

# Snohomish Seniors

*High on Life*

September 2021

Issue 166



## Snohomish Senior Center

506 Fourth Street  
Snohomish, WA 98290

360-568-0934

[snohomishcenter.org](http://snohomishcenter.org)

Mon-Fri

9am-4pm

Membership \$40 annually



We will be closed on Monday, September 6th, in observance of Labor Day.



### Friday, September 24th 12-3pm

Be sure to visit our annual Community Health Fair for a variety of vendors, information, prizes and more.

Admission is free. The Snohomish Lions Club will be here offering complimentary vision and hearing screenings. If you reserve lunch on this day, it will be served as a *to-go* only.

## Mask Update

As of August 23rd, masks are again required in our facility, regardless of vaccination status, per the Governor's mandate. Let's keep our center a space of encouragement and positive attitudes as we all navigate the changing rules and guidelines regarding COVID-19. Thanks for your patience and cooperation.

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### **Member Thoughts**

*Is there something you'd like to share with our readers? Email your submission to:*

***[info@snohomishcenter.org](mailto:info@snohomishcenter.org)***

*or mail it to us at 506 4th St.*

*Snohomish, WA 98290*

*for consideration.*

*From the*  
**EXECUTIVE DIRECTOR**

The National Council on Aging (NCOA) and our National Institute of Senior Centers (NISC) celebrate National Senior Center Month every September. Now more than ever, senior centers over the past year played an essential role for older adults in their communities. The health & well-being of our community quickly became the most important service we could provide. Our Snohomish Senior Center should be proud of the numerous ways we served our members. We provided COVID-19 guidance & vaccine education, opened our center for vaccination clinics and scheduled the appointments for those who were limited to technology.

The success of our lunch program was a key part in how we dealt with the issue of social isolation within our membership. How could we have known that those daily connections would result in a stronger membership when we reopened our doors in July. A new member's daughter shared this comment with us after her dad joined, "the senior center is seriously changing his world and his mood!".

The health of our center membership is a direct reflection of how we serve our community. Membership is up 25% since reopening; 74 new members in the past two months! Thank you for referring your friends and neighbors. Our volunteerism is strong, our community is supporting us and business sponsors are partnering with us again.

We invite you to celebrate National Senior Center month with us by attending one of our events, participate in a program or enjoy lunch on us.

Be safe & stay healthy,

Sharon

**New members shared why  
they joined the Snohomish  
Senior Center.**



*I came for the exercise class and stayed  
for the great people. –Shirley Austin*



*I like the food and enjoy socializing and  
meeting new people. –Donald Bakken*

**YOU'RE INVITED**



# **FIRST RESPONDERS BBQ**

**WEDNESDAY, SEPTEMBER 29TH**

**12:00 PM**  
COMPLIMENTARY

Join us for our annual  
BBQ celebrating our  
First Responders and  
City Employees.

Sign up at the front desk.

## LUNCH

As we have resumed indoor dining, we are no longer able to accommodate the drive through lunch program due to our parking lot constraints. We would love for you to join us inside! Lunch will continue to be complimentary for our members, with donations appreciated. Reservations will still need to be made at least 1 day in advance. Previous lunch punch cards are no longer needed or valid. If you would like a lunch "to go", please specify that option when making your reservation and know that you will need to park and come inside to pick up your lunch. **\*\*\* Due to the high volume of lunches being prepared, all to-go lunches will be available for pick up at 12:30pm, beginning Tuesday Sept. 7th. \*\*\***

## SEPTEMBER MENU

Lunch is Served From 12-12:30, To-GO Pick up is at 12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Soup & Sandwich	2 Roast Beef, Mashed Potatoes & Gravy (Sponsored by Brookdale)	3 Bean & Cheese Burrito
6 CLOSED Labor Day	7 Spaghetti	8 Senior Services: Pork Chop & Scalloped Potatoes	9 Soup & Sandwich	10 Beef Stew
13 Senior Services: Stuffed Bell Peppers, Rice & Carrots	14 Macaroni & Cheese with Ham	15 Soup & Sandwich	16 Lasagna	17 Salmon Burger
20 Senior Services: Cobb Salad	21 Taco Salad (Sponsored by Village Concepts)	22 Pizza and Salad	23 Chicken and Pasta	24 Soup & Sandwich <i>All Lunches To Go Only Due To Community Health Fair</i>
27 Senior Services: French Dip with Potato Puffs	28 Soup & Sandwich	29 First Responders BBQ	30 Lunch Sponsored by Ixtapa Mexican Restaurant	

## FROM THE BOARD PRESIDENT



**Merle Kirkley**

Welcome to September and happy Fall season. We have had quite a summer with lots of warm sun, which was fantastic. Now it's time to look ahead for our beautiful fall foliage with warm days and cool nights. It is a great time to come to the center and enjoy all the amazing programs, lunches and an occasional dinner. We have many members and it's a great time to make new friends. Covid is still lingering but don't let that stop you, we are seniors and resilient. It is also the

time of year to make sure we all have had our tune-up for winter from our healthcare providers. One thing I have learned this summer is as we age and lose great friends and grieve with them, let us also rejoice in all the wonderful memories they had with family and friends. I have gone a year losing my angel Joanne to heaven and I know she is so happy. You never forget the past and she will be at the center of my heart, but we all have so much life ahead of us and let's all enjoy the senior center for new fun and memories.

Cheers and Blessings,  
Merle

### Board of Directors 2021

**Merle Kirkley- President**  
**Michael Manley- V President**  
**Carol Stultz - Secretary**  
**Kim Harrison - Treasurer**  
**JoAnn Britt**  
**Carroll Brown**  
**John Buckingham**  
**Beth Buckley**  
**Sharon Diel**  
**Bill Doran**  
**Timm Hall**  
**Kyla McNulty**  
**Judy Spaetig**  
**James White**  
*\*Open*

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

## CENTER NEWS

### Acupuncture

Dr. Alexander of Free Range Health offers acupuncture services here on Thursdays beginning at 7am. To register and schedule an appointment, visit **FreeRangeHealth.org** or call Dr. Alexander at **425-419-7033 ext. 715** for more information.

### Bible Study

Bible study returns on **Tuesday, September 14th at 2pm**. The group will meet every week and is led by Mike and Linda Hughes. The group will be studying the book of Mark. Everyone is welcome.

### Bingo

Come play Bingo every Tuesday at 1:00pm and on the 1st Saturday of every month at 5:30pm.

### Bunco

Would you like to play Bunco here at the center? Put your name on an interest list at the front desk so we can gauge if there are enough players to have a group stated.

### Canasta Hand & Foot

Canasta Hand and Foot resumes this month on **Wednesdays at 12:30pm**.

### Creative Writing

Creative Writing, led by Linda Bresee, meets on **Fridays from 10:00 -11:30am**. Writing can be entertaining and therapeutic and everyone has a story to tell. Come give it a try.



### Fitness

We offer a fitness program each weekday. Take your pick or try them all! Walking Group is free for members, while Movement to Music, Senior Fitness, Yoga(NEW) and Zumba are all inclusive for \$10/month. See the calendar for days and times.

### Foot Clinic

**September 10th & 24th (10am-1pm), October 8th & 29th (10am-1pm)**

Foot clinic is available on the **2nd and last Friday of each month**. Your appointment will include having your feet soaked, light massage, nails clipped, and bunions filed. No diabetics. **\$23 Members / \$26 Non-Members**

### Fraud Presentation

You're invited to a complimentary seminar hosted by First Financial Northwest Bank. Modern Times, Modern Crimes: Learn to protect yourself from scams and fraud. Presented by Marie Auriol, Business Banking Manager on **Thursday, September 9th at 1pm**.

### General Membership Meeting

Our next membership meeting will be on **Wednesday September 29th at 1:00pm**. Note that this is a change from the regularly scheduled 4th Wednesday of the month meeting.



### Haircut Clinic

Due to popular demand, the haircut clinic is currently full until November.



## CENTER NEWS

### Massage

We have a new massage provider offering chair massage. Kathleen Sutton will be here **Thursdays from 10am-2pm**. 15 minute massages are **\$15 Members/ \$18 Non-Members**. Sign up for an appointment at the front desk; drop-ins are accepted based on availability.



### Member Social

Join us on **Thursday, September 30th from 4-6pm** for a delightful evening of mingling and appetizers. Members only. Cost is \$20 and includes heavy appetizers and 2 drinks. Space is limited. Sign up at the front desk.

### MySeniorCenter - Your Wallet

Many of you are familiar with our software MySeniorCenter as we utilize it with our touchscreen check in process. A new feature we're introducing is *Your Wallet*. Your Wallet is 'banked' money to use at a later time to pay for activities or events that have a charge. For example, you, or someone on your behalf, can 'deposit' money in to Your Wallet via cash, check or credit card and then future activities are paid using Wallet funds rather than individual cash, check or credit card transactions. Your Wallet will also be used to handle certain refunds rather than cash back. No value will be lost, it will just be held in Your Wallet for future use. Your Wallet is just that, it is only accessible for your use, it is individually tracked by member. Your Wallet is not actually tied with any bank accounts or credit cards; it's just a temporary place you can allocate money (through deposits or refunds) that you can use to pay for later charges for activities, trips, rides, etc. If you would like to add funds to Your Wallet ask at the front desk or ask a staff member if you have any questions.

### Nail Clinic

Katie and her crew from KT Nails will be at the center offering complimentary manicures for our members on **Sunday, September 12th from 9:00-10:30am**. Schedule your appointment and get ready to be pampered.

### Painted Craft Workshops

Christina Snell of Designs by Christina will lead two workshops. On **Friday, September 3rd at 1:00pm**, create a beautiful hand painted gift bag and matching card. The cost is \$12, which covers all materials, including paint brushes you keep.

On **Wednesday, October 6th at 1:00pm**, paint an adorable wooden fall sign. The cost is \$15, plus \$5 if you do not have paint brushes.



### Ping Pong

Ping Pong will be on hold temporarily. Stay tuned for a resume date.

### Pinochle Lessons

Bernice Wright is offering to teach basic pinochle to anyone wanting to learn or brush up. Sign up at the front desk and Bernice will contact you to arrange a time.

## CENTER NEWS

### Seahawks Sunday Viewing Parties

Members are invited to watch Sunday games on the big screen and cheer on our team. The Seahawks Fan Group will get together at the Senior Center for viewing parties. Doors open half an hour before game time. A potluck of store bought snacks is shared during the game. Menu guide: Breakfast type snacks for 10am games and Lunch type snacks for 1:25pm games. A variety of beverages and coffee will be available.

**September 12th @10:00am vs The Colts**

**September 19th @1:25pm vs The Titans**

**September 26th @1:25pm vs The Vikings**

**GO SEAHAWKS**

### Senior Fitness

We say goodbye to our interim instructor, Cora as she returns to teaching in the fall. We'll welcome a new Senior Fitness instructor, Lisa McCadam beginning Tuesday, September 21st.

**There will be no Senior Fitness classes on 9/7 and 9/14.**

### Yoga

Yoga has been proven to be a therapeutic practice, soothing bodily aches, gently strengthening muscles, and calming the nervous system. Join senior teacher Karen Guzak for 45 minutes of an easy **Rest and Rejuvenate** approach to yoga, using chairs for support. This class is on **Wednesdays at 3pm, beginning Sept. 8th.**

### Snohomish Senior Center COMMUNITY BREAKFAST



**September 4th**

Join us for breakfast!

**1ST SATURDAY OF EVERY MONTH**

**8:30 - 10:30 AM**

**\$5 Suggested Donation**

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

## BINGO BASH

**September 4th**

Doors Open at 4:00 pm

Early Bird Session at 5:15pm

Session Begins at 5:30 pm



**Snohomish Senior Center**

506 Fourth Street

Snohomish, WA

**The Café Will Be Open**

No Outside Food Or Drinks Allowed





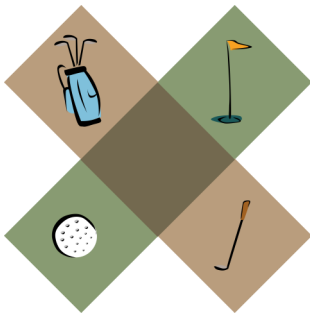
## CENTER PICS



Our first member social was a hit. Be sure to sign up and join us for the next one on Sept. 30th.



Eric & Gabe Yarnot led a very successful technology assistance workshop. They'll be back again soon, future dates are TBD.



3rd Annual Snohomish Senior Center Open  
Thanks to our sponsors, and players for making this fundraiser a success.



1st Place: Team Burlison





2nd Place: Team Dammann



3rd Place: Team Younggren

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<h1>September 2021</h1>			
			<b>1</b> 9:00 Poker \$ 9:15 Movement to Music \$ 9:30 Creative Crafters 12:30 Canasta Hand & Foot 12:30 Open Games 12:30 Scrabble 1:00 French Group 2:00 Grief Support
<b>5</b> 12:30 Pinochle	<b>6</b> <b>CLOSED</b>	<b>7</b> 9:00 Wood Carving 9:00 Cribbage 10:15 <b>NO</b> Senior Fitness \$ 12:30 Duplicate Bridge 12:30 Deck & 1/2 1:00 Bingo \$	<b>8</b> 9:00 Poker \$ 9:15 Movement to Music \$ 9:30 Creative Crafters 10:00 Book Club 12:30 Canasta Hand & Foot 12:30 Open Games 12:30 Scrabble 1:00 French Group 2:30 Putt Putt \$ 3:00 Chair Yoga \$
<b>12</b> 9:00 Nail Clinic 10:00 Seahawks Game 12:30 Pinochle	<b>13</b> 9:15 Movement to Music \$ 10:00 Coloring Group 12:00 MahJongg 12:30 Party Bridge 1:00 Diamond Painting 5:15 Deck & 1/2	<b>14</b> 9:00 Wood Carving 9:00 Cribbage 10:15 <b>NO</b> Senior Fitness \$ 12:30 Duplicate Bridge 12:30 Deck & 1/2 1:00 Bingo \$ 2:00 Bible Study	<b>15</b> 9:00 Poker \$ 9:15 Movement to Music \$ 9:30 Creative Crafters 12:30 Canasta Hand & Foot 12:30 Open Games 12:30 Scrabble 1:00 French Group 2:00 Grief Support 3:00 Chair Yoga
<b>19</b> 12:30 Pinochle 1:25 Seahawks Game	<b>20</b> 9:15 Movement to Music 9:30 Angel of the Winds \$ 10:00 Coloring Group 12:00 MahJongg 12:30 Party Bridge 1:00 Quilting Group 1:00 Diamond Painting 5:15 Deck & 1/2	<b>21</b> 9:00 Wood Carving 9:00 Cribbage 10:15 Senior Fitness \$ 12:30 Duplicate Bridge 12:30 Birthday Celebration 12:30 Deck & 1/2 1:00 Bingo \$ 2:00 Bible Study	<b>22</b> 9:00 Poker \$ 9:15 Movement to Music \$ 9:30 Creative Crafters 10:00 Book Club 12:30 Canasta Hand & Foot 12:30 Open Games 12:30 Scrabble 1:00 French Group 3:00 Chair Yoga \$
<b>26</b> 12:30 Pinochle 1:25 Seahawks Game	<b>27</b> 9:15 Movement to Music \$ 10:00 Coloring Group 12:00 MahJongg 12:30 Party Bridge 1:00 Diamond Painting 5:15 Deck & 1/2	<b>28</b> 9:00 Wood Carving 9:00 Cribbage 10:15 Senior Fitness \$ 12:30 Duplicate Bridge 12:30 Deck & 1/2 1:00 Bingo \$ 2:00 Bible Study	<b>29</b> 9:00 Poker \$ 9:15 Movement to Music \$ 9:30 Creative Crafters 12:00 First Responders BBQ 12:30 Canasta Hand & Foot 12:30 Open Games 12:30 Scrabble 1:00 French Group 1:00 Membership Meeting 3:00 Chair Yoga \$



THURSDAY	FRIDAY	SATURDAY
<b>2</b> 7:00 Acupuncture \$ 9:00 Watercolor  9:15 Breakfast w/Director \$ 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle	<b>3</b> 9:15 Zumba \$ 9:30 Spanish Lesson 10:00 Creative Writing 12:30 Party Bridge 1:00 Painted Bag Workshop \$ 6:00 Poker \$	<b>4</b> 8:30 Community Breakfast \$ 5:30 Bingo Bash \$
<b>9</b> 7:00 Acupuncture \$ 9:00 Caregiver Support 9:00 Watercolor 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle 1:00 Fraud Prevention Seminar 7:00 Alzheimer Support	<b>10</b> 9:15 Zumba \$ 9:30 Spanish Lesson 10:00 Creative Writing 10:00 Foot Clinic \$ 12:30 Party Bridge 6:00 Poker \$	<b>11</b>
<b>16</b> 7:00 Acupuncture \$ 9:00 Watercolor 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle  4:45 Andy's Fish House \$	<b>17</b> 9:15 Zumba \$ 9:30 Spanish Lesson 10:00 Creative Writing 12:30 Party Bridge 6:00 Poker \$	<b>18</b>
<b>23</b> 7:00 Acupuncture \$ 9:00 Caregiver Support 9:00 Watercolor 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle	<b>24</b> 9:15 Zumba \$ 9:30 Spanish Lesson 10:00 Creative Writing 10:00 Foot Clinic \$ 12:00 Community Health Fair 12:30 Party Bridge 1:00 <b>NO</b> Movie & Ice Cream 6:00 Poker \$	<b>25</b>
<b>30</b> 7:00 Acupuncture \$ 9:00 Watercolor 10:00 Massage \$ 11:00 Walking Group 12:00 Clay Sculpting 12:30 Pinochle 4:00 Member Social \$		

### Non-Weekly Programs

**Alzheimer Support**  
2nd Thur 7:00p

**Birthday Celebration**  
3rd Tues 12:30p

**Book Club**  
2nd & 4th Wed 10:00a

**Caregiver Support Group**  
2nd & 4th Thu 9a


**Foot Clinic \$**  
2nd & Last Fri 10:00a

**Grief Support**  
1st & 3rd Wed 2:00p

**Membership Meeting**  
4th Wed 1:00p

**Movie & Ice Cream Social**  
4th Fri 1:00p

**Quilting Group**  
1st & 3rd Mon 1:00p

\$	There is a fee or suggested donation
	Trip

**LUNCH SERVED**  
**MON-FRI 12-12:30**  
*To-Go Pick Up at 12:30*

## TRIPS



Trip sign ups begin on the 1st business day of the month. You must sign up and pay in person, no phone orders will be taken. Day trips are limited to 14 people.



### Breakfast with the Director ▲

**Thursday, September 2nd:** Depart @ 9:15am, Return @ 11:15am.  
Start your day with great conversation and a great breakfast at First & Union Kitchen.  
Cost: \$4 for transportation only.

### Putt Putt Golf ●

**Wednesday, September 8th** Depart @ 2:30pm, Return @ 5:30pm  
Playing putt putt is a fun activity whether it's your 1st time or you're a seasoned player. Let's play a friendly round at Snohomish Valley Golf Center. Food is available for purchase.  
Cost: \$12 includes transportation and a round of putt putt.

### Andy's Fish House ▲

**Thursday, September 16th:** Depart @ 4:45pm, Return @ 6:45pm  
Join us for a yummy seafood dinner at Andy's Fish House.  
Cost: \$4 for transportation only.

### Angel of the Winds ▲

**Monday, September 20th:** Depart @ 9:30am, Return @ 2:30pm  
Try your luck at the Angel of the Winds Casino in Arlington.  
Cost: \$8 for transportation only. (The casino is not offering promotions or discounts at this time.)



#### 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.

- \* A current membership is required to venture on any SSC 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.

## FALL PREVENTION

### Four things YOU can do to prevent falls:

#### 1. Talk openly with your healthcare provider about fall risks & prevention.

Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

#### 2. Exercise to improve your balance and strength.

Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi.

Lack of exercise leads to weakness and increases your chances of falling.

Ask your doctor or healthcare provider about the best type of exercise program for you.

#### 3. Have your eyes and feet checked.

Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.

#### 4. Make your home safer.

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear well-fitting shoes with good support inside and outside the house.





# Business Members

<b>Harvey Airfield</b> 9900 Airport Way Snohomish (360) 568-1541 x222 Foundation for the Future	<b>Edward Jones</b> Sterling Gurney, CFP Financial Advisor (360) 563-1042	<b>Clearview Perennials</b> (360) 668-6688
<b>GoldCrafters Jewelry Repair</b> Expert, Affordable Repairs / Design Randy Hardy Goldsmith-Owner (425) 418-GOLD (4653)	<b>Snohomish Flying Service</b> 9900 Airport Way Snohomish (360) 568-1541 x227 Learn to fly * Charters * Tours	<b>Columbia Bank</b> <b>Kim Harrison</b> —VP Branch Manager 167 Lincoln Ave Snohomish, WA 98290
<b>Skydive Snohomish</b> 9906 Airport Way Snohomish (360) 568-7703 WA State's #1 Skydiving Center	<b>Medicare Questions?</b> Call Hillary Blanchard (805) 651-0091 <b>My services are no cost to you!</b>	<b>KT Nails</b> Manicures, Pedicures, Waxing & Facials 255 Cypress Street, Snohomish 360-217-7045
<b>Peoples Bank</b> 2801 Bickford Ave, Ste 101 Snohomish, WA 98290 (360) 563-1112	<b>Snohomish Lions Club</b> "We Serve" SnohomishLions.org 425-610-829 Lions@SnohomishLions.org #SnohomishLions #SnohoLions	<b>Visit YogaCircleStudio.com</b> Gentle yoga is for everyone. Join us to feel better all over, more energetic, more peaceful.
<b>Chris Laliberte</b> eXp Realty/Laliberte Homes (425) 220-0107 www.lalibertehomes.com	<b>NEW MEMBER!</b>	

## September Is National Senior Center Month

The Snohomish Senior Center has been serving the community for over 30 years. What started as a small group, meeting once a week at the VFW hall has grown to our current membership of nearly 700 members with daily activities, programs and events. "Research shows that older adults who participate in senior



center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being." (National Council On Aging -Fact Sheet). We strive to make a positive impact on the lives of our members and the community. Let's celebrate the wonderful senior center we have here in Snohomish!

<b>Ron's Balms and Botanicals</b> ronsbalmsandbotanicals.com	<b>Rolling Gate Stables</b> 11104 Springhetti Rd. Snohomish, WA 98296 425-319-3904	<b>First Financial Northwest Bank</b> Marie Auriol Business Banking Manager 303 91 <sup>st</sup> Ave NW E-502 Lake Stevens 425-264-2784   AuriolM@FFNWB.com
<b>AMCON Construction Inc.</b> Let us do the heavy lifting for you! Gutters, Windows, Garages & More 206-412-9605 Jeff 425-327-8534 Tyler	<b>H.J. McGee Real Estate</b> www.SnohomishAreaHomes.com 360-568-2101 (w) 425-870-1901 (c) Barry McGee	<b>Capstone Home Loans</b> Honored To Support Snohomish Senior Center 425-582-2420
<b>Periwinkle Rose</b> Handmade cotton pajamas and more. Thanks for shopping local! www.periwinklerose.com	<b>Spirited Ambiance Candle Foundry</b> Handcrafted Soy Wax Candles Locally made in Snohomish www.spiritedambiance.com	<b>Snohomish Chamber of Commerce</b> 360-568-2526 manager@snohomishchamber.org www.snohomishchamber.org
<b>The Stupey Agency</b> John H. Stupey stupey52@comcast.net Health Insurance, Medicare, Life Insurance, Long Term Care	<b>Centennial Family Dentistry</b> Eve Rutherford DDS Rachel Greene DDS 360-568-6017 229 Ave D STE 1	<b>Julianne McKeown Gilpin Realty, Inc.</b> Now Is The Time, Let's Make Your Move! mckeownhomes.com 425-330-4709

## We Appreciate Our 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 \$100.00 and contributes to funding our programs and services.

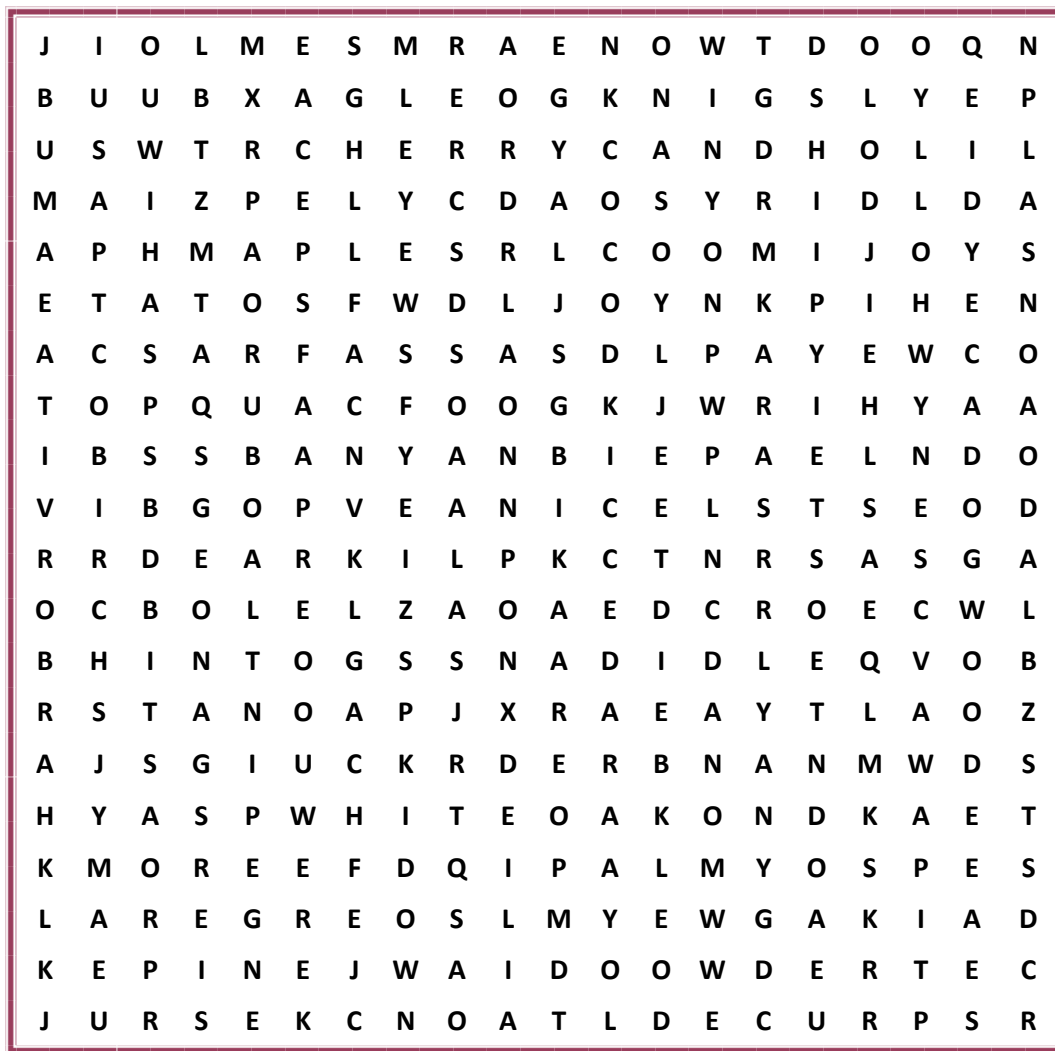
### Our Endowment

The Snohomish Senior Center holds an Endowment account through the Community Foundation of Snohomish County. The intention behind this fund is to support the center's financial wellbeing into the future for the generations to come. If you are interested in making a contribution to this fund today or a future contribution, we'd love to talk with you. The Community Foundation is here for you and the center when you are ready make these kind of decisions. Our fund will only support the center if we contribute into it together. Contact Executive Director, Sharon Burlison to arrange an appointment for more information.

*You can support the future of  
the Snohomish Senior Center.*



## WORD SEARCH



WHITE OAK  
 SPRUCE  
 BANYAN  
 PINE  
 MAPLE  
 CYPRESS  
 ELM  
 ARBORVITAE  
 OAK  
 REDWOOD  
 CEDAR  
 DOGWOOD  
 GINKGO  
 MAGNOLIA  
 CHERRY  
 BIRCH  
 PECAN  
 SASSAFRAS  
 HOLLY  
 PALM

# Fabulously **FRUGAL** THRIFT SHOP



Proceeds benefit the Snohomish Senior Center



611 Second Street Snohomish, WA  
 360-863-6353

**Mon-Sat 10-5:30**  
**Sun 12-4**

Donations accepted during business hours.

**We Do Not Accept:**  
 TVs, Keyboards, Printers, Ink,  
 Computers, Large Furniture

*\*Please call before bringing furniture,  
we must see items before accepting.*

*Come Shop Our Deals*



## GENERAL MEMBERSHIP

### JULY DONORS

Agopsowicz, Robert	Brown, Roy	Heinzer, Carl	Poker
Anderson-Carr, Gay	Carlson, Kaye	Henggeler, Kathleen	Sack, Carol
Bartell Drugs	Clay Sculpture	KT Nails	Sutter, Joy Dawn
Beavers, Virginia	Coffee Fund	Lempe, Sharon	Westin, Sandy
Bjerkan, Patricia	Collins, Dixie	Lunch Donations	
	Crafters Group	Nelson, Robin	
	Dotson, Jim	Nichols, Joe	
	Garner, Elizabeth	Pinochle & Deck & Half	



## September Birthdays - Happy Birthday!!

Bosse, Richard	09/01	Stone, Rebecca	09/17	King, Beverly	09/28
Goff, Leslie	09/02	Barnhill, Linelle	09/17	Dietrich, Robert	09/28
Brandvold, Vicki	09/02	Sundelin, E Anita	09/19	Ballenger, Bonnie	09/28
Sperry, Ann	09/03	Lippincott, Terry	09/20	Cassidy, Lucy	09/28
Anderson, Jude	09/04	Peverly, John	09/21	Ford, Mildred	09/29
Olauson, Gordon	09/06	Brevik, Lee	09/22	Coleman, Bernice	09/29
Duchossois, Stephanie	09/06	Amisson, Carol	09/23	Bell, Karen	09/30
Smallbeck, Darrell	09/07	Steensland, Geri	09/23	Agopsowicz, Dorothy	09/30
Perala, Marilyn	09/07	Monnahan, Lynne	09/24	Wing, Patricia	09/30
Jarris, Jessamine	09/08	Neff, Ruth Ann	09/24		
Monson, Robert	09/09	Hautamaki, Jerry	09/25		
Ojala, Melody	09/11	Clemans, Melody	09/26		
Avery, Karen	09/12	Bowles, Jean	09/26		
Graham, Merleann	09/12	Crueger, Jo-an	09/28		
Sparks, Lesta	09/13	Snow, Richard	09/28		
Heinitz, Chuck	09/14	Leinonen, Suzanne	09/28		



### Stay Connected With The Latest Updates

Online: [snohomishcenter.org](http://snohomishcenter.org)

Facebook: [Snohomish Senior Center](#)

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**The Snohomish Kiwanis club serves the needs of the Snohomish, WA area and supports other children related causes in the pacific northwest and internationally. The Snohomish Kiwanis club not only gives financial support but more rewarding is the number of service hours our members contribute for the greater good of our community.**

## Contact Info

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*You are welcome to join us  
Thursdays at noon at  
Collector's Choice for our  
Club meetings.*