

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 | Varies (Offsite) | By Appointment | \$20 Members Only | Jene Shackelford C.L.T. of SG Light Therapy Lounge offers Firefly Light Therapy at her studio (110 Cedar Ave., Ste 103). Reduce pain and accelerate healing. Typically 2-3 sessions are needed. Call Jene for an appointment. 425-246-8654 |
| 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. |

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| Mah Jongg | Monday | 12:00 pm-3:45 pm | donation | Tile-based game. Lessons are available by appointment for new players. |
| 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 | Tuesdays & Fridays | 4:00-6:30 pm (Tue) 9:00-11:00 am(Fri) | 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 Friday (afterhours) | 9:00 am-12:00 pm (Wed) 5:30pm (Fri) | 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 weds & 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 |