

Sno-Valley Senior Center

For The Young At Heart

August 2026

September Rainbow Bingo

Friday, September 18 at 7pm (doors open at 6:30pm)

\$20 per person, \$35 per twosome which includes 10 bingo games,
the chance to win awesome prizes,
and a fun night with the fabulous Sylvia O'Stayformore!



Register with
the QR code!



Thank you to our sponsor!



KEEP LIFE GOING.
DONATE THIS SUMMER.

BLOOD DRIVE



Friday, September 4

9 am - 3 pm

To make your appointment,
Call 800-398-7888,
or go to www.bloodworksnw.org

SAVE THE DATE!

Sno-Valley Senior Center

Under the Sea Gala & Auction

Saturday, October 17 at 4:30pm

The Club at Snoqualmie Ridge

Join us for an unforgettable evening of dining, bidding, and community.

Interested in donating an item or sponsoring? Email kiraa@soundgenerations.org

Director
Kira Avery

**Operations Coordinator-
Bookkeeper**
Mindie Ribail

Program Coordinator
Bridget McNassar

Thrift Store Manager
Kate Barrere

Social Worker
Kelly Fujiwara

Chef
Cyndie Dantzsch

Hyde Shuttle Drivers
Lorri Engbaum
Mik Little

FESH Hub Coordinator
Carol Ladwig

Evening Coordinator
Kendra Mass

Senior Center
4610 Stephens Ave
PO BOX 96 (mailing)
Carnation, WA 98014
Monday-Friday:
8:00am-3:30pm

Re-in-Carnation Thrift Store
Located inside the senior center.
Open Monday-Saturday:
11am—4pm | 425-333-0023



www.snovalleysenior.org • 425-333-4152 • svsc@soundgenerations.org

August Director's Letter



I want to thank everyone who contributed to our 4th of July Event! Our chefs for the event, Jim Ribail and Daniel Enciso, prepared over 150 delicious Spaghetti Dinners on Friday, July 3rd and our volunteers were wonderful help in the kitchen, dining room, checking people in and selling raffle tickets. We also had great support from local businesses and donors, including Duvall Family Grocer, Duvall Safeway, Carnation Market, Farmhouse Market, and Susan & JJ Schmoll.

We sold 550 servings of Strawberry Shortcake on July 4, as well as delicious Strawberry Lemonade and quilt raffle tickets. Thank you to Delores Ulrich, Leslie & Charles Day and their family, and Diane Amos, for coming to the senior center early in the morning to get the shortcake ready, as well as all of the volunteers who served shortcake, cleared tables, and cashiered in the lobby.

Remlinger Farms provided the delicious strawberries and both events had support from generous sponsors, including the Duvall Civic Club, Tolt Historical Society, Lighthouse Plumbing, Carol Kautz and Farmers Insurance Donaldson & Hauglie Agency.

Planning is fully underway for our Annual Dinner and Auction event, and I hope you'll join us! This is our most successful event of the year, and we are excited to be hosting it at the Club at Snoqualmie Ridge on Saturday, October 17. There will be a delicious dinner, silent and live auction items, fun raffle games, and a dessert dash featuring local bakeries and restaurants.

Tickets for this event are on sale now, \$90 per person, \$850 for a table of 10. If you would like to start the party early you can purchase VIP tickets for \$110 each, \$1,050 per table of 10 and attend a pre-funk party, bid first in the super silent auction, and enjoy additional fun benefits.

If you would like to be a table captain, committing to filling a table of 10 (you're not required to purchase the table), please email kiraa@soundgenerations.org.

We are also looking for item donations such as, Restaurant Gift Cards, Experiences (wine tours, tasting parties), tickets to Seattle sporting events, passes to local attractions, week or weekend away at a rental home or timeshare, or a cash donation to help us purchase items!

Learn more about the event and purchase tickets at <https://snovalley26.auctria.events>. If you have an item to donate or would like to volunteer you can email kiraa@soundgenerations.org!

Work continues on the transition committee, as we become completely independent from Sound Generations at the end of this year. We are excited to be working with Launch Industries on this, as they have helped several other senior centers through similar transitions.

As always, if you have questions, comments, or concerns please call me at 425-333-4152 ext 1 or email kiraa@soundgenerations.org.

Kira Avery, Executive Director

2026 Board of Directors

President	Cheryl McDaniel
Shirley Davis	Glenda Surdam
Vice President	Vicki Perry
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Secretary	Rowland Brasch
Carole Teshima	Ed Billington
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Nancy Gass	Nancy DiBella

Upcoming Board Meetings (5:30 pm):
Monday, Sept 14; Monday November 2
All Members are welcome!

Upcoming Programs & Events

Questions or want to register? Call 425-333-4152, email bridget.mcnassar@soundgenerations.org

PLEASE register for classes! If no one registers, instructors may cancel!

AARP Smart Driver Course | Tuesday, August 4, 9am to 5pm

The AARP Smart Driver Course, brought to you by AARP Driver Safety is the nation's first and largest refresher course specifically designed for older drivers. **CLASS IS FULL; Payment due to AARP on day of class; \$20 AARP Members / \$25 others; Max 16.**

NEW! Hawaiian Dance Class | Tues, August 4, 2:30-3:30pm

Celebrate the spirit of aloha in our joyful and low-impact Hawaiian Dance Class! This graceful dance form emphasizes storytelling through movement, connecting dancers to the rich traditions and beauty of Hawaiian culture. Wear a swishy skirt, if you want, feel the rhythm, and immerse yourself in the music, movement, and meaning of Hawaiian dance. All are welcome—no experience necessary! Come join us the first Tuesday each month. **FREE!**

NEW! Rummikub Group | Fridays, 1-2:30 pm

Rummikub is an engaging, social brain-booster that is easy on the eyes and to learn. The game blends elements of games like Rummy, Uno and dominoes. Join Sue Hartke to learn how to play the game and begin playing on Fridays in August at 1 pm in the dining hall. Game sets and instructions will be available. Accomplished players and new learners are all welcome! **FREE!**



Imposter Scams | Monday, August 10, 11 am—12 pm

Artificial intelligence has given scammers new, highly convincing tools to clone voices and images, replicate legitimate websites, and generate realistic phishing attempts. The Federal Trade Commission is here to help. Learn about the latest AI-driven (and other) frauds and how to spot red flags, verify suspicious requests, and safeguard your personal data and finances. Presented by Amy Brannon-Quale, Federal Trade Commission. **FREE! Please Sign Up for this Presentation.**



Puzzle-Palooza | Monday, August 10, 12:45-3:30 pm

Compete with other teams of 1-2 people, to see who can finish a 500-piece puzzle the fastest. Top two winners will be invited to compete in the tournament of champions, Oct 23, against the fastest puzzlers from Issaquah and Mt. Si Senior Centers! Puzzle glory awaits! **\$10 per two-person team/\$5 per one-person team; Pre-registration is required; Sign up Deadline Tues August 4; Max 10 teams.**



Crochet: Bees | Wed, August 12, 10-11:30 am

Ariana will help you get started on basic crochet techniques! This month, create an adorable 3-dimensional bee! No prior experience needed, all materials provided. **Sign Ups now; \$5 Members/\$10 Guests ; Max 10**

Safe Allergy Medications for Older Adults

Wednesday, August 12, 1-2 pm

This presentation will focus on antihistamines, medication interactions, drowsiness, fall risk, blood pressure concerns, and safer treatment options. This is especially valuable because many seniors are taking multiple medications and may not realize OTC allergy medicines can affect balance, sleep, or cognition. Presented by Dr Jocelyn Cooper, MD, Allergist-Immunologist with Snoqualmie Valley Health.

FREE! Please Sign Up for this Presentation.

Veterans Breakfast | Thursday, August 13, 8:30 am

All former members of military services are invited to a free, informal breakfast gathering, second Thursday of each month. Start your day with good food, coffee, and conversation. **FREE!**



Mondays with Mary | Monday, August 17, 11am—12 pm

Mary is back with a new FUN activity! Get your creative juices flowing, enjoy spending time with a fun group, and create a painted jar tissue dispenser. Bring your own small box of tissues for the craft.

FREE! Please Sign Up so instructor can plan materials.

NEW! Monthly Dance Workshop | Tuesday, August 18, 2:30-3:30pm; Third Tuesdays each month

Join us for the first class in our new monthly dance workshop series! Learn easy dance steps, build a simple routine, and discover your inner dancer. Improve balance, coordination, and confidence while having fun. No experience needed—all genders welcome. In **August we'll begin** our monthly series **with jazz dancing** taught by Lynn Human. Wear comfortable, supportive shoes (no slip-ons) and bring a water bottle.. More details? email: lynnhuman@gmail.com **FREE! Please Sign Up for this Class.**

Where Does it Go? Recology Presentation | Wednesday, August 19, 11 am – 12 pm

This presentation highlights the work Recology does to promote recycling and composting within the communities we service and teaches audience members about what materials go in which bin. We talk about the impact landfills have on the environment and how recycling and composting helps reduce the amount of garbage we produce. We will also do a brief Q&A at the end for audience members to ask questions about specific materials they are confused about or other waste-related questions.

FREE! Please Sign Up for this Presentation.



AUGUST ACTIVITIES CONTINUED on the NEXT PAGE!

Upcoming Programs & Events (cont'd)

(CONTINUED from Previous Page)

Bangle/Windchime Workshop | Wed, August 19, 1-3 pm

Create a beautiful wind chime or wall hanging with a wide selection of miscellaneous beads, buttons, keys, and bells. Driftwood hangers, beads, and metal garden stake provided; you bring other elements (keys, bells, buttons, little mementos) to personalize your creation.

Lead by Sue Beauvais

Sign Ups Open; \$15 Members/\$25 Guests ; Min 5, Max 15.



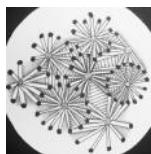
Birthday Lunch | Friday, August 21, at 12 pm

Members receive a FREE lunch the month of your birthday! Reserve at 425-333-4152 by August 20 at 12pm.



Zentangle | Monday, August 31, 1-3 pm

The Zentangle Method is an easy, relaxing, and fun way to create beautiful images by drawing structured patterns that anyone can use! This approach that incorporates focus on breath, mindfulness and enjoying the practice. *In this session we will look at some of the fun visual effects of tangles that feel like they have some movement, and creating some perspective with grid tangles.* No experience needed. Materials provided, including a kit to take home. **Thank you 4 Culture! Sign Ups Open Aug 3; \$5 Members/\$15 Guests ; Max 20**



STARTING IN SEPTEMBER:

Fun in Spanish Class Tuesdays, Sept 1—Oct, 11am-12pm

Dates for this 6 week session are: 9/1, 9/8, 9/22, 9/29, 10/6, 10/13 Join Sharilyn from Lux Languages for Fun in Spanish.

You will play Bingo & Scrabble, read basic books in Spanish, and other activities, while working on your Spanish skills in a relaxing environment. Students practice conversational Spanish and learn basics about grammar, practice numbers, and learn about vibrant cultures. Come join us, all levels of beginner are welcome. **\$35/members \$45/guests (for all 6 classes); Min 5 participants.**

NEW! Beginner Ukulele Group | STARTING SEPT 17; Thursdays, 9-10 am

Want to learn to play the ukulele but aren't sure how to start? Maybe you played a little in the past and now your uke is gathering dust? Bring your own ukulele or use a loaner during our class. Our patient instructor David will guide you from first principles such as how to hold and tune your uke and you'll quickly progress to confidently playing your first chords and songs! **Thank you 4Culture!**

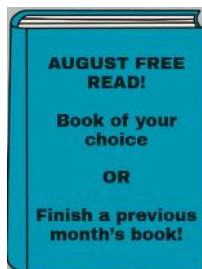
Cost PER MONTH is \$10 members/\$20 guests

Arts, Travel & Literature

Monthly Book Club | Monday August 17 at 1 pm

FREE READ and Book List MONTH!

Join us as we start our list of books to read for 2027. What have you been reading lately? Come and share your ideas, thoughts and recommendations. Email replies are also welcome. I know that some of you read the books, but can't attend. We've agreed that we like books with good stories, so keep this in mind with your suggestions.



We will also continue discussing July's book *An Unfinished Love Story*, by Doris Kearns Goodwin. It's a bit longer than our usual selections, so don't worry if you didn't finish in July.

Newcomers are always welcome, we often stray to other topics and ideas than the listed book. Whether or not you've read the current month's book, come anyway. Readers are special people! Together we're building a wonderful group of supportive folks. **FREE!**

Monthly Book Club Coming up Next:

September 21: *Lost Lake* or *Capitol Murder*, Phillip Margolin
October 19: *The Shining* or *Rita Hayworth & Shawshank Redemption*, Stephen King, Horror or Non-Scary Novella
November 16: *My Friends*, Fredrik Backman

Armchair Travel to Spain | Wed, Aug 19, 10-11 am

Spain! The land of siestas, fiestas, flamenco, and most recently the winners of the 2026 World Cup! A vibrant mix of modern and traditional and a unique appreciation for the good life. We'll watch videos, share experiences, and enjoy a Spanish treat. Available in-person and on Zoom. **FREE!**



Movie & Popcorn is taking a break for the summer.

If you are interested in helping to organize this activity later on in 2026, please reach out to Bridget at bridget.mcnassar@soundgenerations.org

Music & Dance

Sno-Valley String Ensemble | Mondays at 3:30–5:00 pm & Wednesdays, 2:30-4:00 pm

Some experience required; taught by Maya Stchur, accomplished violinist for more than 50 years. For more information please contact Maya at 717-424-4889. **FREE!**

Beginner Violin | Thursdays 3:30-4:30 pm

Join this beginner violin group, no experience needed. Taught by Maya Stchur, accomplished violinist for more than 50 years. For more information please contact Maya at 717-424-4889.

FREE!, \$15 one time Suggested Donation for new students



Hawaiian Dance Class | Tuesday, August 4, 2:30-3:30pm

Celebrate the spirit of aloha in our joyful and low-impact Hawaiian Dance Class! This graceful dance form emphasizes storytelling through movement, connecting dancers to the rich traditions and beauty of Hawaiian culture. Wear a swishy skirt if you would like, feel the rhythm, and immerse yourself in the music, movement, and meaning of Hawaiian dance. All are welcome—no experience necessary! Come join us the first Tuesday each month. **FREE!**



Weekly Social Dance Class | Thursdays at 7 pm

Join us for this hour-long class to learn the basics of popular dances; West Coast Swing, East Coast Swing, Nightclub Two Step, Salsa, and some Ballroom dances too! Bring comfortable shoes with a leather or suede sole and, if possible, come with a partner! **FREE!**



Zumba Gold | Tuesdays at 6 pm

(NOTE: No Zumba Gold on Thursdays for July & August)

Zumba Gold is a fitness class that is low impact and low intensity. It is designed to get you moving, using Latin and World rhythms. Class is open to everyone. For those over 50, the first 3 classes are free thanks to the Shape-Up grant.

\$3 Members/\$5 Guests



Intermediate Ukulele Group Class & Singalong

In August: Tuesdays at 9 am;

starting SEPT 17: Thursdays at 10 am

Have you graduated from our Beginning class and want to build a deeper foundation of skills? Instructor David will teach a new intermediate technique each class and we'll apply it right away to more complex songs in a singalong setting. We have a great group of adults who have been playing together for a while at SVSC! **Thank you 4Culture! Cost PER MONTH is \$10 members/\$20 guests**



COMING SOON! Beginner Ukulele Group | Thursdays at 9 am (STARTING SEPT 17)

Want to learn to play the ukulele but aren't sure how to start? Maybe you played a little in the past and now your uke is gathering dust? Bring your own ukulele or use a loaner during our class. Our patient instructor David will guide you from first principles such as how to hold and tune your uke and you'll quickly progress to confidently playing your first chords and songs! **Thank you 4Culture! Cost PER MONTH is \$10 members/\$20 guests**

NEW! Monthly Dance Workshop | Tuesday, August 18, 2:30-3:30pm; Third Tuesdays each month

Join us for the first class in our new monthly dance workshop series! Learn easy dance steps, build a simple routine, and discover your inner dancer. Improve balance, coordination, and confidence while having fun. No experience needed—all genders welcome. In **August we'll begin** our monthly series **with jazz dancing** taught by Lynn Human. Wear comfortable, supportive shoes (no slip-ons) and bring a water bottle.. More details? email: lynnhuman@gmail.com

FREE! Please Sign Up for this Class.

Dance Aerobics Class | Thursdays at 2 pm

It's fun, exciting & energizing!! Come dance to music from the '50s & '60s and a little line dancing too! Kick up your feet & have fun. Easy to follow choreographed classes. Continuous 8-week session. All ages & genders welcome! **\$10 suggested donation per 8 week session**



Volunteer Medical Appointment Drivers Needed



Volunteer to drive seniors to appointments in the area (Redmond, Issaquah, Sammamish, Kirkland, Bellevue). Drivers will assist riders into car, escort them into the appointment and bring them home. Mileage reimbursement available. Interested? please contact Kelly Fujiwara, kellyf@soundgenerations.org

Sponsor an Event

Sponsors are an invaluable part of the Sno-Valley Senior Center. Starting as low as \$250, sponsorships help to underwrite the costs of our events, so that all of the money raised goes toward the senior center! For more information about how to become a sponsor, email kiraa@soundgenerations.org



Volunteers NEEDED!!!!

Please email Kendra at KendraM@soundgenerations.org for more information on volunteering!

Volunteer Medical Appointment

Drivers

Volunteer to drive seniors to appointments in the area (Redmond, Issaquah, Bellevue). Drivers will assist riders into car, escort them into the appointment and bring them home.



Outreach Volunteers

As a "friendly visitor" for our Outreach Program, you will be matched by our Social Worker, with a senior who has expressed interest.

Community Dining (help in Kitchen)

*Tuesday Dishwasher Needed
*Kitchen Help "floater" Needed (~4 hr shift)

Home Sweet Home Volunteers

Are you handy? Can you lend a hand to someone who might need one? HSH volunteers will do minor household repairs for those in need.

Thrift Store Cashiers/Sorters

We are looking for volunteers to either be a sorter of donations or a cashier. Sorting & cashiering shifts available

VOLUNTEER SPOTLIGHT: CAROL KAUTZ



How long have you been volunteering at SVSC? What is your volunteer role/s?

Carol has been volunteering here since 2016, soon after she moved to the area to be close to her daughter Janet. She had attended steak dinners when she came to visit Janet, and knew it was a place where she wanted to be involved. Carol has been volunteering with community dining, doing a bit of everything including dishes, set up, serving, and clean up since she started in 2016. Carol also volunteers as a baker, and you'll see her many scrumptious creations in the Spring and Fall Dessert Auctions, the Annual Gala and Auction Dessert Dash, and Holiday Bazaar bake sale.

What's your favorite part of volunteering here?

Carol says SVSC is her happy place! She has met so many people, and made so many friends here. With the many things going on here, it has truly been a lifesaver for her-she loves to be active and involved.

What's one thing you have learned, either at the center or beyond?

Carol is currently taking the "Cooking Made Easy" class here at the center, and is learning many new techniques and also new ingredients. She recently made a green papaya salad with the class.

What's a fun fact about you that not many people know?

Carol is an award winning canner! After retiring, she and her husband moved onto 3 rural acres in Central California, adjacent to her father's land, where he tended a huge garden. She took some canning classes, and then entered some of her creations into the state fair, winning a 1st place in Salsa and 2nd place in Bread and Butter Pickles. Bonus fun fact: the farm where she lived had a vineyard where they grew and dried raisins!

What's the last book you read or your favorite binge-worthy show?

Carol likes to listen to books and podcasts while she is out walking. She really likes NPR's comical news quiz show, "Wait Wait Don't Tell Me" and "Wild Card", described as part interview, part existential game show. She also likes watching series on Netflix, like *Ozark* and *Virgin River*.

What's one thing you can't live without?

For Carol, she can't live without her phone and laptop, because she is always using them to look up recipes, and find substitutes, as she creates things in the kitchen.

Can you tell us a story about your past?

Carol is a California girl! She lived in both Southern and Central California her whole life until moving up here in 2015. She met her husband, Gene, cruising Van Nuys Blvd when she was 15. Though this was in the Los Angeles area, they later found out that both of their grandfathers came to Central California as Germans living in Russia, at a similar time, and lived only one road away and likely knew each other! Carol and Gene loved camping at the Pine Flats Dam Reservoir near Fresno, and spent a lot of time there, swimming, water skiing and improving their campsite, until they eventually had a houseboat that Gene built. She has many fond memories of staying there with friends and family.

Trip Policy

- ♦ Payment is due **14 DAYS PRIOR TO TRIP OR DATE LISTED IN NEWSLETTER**. If payment is not made, you may forfeit your seat if there is a wait list. **(We prefer payment when you make the reservation!)**
- ♦ In the event a trip is cancelled by the Senior Center, refunds will be issued to all travelers.
- ♦ No refunds will be given if tickets or other services have been purchased, unless tickets can be sold to a wait-list traveler for that trip.

Walking Symbols for trips. All trips may include walking to and from the van.

Mild Walking:



Moderate Walking:



Extensive Walking (possible stairs):



Trips

NEW: All trips will now be charged 8.9% sales tax, as required by the State of Washington

You can pay for your trip with a card, check, or exact change

Shopping Trip to Monroe | Tuesday, Aug 11, 9:30am

Let's go to Walmart, the Dollar Store, and grab lunch along the way. Van leaves SVSC at 9:30am and returns at 1:30pm. Please schedule your ride to and from SVSC with Hyde Shuttle by calling **206-727-6262 and pressing 1**.

Free for 55+ or those with disabilities. Donations welcome!

Overnight Trip: Semiahmoo Resort, Blaine

Tues, August 25-Thurs August 27

. Van will leave SVSC at 9am 8/25 and return approximately 5pm 8/27. Bring \$ for meals and shopping. **\$400 Members/\$450 Guests (+TAX).** **TRIP IS FULL**

Evergreen State Fair | Monday, August 31

Join us for Senior Day at the fair! Van will leave SVSC at 10 am and return approximately 3 pm. Bring \$ for your lunch

\$15 Members/\$25 Guests (+TAX); Payment due August 17.



Lunch Out | Thursday, August 20

Café Veloce, Kirkland

(SIGN UPS BEGIN AUG 3)

Van leaves at 11 am and returns around 3 pm.

\$5 Members/ \$15 Guests (+TAX). Payment Due Aug 13.



Tacoma Rainiers Game | Tuesday, September 8

Join other local seniors on the Golden Years deck!

Tickets include seating on the party deck, BBQ Buffet, complementary beverages, popcorn, and peanuts. Cheney Stadium is a cashless venue, with a clear bag policy. Van will leave at 9 am and

return around 4 pm. \$65 Members/\$75 Guests (+TAX); Payment due August 25.



Japanese American Exclusion Memorial, Thurs, September 17

The Bainbridge Island Japanese American Exclusion Memorial is an outdoor exhibit commemorating the forced removal and incarceration of Japanese Americans from Bainbridge Island, the first in the nation. Bring \$ for lunch. **Van will leave at 7:30 am to catch the ferry and return around 5:00 pm. \$30 Members/\$40 Guests (+TAX);** **TRIP IS FULL: Payment due Sept 3.**

Flying Heritage & Combat Armor Museum

Everett, Thursday, September 24

Walk the unique collection of military aircraft and vehicles, housed in three large hangars, while learning the stories of these remarkable machines and the brave individuals who flew and operated them. Bring \$ for lunch afterward. **Van will leave at 9 am and return around 3 pm. \$10 Members/\$20 Guests (+TAX)/FREE for Veterans;** Payment due Sept 10.



Black Diamond Historical Museum

Thursday, October 1

(SIGN UPS BEGIN AUG 11)

Enjoy a trip back in time at this museum housed in the original Black Diamond Railroad Depot. We will also eat at the Black Diamond Bakery, visit the Smokehouse, and nearby antique store. Bring \$ for lunch afterward. **Van will leave at 9 am and return around 3 pm. \$10 Members/\$20 Guests(+TAX);** Payment due Sept 17.



Pt Defiance Zoo & Aquarium, traveling Trolls

Thursday, October 22

(SIGN UPS BEGIN AUG 11)

Vist the PNW's only combined Zoo & Aquarium. As a bonus, 4 of Thomas Dambo's famous travelling Trolls are visiting the Zoo for the winter! Bring \$ for lunch afterward. **Van will leave at 8:30 am and return around 4 pm.**

\$35Members/\$45 Guests (+TAX); Payment due Oct 1.



Arts & Crafts

Handwork Group | Thursdays 8:30-11 am

Bring your handwork projects to work on while enjoying the company of others working on similar projects. This includes, knitting, crocheting, cross stitch, embroidery, and more! You can also bring new patterns and your questions. **FREE!**



Needle Felting Circle | Wednesday, Aug 5, 10 am-12 pm

Bring a needle felting project or try it out with friendly fellow felters! Basic supplies and help available. **FREE!**

Quilting Group | Tuesday, Aug 25, 11 am-3:30 pm

Bring a project you're working on and your sewing machine. Some fabric available. If you have a power strip & extension cord, please bring them. **FREE!**

Groups

Creating Connections | Mondays, Aug 10 & 24, 2-4 pm

Come to Creating Connections for thoughtful conversation and shared insights as we look at past and current events through a different, enlightening and sometimes uncomfortable lens. Be curious, be ready to learn and laugh, and be there for Creating Connections, second and fourth Mondays of each month, 2 pm. Want to join on Zoom?

Email caroll@soundgenerations.org. **FREE!**

Cooking Made Easy | Monday, Aug 17, 4-6 pm

4 Class Series meeting 3rd Monday June-Sept, 4-6 pm

Learn to cook your favorite Asian dish! Join us every third Monday from June-September (group potluck on Oct 19) for this fun, easy class that includes some hands-on cooking. For each class, we will explore a dish from a different region of Asia. Enjoy the meal and take home what you cook. Classes taught by Eve Chasengnou and Shelley Cleary. Thank you, King County Alan Painter Grant!

\$25 Members/\$35 Guests (for all 4 classes). Class is FULL

August 17: Cold Noodles

September 21: Chicken Curry

October 19: Potluck



Brain Fitness Group | Thursdays, 11 am-12 pm

Exercise your brain! Come learn something new, meet or make a new friend and practice kindness! **FREE!**

Afternoon Tea | Tuesday, Aug 11, 2-3 pm

Enjoy a cup of tea and visit with old and new friends. Join us for camaraderie, conversation and confections. All are welcome. Held the 2nd Tuesday each month. **FREE!**

Veterans Breakfast | Thursday, Aug 13, 8:30 am

Veterans, please join us at Sno-Valley Senior Center in Carnation, 8:30 am on second Thursdays, for a free informal breakfast. Fill your plate with pastries, fruit, and the occasional hearty homemade surprise, drink coffee, and talk, or just listen, with others who have served.

No pre-registration required. **FREE!**

Sea Mar Spanish Speaking Seniors | Tuesday, Aug 18, 10 am

This is a great opportunity to practice your Spanish skills and make new connections. Each month, we host a group of Spanish-speaking elders from Sea Mar for activities and lunch, helping to bring the community together. Join us!



English Talk Time with Millie

Tuesday, Aug 18 10:30 am

Spanish speakers, improve your English skills with a free drop-in English class once a month. Volunteer instructor Millie Phillips uses easy-to-follow exercises in this fun class, scheduled the same day that SeaMar Seniors visit. **FREE!**

Fun in Spanish Class Tuesdays, Sept 1—Oct, 11am-12pm

Dates for this 6 week session are: 9/1, 9/8, 9/22, 9/29, 10/6, 10/13 Join Sharilyn from Lux Languages for Fun in Spanish.

You will play Bingo & Scrabble, read basic books in Spanish, and other activities, while working on your Spanish skills in a relaxing environment. Students practice conversational Spanish and learn basics about grammar, practice numbers, and learn about vibrant cultures. Come join us, all levels of beginner are welcome.

\$35/members \$45/guests (for all 6 classes)

Library Corner

SNO-VALLEY SENIOR CENTER LIBRARY:

The Sno-Valley Senior Center library is upstairs. Stop by and check out a puzzle or book this month. With over 200 book titles and dozens of puzzles, there is something for you!

Do you have books at home that you've read and enjoyed? Consider donating them to the Senior Center so others may

read them. We're always looking for new books to put on the shelves.

Books and puzzles are free to borrow for as long as you like. Just choose one or more to take home. Return to the bin upstairs later.

<https://snovalleyseniorcenterlibrary.org/>
or use this QR code to access the site



Games

Scrabble | Wednesdays at 1 pm

Have fun and make new friends! Come play Scrabble! Beginners welcome! **FREE!**

Dominoes | Fridays 1-2:30 pm

We have two train domino sets and there is always room if you want to play! All ages Welcome! **FREE!**

American Mahjong | Tuesdays 9 am-12pm

Join us to play American style Mahjong! All skill levels welcome! **FREE!**

Chinese Mahjong | Thursdays at 1:30 pm

Join us to play Chinese style Mahjong! All skill levels welcome! **FREE!**

Trivial Pursuit | Wednesdays at 10:30am-12pm

Give your brain a workout, laugh, and learn with this fun & relaxed group. **FREE!**

Bridge Group | Fridays 10 am-2 pm

We play using American Standard Bridge rules with 4 hands per round; 6 rounds. All skill levels are welcome and usually half of the matches are played from 10am-noon and the rest after lunch. **FREE!**

Afternoon Bunco | Tuesday, Aug 18, at 2 pm

Enjoy a fun afternoon of Bunco, led by Alison Cook. Bunco dates back to the late 1800s and is now entertaining players everywhere! Beginners are welcome to join this fun, easy and fast-paced dice game. **FREE!**

NEW! Rummikub | Fridays, 1-2:30 pm

Rummikub is an engaging, social brain-booster that is easy on the eyes and very gentle to learn. The game blends elements of games like Rummy, Uno and dominoes. Join Sue Hartke to learn how to play the game and begin playing on Fridays. Sets to play and instructions will be available. Accomplished players and new learners are all welcome! **FREE!**

Personal Care

Haircuts by Brenda | Monday Aug 3, 9 am-3 pm

First Monday of the month! Haircuts for any gender, please come with your hair already washed, Brenda will wet it down before cutting. Make your appointment by calling 425.333.4152.

Pay at the reception desk before your cut!

\$25 Members / \$30 Guests (\$10 beard trim)

Nail Care by Mary | Wed, Aug 19, 12:45-2:30 pm

Mary will be here to polish, buff or just clean up your nails; everyone welcome! No appointment necessary; first come, first served! **FREE!**



Off-Site Events

Pride Across the Bridge Rainbow Elder Breakfast Saturday, August 1, 10:30 am | Kirkland

Age 50+ LGBTQ+ folks are welcome to join us at **Café Sabah in Kirkland** to connect, enjoy a meal together and socialize. To RSVP and get reminders a week ahead, **send a text message to (971) 380-5873**. Free to attend. Food and drink are available for purchase if you choose, but no purchase is required.



Veterans Breakfast | Monday, Aug 17, 8 am Issaquah Senior Center

Issaquah Senior Center invites veterans in the community to connect with each other over breakfast and conversation. This event is offered free to veterans only. The Center will open early, serving breakfast at 8 am. This event is typically held the third Monday of each month.



Danny Vernon, Elvis Impersonator at Remlinger Farms! Saturday, August 29, 6-8 pm (come anytime after 4pm to eat and visit)

Danny Vernon is known for his high energy shows that showcase all three decades of Elvis' career. Join us for Happy Hour at the Remlinger Brewery, any time after 4 pm. Live music starts at 6:00. This is a no host social event, we hope to see you there!



Fall City Summer Market | Friday, August 28, 4-7 pm

Explore handmade crafts, fresh produce, and gourmet foods by local artisans and farmers. Beyond shopping, enjoy live entertainment and children's activities, creating a fun day for all ages. Whether you're searching for unique decor, a special gift, or just want to enjoy the summer sun, the Fall City Summer Market is the perfect spot.



Sno-Valley Senior Center & Sound Generations embrace the belief that racial and other social identities should be respected and affirmed. We are continuously building a team of staff, board members, and volunteers who are culturally responsive and committed to addressing institutionalized racism and other forms of oppression. When we take responsibility in supporting an equitable and an inclusive environment, our interactions are enriched and our clients and stakeholders are justly represented.

SVSC Membership Benefits

Sno-Valley Senior Center Membership is very rewarding!
Only \$60 per person or \$75 household, or lifetime member for \$500.
Enjoy these great benefits:

- A powerful way to show your support and commitment to the programs we offer!
- Free lunch—during your birthday month— at our monthly birthday celebration!
- Voting privileges on the board slate and bylaws changes.
- Subscription to the monthly newsletter, delivered directly to your mailbox!
- Discounts on trips, classes and select health services.
- Opportunity to serve on the board and assist the Center in implementing its strategic plan.
- **50% off your purchase at Re-In-Carnation Thrift Store on the first Wednesday of each month!**
- **10% off of building rentals! Host your next party at the Sno-Valley Senior Center!**



Members are in the know about what is happening and are involved in their community. You don't have to be a member to participate in classes or activities but members get privileges like those listed above.
If you want to become a member but can't afford the fee, we have scholarships available.

Hyde Shuttle

Hyde Shuttle provides door-to-door service throughout the Snoqualmie Valley. They will take you to the store, the Sno-Valley Senior Center, local medical appointments, or local errands.

Must be 55 or older, or living with disabilities, and living within Redmond Ridge, Duvall, Carnation, or Fall City.

How it works:

- ◆ Register by phone: **206-727-6262**, reserve at least three days in advance
- ◆ Only travel inside the local service area
- ◆ Request interpreter services if needed
- ◆ Donations are welcome



Community Dining

Join us for lunch, every weekday at noon!

Call 425-333-4152 to make a reservation (**required at least 24 hours in advance**). You can make reservations up to 1 month in advance. \$5 suggested donation for seniors 60+, \$10 guests under 60. The Sno-Valley Senior Center serves a hot lunch at noon, made by Chef Cyndie Dantzsch and our crew of talented volunteers.

SNAP/EBT is accepted, suggested donation for those 60+ is just that, a suggestion! We want everyone to feel welcome and to enjoy a nutritious meal!



Meals On Wheels: Delivering so much more than a meal

There are many circumstances that can make shopping or preparing food difficult for older adults. That's where Meals on Wheels steps in, offering relief to older adults and caregivers by delivering reliable, nutritious meals on a regular basis directly to your home.

Clients in Carnation/ Duvall/ Fall City, can order up to 14 frozen meals each week (2 per day) and choose from 30 menu items for a suggested (but not required) donation of \$6 per meal.

Registration is necessary. **Please see Kelly if you are interested in receiving meals.** You can apply online at soundgenerations.org or call the Center at 425-333-4152 for more information.
 There is a waitlist at this time, so please call!



Fitness Programming

Chair Yoga Hybrid | Mon 8:30 am and Tues 9:30 am



Join us for an energetic, fluid, and challenging mix of Yoga, Resistance Training and Stretching. All fitness levels can enjoy and succeed in this class. We start with chair stretches, then stand, using the chair as needed and we flow through Yoga poses (Asanas). Then return to the chair for

resistance and body weight training/strengthening. We end with Savasana and absorb the benefits of our practice; cultivating gratitude and a sense of peace and accomplishment.

Your first class is FREE! Class is \$10 *Supported by King County Parks; (NO YOGA ON TUES AUG 4)

EnhanceFitness | Monday, Wednesday, & Friday, 8:45am

Start your day with fun, music and movement! Instructors Lynn, Kristy, Joe, and Betty lead you through a terrific program designed especially for seniors.

Moves can be adapted for almost any activity level. May be covered by insurance. **Your first 3 classes are free through the Shape-Up grant! \$36/12 classes.**



Drums Alive | Mondays Aug 3 & 17, 1 pm

Tuesday, Aug 18, 11 am

****Now THREE classes per month****

Drums Alive incorporates the fun of music into exercise for a joyful hour-long work out. Drumming can help you regain and maintain muscle strength, and improve your mood. Participants in this class can choose to sit or stand. Come have FUN! **Class now FREE for everyone!!**



WALKING GROUP | Mondays, 1-2 pm

We'll leave from the lobby each Monday on a walk from the Senior Center. Join Cheryl and Jackie for this casual walk where we will split into groups based on everyone's pace or fitness level. All levels of walkers are welcome to join! Please use caution when there is a heat advisory in effect. **FREE!**



Balance + | Mondays at 2:30—3 pm

Balance + is for all those who need just a little more movement in their life! This class will help you gain strength & balance through easy-to-do exercises. 30 minute class. **FREE!**



OTAGO | Tuesdays & Thursdays at 1 pm (starting in Sept)

We will take a break from Otago in July and August, returning for the next session on September 1.

Studies demonstrate participants experience a 35 – 40% reduction in falls. Assessments are done before and after each session. **FREE!**

Table Tennis | Wednesdays 8-11am & Fridays 8– 10am

Table tennis activates more parts of the brain than any other sport. Doctors have recommended table tennis to battle mental diseases such as Alzheimer's and dementia. Exercise keeps the body young. **FREE!**



(NO 8 am Table Tennis on Fridays Aug 14 & 21-room available at 2:00 those dates if the group wants to meet)

Tai Chi | Thursdays at 2:30 pm

Join us for Tai Chi. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life! **FREE!**



Pickleball | Valley Memorial Park

Monday, Wednesday, Friday, 1:30 pm

Join us for pickleball! No experience needed. Meet at the courts at Valley Memorial Park. For more information and to be notified of weather cancellations, please call Maya at 717-424-4889. **FREE!**



Questions about fitness classes or registering email Bridget.mcnassar@soundgenerations.org

Try a NEW Fitness CLASS with Shape-Up!

Sno-Valley Senior Center offers great fitness opportunities! Try a new class TODAY! Or return after a 3-month+ break and get a \$10 discount on your exercise class. Try Yoga, Zumba Gold **AND/OR** 3 EnhanceFitness classes for **FREE**. Mention the discount to your instructor!



*INSURANCE and FITNESS CLASS Benefits & Information!

Many insurance companies work with Renew Active or Silver & Fit to offer you no- or low-cost fitness classes. We can help you, if needed! We also partner with Healthy Contributions to offer One Pass so those under 65 can also receive a discount for participation! Check with kiraa@soundgenerations.org to see if you qualify. Classes that we offer that are covered by Silver & Fit and Renew Active include Enhance Fitness, Gentle Chair Yoga, Zumba, and Tai Chi!

Health & Wellness Services/Resources

Reiki Appointments | Tuesdays, Aug 4 & 18 and Wednesdays, Aug 5 & 19, 12:30 –3:30 pm

Reiki is a practice that involves taking the energy that surrounds us and infusing it into your body. This can help reduce stress, improve sleep quality, and provide pain relief, amongst other benefits. It can be done with or without touching. Donn Best, Reiki Master, is offering two appointments this month. Call 425-333-4152 to schedule; **FREE!**

Medicare Appts | Mondays (10 am-3 pm)

Questions about Medicare? Need to review your plan or select a new one? Paul Briët (Yippee Advisors) is an independent agent contracted with most major insurance carriers. Sign up at the front desk or call 425-333-4152. If you need a different day/time, call **Paul at 253-470-6982 / or email at his NEW address: PaulB@YippeeAdvisors.fans** **FREE!**

Cascade Foot Care | Thurs, Aug 13, 8:30 am-3:15 pm

A specialized foot care nurse will be here to trim nails, care for corns, calluses and pain. Appt includes foot massage & foot care education. Appts are 45 minutes. Not covered by insurance, please contact Kira if cost is an issue. **Schedule by calling 425-835-2874. Cost is \$65 members/\$75 guests (no tax)**

OFFSITE SERVICES

URGENT CARE | Snoqualmie Valley Hospital

www.SnoqualmieValleyHospital.org or (425) 831-3800

CarePoint Clinic, Fall City | Wednesdays at 10:00 am & Saturday, Aug 8. 9:00 am—1:00 pm

CarePoint Clinic offers free primary and preventive care to the community. **They host a physical therapy clinic the second and fourth Thursdays of each month.**

Call (425) 478-6627 to schedule an appointment; walk-ins welcome at primary care clinic. For more information visit <https://carepointonline.org/>.

Reflexology with Gretchen | Friday, Aug 14, 8:30 am - 3 pm

Relax and enjoy a WA State & National Board Certified reflexologist using alternating thumb and finger pressure to find and release tension on the reflex maps of your feet, hands and ears. **Cost is \$35 members/\$40 guests (no tax)**

CarePoint Clinic Footcare | Mon, August 17, 9am-12pm

Have your feet examined by a professional nurse, FREE. Volunteer nurses from CarePoint Clinic in Fall City visit the center for exams, nail trims and other health needs. Call 425-333-4152 to schedule your appointment. **FREE!**

Services & Information



Digital Equity Coordinator by Appt

Need help with your computer or software? Questions about how to use your phone or an app? Contact Lance Stewart at 425-333-4152 or

lansings@soundgenerations.org

Legal Advisor | Monday, Aug 10 at 1:30pm

Please call 425-333-4152 to schedule an appointment, Nancy will provide a free 1/2 hour consultation here at the Senior Center. Services rendered outside of those appointments may have costs associated. **FREE!**



Free Pet Food Available through King County Humane Society: Week of Monday, Aug 10

You must be pre-signed up for this program to pick up food.

Applications available at the front desk. Pick up your food Monday—Friday, Aug 10—14, 8am-3pm

Leave A Legacy

Incorporating a legacy gift for Sno-Valley Senior Center into your estate, will, living trust or retirement plan is a simple but powerful way to provide a lifeline for aging adults dealing with hunger, isolation & loneliness in the Snoqualmie Valley. For more information contact Kira Avery at 425-333-4152 or kiraa@soundgenerations.org

Needed: Annual Gala & Auction Donations & Volunteers!

Volunteers: Do you want to help with décor the day of? Check people in and out of the event? Put baskets together? Just let Kira know!

Donations: the Auction Committee is hard at work on our **Under the Sea Gala & Auction on Saturday, October 17 at the Club at Snoqualmie Ridge.**

This is our most successful fundraiser of the year and we are looking for the items listed below to include in our silent and live auction:

- *Restaurant Gift Cards
- *Week or weekend away at a rental home or timeshare
- *Passes to local attractions
- *Experiences (wine tours, tasting parties)
- *Tickets to Seattle sporting events
- *Or make a cash donation to help us purchase items

Items to donate or have questions? Please let Kira Avery know at 425-333-4152 or kiraa@soundgenerations.org



Support Services at Sno-Valley Senior Center

Home Sweet Home is a program that assists seniors with household and yard maintenance and repairs with the goal of keeping seniors safe, secure and independent in their homes as long as possible. The program is provided by Sno-Valley Senior Center & Snoqualmie Valley Housing Solutions.

Caregiver Support Group

Thursday, Aug 13 & 27, 1-2:30 pm

If you are a caregiver of someone suffering from memory loss or other illness, please join us. We share gentle conversation, care and understanding as we learn to cope with life's changes. **To place your name on the waitlist, contact Kelly kellyf@soundgenerations.org**

NEW! Parkinsons Caregiver Support Group

Tuesdays, Aug 4 & 18, 1-2:30 pm

Are you a caregiver for someone with Parkinsons Disease? Being part of a support group can be one of the best ways to reduce stress and connect with others who can relate to your experience. Share knowledge, ideas, techniques, and methods of coping. This support group will be facilitated by Kelly Fujiwara, Social Worker, and is specifically for caregivers. We will meet the 1st and 3rd Tuesdays of the month, from 1-2:30pm at Sno-Valley Senior Center. **Participation is FREE.**



Homebound Senior Outreach Program

If you or someone you know is home-bound or has difficulty getting out, this program may be a good match! Our volunteers can help with small household tasks, transportation, socialization or just being with them for general support.

Support with Kelly Fujiwara:

Whether you have health concerns, are grieving the loss of a loved one, struggling with relationship issues or coping with depression or anxiety, Kelly is available for ongoing 1:1 support at no cost to seniors.

Kinship Support Group

Thursday, Aug 27, 10:30am—12 pm Wednesdays, at 1:00pm on Zoom.

Grandparents who are raising their grandchildren are invited to join our Encompass Kinship Care group meetings to find support, connect to resources and enjoy a meal with similar families. There is also a weekly meeting online, 1 to 2 pm every Wednesday. For more information or to register, contact Laura Lewis at 425-888-3347 or send email to laura.lewis@encompassnw.org



For any of these services OR any questions regarding social services available please call Kelly at 425-333-4152 or email kellyf@soundgenerations.org

Additional Community Counseling and Support Resources

Pathways Information & Assistance

Free personalized support for King County residents of all ages. The Pathways I&A team will assess your needs, offer personalized options, and refer you to a wide range of services, including in-home support, housing, home maintenance, legal, counseling, health & wellness and MORE! **206-448-3110**

Seattle LGBTQ Caregiver Support | Living with Alzheimer's or Dementia? | Tuesday, Aug 18 at 6:30pm (online)

Build a support system with people who understand. Register with lionel.s.wang@gmail.com or 206 854-4776.

Indian American Community Services (IACS) Women's Networking Group

IACS hosts this group to help women restart or recharge their careers with mentoring, networking, workshops, and more. For details, send email to anvi@iaww.org.

KCLS Talk Time | Tues from 1:00-2:00pm via Zoom

Practice speaking with other English language learners online. Learn about American culture and meet people from around the world, while connecting from home. For more info email Maggie Crelling at mecrelling@kcls.org.

Energize Duvall Program

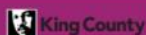
If you are a Duvall area resident with natural gas heating, you may be eligible for a free heat pump and other home upgrades from the King County Energize Program! Energize provides hassle-free home improvements, securing contractors, assessing home needs, and scheduling and paying for installations. Home efficiency upgrades may include:

- Installation of highly efficient electric heat pumps for efficient heating and cooling
- Installation of weatherization to improve energy efficiency and air quality
- Installation of other high efficiency electric appliances
- All services are operated, managed, and paid for by King County



Program Eligibility:

- Duvall-area resident within specific neighborhoods of zip codes 98014 or 98019
- Primary home heating system must be natural gas, including gas furnaces, wall heaters, and boiler
- Household income must be less than 80% of Area Median Income to qualify for 100% cost coverage
- Homeowners and renters of single-family home.



energize@kingcounty.gov | 206-263-3003
www.kingcounty.gov/energize/duvall

To learn more about the Energize program, visit our website at www.kingcounty.gov/energize/duvall or scan the QR code.



Re-in-Carnation Thrift Store

Re-in-Carnation (RIC) Thrift Store, located in the Sno-Valley Senior Center, is a community-centered initiative staffed by local volunteers, made possible through generous donations of goods and labor. **All proceeds** benefit Sno-Valley seniors, through programs and activities. Everyone is welcome!

Donations:

We **LOVE** our donors! We are constantly amazed at the quality of donations. However, we occasionally need to remind everyone to check their bags and boxes and remove anything broken, stained, damaged, soiled, or in any other way unsaleable before you bring them in. Disposal costs the Senior Center. Thanks for you understanding!

Questions? Call the store directly at 425-333-0023.
<https://snovalleysenior.org/thrift-store/>

August Monthly Specials:

Mon 8/3, Nat'l Sisters Day— Shop with your sister and both get 50% off!

Mon 8/17, National Thrift Store Day—50% off EVERYTHING!

Fri 8/21, National Senior Citizens Day—55+ get 50% off

Member Discount Day—1st Wed of the month-50% off

Military Discount—Saturdays 30% off

RIC Volunteers Needed:

****We need help keeping the store looking its best with "fluffing" 2X a week! This could be 2 different volunteers or one person twice a week for a couple hours each time, spaced several days apart. Come in and organize and tidy merchandise. We'll train you to do merchandising and retail display and you'll get to interact with staff and customers and help us make sure the store looks great and the merchandise is shoppable! Contact Kendra Mass kendram@soundgenerations.org, or Kate Barrere kateb@soundgenerations.org.**



At Re-in-Carnation we are dedicated to keeping prices ridiculously low. And we can do that because we are a volunteer run organization in our own space so our overhead is manageable without raising prices. Plus, community service is part of our mission, and keeping our customers supplied with great merchandise at great prices is our way of doing that. So don't worry, you'll always get amazing deals when you shop with us!



August

RE-IN-CARNATION THRIFT STORE

In the Sno-Valley Senior Center

4610 Stephens Ave, Carnation, WA 98014
 425-333-0023 kateb@soundgenerations.org



WEEKLY DISCOUNTS & MONTHLY SPECIALS

SUN	MON	TUE	WED	THU	FRI	SAT
26 CLOSED	27 30% OFF BACKPACKS AND PURSES	28 30% OFF BACKPACKS AND PURSES	29 30% OFF BACKPACKS AND PURSES	30 30% OFF BACKPACKS AND PURSES	31 30% OFF BACKPACKS AND PURSES	01 30% OFF BACKPACKS AND PURSES
02 CLOSED	03 30% OFF KIDS STUFF	04 30% OFF KIDS STUFF	05 30% OFF KIDS STUFF	06 30% OFF KIDS STUFF	07 30% OFF KIDS STUFF	08 30% OFF KIDS STUFF
09 CLOSED	10 30% OFF Frames/Art	11 30% OFF Frames/Art	12 30% OFF Frames/Art	13 30% OFF Frames/Art	14 30% OFF Frames/Art	15 30% OFF Frames/Art
16 CLOSED	17 30% OFF SHOES	18 30% OFF SHOES	19 30% OFF SHOES	20 30% OFF SHOES	21 30% OFF SHOES	22 30% OFF SHOES
23 FOLLOW US ON FACEBOOK!	24 30% OFF Personal Care Items	25 30% OFF Personal Care Items	26 30% OFF Personal Care Items	27 30% OFF Personal Care Items	28 30% OFF Personal Care Items	29 30% OFF Personal Care Items

MONTHLY SPECIALS

Mon, 8/3

Nat'l Sisters Day

Shop with your
sister & both get
50% OFF

Mon, 8/17

**National Thrift
Store Day!**

50% Off Everything

Fri, 8/21

**National Senior
Citizens Day**

55+ get 50% off

MEMBER DISCOUNT DAY

1st Wed
of the month
50% OFF!

MILITARY DISCOUNT

Saturdays
30% OFF!

Want the inside scoop on thrift store deals? Join our **Re-in-Carnation Thrift Store e-newsletter** for monthly sales, special finds, and updates on how your shopping supports the Sno-Valley Senior Center. Sign up in the store, or using the QR code today!



Honors & Memorials

In Memory of Sonja Massey	Susan Miller & Tony Dambrava, Gerald & Melinda Koethe
In Memory of Edward Bowers	Suzanne Bowers
In Memory of Ethel & Elbert Gould, Marie Wolslegel, John Qualls	Marge Qualls
In Memory of Edward Bowers	Suzanne Bowers
In Honor of Mac & Joan Magruder	Patt O'Brien & Ron Balazs

Donations

(June 15, 2026—July 14, 2026)

- | | |
|-------------------------------|--------------------------------|
| ♦ Anonymous | ♦ Lindy Friedlander |
| ♦ Barbara Swenson | ♦ Mary & Dennis Lampson |
| ♦ Brenda Asheim | ♦ Mary Jane & John Kutz |
| ♦ Butch Harviston & Judy West | ♦ Maureen Krause |
| ♦ Carol Kautz | ♦ Michael Dennis |
| ♦ Carole Teshima | ♦ Micheal Reinhart |
| ♦ Chad & Kim McClung | ♦ Midge Pharmer |
| ♦ Cheryl & Allan McDaniel | ♦ Milt & Dawn Estepa |
| ♦ Daniel & Sarah Drew | ♦ Norma Oyloe |
| ♦ David Kelley | ♦ Pat Bambrick |
| ♦ Diane Amos | ♦ Pat Busser |
| ♦ Diane Boma | ♦ Patricia & Mike Chapman |
| ♦ Dick & Kris Kirby | ♦ Renate & Harry Oestreich |
| ♦ Dick & Linda Amos | ♦ Roger Thorson |
| ♦ Ed & Kelly Billington | ♦ Rosemary Neff & Dot Patteson |
| ♦ Gary & Michele Raymond | ♦ Roya Soleymani |
| ♦ Glenda & Stan Surdam | ♦ Sam Metzler |
| ♦ Herbert Altmann | ♦ Sara Crawford |
| ♦ Jackie & Kurt Swanson | ♦ Sharon & Ronald Conn |
| ♦ Jane McNassar | ♦ Shirley Davis |
| ♦ Jan & Don Smith | ♦ Shirley Richmond |
| ♦ Jeremie Wilkins | ♦ Snoqualmie Valley Health |
| ♦ Joan Eklof | ♦ Subarna Mukherjee |
| ♦ Joe & Louise Macri | ♦ Thomas Wasmund |
| ♦ Joyce & Glen Trowbridge | ♦ Tiffany & Jim Welton |
| ♦ Karen & Larry Bergeron | ♦ Tina Myren |
| ♦ Karen Morod | ♦ Vicki Perry |
| ♦ Kate Endicott & John Knapp | ♦ Willa & Larry Richards |
| ♦ Linda Kenworthy | |



**Members with a Birthday this month
enjoy a FREE lunch Friday, August 21
You must RSVP at 425-333-4152 by
Thursday, August 20 at 12:00pm.
(list compiled from current members)**

Susan Allen-Summers	Twyla Kropi
Teresa Appleseth	Roger Kubista
Pat Bambrick	Bob Kuntz
Katherine Barker	Sara Lambert
Sue Beauvais	Dennis Lampson
Dorothea Benjamin	Douglas Lapchis
Jennifer Burgess	William Larson
Sara Chambers	Jan Levine
Martin Chaney	Larry Lorack
Craig Chapman	Ken Masden
Jo Ellen Connell	Jane McClure
Jeff Connell	Patt O'Brien
Martha Jean Denton	Harry Oestreich
Michele Eaton	Annette Olson
Charles Eaton	Terry Olson
Anna Flores	Kasey Phillips
Keith Frachiseur	Kimberly Pratt
Phyllis Frank	Laura Ritzenthaler
Richard Friday	Susan Schmoll
Janet Fries	Jude Servi
David Gustafson	Kelly Shomler
Aurika Hays	Polly Stranack
Skip Johnson	Robert Suman
Sandra Johnson	Dee Tschilar
Jo Jones	Carol Van Noy
Renee Jordan	Caitlin Walsh

**Credit Card payments processed online
and at the senior center will appear as
'Sound Generations on your statement.
We accept VISA & MasterCard.**

Sno-Valley Senior Center: Serving Valley Seniors and
Their Families since 1975. *An Affiliate of Sound Generations*



4610 Stephens Ave
Mailing: PO Box 96
Carnation, WA 98014

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U.S. POSTAGE PAID
PERMIT #3
CARNATION, WA
98014

The mission of the Sno-Valley Senior Center is to cultivate a welcoming and inclusive gathering place that supports, inspires and uplifts our Snoqualmie Valley community to lead healthy, enriched lives through participation in diverse programming.



SAVE THE DATE!



Falls Prevention Day

Wednesday, September 23

FREE! Everyone Welcome!

.....
Presentations:
.....

.....
8:45 - 9:45 am:
EnhanceFitness
class-FREE
.....

12 pm
FREE Lunch

.....
9:45 am - 12 pm
Community
Resource Fair
with local
organizations and
service providers

10 am: King County
Fall Prevention
Program

10:40 am: Reducing
Fall Risk in the Home-
Eastside Grab Bars

11:20 am: Snoqualmie
Valley Health

1:00: Reducing Fall
Risk with SVSC Fitness
Classes

