



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

VOLUNTEER APPRECIATION



THURSDAY
17
APRIL

4:30PM

ALL 2024 VOLUNTEERS
'70S THEME

WEAR YOUR GROOVIEST THREADS



SSC VOLUNTEERS, JOIN US FOR A DINNER
IN YOUR HONOR.

GOOD VIBES, GOOD EATS AND A FUNKY TIME!

-RSVP BY 4/11-

Volunteer Appreciation (2024 Volunteers)

We are inviting all the cool cats, aka our volunteers, to our annual volunteer appreciation. Wear your tie-dye, bell bottoms, platform shoes etc. and join us on **Thursday, April 17th at 4:30pm** for a dinner in your honor. RSVP by April 11 by giving us a call (360-568-0934) or stop by the front desk. All 2024 volunteers are invited to this event!

From the

EXECUTIVE DIRECTOR



Sharon Burlison

As we welcome the new month, I am reminded of the profound journey we all share here at the senior center. Life is a beautiful tapestry of moments, memories, and relationships. Among the most cherished of these are our friendships and the bonds we form with one another.

No matter our age, one of the most difficult experiences we face is the loss of a friend or a loved one. It is an inevitable part of life, yet it never becomes easier. Each loss reminds us of the fragility of life and the importance of cherishing the time we have with those around us. We all will experience loss; we just never know when it will happen.

In these moments of grief and reflection, it is essential to lean on the community we have built together. Our senior center is not just a place to visit; it is a haven of support, empathy, and understanding. Embracing those around us now is not only a comfort but a necessity. By giving thanks for the friendships we have, we honor the lives of those we have lost and enrich our own lives in the process.

I encourage each of you to take a moment to appreciate the friends you have within our community. Reach out to those you haven't spoken to in a while, share stories, and create new memories. It is in these small acts of connection that we find strength and solace. Our friendships are the threads that weave our community together, making it stronger and more resilient.

Our Happy Place continually offers us opportunities to meet new people and form new bonds. Whether it's through participating in one of our many activities, joining a club, or simply striking up a conversation during a meal, there is always a chance to connect with someone new. Every new friendship is a gift, adding richness and depth to our lives.

As we navigate the ups and downs of life, let us always remember to embrace each other with open hearts and minds. Giving thanks for the friendships we have and seeking out new connections will not only help us during times of loss but also bring joy and fulfillment to our everyday lives.

Thank you for being part of this wonderful community. Let's continue to support each other, cherish our moments together, and grow stronger through our connections.

Warm regards,
Sharon

APRIL BIRTHDAYS

Mandy Cheung	04/01	Betty Maier	04/07	Vicki Adams	04/14	Greg White	04/23
Elena Clift	04/01	Keiko Johnson	04/08	Phillip Johnson	04/15	James Wright	04/23
Karla Hanson	04/01	Joyce Reimer	04/08	Lonnie Brown	04/16	Nancy Hutchins	04/24
Louisa Moe	04/01	Ken Dempsey	04/09	Catherine Parks	04/16	Eileen Petersen	04/24
Linda Walls	04/01	Jesse Larry	04/09	Laura Rocco	04/16	Barbara Rohe	04/25
Bryan Wyeth	04/01	Patricia Burgess	04/10	Beverly Walker	04/16	Peter Bernauer	04/26
Sherri Kern	04/02	Ann Marie Shields	04/10	David Stewart	04/17	Nickola Geoghegan	04/26
Kerri McConnell	04/02	Howard Tate	04/10	Linda Massengale	04/18	Mary Frances Ervin	04/27
Dianne Campbell	04/03	Michael Thomas	04/10	Beth Barclay	04/19	Linda Gay	04/27
Gail Heimberger	04/03	Jeannie Dunn	04/11	Juhree Fort	04/19	Kathleen Henggeler	04/27
Rebecca Thimm	04/03	Susan Freise	04/11	Dorothy Fuhrman	04/19	Carol Ann Pinto	04/27
Anne Tillinghast	04/03	Michael Kuntz	04/11	Issy Olivia	04/19	Carol Robinson	04/27
Richard Vasquez	04/03	Grace Mihalco	04/11	Sheila Rutgors	04/19	JoAnn Boe	04/28
Mike McGinness	04/04	Walter Garrett	04/12	Susan Tasse	04/19	Kathy Kemp	04/28
Kelly Dahms	04/05	Diane Locke	04/12	Norma Fernandez	04/21	Virginia Wilson	04/28
Barbara Davenport	04/05	Sharon Stevens	04/12	Elizabeth Garner	04/21	Wendy Ermence Olin	04/29
Amy Flink	04/05	Jim Cooper	04/13	Gary Stevens	04/21	Marcie Wishart	04/29
Bonnie Galvin	04/05	James Good	04/13	Richard Yost	04/21	Kimberly Pollow	04/30
Jacqueline Fannin	04/06	Shirley Johnson	04/13	Michael Donow	04/22	Rosella Sheler	04/30
Bill Lovinus	04/06	Sue Ann Knuth	04/13	Carl Heinzer	04/22		
Lorie Megenity	04/06	Barbara McNurten	04/13	Barbara Sjostrom-Nokes	04/22		
Jean Rogers	04/06	Patricia Wans	04/13	Penelope Thompson	04/22		





SNOHOMISH
ON THE
ROCKS

April 12, 2025
1-6pm
(Early Entry For Premier
Access 12-6pm)
At Thomas Family Farm



SNOHOMISHONThEROCKS.COM

**POWERED BY OUR
COMMUNITY PARTNERS**



All Proceeds Benefit The Snohomish Senior Center

CENTER & PROGRAM NEWS

Basket Weaving

Julie Bruck will lead a new session of basket weaving classes. Classes will take place on the following **Wednesdays: April 2nd, 9th and 16th 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.

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.

Foot Care Clinic

Carrie Work LPN, CFCs serves our members on the **1st and 3rd Fridays** of each month from 9:00-2:00. 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

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 4/30, 5/28 & 6/25 from 1-3pm. Sign up by contacting Jen Roers at Pasado's at jenr@pasadosafehaven.org or **360-793-9393**. Space is limited. You will be driving there in your own vehicle.

Garden Caretakers

The Garden Caretakers will resume their meetings on the **1st Wednesday of the month at 10:00am**, from April through October. The monthly garden work party will take 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.

Kidney Health Presentation

Due to inclement weather last month, this presentation has been rescheduled for **Thursday, April 3rd at 12:45**. Learn about the kidney-friendly diet. Eating well can keep your kidneys healthy and help slow the progression of chronic kidney disease. Taught by a renal dietitian.



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HAPPY PLACE
EST. 1989 | WASHINGTON

Help Us Help You



 BetterAge

WE WANT TO KNOW ABOUT YOUR
HEALTH AND WELL-BEING,
TO ADDRESS UNMET NEEDS

If you do not have access to the internet,
there will be opportunities to complete the
survey at Snohomish Senior Center.

TAKE THE SURVEY
And enter to win a RAFFLE PRIZE
\$15 Deposited to your MSC Wallet

<https://tinyurl.com/snohomish-health-wellbeing>

CENTER & PROGRAM NEWS

Lunch Cancellation Reminder

If you have made a lunch reservation and are unable to attend, it is important to remember to call in advance to cancel 360-568-0934. Preparing the correct amount of food will help us save money on food waste, especially with rising food costs.

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.

Spring Tea

Save the date for our annual Spring Tea on May 17th. Tickets will be available beginning May 1st. More details coming in next month's issue.

Remember to fill out your lunch reservation slip EVERY MONTH if you come regularly.

If you are a less frequent diner, you are still able to call or stop by the front desk to be added on the days you choose.

The sooner you reserve, the better. We often reach capacity several days in advance of our most popular meals.

Don't forget to call and cancel if you are unable to make it. Someone else will be happy to have your spot at lunch! 360-568-0934

LUNCH RESERVATIONS



Stay Connected With The Latest Updates



Online: snohomishcenter.org



Facebook: Snohomish Senior Center



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

FROM THE BOARD PRESIDENT



Merle Kirkley

Welcome April showers to bring May flowers (I thought we had April showers for the last three months 😊 .)
The thing I love about April is we've gone through a winter of all different kinds of weather and all of a sudden you smell there's new life in the trees, the plants, flowers and we know spring is on the way. The flowers will be blooming and it gives us hope that summer is on its way . I love April. It emerges after we have gone through a winter of all kinds of weather, showers and cold.

You know January was not kind to me. Well February was one of bronchitis and fluid on the lungs. But it is all gone and I'm fired up about the rest of the year. I passed my written driver's test and as we speak I'm getting ready to take my driver's skills test. I learned a lot from going to driver's school. It has made me more aware when driving.

We have a lot of great events coming up, one of which is Snohomish on the Rocks coming April 12th. I have missed seeing everyone and look forward to springing forward together.

See you soon at our Amazing Snohomish Senior Center.
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
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

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>4/07/25 (Monday) <u>Breakfast with the Director</u> Depart @9:15am, Return @11:00am ▲</p> <p>Come along to enjoy a delicious breakfast and great conversation.</p> <p>Capacity: Min 8, Max 12 Cost: \$5 for Transportation Only</p>
<p>4/09/25 (Wednesday), 4/23 (Wednesday) <u>Aqua Sox Baseball</u> Depart@ 6:00pm, Return after game ●</p> <p>These trips are currently FULL, but members who have bought season tickets sometimes need to pass along their tickets if they are unable to attend a game. If you'd like to be on a waitlist, inquire at the front desk.</p>
<p>4/10/25 (Thursday) <u>Progressive Tour of Senior Living Communities</u> Depart @11:00am, Return @2:30pm ■</p> <p>Take a tour of 2 local senior living communities. The first destination will be at Brookdale of Monroe for lunch, and the second destination will be Washington Oaks of Everett for dessert. There are brief presentations at both facilities.</p> <p>Capacity: Min 8, Max 14 Cost \$10 for Transportation, Lunch and Dessert are Complimentary</p>
<p>4/12/25 (Saturday) <u>Everett Civic Music: Good Shot Judy</u> Depart@1:00, Return after concert ●</p> <p>Good Shot Judy is a popular swing band from the Mid-Atlantic region known for its high-octane performances that blend classic swing tunes with rock 'n' roll favorites.</p> <p>Capacity: Max 14 Cost: \$18 for Ticket and Transportation</p>
<p>4/14/25 (Monday) <u>Mystery Dinner</u> Depart@4:00pm, Return @6:30pm ▲</p> <p>You'll enjoy good conversation and a delicious meal at a different restaurant each month.</p> <p>Capacity: Min 8, Max 14 Cost: \$6 for Transportation only</p>
<p>4/16/25 (Wednesday) <u>Angel of the Winds Casino</u> Depart @9:30, 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>Capacity: Min 8, Max 14 Cost: \$10 for Transportation only</p>
<p>4/24/25 (Thursday) <u>Tulip Tour</u> Depart@ 9:30am, Return @3:00pm ▲</p> <p>Enjoy the spectacular colors of the tulips without leaving the shuttle. This tour will drive through the tulips without stopping to enter the fields. We'll enjoy lunch and ice cream after our drive.</p> <p>Capacity: Min 8, Max 14 Cost: \$10 for Transportation Only</p>
<p>4/26/25 (Saturday) <u>The Metropolitan Opera - Le Nozze di Figaro (Simulcast at Everett Regal Theater)</u> ▲</p> <p>Depart @9:15am, Return@3:00pm</p> <p>Conductor Joana Mallwitz makes her Met debut leading an extraordinary cast in Mozart's comic masterpiece.</p> <p>*Runtime is 3hr, 55min</p> <p>Capacity: Min 8, Max 14 Cost \$5 for Transportation only, Purchase your movie ticket in person at theater \$21</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.**






Lisa's Travelers presents
Spotlight on Tuscany
April 28-May 6, 2026

Double: \$4,199
Single: \$4,499
Triple: \$4,169

For More Information Contact:
Lisa McCadam 425-577-3218
lisa.mccadam@gmail.com



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 10:00 Caregiver Class * 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study 4:00 Ping Pong	2 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 French Group (remote) 1:00 Resilient Living 1:00 Basket Weaving \$ 3:00 Chair Yoga
6 12:30 Deck & 1/2 \$	7  9:15 Movement to Music 9:15 Breakfast w/Director \$ 10:00 Coloring Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Needlework Group 1:00 Mexican Train 1:00 Current Events Discuss. 3:45 Senior Stretch	8 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 10:00 Caregiver Class * 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study 4:00 Ping Pong	9 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 French Group (remote) 1:00 Grief Support 1:00 Basket Weaving \$ 3:00 Chair Yoga 3:00 Tech Help * 6:00 AquaSox \$ 
13 12:30 Deck & 1/2 \$	14 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  4:00 Mystery Dinner \$	15 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 10:00 Caregiver Class * 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study 4:00 Ping Pong	16 8:00 Board Meeting 9:00 Poker \$  9:15 Movement to Music 9:30 Casino Trip \$ 9:30 Creative Crafters 10:00 Garden Work Party 10:15 Senior Stretch 12:30 Open Table Games 1:00 French Group (remote) 1:00 Resilient Living 1:00 Basket Weaving \$ 3:00 Chair Yoga
20 12:30 Deck & 1/2 \$	21 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 Mexican Train 1:00 Current Events Discuss. 3:00 Chair Yoga (off site) * 3:45 Senior Stretch	22 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 10:00 Caregiver Class * 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study 4:00 Ping Pong	23 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 Membership Meeting 1:00 French Group (remote) 1:00 Grief Support 3:00 Chair Yoga  6:00 AquaSox \$
27 12:30 Deck & 1/2 \$	28 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	29 9:00 Wood Carving 9:00 Cribbage 10:00 Senior Fitness 10:00 Caregiver Class * 12:30 Duplicate Bridge 12:30 Deck & 1/2 \$ 1:30 Bingo \$ 2:00 Bible Study 4:00 Ping Pong	30 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

- 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
- 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
- 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**

THURSDAY		FRIDAY		SATURDAY	
3	9:00 Watercolor 9:00 Sunrise Social \$ 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 12:45 Kidney Presentation 2:00 Line Dancing	4	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 \$	5	8:30 Community Breakfast \$ 5:30 Bingo Bash \$
10	9:00 Watercolor 9:00 Caregiver Support 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group  11:00 Progressive Tour \$ 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 7:00 Alzheimer's Support	11	9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 Party Bridge \$ 1:00 Bunco 3:00 Sound Bath 5:30 Poker \$	12	12-6 Snohomish On The Rocks (Thomas Family Farm)  1:00 Good Shot Judy Concert \$
17	9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 NO Line Dancing 4:30 Volunteer Appreciation	18	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 \$	19	
24	9:00 Watercolor 9:00 Caregiver Support  9:30 Tulip Tour \$ 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$	25	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 \$	26	 9:15 Opera Trip \$
<h1>April 2025</h1>					

EVENTS AND FUNDRAISERS



SUNRISE SOCIAL

THURSDAY, APRIL 3RD
9:00AM

\$5 Join us for a light breakfast, coffee and conversation with friends.

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

Sign up at the front desk



Community Breakfast

Saturday, April 5th
8:30-10:30am

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

\$7
Snohomish Senior Center



Bingo Bash

APRIL 5TH

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

SNOHOMISH SENIOR CENTER



SPRING TEA

Save The Date
Saturday, May 17th

Tickets Available
Beginning May 1st

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

WORD SEARCH

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

LAUGH
 CHUCKLE
 GUFFAW
 HOOT
 CHORTLE
 SMILE
 TITTER
 CACHINNATE
 GRIN
 GIGGLE
 CACKLE
 HOWL
 SNORT
 WHOOP
 SHRIEK
 TEE-HEE
 BEAM
 SIMPER
 SNORT
 SNICKER

SNOHOMISH

HEALTH AND REHABILITATION OF CASCADIA

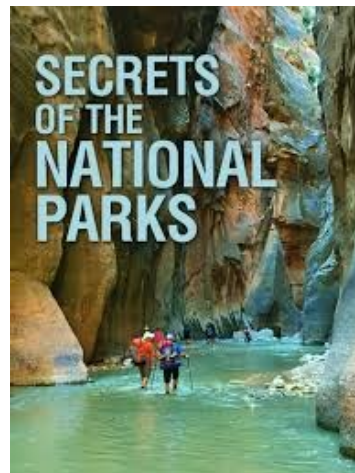
**Force For Good For Our Residents, Our Employees
And the Communities That We Serve!**



Our Mission is to provide
personalized care for each of
our patients that enhances their
well-being and quality of life.

www.snohomishrehabofcascadia.com
 800 10th St – Snohomish, WA (360)568-3161

Movie & Ice Cream Social



Secrets of the National Parks

Season One, Episode 2

The Secrets of Glacier National Park

**Friday, 4/18
1pm**

**Ice Cream
Sponsored by
Susan Hanson**

CENTER PICS



St. Patrick's Day Dinner



Celebrating fitness instructor,
Lisa McCadam's
60th birthday!



“POWERFUL TOOLS FOR CAREGIVERS”

A CLASS FOR FAMILY CAREGIVERS



Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This 6-week educational series is designed to provide You, the Caregiver, with tools needed to take care of yourself while supporting your loved one. Classes consist of interactive lessons, discussions and brainstorming to increase your self-care and confidence in handling difficult situations, emotions and decisions.

Class Schedule:

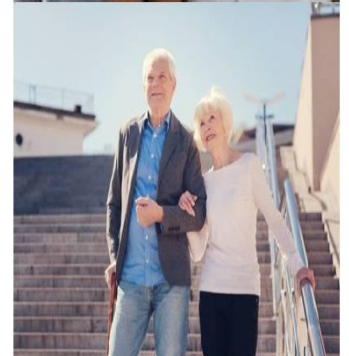
Tuesday Mornings
April 1st – May 6th
10:00 - 11:30a.m.

Classes are free but space is limited & registration is required. There is a \$25 book fee (scholarships are available for those in need)

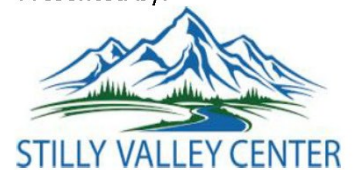
PLEASE CONTACT:

Angeles Vesely (425-248-5156); avesely@stillycenter.org
Bre Wammack (425-320-9546); bwammack@stillycenter.org
Rebecca McIntosh (425-320-9546); bwammack@stillycenter.org
Terri Knowles (360-653-4551 x 236); tknowles@stillycenter.org
Family Caregiver Support Program
www.snocare.org

LOCATION: SNOHOMISH SENIOR CENTER
506 4TH St., Snohomish, WA 98290



Presented by:



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 Tools for your health & happiness w/doTERRA essential oils & more! 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>Snoho Mojo Coffee Stand Serving Gourmet Coffee Open 24/7 313 2nd Street, Snohomish</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>Austin’s Automotive Repair Servicing all makes and models 507 Maple Ave. Snohomish 98290 360-863-2700</p>	<p>doTERRA Natural Wellness Essential Oils For Health & Wellllness 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>Are You Ready For Medicare 2025? Viktoria Thibault, Humana Insurance 206 245 4268 vthibault@humana.com</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>Mattress Firm 2529 Bickford Ave. 360-512-3214 Mattresses. Adjustable Bases. Bedding</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>Community Transit Website: communitytransit.org Got questions? We’re here to help Call (800) 562-1375</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>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>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>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 Snyppe Kenny.Snyppe@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>
<p>On the Spot Improv - Classes L1 onthespotnsnohomish@gmail.com Wednesday evenings, 6:30 Sign ups or questions, via email</p>	<p>Dubuque Bakery Handmade Organic Sourdough Bread (206) 705-3474 katya@dubuquebakery.com</p>	<p>Home Instead 425-549-3100 Homeinstead.com Top Quality Care At Home</p>

NEW MEMBER!

Support Our Local Business Members!

Thanks to these local businesses for supporting the mission of our center.
If you are a business owner or know of one who would be interested in an annual membership, contact us for more information.

The annual fee is \$130.00 and contributes to funding our programs and services.

Interested in partnering with us on an upcoming event?
Email info@snohomishcenter.org for details.

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Your renewal date.

Identification Statement: Snohomish Senior Center "High On Life" Newsletter, Published Monthly Snohomish Seniors,
506 Fourth Street Snohomish WA 98290 360-568-0934

April Lunch Menu **Lunch is Served From 11:45a-12:30p**

Frozen weekend meals are available, provided by Senior Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tuna Casserole Salad ¹	<u>El Paraiso:</u> Chicken Enchilada, Beans, Rice ²	<u>Senior Services:</u> Baked Chicken, Rice, Country Vegetables, Peaches ³	Vegetable Beef Soup ⁴
<u>Senior Services:</u> Dijon Chicken, Orzo with Peas, Steamed Carrots ⁷	Seashell Pasta, Salad ⁸	<u>Senior Services:</u> BBQ Rib Sandwich, Potato Wedges, Coleslaw ⁹	<u>Brookdale of Monroe:</u> Italian Chop Salad, Bread ¹⁰	Chicken Pot Pie, Salad ¹¹
<u>Senior Services:</u> Fajitas, Black Bean Salad, Spanish Rice, Mandarin Oranges ¹⁴	Pork Sliders, Coleslaw ¹⁵	<u>Senior Services:</u> Baked Manicotti, Garlic Bread, Fruit ¹⁶	<u>Adkinson Estates AFH & Holtz Safety & CPR:</u> Salad Bar ¹⁷	<u>Village Concepts of Marysville:</u> Taco Salad ¹⁸
<u>Senior Services:</u> Beef Tacos, Spanish Rice, Pineapple ²¹	Chicken and Rice with Veggies ²²	Reuban Sandwich, Coleslaw ²³	<u>Snohomish Health & Rehab:</u> Pizza ²⁴	<u>GenCare of Lynnwood:</u> Meatloaf, Mashed Potatoes, Corn ²⁵
<u>Senior Services:</u> Chef Salad, Blueberry Muffin, Fresh Fruit ²⁸	Salmon Burger, Coleslaw ²⁹	<u>Senior Services:</u> Grilled Lemon Herb Pollock, Wild Rice, Vegetables, Roll ³⁰		

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 Ages 59 and under

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.