

Health & Wellness Programs at SSC

Mental Health Counseling

2nd & 4th Tuesdays 9:15a-1:15p *By Appointment, Member Only, \$15*

Resilient Living

1st & 3rd Wednesdays 1:00p

Grief Support

2nd & 4th Wednesdays 1:00p

Caregiver Support

2nd & 4th Thursdays 9:00a

Alzheimer's Support

2nd Thursday 7:00p

Massage

Thursdays 10:30a-1:30p *By Appointment, Member Only, \$20*

Foot Care Clinic

1st & 3rd Fridays 9:00a-2:00p *By Appointment, Member Only, \$40*

Red Light Therapy

Mondays 9:15a-12:15p *By Appointment, Member Only, \$20*

Meditation

1st Friday 3:00p

Fitness Classes

Complimentary for Members

Movement to Music: Mon, Wed 9:15a; **Senior Fitness:** Tue, Thur 10:00a;

Chair Yoga: Wed 3:00p; **Chair Yoga (offsite):** 1st Fri, 3rd Mon 3:00p;

Senior Stretch: Mon 3:45p, Wed 10:15a



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*

**Snohomish Senior Center will be closed on
New Year's Day-Wednesday, January 1st and Monday,
January 20th in observance of Martin Luther King Jr. Day**



Sharon Burlison

From the **EXECUTIVE DIRECTOR**

As we bid farewell to the year, we reflect on our accomplishments and the challenges we have overcome together. Our members have shared their love of their center, and because of this we have successfully increased our membership by over 30%. It is a time to celebrate the many achievements in 2024; from fruitful fundraisers to increasing our daily attendance, and changing and improving lives, so much of this would not be possible without the unwavering support and dedication of our volunteers, your Board of Directors, the center team, and our community partners. With that, we give thanks on behalf of the entire membership.

Together we will start off the new year with new goals, innovative ideas and strive to make a positive impact on our center family and the community at large.

This past month, our grandchildren opened my heart to the meaning of time, something I know our members know how valuable this treasure is. Dave and I often find ourselves just letting the time go by as we watch and listen to them interact. We are lucky to live close to these cherubs and to be able to enjoy watching them grow. Looking back on my own life, I now understand why my visits with my Grandma and Grandpa meant so much to them. It was time.

My wish for you is that you have the time to spend with your family & friends, and those close to you. May you enjoy the simple pleasure of just being in their presence while cherishing the moment of time together.

Cheers to a wonderful new year!

With love,
Sharon

SSC membership is \$40/year.

Ages 18+ are welcome to join.

SSC membership also makes a great gift!

Our center offers a variety of activities, classes, support groups, special events, and trips which provide a number of ways for our members to connect and thrive.

Applications are available at the front desk or online at

SNOHOMISHCENTER.ORG



2024 Donors*

Adams, Vicki	Fred Meyer	Olivia, Issy
Agopsowicz, Dorothy	French Group	Party Bridge Group
Alternative Roofing Systems Inc.	Fulton, William	Ping Pong Group
Anders, Eric	Gable, Gary	Pinochle Group
Anderson-Carr, Gay	Gahm, Karen	Pinson, Paul
Baker, Carol	Garner, Elizabeth	Poker Group
Barclay, Beth	Gray, Rick	Poteete, Johnnie
Barnes, Katherine	Greenshields, Cathy	Rainsberger, Pat
Bashaw, Patricia	Han, Daniel	Robinett, Henry & Donna
Bazzano, Robert	Hanson, William	Robinson, Jane
Bernauer, Ginger	Harrison, Kim	Rogers, Diane
Berrier, Kathleen	Hawley, Amber	Ruth, Jill
Bible Study Group	Heimbach ,Ginger	Sack, Don & Carol
Bindel, Frederick	Heinzer, Carl	Sayers, Gary
Bloodgood, Valerie	Holt, Bill	Schauf, Gregory
Bohlke, Peter	Hoops, Louise	Schauf, Jordan
Boyden, Judy	Howell, Marilyn	Schock, Geri
Brennan Heating & Air Conditioning	Humphrey, Dan & Dawn	Seahawk Fan Group
Brown, Carroll	Hurt, Kim	Sereyka, Mary
Brown, Roy	Hutchinson, Susan	Shayne, Susie
Bunco Group	Keat, Don	Sky Valley Stock & Antique Tractor Club
Burlison, Sharon	Keithly, Bruce	Smith, Brittany
Caldwell, Cindy	Key, Bryan	Snodgrass, Jim
Carlson, Kaye	Kirkley, Merle	Snohomish Eagle Riders
Cenci, Erica	Kiwanis Club of Snohomish	Snohomish Lions Club
Clay Sculpture Group	Knittel, Jerry	Spaetig, Kimberlee
Community Foundation of Snohomish County	KT Nails	Sperry, Ann
Crafters Group	Kuntz, Michael	Sullivan, Jim
Cranmore, Delores	Lee-Holloway, Cynthia	Tassey, Gregory & Susan
Crowder, Kenneth	Lewis, Linda Ann	Taylor, George
D Loves Chocolate	Line Dancing Group	Tracy, Karen
Davenport, Barbara	Linger, Gary	Verlinde, Arthur
Deck & Half Group	Manley, Michael	Vexler, Sonia Siegel
Desynadinos, Tasha	Marable, Jean	Walters, Gary
Dills, Sue	Martin, Robin & Sharon	Water Color Class
Doran, Bill	McClellan, Ernest	Wood Carvers Group
Dotson, Jim & Wanda	McKeown, Julianne	Worthington, Toby
Duplicate Bridge Group	Megenity, Lorie	Writing Group
Edwards, Michael	Montague, Barbara	
English, Verne	Nava, Loretta	
Fisk, Kathy	Northwest Harvest	
Ford, Tony	Nunn, Linda	

We also thank the many business partners and sponsors who have supported us this past year. For a complete list of businesses, visit our website.

* Donations received as of 12/11/24

CENTER & PROGRAM NEWS

Basket Weaving

Julie Bruck will lead a new session of basket weaving classes. Classes will take place on the following **Wednesdays: January 8th, 15th & 22nd at 1:00pm**. Please bring **\$5** cash to the first class to pay for materials. You will need to attend all 3 days to complete your basket.

Business Membership

Beginning in the new year, business membership will increase to \$130. This fee helps support our programs and services and includes a 12 month listing in our newsletter.

Chair Yoga

Offsite chair yoga classes are available every **1st Friday & 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.

Chess

If you are interested in playing chess, join the new group of players on **Wednesdays at 12:30** during the Open Table Games program.

Current Events Discussion

If you are interested in discussing current events in a constructive, thoughtful way, join us on **Thursday, January 16th at 1:00pm**. The goal of this group is to share, listen, and reflect on topics while being respectful of differing opinions and experiences.

Donor Listings

Included in this issue is the 2024 list of donors, as of 12/11/24. We want to express our genuine gratitude for the donations you all have given. Your gifts make a difference, large or small, it all adds up to benefit SSC. Moving forward we will list the donors in a yearly format rather than each month. Thank you also to the many business partners who have supported us this past year. For a complete list of business sponsors, visit our website.

Firefly Light Therapy

Jene Shackelford C.L.T. of SG Light Therapy Lounge offers Firefly Light Therapy on **Mondays 9:15-12:15**. Your 20 minute appointment will be **\$20**. Experience pain relief and accelerate healing. Typically 2-3 sessions are needed within a few days for best results. Additional appointments will be available at her studio on Cedar Avenue after your first session at SSC. **Members only**, sign up at the front desk.

Flower Arranging

Zach and Candace of The Petal and The Stem will be at SSC hosting a flower arranging workshop on **Wednesday, January 15th at 1:15pm**. All materials will be provided and you will leave with a custom flower arrangement. The cost is **\$25**. Sign up at the front desk by 1/10.

Foot Care Clinic

Carrie Work LPN, CFCS serves our members on the **1st and 3rd Fridays** of each month from **9:00-1:30**.

This is offered as a Member only service for **\$40**.

Your appointment may include the following services:

- Reduce Thickened/Fungal Nails
- Callus Reduction
- Trim Overgrown Nails
- Foot Care Education
- Ingrown Nail Prevention and Treatment
- Foot Wear Assessment
- Infection Prevention
- Referrals When Necessary

CENTER & PROGRAM NEWS

Furry Tales

Make a difference in the life of a cat residing in Pasado's Safe Haven's Kitty City (located between Monroe and Sultan) by reading aloud to provide socialization and a soothing voice. Reading materials are available, you are encouraged to bring your own. The next dates for this activity are **1/29, 2/26, 3/26, 4/30, 5/28 & 6/25 from 1-3pm**. Sign up at the front desk, space is limited. You will be driving there in your own vehicle.

Massage

Cesalee Locke of A New Beginning Massage and Bodywork offers 15 minute massage sessions here at SSC. Appointments are available every **Thursday from 10:30-1:30** for \$20 (members only). You will have the option of a chair or table massage, both clothed. Book your appointment at the front desk.

Mental Health Counseling

Counseling appointments are available on the **2nd and 4th Tuesdays** of the month, here at the senior center through Homage Senior Services counseling program. Call or stop by the front desk for the details about how to schedule an appointment. This is subsidized through the American Rescue Plan Act grant, which means members pay only **\$15** per appointment.

Qi Gong

This class will no longer be offered as the instructor is unavailable.

Retired Seniors Volunteer Program

Maureen from the Retired Seniors Volunteer Program (RSVP) will be at SSC on **Thursday, January 9th at 12:45** for a short presentation about the program and volunteer opportunities for people 55 and over.

Seahawks Viewing Party

Members are invited to watch the last Seahawks football game on the big screen and cheer on our team. The Seahawks Fan Group will get together at the Senior Center for the viewing party. Doors open half an hour before game time. Bring a tailgate snack to share during the games.

Sunday 1/5 vs The Rams (*game time has not been announced yet*)

Senior Stretch

Join us for Senior Stretch to increase your stretch, strength and stability: **Wednesdays from 10:15am to 11:00am**, and now on **Monday afternoons from 3:45pm to 4:30pm**. (The rest of the center will still close at 4:00.) This new class is included in our complimentary fitness program for SSC members.

A Full Program List With Details Can Be Found At The Front Desk And Online

 **EvergreenHealth**
Monroe
Your Community-Owned Hospital

Stay Connected With The Latest Updates

Online: snohomishcenter.org

Facebook: [Snohomish Senior Center](#)

Instagram: [snohomishseniorcenter](#)

FROM THE BOARD PRESIDENT



Merle Kirkley

HAPPY NEW YEAR & Welcome 2025!
 The new year is approaching so resolutions are being made.
 I don't make resolutions as they are difficult to stick to.
 However, let us hope that our country may continue to grow
 more tolerant and prevail as a country with resolutions of
 peace and goodwill.

I would be remiss in not mentioning the amazing things our
 Senior Center has accomplished with our leader Sharon and staff of Rosalie,
 Kimberlee, Rosey, Kathleen, Smitty, Amber and of course, our Chef Melinda who
 provides wonderful meals for our senior center.

All of that would not happen without our fantastic hard working volunteers.
THANK YOU ALL!

Wishing you a happy, prosperous and blessed 2025!!
 See you soon at our Happy Place.

Merle

Board of Directors 2024-2025

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

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

JANUARY BIRTHDAYS

Karen Brothers	01/01	Francesca Cohn	01/08	Cathey Buck	01/18	Pam Schilatay	01/26
Joli Hansson	01/01	Tim Evans	01/08	Edith Lind	01/19	JoAnn Cole	01/27
Lindalee Haynes	01/01	Linda Kelly-Groeneveld	01/09	Cindy McKay	01/19	Char McCain	01/27
Eleanor Owen	01/01	Patricia Bowers	01/10	Heidi Van Lom	01/19	Philip Bastian	01/28
Geri Schock	01/01	Marlys Illg	01/11	Kathleen Gable	01/20	Jim Dotson	01/28
Katherine Barnes	01/02	Christine Ryan	01/11	Phyllis Garrett	01/20	Les Root	01/28
Judith Godfrey	01/02	Lee Sundgren	01/11	Cynthia Bergh	01/21	Moira Earl	01/29
Arlene Lackor	01/03	Jerri Gievers	01/12	Loretta Carlile	01/21	Brenda Hill	01/29
Anna Ross	01/03	John Paradis	01/12	James Charvet	01/21	Charlotte Hofer	01/29
Bob Bruhjell	01/04	Johnnie Poteete	01/12	Charlene Counts	01/22	Linda Hughes	01/29
Ricky Damron	01/04	Nancy Finkeldei	01/13	Marilyn Gauthier	01/22	Joan Keller	01/29
Gloria Davidson	01/05	Darlene Harrington	01/13	Marvin Thill	01/22	Steven Williams	01/29
Marlene Murray	01/05	Janette Bellows	01/14	Linda Kautz	01/22	Daniel Burkey	01/30
Kathleen Fonceca	01/06	Barbara Dempsey	01/14	Don Keat	01/22	Dale Edwards	01/31
Alice Martinek	01/06	Kathryn Hall	01/14	Jennifer Kohn	01/23	Barbara Hall	01/31
Vivian Moen	01/06	Helen Fahey	01/14	Josie Taylor	01/24	Dorothy Hiestand	01/31
Charles Bailey	01/07	Linda Pedersen	01/14	Denise Held	01/25	Peggy Summerhays	01/31
Mary Cathey	01/07	John Minifie	01/16	Neal Huntley	01/25	Becca Thomas	01/31
Saskia Duffner	01/07	Valerie Saadatmandi	01/16	Kathy Heikes	01/26		
Louie Long	01/07	Kathryn Watanabe	01/17	Sue Osborne	01/26		



HAPPY
BIRTHDAY!

TRIPS

SSC MEMBERSHIP REQUIRED FOR ALL TRIPS

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.

JANUARY TRIP SIGN UPS WILL NOT TAKE PLACE ON THE 1ST BUSINESS DAY.
SIGN UP ON MONDAY, JANUARY 6TH

Mystery Dinners ▲

Friday, January 10th & Tuesday, January 28th: Depart @4:00pm, Return @6:30pm
You'll enjoy good conversation and a delicious meal at a different restaurant each month.
Capacity: Min 8, Max 14 Cost: \$6 for Transportation Only

Everett Silvertips ●

Sunday, January 12th: Depart @3:00pm, Return after game
Come cheer on our hometown hockey team. It's "Mascot Mania" day! Tickets are on the 100 level.
Capacity: Max 12 Cost: \$30 for Ticket and Transportation.

Hibulb Cultural Center ■

Wednesday, January 22nd: Depart @9:30am, Return @1:30pm
Learn about the history and culture of the Tulalip people through the fascinating exhibits. We'll stop for lunch after the tour.
Capacity: Min 8, Max 14 Cost: \$10 for Ticket and Transportation.

Legally Blonde ▲ *This Trip Was Opened in December And Is Currently FULL*

Thursday, January 23rd: Depart @1:00pm, Return after show
Based on the beloved movie, *Legally Blonde The Musical* takes you from the sorority house to the halls of justice in fabulously fun, blonde-tastic style. Presented by Everett Village Theater.
Capacity: Max 11 Cost: \$69 for Ticket and Transportation

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.



***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.**

COMING IN FEBRUARY
Professional Bull Riding Show
Seals & Crofts 2 Concert



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<h1>January 2025</h1>			1 CLOSED New Year's Day
5 12:30 Deck & 1/2 \$ TBD Seahawks Game	6 9:15 Movement to Music 9:15 Light Therapy \$ * 10:00 Coloring Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Needlework Group 1:00 Mexican Train 3:45 Senior Stretch	7 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 NO Bible Study	8 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 French Group (remote) 1:00 Grief Support 3:00 Chair Yoga 3:00 Tech Help *
12 12:30 Deck & 1/2 \$  3:00 Silvertips Game \$	13 9:15 Movement to Music 9:15 Light Therapy \$ * 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train 3:45 Senior Stretch	14 9:00 Wood Carving 9:00 Cribbage 9:15 Counseling \$ * 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study	15 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 French Group (remote) 1:00 Resilient Living 1:15 Flower Arranging \$ 3:00 Chair Yoga
19 12:30 Deck & 1/2 \$	20 CLOSED MLK Jr. Day 3:00 Chair Yoga (off site) *	21 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study	22 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 9:30 Hibulb Cultural Ctr. \$ 10:00 Book Club 10:15 Senior Stretch 12:30 Open Table Games 1:00 Basket Weaving \$ 1:00 Membership Meeting 1:00 French Group (remote) 1:00 Grief Support 3:00 Chair Yoga 
26 12:30 Deck & 1/2 \$	27 9:15 Movement to Music 9:15 Light Therapy \$ * 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Quilting Group 1:00 Mexican Train 3:45 Senior Stretch	28 9:00 Wood Carving 9:00 Cribbage 9:15 Counseling \$ * 10:00 Senior Fitness 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study  4:00 Mystery Dinner \$	29 9:00 Poker \$ 9:15 Movement to Music 9:30 Creative Crafters 10:15 Senior Stretch 12:30 Open Table Games 1:00 French Group (remote) 3:00 Chair Yoga

NON-WEEKLY PROGRAMS

THURSDAY	FRIDAY	SATURDAY
2 9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 1:00 Haircut Clinic *	3 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 \$	4 8:30 Community Breakfast \$ 5:30 Bingo Bash \$
9 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 \$ 12:45 RSVP Presentation 2:00 Line Dancing 7:00 Alzheimer's Support	10 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 1:00 Bunco 3:00 Sound Bath  4:00 Mystery Dinner \$ 5:30 Poker \$	11
16 9:00 Sunrise Social \$ 9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 1:00 Current Events Discuss. 2:00 Line Dancing	17 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 5:30 Poker \$	18
23 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 Legally Blonde \$	24 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 12:30 Tech Help * 1:00 Bunco 3:00 Sound Bath 5:30 Poker \$	25
30 9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 4:00 Happy Hour \$	31 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
- 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
- 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**
2nd & 3rd Thur 2:00p
- Meditation**
1st Friday 3:00p
- Mental Health Counseling**
2nd & 4th Tues 9:15a-1:15p
- 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
- Tech Help**
2nd Wed 3:00p & 4th Fri 12:30p

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

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

EVENTS AND FUNDRAISERS



Community Breakfast

**Saturday, January 4th
8:30-10:30am**

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

- Suggested Donation \$7 -

SNOHOMISH | SENIOR | CENTER

BINGO BASH

Snohomish Senior Center

SATURDAY, JAN 4TH



Doors Open at 4:00pm

Early Bird Session Begins at 5:15pm

Regular Session
Begins at 5:30pm

Cafe Open

Sunrise
SOCIAL



**Thursday, January 16th
9:00am**

Join us for a light breakfast, coffee
and conversation with friends.

\$5
Sign up at the front desk

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

HAPPY HOUR



**THURSDAY
30
JAN
4:00PM**

\$20

SIGN UP AT THE FRONT DESK

**Appetizers
Drinks
Karaoke & Dancing Too!**



SNOHOMISH | SENIOR | CENTER


HAPPY PLACE

EST. 1989 | WASHINGTON

WORD SEARCH

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

WELLNESS
 EXERCISE
 HYDRATE
 SLEEP
 MOVEMENT
 HEALTHY
 BALANCE
 HYGIENE
 STRETCH
 GOALS
 NUTRITION
 BREATHE
 HOPE
 LAUGHTER
 SOCIAL
 ACTIVE
 FITNESS
 STRENGTH
 REST
 GRATITUDE



*Senior Living Options of
the Northwest*

Jeff Roberts
Resource & Family Advisor

3532 172nd Street NE
#122
Arlington, WA 98223

www.slonw.com
JeffRoberts@slonw.com

PH: 760-808-2375
FAX: 360-925-3444

Movie & Ice Cream Social



The Love Punch

**Friday, 1/17
1pm**

Ice Cream Sponsored by Susan Hanson

CENTER PICS



A few Holiday Bazaar volunteers, including Santa & Mrs. Claus (Andy & Flora)



Holiday Luncheon



CENTER PICS



12 Days of Goodness event with Seahawks Legends Alonzo Mitz and Randall Morris



The Legends stopped in to meet Enrique of El Paraiso, one of our monthly lunch sponsors



In Inclement Weather

In the event of snow or ice, 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.

BUSINESS MEMBERS

<p>Explore Medicare With Our Team Optimal Insurance Choice 866 725 7104 optimalinsurancechoice.com</p>	<p>D & D Junk Removal Call Brittany today to schedule junk removal 425-622-7565 office@ddjunk.com</p>	<p>Sanrise Homecare LLC Finding Care Should Be easy as visiting www.sanrisehomecare.com</p>
<p>Skydive Snohomish 9906 Airport Way Snohomish, WA 98296 tysonh@skysno.com 360-568-7703</p>	<p>Snohomish Flying Service 9900 Airport Way Ste. C, Snohomish, WA christio@snohomishflying.com 360-568-1541 ext. 234</p>	<p>Umpqua Bank Together For Better Kim Harrison VP - Branch Manager</p>
<p>Harvey Airfield 9900 Airport Way Ste. B, Snohomish, WA cyndyh@harveyfield.com 360-568-1541 ext. 229</p>	<p>First Financial Northwest Bank Marie Auriol Business Banking Manager 303 91st Ave NW E-502 Lake Stevens 425-264-2784 AuriolM@FFNB.com</p>	<p>KT Nails Manicures, Pedicures, Waxing & Facials 255 Cypress Street, Snohomish 360-217-7045</p>
<p>Echoing Nature Education & Sales of dōTERRA essential oils & natural products Call/text Joanna @425-231-3616</p>	<p>Snohomish Lions Club “We Serve” SnohomishLions.org 425-610-8297 Lions@SnohomishLions.org #SnohomishLions #SnohoLions</p>	<p>Visit YogaCircleStudio.com Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.</p>
<p>Sanders Coaching Team dawn@sanderscoachingteam.com offering classes to build mental fitness 425.351.8125</p>	<p>New York Life Pamela Taubenheim www.pytaubenheim.nylagents.com 360-568-6436</p>	<p>Julianne McKeown Gilpin Realty, Inc. Now Is The Time, Let’s Make Your Move! mckeownhomes.com 425-330-4709</p>
<p>Questions about Medicare? Guided Solutions can help! Contact us today at 866-733-5111 guidedolutions.com/medicare</p>	<p>Village Concepts of Marysville Grandview Village Joanne Acton 360-653-2223 Independent and Assisted Living</p>	<p>Peoples Bank Snohomish Branch at Fred Meyer Jennifer Berry 360-563-1112 www.peoplesbank-wa.com</p>
<p>Washington Tree Experts washingtontreeexperts.net 425-771-4430 Free estimates for tree pruning/removal</p>	<p>doTERRA Natural Wellness Essential Oils For Health & Wellness Shannon 206.819.6002 TAKE CONTROL OF YOUR HEALTH</p>	<p>First and Main Real Estate Snohomish Family Owned Historic Firehouse Building 425-210-7307</p>
<p>Austin’s Automotive Repair Servicing all makes and models 507 Maple Ave. Snohomish 98290 360-863-2700</p>	<p>Snohomish School District Kent Kultgen Kent.kultgen@sno.wednet.edu 360-563-7280</p>	<p>AccentCare Hospice of Snohomish Natasha Jahn, Hospice Consultant C: 206-491-9647 ; O: 425-336-5934 natashajahn@accentcare.com</p>
<p>Are You Ready For Medicare 2025? Viktoria Thibault, Humana Insurance 206 245 4268 vthibault@humana.com</p>	<p>Tender Loving Care By LauraLee Private Duty Caregiver 360-631-7428 TLCBYLL@icloud.com Quality Care without Agency Fees</p>	<p>Evergreen Care Solutions contact@evergreencaresolutions.com (425) 770-2516 or (206) 355-1410 Home Care With Heart</p>
<p>Periwinkle Rose Handmade pajamas, gifts, décor, subscription box! www.periwinklerose.com 360-568-3465</p>	<p>Alternative Roofing Systems Inc. www.altroofing.com or 866-ALT-ROOF Flat Roof Specialists Since 1982 “Work & Quality Guaranteed!”</p>	<p>Schultz Financial Partners www.schultzfp.com 360-863-3180 Partnering together to improve the community</p>

BUSINESS MEMBERS

<p>Medicare Questions? Call Hillary Blanchard (805) 651-0091 My services are no cost to you!</p>	<p>Spirited Ambiance Candle Foundry Handcrafted Soy Wax Candles Locally made in Snohomish www.spiritedambiance.com</p>	<p>Snoho Mojo Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish</p>
<p>Right at Home Snohomish County Serving Seniors “Wherever home may be” 425-290-1714 www.rightathome/snohomishcounty</p>	<p>Edward Jones - Financial Advisor: Sterling Gurney, CFP®, CRPC™ 602 2nd St Suite C, Snohomish (360) 563-1042</p>	<p>Ryan Hembree Insurance 425-330-4885 Ryan@HembreeInsurance.com Medicare, LTC, Life, Annuities</p>
<p>At-homish Podcast Creating Spaces Where We Belong Wil Johnson www.homish.us</p>	<p>Evergreen Health Monroe “Your Community Owned Hospital” www.evergreenhealthmonroe.com</p>	<p>Susan Hanson Specializing in Medicare Choices Local Licensed Agent 425-658-6022</p>
<p>Mattress Firm 2529 Bickford Ave. 360-512-3214 Mattresses. Adjustable Bases. Bedding</p>	<p>Community Transit Website: communitytransit.org Got questions? We’re here to help Call (800) 562-1375</p>	<p>Bruning Pottery 115 Ave D Snohomish, WA 98290 Handmade High Fired Pottery Since 1983 www.bruningpottery.com</p>
<p>Caring Transitions 425-539-0045 Senior Move Mangers, Online Auctions Estate Sales & Clean Outs caringtransitionsmillcreek.com</p>	<p>Riverview Road Cidery 5719 Riverview Rd, Snohomish www.raisingcaneranch.com Tree-To-Tap Hard Cider (open June-Oct)</p>	<p>Mobility Works 21704 87th Ave SE Woodinville WA 98072 425-481-6546 Leader in the Mobility Industry</p>
<p>Edward Jones Kenny Snypp Kenny.Snypp@Edwardjones.com Financial Advisor</p>	<p>Tailored Pet Services LLC Dog Walks/Training, Vacation Care 30-MIN EARLY BIRD: M-TH \$18/walk www.tps-wa.com 425-923-7791</p>	<p>Snohomish Health & Rehab 360-568-3161 snohomishrehabofcascadia.com Skilled Nursing / Respite Care</p>
<p>Jallos Hamidou Jallow (CEO) 425-232-1892 hamid.jallow@jallos.com West African Fried Rice (Jollof) & Intl. Food</p>	<p>Lifewave, LIGHT THERAPY PATCHES Teresa 425-299-8206 ID #2146974 Lifewave.com/TERESAPHILIPS • ELEVATE • ACTIVATE • REGENERATION</p>	<p>Let Us Help You Live Safely & Enjoy Life Senior Living Options Of The Northwest 760-808-2375 Assisted, Independent and Memory Care</p>

NEW MEMBER!

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.

Presort-Std.
U.S. Postage Paid
NON-PROFIT
Snohomish, WA
Permit #622

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,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Those who have failed to cancel a lunch reservation 3 times or more, resulting in no-shows, will be removed from the reservation list.		1 CLOSED	2 Senior Services: Salisbury Steak, Mashed Potatoes, Green Beans, Fresh Fruit	3 Senior Services: BBQ Pulled Pork Sandwich, Coleslaw, Potato Wedges
6 Senior Services: Chicken Parmesan over Spaghetti, Garden Veggies, Garlic Bread	7 Cheeseburger, French Fries	8 Senior Services: Chicken Alfredo, Breadstick, Broccoli, Fruit	9 Brookdale of Monroe: Beef & Barley Soup, Homemade Biscuit	10 French Toast, Sausage
13 Senior Services: Grilled Turkey & Cheese, Tomato Soup, Carrots, Fruit	14 Seashell Pasta, Salad	15 Senior Services: Vegetable Lasagna, Streamed Broccoli, Garlic Bread, Applesauce	16 Adkinson Estates AFH and Holtz Safety & CPR Salad Bar	17 Village Concepts of Marysville: Taco Salad
20 CLOSED	21 Chicken Marsala, Veggies	22 Senior Services: Baked Salmon, Clam Chowder, Wild Rice, Spinach	23 Snohomish Health and Rehab: Pizza	24 GenCare of Lynnwood: Meatloaf, Mashed Potatoes, Corn
27 Senior Services: Chicken Chow Mein, Crisp Noodles, Fried Rice, Egg Roll, Mandarins	28 Baked Potato, Salad	29 Senior Services: Pork Pot Roast, Roasted Potatoes, Stuffing, Cabbage, Roll & Fruit	30 Chicken Pot Pie, Salad	31 Tomato Soup, Grilled Cheese Sandwich

Cost: Complimentary for Members, \$5 Non-Members (Including Sponsor Meal Days)

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.

Sponsor Meals: El Paraiso of Snohomish, Brookdale of Monroe, Village Concepts of Marysville and GenCare of Lynnwood

Senior Service Meals: \$4 Suggested Donation For Ages 60+, \$8 For All Others

Lunch 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. 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.