve those memories and share them with friends and family. Join us for a special Photo Digitization Event on **Monday, October 20th from 9:30-11:30am**, where you can:

Digitize your cherished photos on the spot

Share stories and memories sparked by your photos

Test a new app call **Remme**, created by a local SHS graduate, designed to help people reminisce, connect, and share memories with loved ones

## CENTER & PROGRAM NEWS

### Pinochle Lessons

If you would like to learn how to play pinochle, Larry Pearl will be available for lessons on **Tuesdays at 9:00am**. No need to sign up.

### 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, October 5th @1:05pm vs The Buccaneers**

**Sunday, October 12th @ 10:00am vs The Jaguars**

**Monday, October 20th @7:00pm vs The Texans**

## SHIBA – Statewide Health Insurance Benefits Advisors

SHIBA provides FREE and UNBIASED Medicare advice to anyone receiving Medicare and/or Medicare + Medicaid.

### OPEN ENROLLMENT 2026 (October 15 – December 7)

We begin taking appointments on October 1st, 2025. Open enrollment is for people already enrolled in Medicare, **NOT** new to Medicare.

### Calendar of Open Enrollment Events:

Edmonds Waterfront Center – Oct 22, Nov 10, Dec 1, Dec 5

Camano Center – Oct 24

Anacortes Senior Activity Center – Oct 28, Nov 5, Nov 19

Monroe Senior Center – Oct 30

Carl Gipson Everett – Oct 31

Marysville Center – Nov 3

Rose Hill Mukilteo – Nov 6

Burlington Senior Center – Nov 7

Lynnwood Verdant – Nov 12

Snohomish Library – Nov 20

Stilly Center Arlington – Nov 14

Mount Vernon Senior Center- Nov 17

La Connor Senior Center – Nov 18

Mill Creek Senior Center – Nov 21

Stanwood/Lincoln Hill – Nov 24

Virtual Appointment Using Zoom – various dates

## What Is Shiba?

SHIBA (Statewide Health Insurance Benefits Advisors) is a free, confidential and impartial counseling resource sponsored by the Washington State Office of the Insurance Commissioner. Volunteer advisors will help you understand your rights and options and offer up-to-date information so that you can make an informed decision concerning your health insurance needs.

SHIBA volunteers are highly trained to counsel Medicare -eligible residents of all ages regarding choices, options, and problems with private health insurance, affordable prescription drugs, and Medicare.

## How To Reach Us

**Email is the fastest way to reach us.** ([shibasnohomish@gmail.com](mailto:shibasnohomish@gmail.com))

Or you can call **425-290-1276** to leave a message on our helpline. Calls are returned in the order they are received but we do our best to get back to you within 48 hours.





Advisors return calls & emails Monday through Friday, 9:00am to 4:00 pm. They will often be calling from a blocked number. You may want to communicate by email if your phone does not accept blocked numbers.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>October 2025</b>			<b>1</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>5</b> 1:05 Seahawks Game	<b>6</b> 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 3:45 Senior Stretch	<b>7</b> 9:00 Wood Carving 9:00 Pinochle Lessons 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>8</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 1:00 Basket Weaving \$ 1:00 Grief Support 3:00 Chair Yoga 3:00 Tech Help *
<b>12</b> 10:00 Seahawks Game	<b>13</b> 9:00 Haircut Clinic * 9:15 Movement to Music 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Quilting Group 3:45 Senior Stretch	<b>14</b> 9:00 Wood Carving 9:00 Pinochle Lessons 9:00 Cribbage 9:30 Breakfast w/Director \$ 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>15</b> 8:00 Board Meeting 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 1:00 Basket Weaving \$ 1:00 Resilient Living 3:00 Chair Yoga
<b>19</b>	<b>20</b> 9:15 Movement to Music 9:30 Photo Event –Remme * 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) * 3:45 Senior Stretch 7:00 Seahawks Game	<b>21</b> 9:00 Wood Carving 9:00 Pinochle Lessons 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>22</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 1:00 Basket Weaving \$ 1:00 Membership Meeting 1:00 Opioid Response Training 1:00 Grief Support 3:00 Chair Yoga 4:00 Mystery Dinner \$
<b>26</b>	<b>27</b> 9:15 Movement to Music 9:30 Shopping Trip \$ 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 1:00 Quilting Group 3:45 Senior Stretch	<b>28</b> 9:00 Wood Carving Pinochle Lessons 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>29</b> 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 3:00 Chair Yoga



## NON-WEEKLY PROGRAMS

THURSDAY	FRIDAY	SATURDAY
<b>2</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 2:30 Beginners Clay Sculpting	<b>3</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>4</b> 8:30 Community Breakfast \$   1:00 Leahy Concert \$  5:15 Bingo Bash \$
<b>9</b> 9:00 Watercolor  9:00 Caregiver Support 9:30 Casino Trip \$ 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	<b>10</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>11</b>
<b>16</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 2:30 Beginners Clay Sculpting	<b>17</b> 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 \$	<b>18</b>  9:30 Train Ride \$
<b>23</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 \$ 1:00 Comedy Show 2:30 Beginners Clay Sculpting  4:00 Mystery Dinner \$	<b>24</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>25</b>
<b>30</b> 9:00 Watercolor 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 \$	<b>31</b> 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 5:30 Poker \$	

### 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

### 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**

\* **Appointment Needed**

\$ **Fee or Suggested Donation**



**Trip**

## FROM THE BOARD PRESIDENT



Welcome to October. I always look at this month as the changing month. The leaves are starting to fall. The air is getting cooler at night and you can just smell winter is on his way. September was such a beautiful month. I hope you all enjoyed the warmth and the beauty of the flowers and the joy of being out and about. I hope all of you were able to enjoy all of the activities that we had at the Center in September.

Speaking of events and joyous occasions I wanted to share one with you that has happened to me and Beth. We had a commitment ceremony on September 7th and shared our love and faith of being together forever. It has been a journey and a realization that you can have love again.



Our Snohomish Center and all of the amazing friends have been with us on this journey from the hard times and good times. It is what makes our center so special, because it is about meeting new friends, building relationships and changing people's lives. We have nearly 1,200 members now and the thing we hear most of why people are here is it's a Happy Place to be .

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

<p><b>10/04/25 (Saturday) The Next Generation Leahy Concert</b> Depart @1:00pm, Return after concert ●</p> <p>Accomplished multi-instrumentalist siblings whose live performances are filled with the high-energy, infectious music. However, not content to play only the music of their Celtic heritage, these musicians explore many genres of music and pull influences from far and wide. Presented by Everett Civic Music.</p> <p><b>Capacity: Max 11 Cost: \$18 for Transportation and Ticket</b></p>
<p><b>10/09/25 (Thursday) Tulalip Casino</b> Depart @9:30am, Return @2:00pm ▲</p> <p>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.</p> <p><b>Capacity: Min 8, Max 14 Cost: \$6 for Transportation only, Gambling and Lunch at your expense</b></p>
<p><b>10/14/25 (Tuesday) Breakfast with the Director</b> Depart @9:30am, Return @11:30am ▲</p> <p>Join Director Sharon for a breakfast outing of delicious grub and pleasant conversation.</p> <p><b>Capacity: Min 8, Max 12 Cost: \$5 for Transportation Only</b></p>
<p><b>10/18/25 (Saturday) Snoqualmie Train Ride</b> Depart @9:30am, Return @3:30pm ●</p> <p>Enjoy a 2-hour round trip excursion from Snoqualmie Depot and continue to the top of Snoqualmie Falls then head back through town for a 30-minute visit to the Railway History Campus and the Train Shed Exhibit Hall. We'll make a lunch stop after the train ride. *Make note that there are no restrooms onboard the train.</p> <p><b>Capacity: Min 8, Max 14 Cost: \$25 for Transportation and Train Ticket, Lunch at your expense</b></p>
<p><b>10/22/25 (Wednesday) &amp; 10/23/25 (Thursday) Mystery Dinner</b> Depart @4:00pm, Return @6:30pm ▲</p> <p>You'll enjoy good laughs and friendship at a different restaurant each month. <i>This month's restaurant is not a mystery. We will be dining at Beijing Chinese Restaurant in Marysville.</i></p> <p><b>Capacity: Min 8, Max 14 Cost: \$6 for Transportation only, Dinner at your expense</b></p>
<p><b>10/27/25 (Monday) Shopping Day</b> Depart @9:30am, Return @2:30pm ●</p> <p>Do you need a little retail therapy? We are heading to Lake Stevens to shop at Walmart, TJ Maxx and Michaels. We'll make a lunch stop after the shopping fun.</p> <p><b>Capacity: Min 8, Max 14 Cost: \$6 for Transportation only, Lunch at your expense</b></p>
<p><b>11/13/25 (Thursday) Brigadoon at Everett Village Theater</b> ●</p> <p><b>(***Sign up for Brigadoon begins on 10/1***)</b></p> <p>Depart @1:00pm, Return after show (Show begins at 2:00pm)</p> <p>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 <i>Brigadoon</i>. <i>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.</i></p> <p><b>Capacity: 14 Cost: \$40 for Ticket and Transportation</b></p>
<p><b>12/04/25 (Thursday) The Lion King at Paramount Theatre Seattle</b> ●</p> <p><b>(***Sign up for Lion King begins on 10/1***)</b></p> <p>Depart @11:30am, Return after show (Show begins at 1:00pm)</p> <p>A stunning visual and musical journey through the plains of Africa, the musical brings the classic story to life as a breathtaking spectacle that simply cannot be missed.</p> <p><b>Capacity: 27 Cost: \$60 for Ticket and Transportation (Discounted Tickets Courtesy of an Arts &amp; Theater Grant)</b></p>



**\*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.



## EVENTS AND FUNDRAISERS



A few of our own Creative Crafters were Evergreen State Fair ribbon winners. Congrats to Patty W., Julie B. and Su H.



Thanking our City of Snohomish Employees and First Responders at our annual BBQ.



## CENTER PICS



Have you tried Balance Class yet?



So many great vendors at Community Health Fair.



Ballads From Memory Lane with Chad Donohue. Excellent singing and a tasty dinner. Plus dancing!



 **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>Columbia 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>Blu Dental &amp; Wellness Snohomish</b> Gentle care for every smile Proudly serving Snohomish Bludentalwellness.com 360-568-5800	<b>Humana</b> Maria Salinas   Licensed Sales Agent Phone: 815-315-3534 Email: MSalinas14@humana.com	<b>#1 Angels of Comfort AFH</b> Contact: Jane Njeru Email: angelsofcomfortafh@gmail.com www.angelsofcomfortafh.com

NEW MEMBER!

NEW MEMBER!

NEW MEMBER!

## 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> onthespotsnohomish@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
<b>Patch with Kimberlee</b> Kimberlee 425-231-9481 #3085339 liveyounger.com/kimberleesp Live Well · Live Long · Live Young	<b>Let Us Help You Live Safely &amp; Enjoy Life</b> Senior Living Options Of The Northwest 760-808-2375 Assisted, Independent and Memory Care	<b>Cottages of Snohomish</b> Tracy Morcom tracy@carepartnersliving.com Independent, Assisted & Memory Care Living
<b>Abraham &amp; Co.</b> Registered Investment Advisors Andrew Amoroso: 206-222-0251 a.amoroso@abrahamco.com	<b>Adams Family Estate Services</b> Estate liquidation/Clean outs Donations/Move assistance Anthony (425) 780 9787	<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
<b>RE/MAX Town Center</b> Seniors Real Estate Specialist (SRES) Dale Forney, (425) 315-6401 dale.forney@remax.net	<b>Dream Islands Adult Family Home</b> Where Every Day Feels Like Home Call Us On 206-737-0008 Dreamislandsafh.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](mailto:info@snohomishcenter.org) for details.



SNOHOMISH | SENIOR | CENTER

**HAPPY PLACE**

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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

## October 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>El Paraiso:</u> <sup>1</sup> Chicken Enchilada, Rice, Beans (Member Only)	<u>Senior Services:</u> <sup>2</sup> Herb Gilled Pollock, Rosemary Potatoes, Garden Veggies, Fruit	<sup>3</sup> Ravioli, Salad
<u>Senior Services:</u> <sup>6</sup> Tender Beef Strips w/ Mushroom Gravy, Egg Noodles, Green Beans	<sup>7</sup> Lasagna, Salad	<u>Senior Services:</u> <sup>8</sup> Salisbury Steak, Mashed Potatoes, Scandinavian Veggies, Peaches	<u>Brookdale of Monroe:</u> <sup>9</sup> Swedish Meatballs, Peas (Member Only)	<sup>10</sup> Chicken Noodle Soup, Salad
<u>Senior Services:</u> <sup>13</sup> Bratwurst w/Sauerkraut & Peppers, Bavarian Potato Salad, Strudel	<sup>14</sup> Cheeseburger, Tater Tots	<u>Senior Services:</u> <sup>15</sup> Hot Turkey Sandwich, Mashed Potatoes, Capri Vegetables, Fruit	<u>Adkinson Estates AFH &amp; Holtz Safety &amp; CPR:</u> <sup>16</sup> Salad Bar (Member Only)	<u>Village Concepts of Marysville:</u> <sup>17</sup> Taco Salad (Member Only)
<u>Senior Services:</u> <sup>20</sup> Stuffed Peppers, Steamed Rice, Veggies, Fruit	<sup>21</sup> Baked Potato, Salad	<u>Senior Services:</u> <sup>22</sup> Meatball Stroganoff, Egg Noodles, Steamed Carrots, Roll, Fruit	<u>Snohomish Health &amp; Rehab:</u> <sup>23</sup> Pizza (Member Only)	<sup>24</sup> Meatloaf, Mashed Potatoes, Corn
<u>Senior Services:</u> <sup>27</sup> Baked 3 Cheese Pasta w/Meat Sauce, Steamed Broccoli, Breadstick	<sup>28</sup> Spaghetti, Salad	<u>Senior Services:</u> <sup>29</sup> BBQ Rib Sandwich, Tater Tots, Pumpkin Bar, Apple	<sup>30</sup> Grilled Cheese Sandwich, Tomato Soup	<sup>31</sup> Chili Dog, Chips

**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.**