

SNOHOMISH SENIOR CENTER PROGRAMS

Program	Day	Time	Fee/Cost	Description
Alzheimer's Support Group	2nd Thursday	7:00 pm-8:30 pm	Free	Alzheimer's caregivers meet and offer encouragement along with a facilitator.
Bible Study Group	Tuesday	2:00 pm-3:00 pm	Free	Participants meet for Bible reading and discussion.
Bingo	Tuesday	1:30 pm-3:30 pm	\$6 min buy in	Weekly afternoon bingo. Bingo card sales end at 1:25 to begin promptly.
Bingo Bash	1st Saturday	5:30 pm-8:00 pm	\$8 min buy in	Once a month Saturday evening bingo, fundraising event, open to the public.
Book Club	2nd & 4th	10:00 am-11:00 am	Free	Participants read a book and meet to discuss themes and ideas.
Bridge - Duplicate	Tuesday	12:30 pm-3:45 pm	Donation	Card game
Bridge - Party	Monday & Friday	12:30 pm-3:45 pm	Donation	Card game
Bunco	2nd & 4th Friday	1:00 pm-3:00 pm	Free	Dice Game
Caregiver Support Group	Thursday (2nd & 4th)	9:00 am-10:00 am	Free	Caregiver's meet and offer support along with a facilitator.
Chair Yoga	Wednesday	3:00 pm-3:45 pm	MEMBERS: Free GUESTS: \$5	Gentle yoga done while seated in a chair. (Off-site classes also offered on the 1st Fri. & 3rd Mon. at Yoga Circle Studios, sign up at the SSC front desk. Off-site classes are member only and free.)
Clay Sculpting	Thursdays	12:00 pm-2:30 pm	Donation	Create your own project from beginning sculpting to fired and glazed in a few weeks - Clay provided by Bruning Pottery
Coloring Group	1st & 3rd Monday	10:00 am-11:30am	Free	Bring your own materials for a casual morning of coloring and conversation.
Community Breakfast	1st Saturday	8:30 am-10:30am	\$7 Suggested Donation	Once a month Saturday morning breakfast, fundraising event, open to the public.
Creative Crafters	Wednesday	9:30 am-11:00 am	Free	Participants meet to work on their own projects such as knitting or crochet and enjoy conversation
Creative Writing	Fridays	10:00 am-11:30 am	Free	Participants gather weekly to read their individual writings to the group
Cribbage	Tuesday	10:00 am-11:30 am	Free	Card game
Diamond Painting	Monday	1:00 pm-2:30pm	Free	Create intricate, dazzling artwork. Diamond painting kits are sold at craft stores and online. Bring your own project/ supplies to work on.
Foot Clinic	1st & 3rd Friday	9:00 am-2:00 pm	\$40 - Members Only	Foot care including nail trim, callous reduction, infection prevention & education to maintain healthy feet
French Conversation Group	Wednesday (virtual)	1:00 pm - 3:00 pm	Free	Participants gather via zoom to share their passion for the French language
Gardening Group	Varies	Varies	Free	Members take care of gardening needs around our center.
Grief Support Living with Change	2nd & 4th Wednesday	1:00 pm-2:30pm	Free - Members Only	Facilitated by a registered trauma nurse. Members meet to share and offer support to each other after suffering loss.
Happy Hour	Last Thursday	4:00 pm-6:00pm	\$20	Members and guests gather for conversation, dancing, light appetizers and beverages
Line Dancing	2nd & 3rd Thursday	2:00 pm-2:45pm	MEMBERS: Free GUESTS: \$5	Fitness Class
Library	Monday - Friday	Varies	Free	Books and puzzles are available to borrow by the honor system.
Light Therapy	Mondays	9:15-12:15	\$20 Members Only	Jene Shackelford C.L.T. of SG Light Therapy Lounge offers Firefly Light Therapy to reduce pain and accelerate healing.
Lunch	Monday - Friday	11:45am-12:30 pm	MEMBERS: Free GUESTS: \$5 (Senior Service Days: \$4 suggested donation ages 60+, \$8 fee for all others)	Menu is available in the newsletter and online. Reservations must be made, at the latest by 2pm, the business day prior, but note that reservations will be cutoff once we have reached capacity, which may be sooner.
Mah Jongg	Monday	12:00 pm-3:45 pm	donation	Tile-based game. Lessons are available by appointment for new players.

SNOHOMISH SENIOR CENTER PROGRAMS

Program	Day	Time	Fee/Cost	Description
Massage	Thursday	10:30 am -1:30pm	\$20 (Members Only)	15 minute chair or table massage
Meditation	1st Friday	3:00-3:45pm	Free	Guided Loving Kindness meditation class, led by Arunkumar Manickam.
Mexican Train	Monday	1:00 pm-3:45pm	Free	Domino Game
Membership Meeting	4th Wednesday	1:00 pm-2:00 pm	NA	Monthly meeting to stay informed about the center
Mental Health Counseling	2nd & 4th Tuesday	9:15 am - 1:15pm	\$15 (Members Only)	Short term individual counseling through Homage Senior Services counseling program. Call the front desk for information about booking an appointment.
Movement to Music	Monday & Wednesday	9:15 am-10:15 am	MEMBERS: Free GUESTS: \$5	Fitness Class with lively music and dance moves.
Movie & Ice Cream Social	3rd Friday	1:00 pm-3:00 pm	FREE	Enjoy a bowl of ice cream and a featured movie, sponsored by Medicare Options 4 U.
Needlework Group	1st & 3rd Monday	1:00pm-2:30pm	FREE	Bring your embroidery or cross stitch projects to work on while enjoying conversation.
New Members Lunch	4th Wednesday	12:00 pm-12:30	Free by Invitation	New members are welcomed to the center with a monthly lunch
Open Games	Wednesdays	12:30 pm-3:45 pm	Free	Free game play for our members, such as scrabble and chess. A selection of board and card games is available.
Ping Pong	Friday	9:00 am-11:00 am	Free	Members engage in camaraderie and an engaging game of ping pong
Pinochle	Thursday	12:30 pm-3:45 pm	Donation	Card game
Pinochle - Deck & Half	Sunday & Tuesday	12:30 pm-3:45 pm	\$2 donation (to play)	Card game
Poker	Wednesday	9:00 am-12:00 pm	Donation	Card game
Quilting Group	2nd & 4th Monday	1:00 pm-3:00 pm	Free	Members work on individual and group quilting projects
Resilient Living	1st & 3rd Wednesday	1:00pm-2:30 pm	Free	Co-facilitated, members gather to discuss and share their ideas on moving forward on a path of resiliency after loss.
Seahawks Sundays	Sunday or Monday	(Game time varies)	Free	Members gather to enjoy the football game and tailgate snacks
Senior Fitness	Tuesday & Thursday	10:00 am-11:00 am	MEMBERS: Free Guests: \$5	Fitness Class incorporating upbeat music, move at your own pace.
Senior Stretch	Mondays & Wednesdays	3:45-4:30pm (Mon) 10:15-11:00am (Wed)	MEMBERS: Free Guests: \$5	Fitness Class to increase your stretch, strength and stability.
Sound Bath	2nd & 4th Friday	3:00 pm-3:45 pm	MEMBERS: Free Guests: \$5	Experience the benefits of energetic synchronization for the whole body with sound and vibration created by tibetan bowls and drums
Tech Help	2nd weeds & 4th Friday	(By Appointment)	Free (Members Only)	High school students provide help with members' cell phones and computers
Trips	Varies-See Calendar	Varies	Depends on trip	Members enjoy local trips. Details can be found in the newsletter each month.
Walking Group	Thursday	11:00 am-12:00	MEMBERS: Free Guests: \$5	Fitness - Outdoor walking group, walks along Centennial Trail
Watercolor	Thursday	9:00 am - 11:30 am	Donation	Members create individual paintings together as a group - bring your own supplies
Woodcarving	Tuesday	9:00 am - 12:00 pm	Free	Members bring their woodworking projects to work on