



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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**St. Patrick's Day
Dinner Fundraiser**



Traditional Irish Menu:

**Corned Beef, Cabbage, Mashed Potatoes,
Caesar Salad & Roll**

Monday, March 17th

3:00-5:30pm

Sit Down Dinner or To-Go Option

\$15

All Proceeds Benefit The Snohomish Senior Center



Reservations Required By 3/13

OPEN TO THE PUBLIC

Snohomish Senior Center

360-568-0934

SNOHOMISH SENIOR CENTER

Spring BAZAAR

SATURDAY | **MARCH 29** | 9:00A-3:00P

**LOCAL VENDORS, HANDMADE GOODS,
GIFTS, DECOR, JEWELRY, WELLNESS,
BEAUTY ITEMS & MORE**

**PLUS: SSC BAKE SALE, CRAFTERS' TABLE
AND SENIOR TABLES**

See you there

**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

The Snohomish Senior Center continues to be the place to be! Whether or not you are enjoying a cup of coffee, a sip of tea, a card game or a fitness class you are part of the growing population in our center.

March is sure to bring a bit o' the Irish luck as we host St. Patrick's Day dinner on the 17th. The energy will continue as our Spring Bazaar will be held a bit earlier than usual, March 29th. We hope you will take part in both fundraising events.

This month will also bring us daylight savings on March 9th. We all could use a little bit more daylight in our lives!!

#GordyStrong update – Gordy is well on his way to recovery. He is the talk of his facility becoming friends with everyone. I recently witnessed first-hand just how many visitors Gordy has on a day-to-day basis. Those visitors (members) keep him updated on the who's who and what's what of the center. And then, Gordy still finds time to update me! #BeLikeGordy is my motto to live by.

Last month we gave an update on our beloved Fred, the keeper of the lunchroom . . . He has accepted the path his doctors have shared with him and finds comfort in knowing he will be going *home* soon. Rosalie and I had a warm and friendly bedside conversation with Fred where he shared some funny and interesting stories with us. We listened to him speak of his travels in California, tidbits of his children and where he volunteered over the years. This once stern but gentle giant was content in his hospital gown, making sure we were comfortable as we sat at the foot of his bed. "Fred," I said, "I never knew you had tattoos!" So, one by one, he described to us what each one symbolized. Shirley, the mother of his children, sits at the top of his arm, followed by the names of his children. He joyfully asked if we wanted to see his other one. With a bit of hesitation, we said yes and so he carefully began to shift his gown to reveal what he called his "Property Patch." I will confess, I did not see the patch, but it did lead into a much more detailed story of the "patch." Property patches were tattoos that couples got to label themselves belonging to each other. Fred's patch read, "Property of Young Susie," and Susie's patch read, "Property of Old Fred," though they were both in their early twenties at the time.

Rosalie and I laughed and laughed with Fred that afternoon. We were reminded that our members have so much to share if given the chance. Before we left Fred that afternoon, he shared his last wish with us, the chance to have one last cup of coffee in the great hall with his friends from the center. ❤️ The two of us will hold this memory of Fred close to our hearts. Fred will be going to Snohomish Health and Rehab if you would like to visit him.

Happy St. Patrick's Day and I leave you with an Irish quote. "May the friendships you make be those which endure."

Sharon

MARCH BIRTHDAYS

Bryan Ness	03/01	Ginger Dreves	03/08	Lynn Allen	03/15	Kristin Foley	03/24
Terry Pollow	03/01	Sharon Ferguson-Monks	03/08	Gayle Danahy	03/15	Linda Neubauer	03/24
Kathryn Sterley	03/01	Todd Parks	03/08	Rebecca Kiser	03/15	Judith Tull	03/24
Ruth Nicholson	03/02	Yvonne Woodling	03/08	Malcolm Bates	03/16	Laura Scott	03/25
Noel Parker	03/02	Donna Lee	03/09	Lindola Stevens	03/16	Brittany Smith	03/25
Linda Pretyka	03/02	Bruce Bryant	03/10	Ricardo Fonceca	03/17	Timothy Thomas	03/25
Patricia Puzio	03/02	Mara Fernandez	03/10	Brian Melnyk	03/17	Trisha Kraus	03/26
Peter Bohlke	03/03	Arthur Verlinde	03/10	James Price	03/17	Robin Martin	03/26
Karen Voggenthaler	03/03	Carol Lee	03/11	Jerry Knittel	03/18	Joan Ptolemy	03/26
Elisa Hammrich	03/04	Alisa Maier	03/11	Julianne McKeown	03/18	Delores Cranmore	03/28
Glenda Platz	03/04	Julia Storey	03/11	Patricia Richard	03/18	Sean O Sullivan	03/29
Mary Sereyka	03/04	Jacqueline Fitzgerald	03/12	Andrew Kuna	03/19	Vicki Kirvan	03/30
Paul Brand	03/05	Sue Hungerford	03/12	Chris Somers	03/19	JoAnn Mesa	03/30
Kenneth Huotari	03/05	Shirley McMullin	03/12	Mary Ernst	03/20	Nicholas Thomle	03/30
Marcia Kamaka	03/05	Kathy Service	03/12	Marcella Adolfson	03/21	Tabb Clark	03/31
Ellen Lipinski	03/06	Diane Thompson	03/12	Mary Fairbairn	03/21	Diane Criss	03/31
Teresa Waddell	03/06	Lynn Anderer	03/13	Gina Gwyn	03/21	Sandra Funk	03/31
Ann Millar	03/07	Jennifer Deiss	03/13	Christine Lake	03/21	Pat Jack	03/31
Frances Semon	03/07	Lois English	03/14	Julia Dubrovay	03/22	Margaret Michaud	03/31
Sharon Wright	03/07	Karen Johnston	03/14	Jamie Lyon	03/22		
Bernice Akaki	03/08	Kris Shea	03/14	Gwen Melnyk	03/22		
Steven Cannon	03/08	Wanda Speer	03/14	William Pflieger	03/23		
Marshal Davis	03/08	Cynthia Toivonen	03/14	Linda Wolk	03/23		



The center recently lost a very special member of our family, Keith Vest- Party Bridge Coordinator Extraordinaire. Members of the Duplicate Bridge group shared how instrumental Keith had been in their lives and how he had the magic of "bridging" people together. I'm told many friendships were formed because of Keith. Whether it was playing cards, traveling or just socializing, they became friends because of Keith.

When I first came to the center, I too had the pleasure of meeting Keith. But the warmth of getting reacquainted with Keith stemmed from bittersweet memories of him as a baseball umpire. To me, he was exactly as I remembered him. A tall, slender, friendly and fair man. Over the years at the center, he continued to be just that. We had conversations that allowed us to listen to each other and make decisions that would be fair.

I know his friends here at the center miss him dearly. I miss witnessing the relationship between he and his wife Windsor over the past few months and I miss the scent of fresh popcorn throughout the center that told me Keith was here. His presence will always be here.

Sharon

CENTER & PROGRAM NEWS

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.

Craft Workshop

Kimberlee will lead a craft workshop on **Wednesday, March 12th at 1:00**. Create custom jeweled, stamped cards for **\$5**. Sign up at the front desk. Bring cash for supplies on the day of class.

Board of Directors Election

Do you want to serve or nominate someone to serve on the Board of Directors from July 1, 2025 to June 30, 2028? Here is your opportunity! Nomination/Application forms will be available at the front desk in March and need to be completed and received at the Center by 4pm on April 25, 2025. Article VI of the Amended and Restated Bylaws (also available at the front desk) contains procedural information. Current Board Members or staff will be glad to answer questions you may have.

Firefly Light Therapy

Jene Shackelford C.L.T. of SG Light Therapy Lounge will continue to offer her services to SSC members, but at her studio rather than in the center. Your 20 minute appointment costs **\$20**. Experience pain relief and accelerate healing. Typically 2-3 sessions are needed within a few days for best results. She is located at 110 Cedar Avenue, Ste. 103 **Members only**, call Jene at **425-246-8654** for an appointment.

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 **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.

Haircuts

We will not longer be offering haircuts as our providers are not available. Huge thanks to board member, Timm Hall and Dana Olason for gifting their time and talents.

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.

Levy Presentation

Snohomish School District Superintendent, Kent Kultgen and Citizens for Snohomish Schools Committee Member, Mary Waggoner will be at SSC on **Wednesday, March 26th at 1:30** to share how the school tax levy money was spent.

CENTER & PROGRAM NEWS

Line Dancing

Due to popular demand, line dancing will be adding a class and will now be available on the **1st, 2nd and 3rd Thursday** of each month at **2pm**.

Lunch Reservation Reminder

If you have made a lunch reservation and are unable to attend, it is important to remember to call in advance to cancel. 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.

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 at 3:45pm**. (The rest of the center will still close at 4:00.) This new class is included in our complimentary fitness program for SSC members.

Spring Bazaar

Our annual Spring Bazaar is coming up on **March 29th**. We are collecting donations for our "senior table", specifically new or gently used décor and household items. Also, if you are a baker and would like to donate homemade goodies to our bazaar bake sale, please sign up at the check-in kiosk. Vendor spots are full.

Stay Connected With The Latest Updates



Online: snohomishcenter.org



Facebook: [Snohomish Senior Center](https://www.facebook.com/SnohomishSeniorCenter)



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

Don't Forget

Daylight Savings Time Begins On
Sunday, March 9th



FROM THE BOARD PRESIDENT



Welcome to March. In the beginning of early spring, we will see things start to sprout up and turn green and it gets lighter out.

I wanted to share with you how sometimes things just don't go the way you think they should. Well, January for me was probably one of the worst months that I've had. You know I like to share these fun facts just to give you a little laugh for the month. Well, on January 3rd, I was walking into Haggens and

slipped on the floor onto my right shoulder; boy did it hurt. They did an investigation and apparently I tripped going in. Turns out, in my right shoulder I tore three ligaments away from my rotator cuff and they don't want to do surgery as it is such a long recovery. Then, I proceeded to get the flu, Norovirus or whatever it was, for about 9- 10 days and lost about 10 pounds. Well, then I went out driving my car on a nice sunny day. I got the car washed and proceeded to total my car in a little accident. I ended up fracturing my left clavicle. Then I got the flu again. I recovered and received a letter from the state of Washington and I now have to take my driver's written test and driver's test all over again. Then I got the flu one more time. So to say the least it was an interesting January, and just proves that getting old is not for sissies.

I missed seeing you all at the Center in January with me being out so much and missed sitting down and talking. I have been to see Gordy quite a bit and he is doing amazing. I was talking to my doctor yesterday about life and my age and things. We have to have a purpose and he agreed. I think all of us, when we come into the center and we have lunch or we come to an event or we just socialize or take a class, we're showing our purpose and staying young because we're active. Getting old doesn't mean we have to lay down and veg.

Lastly, smile today and make someone else feel good. You're all awesome. I look forward to seeing you at the center soon.

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

SSC MEMBERSHIP REQUIRED FOR ALL TRIPS

Titanic The Exhibition ■

Thursday, March 13th: Depart @11:30am, Return @3:00pm
 Travel back to 1912 through photographs, handwritten letters, wayward keepsakes and other personal belongings telling countless stories about the fates and heroic deeds on board.
Capacity: Min 8, Max 12 Cost: \$39 for Ticket and Transportation

Jason Lyle Black Concert ●

Saturday, March 15th: Depart @1:00pm, Return after concert
 Internationally acclaimed pianist with drums and multimedia, Jason Lyle Black presents a new show featuring 100 iconic songs from the hits of rock legends like Queen, ACDC and the Rolling Stones to musicals like Wicked, Sweeney Todd, and Phantom of the Opera to soundtracks like Pirates of the Caribbean, Star Wars and many more.
Capacity: Max 14 Cost: \$18 for Ticket and Transportation

Jersey Boys ▲

Tuesday, March 18th: Depart @6:00pm, Return after show (show begins at 7:30pm)
 This scintillating new production is full of electrifying performances of chart-topping hits including: "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," "My Eyes Adore You," and so many more!
Presented by Issaquah Village Theater
Audience Note: Frankie Valli and The Four Seasons sang like angels and cursed like Jersey teenagers. Expect plenty of great tunes and adult language.
Capacity: Max 11 Cost: \$69 for Ticket and Transportation

Mystery Dinner ▲

Wednesday, March 19th and Monday, March 31st: 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

Dial M For Murder ▲

Thursday, March 20th: Depart @1:00pm, Return after show (show begins at 2:00pm)
 This spine-tingling new adaptation is brimming with more unexpected turns and diabolic plot twists than Hitchcock's timeless film version. Will Tony get away with it, or will justice be served? You'll be guessing until the very end of this fast-paced, stylish thriller. Get ready for a criminally good time. **Presented by Everett Village Theater.**
Capacity: Max 11 Cost: \$69 for Ticket and Transportation

Snoqualmie Casino ▲

Wednesday, March 26th: Depart @9:30am, Return @3:00pm
 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.
Capacity: Min 8, Max 14 Cost: \$10 for Transportation Only




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.**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<h1>March 2025</h1>			
2 12:30 Deck & 1/2 \$	3 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. 3:45 Senior Stretch	4 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 4:00 Ping Pong	5 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) 1:00 Resilient Living 3:00 Chair Yoga
9 12:30 Deck & 1/2 \$	10 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	11 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 Ping Pong	12 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 Craft Workshop \$ 3:00 Chair Yoga 3:00 Tech Help *
16 12:30 Deck & 1/2 \$	17 9:15 Movement to Music 10:00 Coloring Group 12:00 MahJongg 12:15 Party Bridge \$ 1:00 NO Diamond Painting 1:00 NO Needlework Group 1:00 NO Mexican Train 1:00 Current Events Discuss. 3:00 Chair Yoga (off site) * 3:00 St. Patrick's Dinner \$ 3:45 NO Senior Stretch	18 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 4:00 Ping Pong  6:00 Jersey Boys \$	19 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 French Group (remote) 1:00 Resilient Living 3:00 Chair Yoga  4:00 Mystery Dinner \$
23 12:30 Deck & 1/2 \$	24 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	25 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 Ping Pong	26 9:00 Poker \$  9:15 Movement to Music 9:30 Creative Crafters 9:30 Casino Trip \$ 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
30 12:30 Deck & 1/2 \$	31 9:15 Movement to Music 12:00 MahJongg 12:15 Party Bridge \$ 1:00 Diamond Painting 1:00 Mexican Train 3:45 Senior Stretch  4:00 Mystery Dinner \$		

NON-WEEKLY PROGRAMS

THURSDAY	FRIDAY	SATURDAY
		1 8:30 Community Breakfast \$ 5:30 Bingo Bash \$
6 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 \$ 2:00 Line Dancing	7 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 \$	9
13 9:00 Watercolor 9:00 Caregiver Support 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 11:30 Titanic Exhibition \$  12:00 Clay Sculpting 12:30 Pinochle \$ 2:00 Line Dancing 7:00 Alzheimer's Support	14 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 \$	15  1:00 Jason Lyle Black Concert \$
20 9:00 Watercolor 10:00 Senior Fitness 10:30 Massage \$ * 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle \$ 1:00 Dial M For Murder \$  2:00 Line Dancing	21 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 \$	22
27 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 \$ 4:00 Happy Hour \$	28 9:00 Ping Pong 10:00 Creative Writing 11:00 Party Bridge Lesson 12:15 NO Party Bridge \$ 12:30 NO Tech Help * 1:00 NO Bunco 3:00 NO Sound Bath 5:30 NO Poker \$	29 9:00-3:00 Spring Bazaar

- 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
- 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

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, MARCH 1ST
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

Saturday, March 1st

Snohomish Senior Center

Doors Open @ 4:00pm
Early Bird Session @ 5:15pm
Regular Session @ 5:30
Café Open

B I N G O

SUNRISE SOCIAL

THURSDAY, MARCH 6TH
9:00 AM

LIGHT BREAKFAST
COFFEE
CONVERSATION

\$5 Sign up at the front desk



SNOHOMISH SENIOR CENTER
HAPPY PLACE
EST. 1980 WASHINGTON

Happy Hour

At Our Happy Place

MARCH 27TH
4-6PM
\$20

DRINKS, APPETIZERS, MUSIC

SIGN UP AT THE FRONT DESK
GUESTS ARE WELCOME TO ATTEND



SNOHOMISH ON THE ROCKS



SNOHOMISHONThEROCKS.COM

April 12, 2025
1-6pm

Tasting Event Featuring Premier Distilleries & Spirits Crafted To Perfection!
All Proceeds Benefit The Snohomish Senior Center

(Early Entry For Premier Access 12-6pm)
At Thomas Family Farm

WORD SEARCH

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

COFFEE
 CREAMER
 DARK ROAST
 MOCHA
 ESPRESSO
 LATTE
 AFFOGATO
 BEANS
 CAFFEINE
 BARISTA
 BREW
 AMERICANO
 SUGAR
 CAPPUCCINO
 GRIND
 ARABICA
 MACCHIATO
 DECAF
 BLACK
 BREVE

SNOHOMISH HEALTH AND REHABILITATION OF CASCADIA

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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.

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 800 10th St – Snohomish, WA (360)568-3161

Movie & Ice Cream Social



Unstoppable

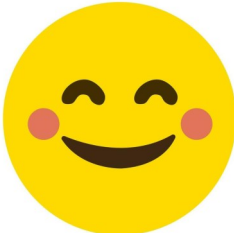
**Friday, 3/21
1pm**

Ice Cream
Sponsored by
Susan Hanson

CENTER PICS



Meatloaf day was extra special in January. Gordy was able to come in to the center for a visit and we had the pleasure of having Chef James in the kitchen.



Welcome Our New Team Members



Dawn Steidle is our new Program Coordinator. Dawn brings a wealth of knowledge as a former employee of Lake Stevens Senior Center.



Amanda Hagen is our new Receptionist. Amanda is a Snohomish native with a background in customer service.

CENTER PICS



Celebrating Valentines Day with students from Pursuit Schools.



The Bible Study Group celebrated George's 90th birthday in style.



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>	

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

March 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>Senior Services:</u> 3 Warm Ham & Swiss on Kaiser Roll, Sweet Potato Fries, Pea Salad	4 Chicken Salad Sandwich	<u>El Paraiso:</u> 5 Chicken Enchilada, Rice, Beans	<u>Senior Services:</u> 6 Vegetarian Lasagna, Spinach Salad, Garlic Bread	7 Swedish Meatballs, Veggies
<u>Senior Services:</u> 10 Stuffed Shells w/ Marinara, Steamed Spinach, Garlic Bread	11 Cheeseburger, French Fries, Birthday Cake	<u>Senior Services:</u> 12 Chicken Parmesan w/ Spaghetti, Winter Mix Veggies, Fruit	<u>Brookdale of Monroe:</u> 13 Chicken Casserole, Salad	14 Ham & Cheese Sliders, Salad
NO LUNCH 17 St. Patrick's Dinner 3:00-5:30 *By Reservation	18 Chef's Choice *TBD	<u>Senior Services:</u> 19 Grilled Chicken Breast, Turmeric Rice, Garden Veggies, Fruit	<u>Adkinson Estates AFH & Holtz Safety & CPR:</u> 20 Chef's Choice *TBD	<u>Village Concepts of Marysville:</u> 21 Taco Salad
<u>Senior Services:</u> 24 Salisbury Steak, Mashed Potatoes, Capri Vegetables, Peaches	25 Chef's Choice *TBD	<u>Senior Services:</u> 26 Country Fried Steak, Garlic Roasted Potatoes, Green Beans	<u>Snohomish Health and Rehab:</u> 27 Pizza	<u>GenCare of Lynnwood:</u> 28 Meatloaf, Mashed Potatoes, Corn
<u>Senior Services:</u> 31 Roasted Chicken Leg, Mac & Cheese, Succotash, Applesauce	*Board Member, Chef James White will be filling in for Melinda from 3/17-3/25 and will decide what to make on "Chef's Choice" days.			

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.