COVID Vaccination Update: In accordance with county requirements please be prepared to verify your vaccine status to participate in/ volunteer for/ and lead ALL in-person programming/ dining at the Sno-Valley Senior Center. As a reminder, masks are required at the center regardless of vaccination status.

Holiday Bazaar
Saturday, December 4 from 9am-3pm

Support Sno-Valley Senior Center and local artisans by joining us for a fun day of festive holiday shopping, crafts, coffee & baked goods! Bring bake sale items Dec 2/3 to be priced.

You’ll find handmade jewelry & greeting cards, table runners, purses, holiday decorations, and so much more!

*COVID requirements for retail will be followed, masks required, COVID Vaccination strongly recommended.

Ugly Sweater Rainbow Bingo!

Friday, December 10 from 7:00-9:30pm (doors open at 6:30pm)

Put on your ugliest holiday sweater and come out for a fun night of Holiday Rainbow Bingo! Register before we are full at www.snovalleysenior.org. Hosted by the delightful Sylvia O’Stayformore!

Registration and attendance includes:
- 10 bingo games
- The chance to win great prizes, including cash!
- Cash bar will serve beer, wine and Jell-O Shots

*Proof of COVID Vaccination or accepted negative COVID test is required to attend*

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**Sno-Valley Senior Center**

Your home-base in the Snoqualmie Valley

December 2021

**Director**
Lisa Yeager

**Admin/ Bookkeeper**
Mindie Ribail

**Assistant Director**
Kira Avery

**Thrift Store Manager**
Angie Hartung

**Social Worker**
Kelly Fujiwara

**Cook**
Jennifer Berg

**Hyde Shuttle Drivers**
Lorri Engbaum
Kerry Canady

**FESH Hub Coordinator**
Val Stewart

**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:
Noon-4pm. 425-333-0023

www.snovalleysenior.org · 425-333-4152 · svsc@soundgenerations.org
Directors Letter – December 2021

Happy Holidays! We are so glad you are part of our Sno-Valley Senior Center family!

Sno-Valley Senior Center is here to inspire and support seniors to lead healthy, enriched lives. As our members, you know all about the amazing programs we have and have tried many of them!

The holidays are coming and most of us don’t need more stuff. So give yourself and your friends the gifts of health and happiness with a gift certificate from the Sno-Valley Senior Center. Or better yet give a gift certificate to one of your friends and neighbors and introduce them to all of our great programs.

We will offer a few different gift certificates:
- Enhance Fitness certificate is $36 for 12 classes! (Classes include aerobics, weights and stretching)
- Reflexology certificate is $35 to enjoy a foot massage with pressure points to increase your health
- Community Dining certificate is $50 for a punch card for 10 meals
- Membership gift certificate is $60 for an individual and $75 for a household
- Re-In-Carnation gift certificates are $10 and can be purchased in multiples.

The certificates can be purchased at the Senior Center front desk or on-line at www.snovalleysenior.org. The recipient will need to bring in the certificate to the Senior Center to redeem it. This is an amazing way to support your health as well as support the Senior Center. So tell your family and Santa that it’s what you want for the holiday!

Membership has many benefits. The primary ones are that you get this newsletter delivered directly to your home, a free birthday lunch and you receive discounts on the programs and trips! But another benefit is the privilege to vote for the SVSC board. You will receive a ballot soon in the mail so please vote and return it to the Center, you’ll find short bios for each of the new candidates towards the back of the newsletter. Our annual members meeting will be Wednesday, Jan. 12 at 12:20 p.m., with updates for the future and a look back at the past year. The meeting will be in-person with an online zoom option. So mark your calendar now!

We have some amazing programs here. Please welcome our Spanish speaking elders coming on the 3rd Monday of the month. Join them for lunch or for the game Lotteria! Do you speak a little Spanish or want to practice, let us know as we’re looking for a couple of volunteer helpers.

You might see kids here occasionally as the Kinship group (Grandparents or relatives raising grandchildren) come for support and lunch last Thursday of the month. During the holidays, feel free to bring your grandkids to join you for lunch or fitness. We love to see them!

Speaking of the holidays, we’ll be giving our hard-working staff a vacation and will be closed from Dec. 22nd – Jan. 3rd. We’ll look forward to new programming and extended hours in the new year! We’ll be hiring an evening staff person to be a building monitor and to assist with volunteer management early in 2022. If you’d like a part-time job or know of someone, tell them to e-mail me. It will start out three days a week from 4:00 pm – 8:00 pm so we can offer some adult education and fitness classes for those still working or those who just prefer to get out in the evenings. So be looking for that!

Have a wonderful holiday and let us know if we can support you through them with counseling, food or transportation. We know the holidays are not always merry for everyone. Our social worker and staff are here for you. And I’m always available to hear your thoughts.

Lisa Yeager, Lisay@soundgenerations.org or call 425-333-4152, ext. 1

2021 Board of Directors

<table>
<thead>
<tr>
<th>President</th>
<th>Roberta Epps</th>
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<tr>
<td>Sara Lambert</td>
<td>Dick Kirby</td>
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<tr>
<td>Vice President</td>
<td>Mairi Brooks</td>
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<tr>
<td>John Moore</td>
<td>Cecelia McCorkle</td>
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<td>Secretary</td>
<td>Rick Carter</td>
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<td>Allan Gilstrap</td>
<td>Jennifer Harrison</td>
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<td>Treasurer</td>
<td>Glenda Surdam</td>
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<td>Don Wilhelm</td>
<td>Maureen Cleary</td>
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Legacy Giving

Giving that Ripples to Future Generations

Contact Center Director for more information at 425-333-4152 or lisay@soundgenerations.org
**Programming**

Questions or want to register? Call 425-333-4152, email kiraa@soundgenerations.org or go to www.snovalleysenior.org

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**Holiday Lunch/ Closure Announcements**

For Friday, December 17 lunches will be served to-go. Meals will be picked up at the side door facing the street, like prior to re-opening. This is to ensure that everyone who would like a meal, can have one.

*Seniors here for other programs (Bridge/ Dominoes/etc.) may eat their to-go meal in the Dining Hall.

**The Sno-Valley Senior Center will CLOSE for the holidays on Thursday, December 23 and re-open on Monday, January 3.**

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**Drop-in Tech Help with Carole Teshima**

Every Thursday from 1:00-2:30pm

Bring your devices and your questions to this drop-in tech help with Carole. Other times available by appointment.

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**Veterans Coffee Hour (date change):**

Wednesday from December 1st -December 22nd at 10:30am. Join us for coffee and cookies while you share stories and make friends. **FREE for All Veterans, their family and friends.**

Questions? Email valeries@soundgenerations.org!

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**NEW Date! Drums Alive with Renee | Mon, Dec 13 at 1:00pm**

This class will incorporate the fun of music and exercise! Either sitting or standing, you will find that drumming will help you regain and maintain muscle strength, increase brain activity, improve your mood and can transform your emotions. You can drum as fast or slow as you want and still have fun! Even beat to your own drum! No experience necessary. Class is $12 per person, limited spots available.

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**Continental Café on Zoom | Tuesday, December 14 at 9am**

Grab a cup of coffee/tea/juice and join us for morning conversation about different topics! **December 14 starting topic:** share your favorite Holiday movie and memory.

---

**Create Your Wooden Winter Scene**

**Tuesday, December 14 at 1:00pm**

Paint your own Wooden Winter Scene tree decor. This 8” wooden tree with stand will look great on a side table or mantle piece. Paint it to suit your decor colors or gift it to a loved one. If we have time, you can even paint both sides and make it reversible! Cost is $25 per person. Must register by Tuesday, December 7.

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**Armchair Travel to England | Wednesday, December 15 at 10:00am on Zoom & In-Person**

England! A nation of tea drinkers and pub goers; a country of lush and stunning landscapes, bustling cities, and quaint countrysides. We’ll meet in the senior center and on Zoom, and have videos, trivia, and share experiences!

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**Enjoy the Pacific Northwest Ballet’s Nutcracker from the comfort of the Senior Center! Tuesday, Dec 21 at 4:00pm**

Are you ready to celebrate the holidays with renewed gusto? With its classic score, thrilling dance, resplendent costumes, and magical scenery, *George Balanchine’s The Nutcracker* is the perfect centerpiece for any celebration. Enjoy this holiday classic and let your soul have its fill of cheer! Bring a dish to share. Cost is $7 per person.

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**Spanish Programming in partnership with SeaMar**

Monday, December 20 | SeaMar is at Sno-Valley Senior Center the 3rd Monday of the month to bring the community together with translation for our Spanish speaking residents living in the valley! We will be working with SeaMar to make all programming inclusive for Spanish Speaking Seniors and are excited to create new friendships, ease isolation and depression. Interested? call Valerie at 206-779-2011 or Clemencia at SeaMar 425-373-6587.

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**How about some good ole' Country Music!**

**Wednesday, December 8 at 1:30pm in-person**

Not the stuff you hear on the radio today, but some of the original country music that you and I were hearing while we were much younger and growing up. Can you still remember those days? I sure can! At least some of them.

We will hear recorded music by some of the great artists who are now members of the Country Music Hall of Fame. Artists like Jim Reeves, Hank Thompson, Kitty Wells, Ray Price, Bob Wills, Waylon Jennings, Dolly Parton, Willie Nelson, Loretta Lynn, Glenn Campbell, Merle Haggard, Patsy Cline, George Strait, Conway Twitty, Alan Jackson, and more.

Doyle will not only discuss the details of the particular tune, but will also give us some more information on the artists, and the writers of the tunes. There will also be opportunities to ask any questions you have!

Register at the front desk or online at www.snovalleysenior.org
The Power of Food for Diabetes Prevention and Treatment with Cindy from Trimazing!
4 week series starting on Wed, Jan 19 from 1:00-3:00pm
The goal of this program is to empower people who have diabetes, or concerns about developing diabetes, along with their friends and family members with practical cooking skills and tips that make meals health and delicious. In these classes you’ll enjoy samples of the food items prepared during the cooking demonstrations in class. Cost is $48 for the 4-week session. Limited number of spots available.

Afternoon Bunco!
Third Tuesday of the month from 1:00-3:00pm starting on Thursday, January 18
Enjoy a fun afternoon of Bunco, lead by Alison Cook. Bunco dates back to the late 1800’s and is now entertaining players everywhere! Never played? No problem, we’ll show you how! It’s a fun, fast-paced dice game. Sign-up at the Front desk, we need at least 12 people to play.

12 Days of Goodness with Seahawks Alumni! Tuesday, December 21 at noon
For 12 days in December, with the help of Seattle’s football Legends, football fans are encouraged to be more mindful of their senior loved ones during the holidays, and throughout the year. We’re excited to have former Seahawks Defensive Ends, Joe Tafoya and Alonzo Mitz, joining us for this fun event! Reserve your lunch ahead of time by calling 425-333-4152!

Thank you to Answers for Elders and Aegis Living Issaquah for sponsoring this event!

Trips

Shopping Trip to Monroe | Tuesday, Dec 14 at 9:30am
You can go to Walmart and the Dollar Store, and grab lunch along the way (TBD). The van will leave at 9:30am and return at 1:30pm. *Please be sure to schedule your ride home with Hyde Shuttle as usual by calling 206-727-6262 and pressing 1. These trips are free for those 55+ or those with disabilities. Donations are always welcome!

Glass Blowing Class | Wed, December 1
(Moved from October 27) We’ll each be making our own beautiful blown ornaments or paperweights in this glassblowing class! Van will leave the center at 10am for an early lunch at Applebee’s, paid for with your registration fee. We will return around 4pm. Cost is $75 members, $85 non-members.

It’s a Wonderful Life at the Renton Civic Theatre
Thursday, December 9
The Renton Civic Theatre has been one of the premier venues for quality theatre in the Puget Sound Region for over 20 years, featuring classical musicals, comedies, and dramas that are family-friendly. In It’s a Wonderful Life, George Bailey has so many problems he is thinking about ending it all - and it’s Christmas! As the angels discuss George, we see his life in flashback. As George is about to jump from a bridge, he ends up rescuing his guardian angel, Clarence - who then shows George what his town would have looked like if it hadn’t been for all his good deeds over the years. Cost is $30 members, $35 non-members, Please bring $ for dinner at the Whistle Stop Ale House. Van will leave at 4:00pm and return around 10:00pm.

Seattle Aquarium: Tuesday, January 11
Founded in 1977 and located on Pier 59 in the heart of Seattle, the Aquarium serves as the largest platform for ocean conservation and engagement in the Pacific Northwest. You’ll get to see Puffins, River Otters, Pufferfish, the wonderful underwater dome, and more! Cost is $35 members, $40 non-members. Van will leave at 9:00am and return around 3:30pm. Please bring $ for lunch at The Fisherman’s Restaurant.

Cirque du Soleil: Thursday, January 27
Featuring a soundtrack that incorporates an eclectic mix of sonic palates and stunning feats of circus artistry, Alegria earns its reputation as an all-time classic Cirque du Soleil show. Cost is $115 members, $130 non-members. Van will leave the center at 4:30pm and return around 11:00pm. Please bring $ for dinner at BJ’s Restaurant & Brewhouse.
Back to Books | A Program Connecting Seniors with Reading Opportunities

Do you love to read, but find it difficult to access reading materials?

We are starting a program to help homebound seniors access reading materials at home. A retired librarian can contact you, get to know your reading preferences, and deliver books to your home at no cost, either through the public library or through a lending program here at the senior center.

If you prefer, our librarian will coordinate a date/time to pick you up and take you to the library so you can find the books you are looking for yourself. We can also help you return your books and get more so that your reading life can remain full and varied.

If you are interested in this free program, please contact Kelly Fujiwara, MSW at 425-333-4152 or kellyf@soundgenerations.org
Health and Wellness Programming

To ask questions, learn more, and register you can email kiraa@soundgenerations.org, go to our website www.snovalleysenior.org/activities/fitness-recreation

Wii Bowling: Wed & Fri from 11am-noon
Come play with and against your buddies in the Great Room upstairs. Drop-ins welcome! See if you can bowl a 300!

EnhanceFitness | Mon, Wed, and Fri at 9am
Start your day with fun, music and movement! Instructor Cindy Andre leads you through a terrific program designed especially for seniors. Moves can be adapted for almost any activity level and may be covered by Insurance. Your first 3 classes are free with Shape-Up! $36/12 classes, $45/ non-members.

Gentle Chair Yoga: Mondays at 10:30am
We invite you to come experience one of the gentlest ways of practicing Yoga. Explore gentle shapes, deep ways of breathing and connecting with your heart, while creatively using the support of a chair. Please bring your own yoga mat. Everyone’s first class is free thanks to Shape-Up! $10 per person. Ask about an insurance discount.

Table Tennis: Mon, Wed, and Fri from 8-11am
Join your friends for a fun and energetic round of Table Tennis. (Mondays end at 10:15am)

Functional Yoga w/ Jennifer | Tuesdays at 8:45am online
Improve your ease of function in daily life, such as picking something up off the floor or putting on socks. Lifting, squatting and walking with balance and ease. We use the chair as a prop in each class sequence. Our goal is to experience structural strength and understand patterns of movement, so our muscles don’t have to work so hard. Video Included. Class held weekly, Tuesday Morning 8:45am-10:00 LIVE via Zoom Meetings. Classroom link sent via email: https://BreathofLifeMovementwithJenniferOrchard.as.me/

Save the Date! Low-Impact Aerobic Dance Class 8-week series
Starting Thursday, February 10 from 1:30-2:30pm
In this class you’ll be burning calories, improving flexibility, toning-up and having fun while you learn basic choreographed aerobic workouts. Don’t worry if you have two left feet, what is important is having a good workout with friends! Cost is $10 for the 8-week series.

Get your heart pumping with Shape-Up!

Sno-Valley Senior Center offers great fitness opportunities and we are continuing to add more! Try a new (to you) class or return after a 3-month+ break (which is everyone!) and get a $10 discount on your exercise class.

This means you get a free Yoga class and 3 free EnhanceFitness classes. Mention the discount to your instructor!

Did you know? Based on your insurance coverage, you may be eligible to attend EnhanceFitness and Chair Yoga at a reduced-cost or free! We currently work with Healthy Contributions, known as Renew Active or United Healthcare as well as Silver and Fit. If you have questions or just want to check if you qualify feel free to email kiraa@soundgenerations.org.

We are excited to announce that starting in 2022, we are also partnering with Healthy Contributions to offer One Pass at the Sno-Valley Senior Center, this means those under 65 can also receive a discount for participation!
Thank you!
Thank you for participating in our King County Veterans, Seniors and Human Services Levy Survey. We appreciate your feedback!

**VETS ENGAGED! NEW TIME**

Coffee Hour. Every Wed, December 1st—22nd
10:30-11:30am at Sno-Valley Senior Center.
Join us for coffee and cookies while you share stories and make friends. Open for All Veterans, their family and friends. Questions? Email valeries@soundgenerations.org!

**ENCOMPASS KINSHIP GROUPS**
Grandparents raising grandchildren
First Tuesday of the month from 5:00-7:00pm
Address: 745 front street Issaquah.
Enter at back blue door of church Come share dinner and kids activities. Time for adults to connect. Bring the kids!

December Date TBD: Last Thursday of the month from 10:30am-12:30pm at Sno-Valley Senior Center. Come join us before lunch, for conversation and connection. At this time no childcare for this meeting. If you would like to stay for lunch please call 24 hours ahead of meeting to reserve your lunch at 425 333-4152

**Every Wed, 1:00 PM on Zoom**
Encompass Grandparents Raising Grandkids Kinship Support Group meets every Wednesday at 1pm on Zoom. Contact Laura Lewis at laura.lewis@encompassnw.org or 425-443-4175 for Zoom link and registration.

**MAKE FRIENDS ACROSS THE MILES**
Wed, December 15th, 1:30—2:15pm
Let’s Make New Friends! Come share in arm-chair travel adventures, play brain games, share stories, laugh and have a great afternoon with our friends from the Mt. Si Senior Center, Sno-Valley Senior Center, Issaquah Senior Center and YMCA of Greater Houston. Contact Valerie to learn more and get a registration link for Zoom meeting.

**CHAI & CHAT | Every Tues & Thurs, 4:00 PM**
Join Indian-American Community Services on Zoom for conversation and connections. Each week there is a different presentation or music and stories. Contact seniorcoord@iaww.org

**PHOTO AND VIDEO CONVERSION**
An MSHS student has reached out to offer her skills of photo and/or video conversion services, free of charge, to local seniors! Capture your memories so your family can enjoy. She would be doing this on her own, so that limits her ability, but she is interested in helping as many people as possible in her free time. Contact Valerie for more information.

**SeaMar Visits! | Third Monday of the month**
We look forward to bringing the community together with translation for our Spanish speaking residents living in the valley! We will be working with SeaMar to make all of our programming inclusive for Spanish Speaking Seniors and are excited to create new friendships, ease isolation and depression give learning opportunities to local seniors. Sea Mar will be coming to help with translation one Monday per month and we are looking for volunteers. Please call Valerie at 206-779-2011. or Clemencia at SeaMar 425-373-6587.

**PEN PAL PROGRAM | Sign up for NEW MATCHES**
We are looking for Seniors to participate in our Far East Senior Hub Pen Pal Program with local high school students starting in October. Do you love to write? Would you like to share your penmanship passion with students and create new intergenerational relationships. Contact Valerie at 206 779-2011

GenPride, a nonprofit organization for the aging LGBTQ+ community, is currently holding all its programming online. We currently offer Yoga & Stretching, Strength & Balance, Qigong, Healthy Cooking Classes, Tai Chi, and a monthly movie. If you’d like to register or learn more about these free classes, you can visit our programming webpage at: Online Programming – GenPride (genprideseattle.org)
12 Days Holiday
Word Search!

Maids a-milking
French hens
Gold rings
Geese a-laying

Drummers Drumming
Calling birds
Lords a-leaping
Turtle doves

Pipers piping
Swans a-swimming
Partridge in a pear tree
Ladies dancing
Call 425-333-4152 to order your meal for either dine-in* or pick-up, reservations required. You can order up to 1 month in advance, but by at least the day before. $5 suggested donation for seniors 60+, $10 guests under 60. To-go lunches can be picked up at 12:30pm after everyone in the main hall has been served.

The Sno-Valley Senior Center serves a hot lunch at noon, made from scratch by Chef Jennifer Berg/Denise Crutchfield and our crew of talented volunteers. Many meals feature fresh organic produce from local farms.

- “Love the lunches by Jennifer! And people are so friendly, staff included.”
- “Met new friends, enjoy the home-cooked meals by Jennifer!”

It’s a great way to stay engaged with a local community as we provide a made-from-scratch meal five days a week. SNAP/EBT is accepted, suggested donation for those over 60 is just that, a suggestion! We want everyone to feel welcome and to enjoy a nutritious meal!
Grief Support Group: Thursday, Dec 2 & 16 at 1:00pm
Grief is experienced in so many ways - physically, emotionally, and spiritually. Although everyone’s grief is unique, after losing someone you love, it can be very helpful to have a place to share with others who are on a similar journey and can empathize and truly understand.

Caregiver Support Group: Thursday, December 9
Sno-Valley Senior Center Social Worker, Kelly Fujiwara will be offering this group to serve caregivers of family members who suffer from Alzheimer's or memory loss. We share gentle conversation, care and understanding as we learn to cope with life’s changes.

Did you know? On our website you will find information about the many community services that are available in the Snoqualmie Valley. This includes:

- Where to donate durable medical equipment
- Who to call if you are looking for free, personalized support regarding housing, legal services, Medicaid, transportation and more.
- Where your local food bank is and information about Hopelink’s Mobile Market
- Information about Drug & Alcohol Recovery Services
- And more! If you can’t access the internet, give us a call at 425-333-4152 and we can answer your questions or mail you the information you need.

Enhance Wellness/ Supportive Counseling with Kelly Fujiwara: Whether you want to address health challenges, are grieving the loss of a loved one, are struggling with relationship issues or are coping with depression and/or anxiety, Enhance Wellness is a participant-centered motivational intervention with proven results. Please call 425-333-4152, ext. 7 to speak with Kelly Fujiwara, MSW to get more information or schedule an appointment.

Veteran’s Caregiver Support Program
- Are you a veteran caring for a spouse, family member, friend, or neighbor?
- Are you caring for a veteran who is a spouse, family member, friend, or neighbor?

If so, you may be eligible to receive services through the King County Veterans, Seniors, and Human Services Levy Caregiver Support Program. There is no age or income requirements to participate in the program.

The caregiver or care receiver must be a veteran and both live in King County. The support services include: Personal Care, light meal preparation & help with housekeeping, respite services, companionship & caregiver counseling.

For more information contact Sound Generations Caregiver Support at 206-727-6260 or email williamb@soundgenerations.org

Pathways Information & Assistance
Free personalized support for King County residents of all ages. The Pathways I&A team are here to assess your needs, offer personalized options, and refer you to a wide range of services, including:

- In-home support
- Housing
- Legal
- Medicaid
- Transportation
- Food and nutrition
- Health and wellness
- Employment
- Counseling
- Home maintenance

Call Pathways at 206-448-3110!

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

Who is eligible? All aged 55 and older, people living with disabilities, and riders living within Redmond Ridge, Duvall, Carnation, or Fall City.

Phone: 206-727-6262

How it works:
- Register by phone - no forms to fill out.
- Make reservations no later than noon, three days before your ride.
- Hyde Shuttles only travel inside their local service area.
- Interpreter services are available.
- No cost to ride, but donations are welcome.
Become a Sno-Valley Senior Center member for $60/year ($75 for household) or become a lifetime member for $500 per member and never pay dues again!

Why become a member? Enjoy these great benefits!

• It’s a powerful way to show your support and your commitment that the programs we offer should continue and that what we do is valued by you.
• Enjoy a free lunch at our monthly birthday lunch in the month of your birthday.
• Get voting privileges on the board slate and bylaws changes.
• A subscription to the monthly newsletter filled with articles and activities delivered directly to your door! You’ll always know what is going on!
• Have your emergency contact information on file so we can help in case of an emergency.
• Discounts to low cost health programs, fitness classes and trips
• Opportunity to serve on the board and assist the Center in implementing its strategic plan.
• A NEW MEMBER BENEFIT: 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.

Our Thrift Store is a community effort with all of the profits supporting local seniors in our community!

Re-in-Carnation is now open for shopping and accepting donations from Noon-4pm from Monday-Saturday.

Sno-Valley Senior Center members get 50% off their purchase at Re-in-Carnation on the first Wednesday of the month, be sure to stop by!

Questions? Call 425-333-0023 or email angieh@soundgenerations.org

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Re-in-Carnation Thrift Store

Our Thrift Store is a community effort with all of the profits supporting local seniors in our community!

Re-in-Carnation is now open for shopping and accepting donations from Noon-4pm from Monday-Saturday.

Sno-Valley Senior Center members get 50% off their purchase at Re-in-Carnation on the first Wednesday of the month, be sure to stop by!

Questions? Call 425-333-0023 or email angieh@soundgenerations.org

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Donations We Accept (in clean, working order)

• Small Appliances (toaster size)
• Bedding, linens, blankets, curtains (no stains)
• Books, games, CDs, DVDs, Videos
• Canning Jars (Ball, Mason and Kerr)
• Clothes, shoes, accessories (all ages/sizes)
• Collectibles
• Crafts, fabrics, small hobbies
• Holiday Décor: Christmas, Halloween, Easter,
• Decor items (bookends, knick-knacks, statues)
• Jewelry
• Kitchen items, dishes, silverware
• Small Lamps (non-halogen)
• Pictures and paintings
• Toys and stuffed animals

Donations We CANNOT Accept

• Anything w/ Gas or Rust
• Baby Strollers, car seats
• Barbecues & grills
• Beds & mattresses
• Bicycles
• Building Materials (doors, windows, paint, paneling)
• Car Parts or tires
• Computers, printers, monitors/ TVs
• Curtain Rods
• Exercise equipment (weights, machines)
• Food
• Furniture
• Large Tools
• Magazines
• Record Albums
• Recyclables (newspapers, cans, bottles)
• Rugs
• Sinks or toilets
• Sporting goods (Skis, tents, backpacks)
• VHS Tapes

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Be sure to check out our Facebook Page!

Please DO NOT bring or leave donations outside of our open hours. There is no store staff to take them.

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SVSC Membership Benefits

Become a Sno-Valley Senior Center member for $60/year ($75 for household) or become a lifetime member for $500 per member and never pay dues again!

Why become a member? Enjoy these great benefits!

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Happy Holidays!

The wet weather is certainly here and the cold weather is coming. Here are a few pre-winter things we may be able to help with if you have need.

- Clean out your gutters and check for problems.
- Check and change furnace filters if needed.
- Test smoke detectors and CO detectors and change batteries if needed.
- Help you find and/ or prepare firewood if you need more for your heating needs.
- Remove leaves and debris from walkways and suggest other ways (such as railings, non-skid surfaces, etc.) to move around your home more safely.
- Shovel snow from walkways if needed (if the senior center is closed, you can email Kelly with your request or if you would like to be contacted after a significant snowfall about your need for shoveling, etc., please let Kelly know now and we will reach out to you).
- Help with putting up holiday decorations (especially if ladders are required).

**Home Sweet Home** is a program that assists seniors with household maintenance and repair and yard work with the goal of keeping seniors safe, secure, and independent in their homes as long as possible. Labor is provided at no charge by volunteers and grants may be available to cover the cost of materials. The program is provided through a partnership between Sno-Valley Senior Center and Snoqualmie Valley Housing Solutions (a 501c3 non-profit) and serves the Duvall, Carnation, and Fall City communities.

If you are in need of help to remain safely at home and are struggling with who to call or how to pay for it, please contact Kelly Fujiwara, MSW at 425-333-4152 or kellyf@soundgenerations.org, for more information about this program.

<table>
<thead>
<tr>
<th>Riverview School District: 1 Hour Late</th>
<th>RSD: 2 hours late</th>
<th>RSD: Cancelled</th>
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<tbody>
<tr>
<td>- Center: <strong>Opens 1 hour late</strong></td>
<td>- Center: <strong>Opens 2 hours late</strong></td>
<td>- Center and all programs are closed</td>
</tr>
<tr>
<td>- 9:00am EnhanceFitness: <strong>Scheduled</strong></td>
<td>- 9:00am EnhanceFitness: <strong>Cancelled</strong></td>
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<td>- Lunch: <strong>Scheduled</strong></td>
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<td>- Shuttles: <strong>Adjust Accordingly</strong></td>
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How will you know the status of the center?
- KIRO Radio 97.3FM or local news stations for regular updates about school closures.
- Check our Facebook Page or website: www.snovalleysenior.org

Trip Policy

Please read before signing up for our trips
- Final payment is due **one week** prior to the trip. If final payment is not made, you may forfeit your seat if there is a wait list. COVID Vaccine proof is required to attend as our trips include restaurant reservations.
- In the event a trip is cancelled by the Senior Center, refunds will be issued to all travelers. If the traveler cancels a trip, a refund will be issued if the cancellation request is 48hrs. or more in advance of travel. *(unless the following situation applies)*
  - No refunds will be given if tickets or other services have been purchased in advance by SVSC, unless tickets etc. can be sold to a wait-list traveler for that trip.
- **If you are not at the Center by the listed time, the bus may leave without you.** Many times trips are time sensitive and we do not want the group to miss anything based on a late arrival.

Walking Symbols for Trips

Mild Walking: 🍃  Moderate Walking: 🍃🍃  Extensive Walking (with stairs): 🍃🍃🍃
Community Dining Volunteer Cashier  
**Monday-Friday, 11:00am-12:30pm**  
Lunch cashiers support the Sno-Valley Senior Center by creating a friendly/ welcoming environment for our lunch customers. You’ll be greeting the guests, making change, completing some simple paperwork and eating lunch.

Trip Van Upkeep  
If you’re looking for a once-a-month volunteer position, the Sno-Valley Senior Center is hoping to find a volunteer that will keep our vans serviced and ready to drive.

Outreach Volunteers  
As a “friendly visitor” for our Outreach Program, you will be matched up by our Social Worker, Kelly Fujiwara, with a senior who has expressed interest in this program. This is a regular weekly or bi-monthly volunteer position.

Teach a Class or Make a Presentation  
Medical/ health related topics, photography, ancient civilizations, art or natural history, instruments, or some other fun idea you’re passionate about and would like to share. Email kiraa@soundgenerations.org to schedule.

Re-in-Carnation Thrift Store Sorters & Cashiers  
Come help at our wonderful Thrift Store located on the Main Floor of the senior center, behind the reception area. We sell donated items, utilizing the proceeds to fund senior programs and services. We are looking for volunteers to either be a sorter of donations or a cashier. Shifts are from 11:45am-4:15pm.

Volunteer Medical Appointment Drivers  
We are looking for volunteers who would be willing to drive seniors to appointments in the area (Redmond, Issaquah, Bellevue). Drivers would need to be comfortable assisting a senior into your car (masks to be worn at all times during Covid), escorting them into their appointment, and waiting for them to finish so you could bring them home. (Appointment times will vary).

All volunteers will need to complete a volunteer application and agree to a background and driving record screen. For more information, please call Kelly at 425-333-4152 or email kellyf@soundgenerations.org.

Thank you volunteers! One thing that has remained clear over these last two years is how important our volunteers are. The center would not run without you.

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**Biographies of New Board Member Candidates (members, look for your board ballot to arrive in the mail soon!)**

**Vicki Perry** of Duvall is a Senior Real Estate Specialist and Downsizing Consultant. She is Branch Manager and Managing Broker with the Linnerooth/Waldner Team of ReMax realtors. She has lived in the valley since 1999 and has been invested in helping people find our area as the place to call home. She is a member of the Duvall Chamber of Commerce. She enjoys oil painting as a hobby. She is thrilled to give back to the community through the SVSC board.

**Rowland Brasch** of Carnation is a retired Microscope/optics service engineer and a business owner of 40 years. He has also served as volunteer and board member of the Carnation Duvall Citizen Corps, the American Red Cross and the Snoqualmie Valley Amateur Radio Cub. He has dedicated a lot of his life to volunteer work helping others to accomplish their tasks. He feels privileged to be able to serve on the SVSC Board.

**Dan Drew** of Fall City is the owner and director of Visiting Angels Snoqualmie Valley, which provides comprehensive homecare customized for seniors based on their individual needs and preferences. He has a deep background in finance, marketing and customer service. Dan is passionate about empowering our local seniors to continue living safely and independently where they want most – their own homes. Dan, his wife, and their three children live in Fall City and enjoy the unique lifestyle and beauty of the Snoqualmie Valley.
Memorials & Honors

In Honor of Chuck Rhoden’s 75th Birthday!  Alison & Jim Cook
In Honor of all of our Veterans  Susan E. Engle
In Honor of Michele Raymond  David & Nancy Kachel
In Memory of Mac & Joan Magruder  Patricia O’Brien & Ron Balaz
In Memory of Maria Plant  Stacy Cranston, Michelle Desmond, Susan E. Engle, James Engle, Carrie Hurlbut, Elaine Hurlbut, Robin King, Lisa Kyle, Carolyn Stiel-Halford, Dee Taylor, Bill & Katherine Brigden
Gladys Ellsworth
In Memory of Carrie Ellsworth Read  Michael Fisette
In Memory of Sharon Cutshall  Gerald Koethe, Susan Miller & Tony Dambrava
In Memory of Sonja Massey  Shirley Richmond
In Memory of H.E.R. Jr.  Thomas Wasmund
In Memory of Marla Plant  Joan Forcier
In Memory of Al Rush  Joan Eklof
In Memory of Dell Foster  Joan Forcier

Donations

- Herbert Altmann
- Jan & Don Smith
- Janet Kautz
- Jennifer Harrison
- Joan Eklof
- Joan Forcier
- John & Sara Lambert
- Judy West & Butch Harveston
- Lonnie Hughes
- Margie Bardsley
- Marleen Francis
- Mary & Dennis Lampson
- MaryLou McMeins
- Michelle Patterson
- Microsoft
- Mike & Patricia Chapman
- Nancy Moore
- Paige & Steve Denison
- Patricia O’Brien & Ron Balaz
- Paul Skewis
- Ralph Westermann
- Renate & Harry Oestreich
- Rich & Joe Ann Rucker
- Richard & Kris Kirby
- Richard Weber
- Roseanna Lagace
- Rosemary Neff & Dot Patteson
- Rotary Club of Duvall
- Roya Soleymani
- Scott Massey
- Sharon Kerr
- Sheila Brooks
- Shirley Gibb
- Suzanne Maxon & Jean Vrbka
- Thomas & Cathy Shives
- Tiffany Welton
- Willa Richards

At the Sno-Valley Senior Center & Sound Generations we 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 equitable and inclusive environment, our interactions are enriched and our clients and stakeholders are justly represented.

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

Looking for our Code of Conduct? It can now be found at https://snovalleysenior.org/about/. There you will also find our Statement of Non-Discrimination. We can also print one out for you as well, just ask Kira Avery at kiraa@soundgenerations.org or call 425-333-4152.
The Sno-Valley Senior center has been serving Valley Seniors and their families since 1975. We inspire, support and empower seniors to lead healthy, enriched lives.

Annual Member Meeting | January 12 at 12:20pm

Join us to discuss with Board Members, your priorities and questions for the Sno-Valley Senior Center, and to learn about our 2022 goals. We will be talking about the past year and you’ll get to meet the newest members on the Board of Directors.

This meeting will be held in-person or you can attend on Zoom. Call 425-333-4152 to sign-up for lunch that day. Email kiraa@soundgenerations.org or go to www.snovalleysenior.org to receive the Zoom information (be sure to bring/ mail in the board ballots that will be mailed soon!).

Baby Boomer Bootcamp | Saturday, January 29 from 1:30-5:00pm

Join us for a complimentary Baby Boomer Bootcamp! The Sno-Valley Senior Center, in partnership with University House and ERA Living, invites you learn from retirement experts who will share best practices and guidelines to help you make the most of your next chapter.

Presentations such as:

* Evaluating Retirement Options with Tina Hall, Business Development Manager at ERA Living; When Memory or Health Changes: Signs a loved one may need help, and Estate Planning.*

Appetizers will be served courtesy of University House Issaquah and the Sno-Valley Senior Center. RSVP by calling 425-333-4152 or going to www.snovalleysenior.org.