

Snohomish Seniors

High on Life

February 2020

Issue 147



February is Heart Health Month

When February rolls around we tend to think of Valentine's Day, and all things heart related. As the month of February is Heart Health Month, it's a great reminder to think about your own heart and how you can keep it strong and healthy. Here at the center you'll find a number of ways to promote heart health. Join us for a few of our exercise classes. Being active is essential to being heart healthy. Check out the lunch menu. We're featuring several healthier lunches this month. Healthy meals can still taste great and be good for you. Reducing stress is another important aspect of heart health. We have several support groups available for free to members. Alzheimer Support Group, Caregiver Support Group and Grief Relief and Support Group are great resources to try. Making small changes in your health habits can have big impacts on your heart. Don't forget to show your heart some love this month.



Inclement Weather Policy

We follow the Snohomish School District's inclement weather closures. If Snohomish schools are closed or late then the center will also be closed or late. Even if the roads near your home are clear, many others are not safe to drive on. In order to keep our staff, volunteers and members safe, we must be consistent with our decision to follow the school district's closures.

Check our website, Facebook page or call ahead to see if the center will be opened or delayed. Please be wary of the potential of ice in the parking lot.



Snohomish Senior Center

506 Fourth Street
Snohomish, WA 98290
360-568-0934
snohomishcenter.org
Office Hours: M-F 9a-4p

Board of Directors 2019 –2020

Merle Kirkley- President
Michael Manley- V President
Carol Stultz - Secretary
Kim Harrison - Treasurer
Valerie Berger
Joann Britt
Carroll Brown
John Buckingham
Beth Buckley
Sharon Diel
Bill Doran
Timm Hall
Kyla McNulty
Judy Spaetig

Board Meets 3rd Wed every
month 8:00am

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FUNDRAISERS & EVENTS

Upcoming Events

Community Breakfast & Bingo Bash	Feb 1
Presidents' Day— CLOSED	Feb 17
Texas Hold 'Em Night	Feb 21
Community Breakfast & Bingo Bash	Mar 7
St. Patrick's Day Dinner	Mar 14
Texas Hold 'Em Night	Mar 20
CBD Wellness Expo	Mar 28
Community Breakfast & Bingo Bash	Apr 4
Texas Hold 'Em Night	Apr 17
Spring Bazaar	Apr 25

Texas Hold 'Em Night

We're introducing an exciting new event. Put your skill and luck to the test. 3rd Friday of each month.

Feb. 21st ~ 6pm

\$20 Buy ~ In

Payouts for 1st, 2nd and 3rd place



First Saturday of Every Month

Community Breakfast

8:30 AM - 10:30 AM

Adults & Children

Suggested Donation of \$5 or more



Feb 1st

Bring your sweetheart, BFF, favorite Uncle or Aunt and any and all of your valentines to treat them to the best breakfast in town. You can choose to have pancakes or French toast with a **raspberry topping**, biscuits and gravy, scrambled eggs, ham or sausage links, apple or orange juice, coffee or tea.

The Community Breakfast is an all volunteer event to raise funds supporting activities and programs for seniors at the Center. The breakfast is held on the first Saturday of each month and open to the community. For a donation of \$5 or more, you will be served a delicious breakfast and share the morning with friends at your table.



Bingo Bash

Doors Open 4pm

*** Early Bird 5:15**

Regular Session 5:30

Feb 1st

**\$500 Progressive Jackpot
\$25 Powerball**

\$8 Buy-In

Other games available for an additional \$1-\$2

CAFÉ OPEN

- Sandwiches
- Hot Dogs
- Nachos
- Snacks
- Cookies





Sharon Burlison

From the

EXECUTIVE DIRECTOR of the

Snohomish Senior Center

**SNOHOMISH
SENIOR
CENTER**



506 4th Street
Snohomish, WA 98290
(360) 568-0934

Did you survive during the snowfall of last month? Conversations throughout the center were filled with questions of "How much snow did you get?", "How were the roads in your area?" and "Why did we close the center for so many days?" and so on and so on. The safety of our children and our seniors are our top priority and that is the main reason we follow the inclement weather policies of the Snohomish School District. We have in place procedures to notify our members when we are delayed or closed. The center's voicemail is updated with center information as is our center website and Facebook page. The local news will update school districts closures if you are unable to access any of our options. When the center operates on a delayed opening, we will do our best to provide lunch on that day. Don't be surprised to see the center team working on a closed or delayed schedule to play catch up, but the center is still closed.

Last year at this time I shared with you how my family was facing life with my grandma who had advanced Alzheimer's disease. Since her passing in July, we now experience the difficult emotions that come with all the

firsts without her. While we have all accepted her loss, we all cope and mourn differently. I see this at our center as well, with the loss of our own members.

Many of you have formed lifelong relationships or have newly founded friendships here at our center. When we lose one of these friends it can be a very emotional time around the center. In order to keep our members informed of the passing of fellow members, we need to hear from you so we can share it. We've created an area on our center bulletin board where we will post such memorial and life celebration information. It is also important for us to respect those not wishing to see or read this information, which is why we don't post these in the newsletter or online.

We hope this month you will join us for our Community Breakfast or Evening Bingo, or maybe lunch at our Complimentary Lunch on February 19th!!

Happy Heart Health Month & Valentine's Day!
Director Sharon

Volunteer Opportunities

We're looking for a few good volunteers! Our Senior Center relies on numerous volunteers each day. From program coordinators, kitchen helpers, receptionists and many more, our volunteers are an invaluable asset. Most of the positions are held by long term regulars, but every now and then, we need additional help. Currently we are seeking assistance for:

Bingo Bash: 1st Saturday of each month we need help breaking down and cleaning up after this fundraising event.

Facility Monitor: Provide assistance for various event rentals and memorials that take place on the weekends.

Lunch: We are looking for a kitchen helper on Mondays, lunch reservation and payment helper on Fridays, and substitutes for all days.



If you are interested in any of these positions, please see Julianne for more information and to see if you would be a good fit. Please note that all volunteers must fill out an application and pass a background check.

CENTER NEWS

Bread Table Bags

Each week the Snohomish Food Bank delivers an abundance of bread for our members and visitors to take home. Don't forget to bring a bag with you as we are no longer providing plastic bags.

Creative Writing Group

Creative Writing will be starting up again on Monday February 24th at 2pm. Beginning in March, this group will meet on the 3rd Monday of each month.

Grief Relief & Support Group

The Grief Relief and Support Group meeting date is moving from Mondays to Wednesdays. They will be meeting on the 1st and 3rd Wednesdays of each month from 2 - 3:30 pm.

Poker

The Poker group is looking for new players. Regular poker, no wildcards. Join us on Wednesdays at 9:00am. If there is interest, we will try playing at 12:30pm on Wednesdays in March.

Program Storage

To be respectful of all programs using our facility, please keep cupboards tidy and especially pay attention to removing expired food items.

Quilting Group

We're in the process of starting a Quilting Group. An informational/planning session is scheduled for Wednesday, February 12th at 1pm. Join us in the library and bring your ideas. All abilities are welcome.

Super Bowl Viewing Party

We're holding one last tailgate party celebrating the Super Bowl on Sunday, February 2nd at 3pm. Bring snacks to share and we'll enjoy the game no matter who is playing.

Texas Hold 'Em

Join us on Feb. 5th and/or Feb. 12th at 1pm to learn to play or brush up on your skills in preparation for our upcoming Texas Hold 'Em night on Feb. 21st.

**** Check the Center bulletin board for notices and updates on programs, activities and current events. ****

Merle Kirkley



From the Board President

Aloha from Kona! I was thinking about February and the middle of winter. It is hard for a lot of people who cannot get out and for others who just feel blue. We have an answer for all of that. The SNOHOMISH SENIOR CENTER greets you with a smile and lots of activities. It is a warm

and friendly environment to perk you up. Also, it's sweetheart month; whether that be a spouse, friend, children or grandchildren. It is a month to say I love you with kindness. For me, our center is a place of love and joy. I appreciate each and every one of you. Looking forward to saying Hi.

Merle

PROGRAMS

Arts & Crafts

Adult Coloring Group
Clay Sculpting
Creative Crafters / Knit
Diamond Painting
Watercolor
Woodcarving

Fitness

Senior Fitness
Tai Chi
Zumba

Games

Bingo
Bridge
Canasta Hand & Foot
Cribbage
Mah Jongg Madness
Party Bridge
Ping Pong
Pinochle
Poker
Scrabble

Groups

Bible Study
Book Club
Creative Writing
French Club
Show & Tell
Spanish Lesson

Health & Wellness

Acupuncture
Foot Clinic
Massage

Lunch

Monday - Friday (11:30am)

Support

Alzheimer's Support
Caregiver Support
Grief Support
Housing & Care Clinic

LUNCH

Date February Menu

- 2/3 Senior Services: Soup and Salad Bar
- 2/4 Grilled Chicken, Brown Rice, Vegetables
- 2/5 Hamburgers, Macaroni Salad, Dessert
- 2/6 Brookdale of Monroe
- 2/7 Senior Services: Salmon Burger on Whole Wheat Bun, Potato Wedges, Fruit and Brownie
- 2/10 Senior Services: Soup and Salad Bar
- 2/11 Snohomish Health and Rehab
- 2/12 Chicken Noodle Soup, Salad, Dessert
- 2/13 Turkey Cranberry Salad
- 2/14 Senior Services: Chicken Skewers with Peanut Sauce, Rice, Coleslaw, Broccoli, Fruit
- 2/17 Senior Services: Soup and Salad Bar
- 2/18 Chicken Salad Sandwiched on Whole Wheat Bread, Salad
- 2/19 Taco Salad and Dessert
(Complimentary for members- must sign up)
- 2/20 Village Concepts
- 2/21 Senior Services: Fish Burger, Sweet Potato Fries, Fruit
- 2/24 Senior Services: Soup and Salad Bar
- 2/25 Turkey Pot Pie, Salad and Dessert
- 2/26 Cabbage Patch Salad, Dessert
- 2/27 Gencare of Granite Falls
- 2/28 Senior Services: Roast Pork, Scalloped Apples, Stuffing, Vegetables and Roll

February 19th

COMPLIMENTARY LUNCH

Taco Salad and Dessert

Lunch is free on the 3rd Wednesday of each month.

MEMBERS ONLY

Sign up at the front desk even if you have a regular, standing Wednesday reservation.

(No To Go's)

Maximum 50

Weekend Lunch Program

Homage Senior Services offers Saturday and Sunday meals that will be available to take home. Payment is by donation; give whatever you can afford. You will get two frozen, microwavable meals to take home.

Fill out a registration card with Homage or pick one up here at the center prior to signing up for any meals.

Meal sign-ups need to be done in advance, in person on Fridays during lunch, for pick up the following week and must be picked up and signed for between 11:30 am and 12:30 pm on Fridays.

WEEKDAY LUNCH RESERVATIONS

Should be made 24 hours in advance. Please remember to cancel your reservation if you are unable to come. Please bring small bills for payment, as we are unable to exchange larger bills **360-568-0934**

LUNCH IS SERVED

11:30am Mon - Fri

COST: Tue thru Thu: \$4.00 M / \$5.00 N-M

Mon & Friday: Senior Services \$3.00 suggested donation 60+ years. All others must pay \$7.50

Kitchen in need of:

Worcestershire Sauce &

Vegetable Oil

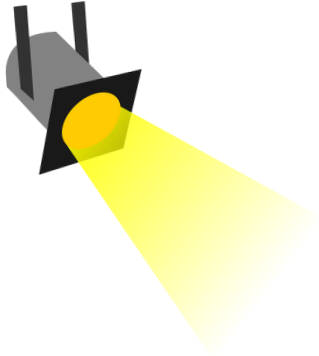
*Thank
you*

CENTER SNAPSHOTS



New Year's Eve Day Celebration.
We enjoyed an early countdown
and toast for New Year's Eve. It is
always a joy to celebrate holidays
with our members.





CENTER SNAPSHOTS

Show and Tell Spotlight



Emerson Elementary School 3rd graders experienced an engaging hands on demonstration in clay sculpting. Crystal Thomas and Carol Ann Pinto shared their time and skills with the students. Each Thursday students eagerly visit the Senior Center for our Senior Show and Tell. Please stop in and join us if only to listen or feel free to participate. You are guaranteed to come away with a smile as well!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
26	27	28	29
February 2020			
2 12:30 Pinochle 3:00 Super Bowl Party 6:00 Country Praise	3 9:15 Zumba Gold \$ 9:30 Adult Coloring 12:00 MahJongg 12:30 Party Bridge 1:00 Diamond Painting 5:15 Deck 1/2 Pinochle	4 7:00 Acupuncture \$ 9:00 Wood Carvers 9:00 Cribbage 9:30 Tai Chi (9am Beginners) 10:35 Senior Fitness \$ 12:30 Duplicate Bridge 12:30 Pinochle 1:00 Bingo \$ 2:00 Bible Study 5:30 Zumba Gold \$	5 9:00 Ping Pong 9:00 Poker \$ 9:30 Creative Crafter/Knit 9:40 Massage \$ 12:30 Intro to Smart Phone 12:30 Canasta Hand & Foot 12:30 Scrabble 1:00 French Group 2:00 Grief Support * 5:15 Deck 1/2 Pinochle
9 12:30 Pinochle	10 9:15 Zumba Gold \$ 9:30 Adult Coloring 12:00 MahJongg 12:30 Party Bridge 12:00 Book Club (Historical) 12:45 Book Club * 1:00 Diamond Painting 5:15 Deck 1/2 Pinochle	11 7:00 Acupuncture \$ 9:00 Wood Carvers 9:00 Cribbage 9:00 Breakfast Adventure 9:30 Tai Chi (9am Beginners) 10:35 Senior Fitness \$ 11:45 Entertainment * 12:30 Duplicate Bridge 12:30 Pinochle 1:00 Bingo \$ 2:00 Bible Study 5:30 Zumba Gold \$	12 9:00 Ping Pong 9:00 Poker \$ 9:30 Creative Crafter/Knit 9:40 Massage \$ 12:30 Intro to Smart Phone 12:30 Canasta Hand & Foot 12:30 Scrabble 1:00 French Group 2:00 Housing & Care Clinic 5:15 Deck 1/2 Pinochle
16 12:30 Pinochle	17 <div>Presidents'</div> <div>Day</div> <div>CLOSED</div>	18 7:00 Acupuncture \$ 9:00 Wood Carvers 9:00 Cribbage 9:30 Tai Chi (9am Beginners) 10:35 Senior Fitness \$ 12:00 Birthday Celebration * 12:30 Duplicate Bridge 12:30 Pinochle 1:00 Bingo 2:00 Bible Study 5:30 Zumba Gold \$	19 8:00 Board Meeting * 9:00 Ping Pong 9:00 Poker \$ 9:30 Creative Crafter/Knit 9:30 Ikea- Shopping & Lunch 9:40 Massage \$ 11:30 Complimentary Lunch 12:30 Intro to Smart Phone 12:30 Canasta Hand & Foot 12:30 Scrabble 1:00 French Group 2:00 Grief Support * 5:15 Deck 1/2 Pinochle
23 12:30 Pinochle	24 9:15 Zumba Gold \$ 9:30 Adult Coloring 12:00 MahJongg 12:30 Party Bridge 1:00 Diamond Painting 2:00 Creative Writing 5:15 Deck 1/2 Pinochle	25 7:00 Acupuncture \$ 9:00 Wood Carvers 9:00 Cribbage 9:30 Tai Chi (9am Beginners) 10:35 Senior Fitness \$ 12:30 Duplicate Bridge 12:30 Pinochle 1:00 Bingo 2:00 Bible Study 5:30 Zumba Gold \$	26 9:00 Ping Pong 9:00 Poker \$ 9:30 Creative Crafter/Knit 9:40 Massage \$ 12:15 Membership Meeting* 12:30 Intro to Smart Phone 12:30 Canasta Hand & Foot 12:30 Scrabble 1:00 French Group 5:15 Deck 1/2 Pinochle

THURSDAY	FRIDAY	SATURDAY
30 	31 	1 Community Breakfast \$ 8:30 - 10:30a Bingo Bash \$ Doors Open at 4:00p
6 9:00 Cribbage 9:00 Watercolor Group 9:15 Zumba Gold \$ 10:30 Show & Tell 10:30 Senior Fitness \$ 12:00 Clay Sculpting 12:30 Pinochle 1:00 Computer 1 on 1	7 9:00 Spanish Lesson 9:15 Zumba Gold \$ 9:30 Bowling & Buffet 10:00 Foot Clinic \$ 12:30 Party Bridge 	8
13 9:00 Cribbage 9:00 Watercolor Group 9:00 Caregiver Support * 9:15 Zumba Gold \$ 9:30 Snoqualmie Casino 10:30 Show & Tell 10:30 Senior Fitness \$ 12:00 Clay Sculpting 12:30 Pinochle 1:00 Computer 1 on 1 7:00 Alzheimer Support * 	14 9:00 Spanish Lesson 9:15 Zumba Gold \$ 10:00 Foot Clinic \$ 12:30 Party Bridge <i>Valentines Day</i>	15
20 9:00 Cribbage 9:00 Watercolor Group 9:15 Zumba Gold \$ 10:30 Show & Tell 10:30 Senior Fitness \$ 12:00 Clay Sculpting 12:30 Pinochle 1:00 Computer 1 on 1	21 9:00 Spanish Lesson 9:15 Zumba Gold \$ 10:00 Free Haircut * 12:30 Party Bridge 6:00 Texas Hold 'Em Night \$	22
27 9:00 Cribbage 9:00 Watercolor Group 9:00 Caregiver Support * 9:15 Zumba Gold \$ 10:30 Show & Tell 10:30 Senior Fitness \$ 11:00 Frozen Musical 12:00 Clay Sculpting 12:30 Pinochle 1:00 Computer 1 on 1 	28 9:00 Spanish Lesson 9:00 Flower & Garden Show 9:15 Zumba Gold \$ 10:00 Foot Clinic \$ 12:30 Party Bridge 12:30 Ice Cream Social & Movie <i>Dr. Zhivago</i> 	29

MONTHLY:

Alzheimer Support

2nd Thu 7p

Birthday Celebration

3rd Tue 12p

Board Meeting

3rd Wed 8a

Book Club

2nd Mon 12:45p

Caregiver Support Group

2nd & 4th Thu 9a

Creative Writing

3rd Monday 2p

Entertainment

2nd Tue 11:45a

Foot Clinic

1st, 2nd & Last Fri 10a

Grief Support

1st & 3rd Wed 2p

Haircut (Free)

3rd Friday 10a-1p

Housing & Care Clinic

2nd Wed 2p

Ice Cream Social & Movie

4th Friday 12:30p

Membership Meeting

4th Wed 12:15p

LEGEND



Trip

*

Not on a weekly
schedule

\$

There is a fee

SNOHOMISH SENIOR CENTER TRIPS



FEBRUARY TRIPS

▲ **Bowling & Buffet** *Fri*Feb 7th
 Cost \$14M/\$49NM (Transportation & Bowling included - lunch is on your own)
 Depart @ 9:30am * Return @ 2:30pm

▲ **Breakfast with the Director** *Tue* Feb 11th
 Cost \$4M/\$39 NM (Breakfast is on your own)
 Depart @9:00am * Return @11:00am

▲ **Snoqualmie Casino** *Thu*Feb 13th
 Cost *18M/\$53NM
 Departs @ 9:30am * Return @2:30pm

■ **IKEA - Shopping & Lunch**
 Wed * Feb 19th * Cost * \$6M/\$41NM
 (Lunch is on your own)
 Depart @ 9:30am * Return @ 3:30pm

■ **DISNEY'S FROZEN - Musical**
 Thursday February 27th * Cost \$90M/\$125NM
 (Dinner is on your own)
 Depart @ 11:00 am * Return @ 7:00 pm

■ **Northwest Flower & Garden Show**
 Fri * Feb 28th* Cost \$30M/\$65NM
 (Lunch is on your own)
 Depart @9:00am * Return @ 4:30pm

SSC TRIP RULES AND CANCELLATION POLICY

- * Non Member trip pricing will include a \$35 additional fee that includes a one year annual membership to the SSC.
- * Day trip sign ups begin on the first business day of each month for the **following month's day trips.**
- * 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 are 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.

TRIP SIGN UP PROCEDURES

Trip sign ups will begin at 9:30 am on the first business day of each month at the center. You must sign up and make payments in person, **no phone orders for trips.** Payments must be made at time of sign up. There will be a separate area for trip sign up/payments on the first business day of each month, after that you may sign up at the front desk. If you cancel a trip and a refund is approved, please expect to be reimbursed at least 14 business days after the cancellation or you can see Heidi to receive a trip voucher to use on future trips. Our Senior Center website is updated regularly with trip information. If you haven't checked it out yet, go to snohomishcenter.org and do so.

*****FINAL IRELAND PAPERWORK MEETING*****

Wednesday February 12th at 4:00pm

For those going on the Ireland trip you don't want to miss this meeting!

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.
ALL TRIPS	NO ASSISTANCE WILL BE AVAILABLE, SO IF YOU NEED HELP WITH MOBILITY, YOU MUST BRING SOMEONE ALONG WITH YOU TO HELP YOU.



VOICE CONNECT

One of the benefits of having My Senior Center, our new technology to manage membership data, is the ability to send a call to all members regarding important information in one recorded message. What to be aware of is: if you see a call from Somerville, MA, that is your center trying to communicate to you.



Stay Tuned
 FOR something
AWESOME

MARCH TRIPS

Ireland Trip March 2nd - 11th, 2020

Breakfast Adventure

Tue * Mar 10th * Cost \$4M/\$39 NM

Join Director Sharon for conversation and a bite to eat to start off your day. Breakfast on your own.
Depart @9:00am * Return @11:00am

Snoqualmie Casino

Thu* Mar 19th * Cost \$18M/\$53NM

You get a \$10 Lunch voucher included along with a \$10 free play!
(Buffet lunch cost is \$10.95 plus a 18% Gratuity for groups).

Please note: We will not be stopping at the falls each month. Departs @ 9:30am * Return @2:30pm

Silvertips Game

Fri * Mar 20th * Cost \$25M/\$60NM

Join us as we cheer on the Everett Silvertips Hockey team on their last regular game of the season against the Victoria Royals. Food is on your own at the venue. Depart @ 6:30pm * Return after the game

Mystery Dinner

Wed * Mar 25th * Cost \$6M/\$41NM

Join us as we head to a place unknown for dinner; well the driver knows! The food is good and the company is always great! Transportation Only—Dinner is on your own. Depart @ 4:30 pm * Return @ 7:00pm

Schack Art Center

Fri * Mar 27th * Cost \$8M/\$43NM

We will take a guided tour giving us a more in-depth look at the current exhibits, including the artists, their media, techniques and background. It is also filled with fun and facts about the history of the Schack, the artwork in the current exhibits, and behind-the-scenes peeks at the Hot Shop, classrooms, mezzanine gallery and studios, and other wonderful parts of the space. We will have lunch in Everett after our tour. (Lunch is on your own)
Departs @ 9:30am * Return @ 1:30pm

12 DAY PICTURESQUE PANAMA CANAL CRUISE THE PANAMA CANAL - JANUARY 31ST - FEBRUARY 12TH, 2021

Ports: Great Stirrup Cay, Bahamas * Cartagena, Colombia Gatun Lake * Panama * Colon, Panama
Puerto Limon, Costa Rica * Roatan Bay Island, Caribbean * Harvest Caye, Belize* Costa Maya,

Cost:

MID SHIP BALCONY CABIN: \$3900 PER PERSON, DOUBLE OCCUPANCY OR \$6663 SINGLE OCCUPANCY

OCEAN VIEW CABIN: \$5588 SINGLE OCCUPANCY

INSIDE CABIN: \$4847 SINGLE OCCUPANCY

All Cabins Include:

Roundtrip Airfare from Miami, Bus Transportation, Travel Insurance, Prepaid Gratuities.

Balcony & Ocean View Cabins includes:

Unlimited Beverage & Specialty Dining Package, Shore Excursion Credit, 250 Minute Internet Package.

Inside Cabin includes:

Unlimited Beverage & Specialty Dining Package.

**NON REFUNDABLE DEPOSIT OF \$100 PER PERSON TO HOLD YOUR SPOT
PAYABLE TO Snohomish Senior Center AT TIME OF SIGN UP
Remaining balance is due on 10/2/2020**

**Sign up now at the front desk. Any questions contact Heidi at:
hgottas@snohomishcenter.org or 360-568-0934**

**NEW
update**

**3 BALCONY
ROOMS LEFT**



Chicago at the Paramount * Sun * Apr 5th Cost \$90M/\$125NM

The #1 longest running American musical in Broadway history. A universal tale of fame, fortune and all that Jazz. Show is at 1:00pm. Travel times TBD

Dinner after the show. Dinner on your own.



	Spirited Ambiance Candle Foundry Hand-poured soy wax in upcycled Beer - wine - liquor - cider bottles www.SpiritedAmbiance.com	Medicare Questions? Call Hillary Blanchard (805) 651-0091 My services are no cost to you!
Harvey Airfield 9900 Airport Way Snohomish (360) 568-1541 x222 Foundation for the Future	Snohomish Farmer's Market Sarah Dylan-Jensen PO Box 1994 Snohomish, WA 98291	Therapeutic Massage Pregnancy, Senior, Relaxation Schedule online ilovebodytemple.com Or Call (360) 990-3066
Ron's Balms and Botanicals, LLC ronsbalsmsandbotanicals.com	The Health Spot Dedicated to the health of our community Since 1984 417 Maple Ave, Snohomish	Rolling Gate Stables 11104 Springhetti Rd. Snohomish, WA 98296 (425) 319-3904
GoldCrafters Jewelry Repair Expert, Affordable Repairs / Design Randy Hardy Goldsmith-Owner (425) 418-GOLD (4653)	Snohomish Flying Service 9900 Airport Way Snohomish (360) 568-1541 x227 Learn to fly * Charters * Tours	Snohomish Inn 323 Second Street, Snohomish 98290 (360) 568-2208 Clean, Comfy & Cozy
Clearview Perennials (360) 668-6688	The Blalock Group Trusted Local Real Estate Sales Professionals www.soldbyblalock.com Michael 206-963-3642 Elisabeth 206-963-5072	Evergreen Health Monroe Your Community Hospital For providers and services visit... evegreenhealthmonroe.com
Barb's Auto License (360) 568-8836 510 - 2nd St, Ste C Snohomish, WA 98290	Snohomish Lions Club "We Serve"	Centennial Family Dentistry Formerly Eve Rutherford, DDS 229 Avenue D, Snohomish, WA (360) 568-6017
Yoga Circle Studio Karen Guzak 707 Pine Ave #A103 (360) 568-1000 KarenGuzak@gmail.com	Skydive Snohomish 9912 Airport Way Snohomish (360) 568-7703 WA State's #1 Skydiving Center	Peoples Bank 2801 Bickford Ave, Ste 101 98290 Marie Auriol (360) 563-1112 marie.auriol@peoplesbank-wa.com
The Stupey Agency John H. Stupey PO Box 64 Mukilteo, WA 98275 (425) 374-3704 stupey52@comcast.net	Columbia Bank Kim Harrison —VP Branch Manager 167 Lincoln Ave Snohomish, WA 98290	Healthy Life Chiropractic Clinic Improving the Community One spine at a time Kari Gibson (360) 568-8800
Senior Housing Specialists Free help locating housing Call: Julianne Thal (425) 691-8451 <i>Realtor 'Aging in Place' Specialist</i>	Denise Nickels, Champions Real Estate Home is where you hang your heart Let me help you find your home (425) 218-2810 denise.nickels@yahoo.com	American Family Insurance Please call with your insurance questions We are here to listen and help (360) 794-0678
Edward Jones Sterling Gurney, CFP Financing Advisor (360) 563-1042	Periwinkle Rose periwinklerose.com Handmade cotton pajama pants and more Studio sale March 14th, 11a - 3p 12929 77th Place SE, Snohomish	Snohomish Chamber of Commerce 21 Ave A Ste 1 PO Box 135, Snohomish 98291 (360) 568-2526

Business Membership

If you are a business around or about Snohomish and have a passion for the Snohomish Senior Center, what it brings to the community and the programs and services it provides seniors, then you might consider becoming a member. The annual fee is \$100.00.

Support our senior community and join today!
(360) 568-0934

CATHERINE'S FINE JEWELRY

G.I.A. Certified Graduate Gemologist

Buy, Sell, Appraise & Repair

(425) 346-8156

Snohomish Senior Center
HERE 3/19 12-2:30



Jewelry Clinic Schedule 2020

March 19
June 18
September 17
December 3

Member Thoughts

The Unspeakable Death

Submitted by Diane Thompson

How do we deal with it? How do we talk to our family about what we want? We all have different views about death and how to handle it. The following is just my thought.

Death will happen to all of us, but it is so important to think and talk about it while we are able to, so what you would like to happen will be honored.

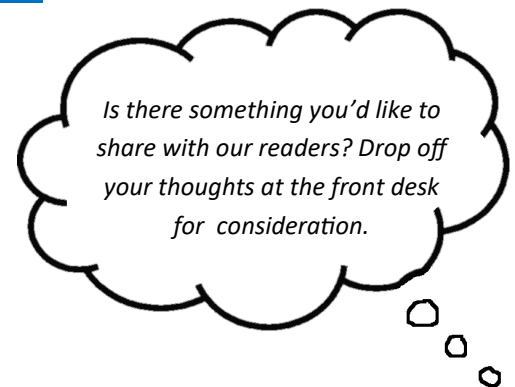
I have a friend that is in the hospital and as I sit with her and watch her slowly slip away, I am reminded that we all have choices as long as we take advantage of them in a timely manner. She did not have a Directive to Doctors or DNR and was at the stage of not wanting to drink or eat, only sleep. Her daughter kept thinking if only she did this or that, mom would be better. However, as I have experienced losing my husband and son in law and watching the process, understanding that what we want for them does not matter. It is not in our hands and as hard as we try to say it is not happening - it is. I know what the daughter asked to have done, i.e. feeding tube etc. is not what her mom would have wanted.

My dad was sick for over a year and went through a number of surgeries and blood transfusions. We said, "Keep fighting dad, you will get better." We should have said, "It is alright dad, we will be okay."

So why do I tell you any of this? Because, I want you to think of what YOU want in your final stages of life. People do not want to have the conversation about death. But I think it hurts all of us in the long run not to. You guess what someone wants and then question if you did the right thing.

I have a folder that my family knows where to find. It contains my will, directive to physicians, list of bank accounts and any bills owed and letters to each family member that I update every couple of years. I also have my last wishes on how I would like things handled. I have had a number of conversations with my family. We usually try to keep it light, but as my ideas change I pass them on.

So as you think about death, remember you can have a say on how you are treated and what you would like done.



Will Clinic

The Snohomish County Young Lawyers Division and Snohomish County Legal Services are offering a will clinic for seniors on Saturday, February 8th: 9:30 - 10:30am, 10:30 - 11:30am or 11:30am - 12:30pm. Eligible participating seniors will receive the following completed documents: Last Will & Testament, Health Care Directive, Durable Power of Attorney. This clinic is by appointment only at Snohomish County Legal Services in downtown Everett. For an appointment, please call Diane 425-258-9283 ext. 22 or Adele 425-258-9283 ext. 16. Please note that you must meet income requirements to qualify.



Number of People in	Monthly Income
1	\$2,082
2	\$2,819
3	\$3,555
4	\$4,292
5	\$5,029
6	\$5,765
7	\$6,502
8	\$7,239
Each person > 8	Add \$737

Minor Home Repair

Homage Senior Services has a Minor Home Repair Program for low and moderate income homeowners age 62 and older or homeowners with disabilities who are age 18 and older in Snohomish County. Health and safety related repairs that are covered under this program include basic plumbing, roof, sewer line service, furnace, smoke alarms, existing ramps repair, steps and handrails, grab bars, door locks and carpentry. The following services are not provided: yard work, window washing, painting, remodeling, furniture repair, furniture moving, trash hauling, appliance repair, TV repair, sewer/water connections, washing mobile homes, cleaning gutters, moving/setting up mobile homes, storm windows, cosmetic repairs, or electrical repairs. You will need to fill out an application and provide photocopied verification of your current monthly income for yourself and all members of your household. For more information, call 425-265-2222.



GENERAL MEMBERSHIP

December DONORS THANK YOU!!!

Patricia Bashaw	Fidelity Charitable	Pinochle
Rebecca Buckingham	John & Melissa Frey	Poker
Dave Burlison	Heidi Gottas	Henry & Donna Robinett
Sharon Burlison	Barbara Hall	Friedman Rubin
Kaye Carlson	Daniel Han	Carol Sack
Columbia Bank	Kathleen Hanna	Senior Services Snohomish County (Homage)
Crafters Group	Carl Heinzer	Sky Valley Stock & Antique Tractor Club
Karen De Folo	Linda Hughes	Glenna Smithson
Deck & Half	Anita Kartic	Snohomish Networking Women
Kay Dees	Jerry Knittel	Water Color Class
Doug Diel	Grace Kwon	Becky Whittenburg
Wanda Dotson	Judy McDonald	
Jayleen English	Party Bridge	

December Volunteer Hours **999**



New Member Luncheon Wednesday, Feb. 26th 11:30 am

New members from the previous month are invited to join us for a complimentary luncheon on the 4th Wednesday of every month.



You will receive an invitation by phone.

February Birthdays - Happy Birthday!!

Clara Jean Heirman	2/1	Merle Kirkley	2/6	Lois Glover	2/19
Roberta Starne	2/2	Jon Gobiet	2/6	Patricia Bjerkan	2/19
Karen Hart	2/2	Kay Welch	2/7	Ralph Cutter	2/19
Carol Moffet	2/2	Susan Destrier	2/7	Bob Phillips	2/19
Betty Crimmins	2/2	Kim Williams	2/7	Clem Berger	2/21
Richard Jeter	2/2	Steve Grogan	2/8	Larry Wolk	2/22
Mary Ann Britton	2/2	Bonnie Helm	2/9	Richard Ferguson	2/24
Martha Hart	2/3	Sharyn Fisher	2/10	Annette Menig	2/25
Qifang Zhu	2/3	Flora Wilson	2/11	Marlene Alexander	2/25
Sean Campbell	2/3	Edward Poquette	2/12	Gloria Yost	2/26
Nikki Casey-Carlson	2/3	Janet Smith	2/13	Kay Howell	2/26
Dick Clemans	2/4	Helen Tygret	2/13	Florence Pickard	2/26
Marilyn de Soto	2/4	Marlene Elmendorf	2/13	Roberta Thomas	2/26
Bonny Headley	2/4	Diane Rogers	2/14	Alta Hofstetter	2/28
Olivia Corthell	2/4	Valetta Redman	2/14	Patricia Wunsch	2/28
Carol Jones	2/4	Steve Welch	2/14	Stephen Morse	2/28
James Kelley	2/5	Carolee Isley	2/15	Theresa Smith	2/28
Joanne Drebaum	2/5	Julianne Thal	2/15	Ann Good	2/29
Diane Papworth	2/6	June Savoie	2/15		
Sharon Diel	2/6	Sandra Raymond	2/18		



Birthday Celebration * February 18th * Noon in the lunchroom * Music by John Hintze!



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



Mon ~ Sat 10am to 6pm
Sunday 12 to 4pm
611 Second Street
360-863-6353

Proceeds benefit the Snohomish Senior Center



50% Off Sale on
Valentine's Day
Friday, Feb.
14th.



Watch For

MANAGERS

SPECIAL

DAILY

Help Us Be Green!

Receive your newsletter as an
emailed version rather than a
printed copy.



Stop by the front desk to
update your preference or
give us a call. 360-568-0934

"The best and most beautiful
things in the world cannot be seen
or even touched- they must be felt
with the heart."

-Helen Keller



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