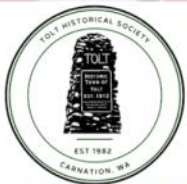


# Sno-Valley Senior Center

For The Young At Heart

July 2026

**Thank You to  
our sponsors!**



**Carol  
Kautz**



## 4TH OF JULY CELEBRATION



**Spaghetti Dinner**  
**Friday, July 3 | 5:00-7:00pm**

**\$12 each, \$5 children. Your  
choice of vegetable or meat  
sauce, salad, & garlic bread!**

**Strawberry Shortcake**  
**Saturday, July 4 | 10:30am-1:00pm**

**Pre-order delicious Strawberry  
Shortcake for just \$6 each and  
pick-up or eat at the center!**



**Learn more and get tickets at the QR code!  
or at: [snovalleysejior.org](https://snovalleysejior.org)**

## ***Endless Summer*** ***DANCE PARTY***

**FRIDAY, JULY 31 ♦ 7:00-8:30PM**

**Celebrate summer with friends, dancing, and great music  
with the Remnanz! Free dance lesson at 6:30pm!**

**LIVE MUSIC ~ REFRESHMENTS ~ DOOR PRIZES**

**Bring a friend or come solo! Everyone is welcome!**  
**\$15 per person - \$25 twosome**



4610 Stephens Ave  
Carnation, WA 98014

Register using the QR code or  
online at [snovalleysejior.org](https://snovalleysejior.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.snovalleysejior.org](https://www.snovalleysejior.org) • 425-333-4152 • [svsc@soundgenerations.org](mailto:svsc@soundgenerations.org)

## July Director's Letter



Please be sure to read the announcement regarding sales tax included in this newsletter, it's bright orange so you can't miss it! We have some good news to share regarding the Department of Revenue's definition of "Live Presentations" as well as an update on things that should not have had sales tax added earlier this year.

I hope to see you at the Annual 4<sup>th</sup> of July Events this year. Our Spaghetti Dinner is on Friday, July 3 from 5-7pm and is just \$12 for adults, \$5 for kids, and Strawberry Shortcake is on Saturday, July 4 from 10:30am-1pm and is just \$6 each. You can pre-order through July 1 or purchase at the door. Be sure to look for us in the parade this year!

We can't forget about the 4<sup>th</sup> of July Quilt Raffle! The beautiful quilt is 86" x 78". A big Thank You to our SVSC Quilt Group for piecing and binding, and Birdsbill Mercantile for donating their Long Arm Services. Raffle Tickets are on sale at the front desk for \$1 each or 25 for \$20. You may also purchase them throughout the 4<sup>th</sup> of July celebrations. You need not be present to win.

It's hard to believe that we are halfway through 2026! I'm excited to share with you what we've accomplished so far, and what we are looking forward to in the next 6 months.

We currently have more members than we have ever had, 530 (50+ more than this time last year!). So far, we've had 12,634 instances of participation, another increase from last year!

You can tell by our programming calendar that we are hosting more programs and classes than ever before as well. If there is something you want to try or learn about, there's a good chance that we offer it or will soon. I hope you will invite your friends and family to check out the great programs and services that we offer. Word of mouth is the best way for the community to learn about us!

I hope to have a clearer picture of our financials to share soon, but all support-through donations, sponsorships, and event attendance-makes a difference at the end of the year! Coming up we've got another Dance Party on Friday, July 31 at 7pm; Dog Days of Summer Rainbow Bingo on Friday, August 7; and our annual fall fundraisers, including the Annual Gala & Auction, and Steak Dinner & Pie Auction. You can donate today using the envelope provided in this newsletter, or on our website, [www.snovalleysenior.org](http://www.snovalleysenior.org)!

Our Gala & Auction will be on Saturday, October 17 at the Club at Snoqualmie Ridge. The theme is ***Under the Sea!*** Our committee has already procured some great auction items, including a 7-day Holland America Cruise for 2, a night at Treehouse Point, and a stay on Lopez Island! Tickets are \$90 each, or table of 10 for \$850 and will be on sale soon.

If you would like to help with procurement, volunteer the day of, be a table captain, or sponsor the event, please email [kiraa@soundgenerations.org](mailto:kiraa@soundgenerations.org). This is our largest fundraiser of the year, and everyone has skills they can contribute!

If you have comments, questions, or concerns, please feel free to reach out to me at [kiraa@soundgenerations.org](mailto:kiraa@soundgenerations.org) or 425-333-4152 ext. 1.

Kira Avery, Executive Director

### 2026 Board of Directors

|                       |                 |
|-----------------------|-----------------|
| <b>President</b>      | Cheryl McDaniel |
| Shirley Davis         | Glenda Surdam   |
| <b>Vice President</b> | Vicki Perry     |
| Ed Hahn               | Dan Drew        |
| <b>Secretary</b>      | Rowland Brasch  |
| Carole Teshima        | Ed Billington   |
| <b>Treasurer</b>      | Shelley Cleary  |
| Nancy Gass            | Nancy DiBella   |

**Upcoming Board Meetings (5:30 pm):**  
**Monday, July 6; Monday, Sept 14**  
**All Members are welcome!**

# Upcoming Programs & Events

Questions or want to register? Call 425-333-4152, email [bridget.mcnassar@soundgenerations.org](mailto:bridget.mcnassar@soundgenerations.org)

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

## Let's Travel | Wednesday, July 1, 11 am—12 pm

Liz from Premier Travel will share itineraries for: 2026 Williamsburg Christmas trip; and 2027 trips: North Carolina & Outer Banks; Philadelphia, Amish Country, Brandywine Valley; and French Riviera Explorer, with Q & A time. **FREE! Please Sign Up for this Presentation.**



## Spaghetti Dinner | Friday, July 3, 5:00-7:00pm

Prepare for the 4th of July festivities with a delicious Spaghetti Dinner on Thursday, July 3! **\$12 each, \$5 children.** Enjoy your choice of vegetable or meat sauce, salad, & garlic bread! Sign up online at [snovalleysenior.org](http://snovalleysenior.org).



## 4th of July Strawberry Shortcake | Saturday, July 4, 10:30am-1:00pm

It's tradition! Pre-order delicious Strawberry Shortcake for just \$6 each and pick-up or eat at the center! Sign up online at [snovalleysenior.org](http://snovalleysenior.org).



## Acrylic Painting with Fresia | Monday, July 6, 10 am—12 pm

Come explore acrylics and create a piece of tiny art! Fresia will guide you through a painting method using acrylic paint mixed with glue, to paint on a 3 x 4" canvas. No experience necessary, all materials provided. **Thank you 4 Culture!**



**Sign Ups Open; \$5 Members/\$10 Guests; Max 15**

## Six Steps to Prevent a Fall | Tues, July 7, 11 am—12pm

Steps Toward a Healthy and Independent Life- 6 Steps to Prevent a Fall. This presentation will give a solid background on the dramatic implications that falls in and around the home can have on seniors. It lays out 6 key action steps that can significantly reduce the risk of such accidents, including tangible steps to improve safety in and around the home. Learn a fall risk assessment tool that may provide additional insights regarding each individual's fall risk profile.



Presented by Mark Costello of Eastside Grab Bars.

**FREE! Please Sign Up for this Presentation.**

## Hawaiian Dance Class | Tuesday, July 7, 2:30-3:30 pm

Join in on this new FREE dance class, details on page 4.

## Crochet: Ice Cream Cones | Wed, July 8, 10-11:30 am

Ariana will help you get started on basic crochet techniques! This month, stay cool and learn to crochet an ice cream cone! No prior experience needed, all materials provided.



**Sign Ups Open; \$5 Members/\$10 Guests ; Max 10**

## Dementia Friends Presentation | Wed, July 8 11 am—12 pm

Dementia Friends is a global movement changing the way people think, act, and talk about dementia. This session will discuss: what dementia is; communication tips; ways to take action; and local community resources. Each attendee receives a workbook and brain health handout.

**FREE! Please Sign Up for this Presentation.**

## Veterans Breakfast | Thursday, July 9, 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!**



## Blood Drive | Friday, July 10, 9 am—3 pm

Schedule your donation today by calling 800-398-7888, or online at [donate.bloodworks.org](http://donate.bloodworks.org).

## Weaving with Mindfulness | Wednesday, July 15, 1-3pm

This mindfulness-based art experiential invites participants to engage in simple weaving techniques and anchor attention in the present moment.



Through the soothing rhythm of repetitive movement and sensory awareness—touch, texture, and color—participants practice the “one-mindfully” skill, focusing on one thing at a time with intention. The process offers a gentle pathway to regulate the nervous system while creating a tangible piece that reflects calm and focus. Lead by Tina Hays, LMHC, of Fresco Mental Health. **Thank you 4 Culture!**

**Sign Ups Open; \$10 Members/\$20 Guests; Max 12**

## Arthritis Detective | Thursday, July 16, 1-2 pm

Not all arthritis is the same, and finding the true cause of joint pain often requires careful detective work. Join us as we follow the clues behind common and uncommon forms of arthritis and learn how an accurate diagnosis can lead to better outcomes and improved quality of life. Presented by Dr Bryanna Mantilla, Rheumatologist. **FREE! Please Sign Up for this Presentation.**



## Birthday Lunch | Friday, July 17, at 12 pm

*Members receive a FREE lunch the month of your birthday!* Reserve at 425-333-4152 by June 11 at 12pm.



**Puzzle-Palooza Tournament of Champions | Monday, July 20, 12:45-3:30 pm** The 1st and 2nd place teams from our May and June completions will compete against the champions from Issaquah and Mt Si Senior Center. Puzzle glory awaits! **Sponsored by Paul Briët**

**JULY ACTIVITIES CONTINUED on the NEXT PAGE!**

## Upcoming Programs & Events (cont'd)

(CONTINUED from Previous Page)

### Cooking Made Easy | Monday, July 20, 4-6 pm

Thank you, King County Alan Painter Grant!

**FULL DETAILS in GROUPS SECTION, pg 7**

### Mahjong Bootcamp | Thursday, July 23, 4-8 pm

Come learn American Mahjong with Cyndi Hueth and friends! This in depth class will go over the history of mahjong and teach you why this old game is so popular right now. Fun drills and game play included. You'll have so much fun you'll want more. Limited to 24 people. Bring snacks/dinner, water and notepad.

**FREE! Pre-Registration Required; Max 24 Participants**



### Zentangle | Friday, July 24, 1-3 pm

The Zentangle Method is an easy, relaxing, and fun way to create beautiful images by drawing structured patterns. It incorporates focus on breath, mindfulness and enjoyment. *In this session we will explore the many patterns and tangles that we can grow from a simple dot. Such a simple beginning can lead to some really relaxing tangling and fun artwork.*

No experience needed. Materials provided.

**Thank you 4 Culture! Sign Ups Open July 1;**

**\$5 Members/\$15 Guests ; Max 20**



### Emergency Help: Saving Lives is Fun

**Tuesday, July 28, 11 am—12 pm**

Duane Anderson, board-certified emergency physician will be here to discuss health emergencies you may encounter; how to look for signs of stroke & heart attacks, receive a free Narcan nasal spray & instructions. **FREE! Please Sign Up for this Presentation.**



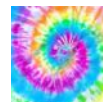
### Your AI Travel Assistant: Maps, Translation, and Planning Made Easy | Wed, July 29 11am—12pm

Ready to make travel easier and more enjoyable? In this relaxed, hands-on class, you'll learn how AI can become your personal travel helper. From finding great places to eat, to translating signs and even snapping a photo to understand a menu, we'll explore simple AI tools that take the stress out of travel. No tech expertise needed, just curiosity! Bring your smart phone or tablet for this interactive class! UW. Presented by Marlina Yee-Hales, PhD. **FREE! Please Sign Up!**

### Tie Dye Studio with Sue | Wednesday, July 29, 2-3:30 pm

Join Sue Beauvais of Yard Art by Sue to make a tie-dye shirt. Bring a pre-washed (not brand-new) 100% cotton shirt and you'll leave with a beautiful tie-dyed garment! All dyeing materials provided. **Sign Ups**

**Open July 1; \$15 Members/\$25 Guests; Min 5, Max 15**



### Endless Summer Dance Party | Friday, July 31, 7:00-8:30 pm

Celebrate Summer with friends, dancing, and great music with a live band, the Remnanz! Door prizes, refreshments, and free dance lesson at 6:30. Bring a friend or come solo, everyone is welcome! **\$15 per person/\$25 twosome.**

### 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. Over the years millions of drivers have used this classroom course to update their driving knowledge and skills so they can continue driving safely for as long as possible. **Please pre-register for this course, open now! Payment due to AARP on day of class; \$20 AARP Members / \$25 others; Max 16.**

**KEEP LIFE GOING.  
DONATE THIS SUMMER.**



**BLOOD DRIVE**



**Friday, July 10**

**9 am - 3 pm**

**To make your appointment,  
Call 800-398-7888,  
or use the QR Code**



## 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](mailto:kiraa@soundgenerations.org)



## Music & Dance

### Sno-Valley String Ensemble | Mondays at 3:30–4:45 pm & Wednesdays, 2:30-3:30 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!**

### NEW! 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**

### NEW! Hawaiian Dance Class | Tuesday, July 7, 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, 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!**



### Ukulele Group Classes | Tuesdays at 9 am

Want to learn to play the ukulele? Join a great group of adults who enjoy learning a new (or first) instrument! The ukulele has become very popular; it's small, easy to learn with a wide range of music arranged for the uke! Bring your ukulele or use a loaner during class. *Thank you 4Culture!* **Cost PER MONTH is \$10 members/\$20 guests**



### 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**



### 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.**

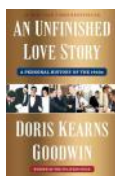


## Arts, Travel & Literature

### Monthly Book Club | Monday July 20 at 1 pm

#### *An Unfinished Love Story, a Personal History of the 1960's*, by Doris Kearns Goodwin

This one is a bit longer than our usual pick. Since our August meeting will focus on books you've been reading and recommendations for next year, you can spread this one out over two months.



Dick and Doris Goodwin were married for forty-two years and married to American history even longer. In his twenties, Dick was one of the brilliant young men of John F. Kennedy's New Frontier. In his thirties he both named and helped design Lyndon Johnson's Great Society and was a speechwriter and close advisor to Robert Kennedy. Doris Kearns was a twenty-four-year-old graduate student when selected as a White House Fellow. She worked directly for Lyndon Johnson and later assisted on his memoir.

Over the years, with humor, anger, frustration, and in the end, a growing understanding, Dick and Doris had argued over the achievements and failings of the leaders they served and observed, debating the progress and unfinished promises of the country they both loved.

Whether you started, finished, or haven't read the book, new members are always welcome to meet with the SVSC Book Club. Our lively conversations start with a book, then can range from stories of our lives to world events. A great group, always open to new people. **FREE!**

### Monthly Book Club Coming up Next:

**August 17: Free Read!** Enjoy a book of your choice & bring us some ideas for next year's Book Club list and personal reading.  
**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**

### Armchair Travel to Finland | Wed, July 15, 10-11 am

Finland! One of Europe's best-kept secrets, featuring epic mountains, towering forests, studding fjords, and picture-perfect lakes. We'll watch videos, share experiences, and enjoy a Finnish treat. Available in-person and on Zoom. **FREE!**



# Volunteers NEEDED!!!!

Please email Kendra at [KendraM@soundgenerations.org](mailto: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:

### JOHN MOORE



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

John started volunteering at a lunch cashier about 9 years ago. He came to the Senior Center for the first time when someone invited him to lunch, and he was enticed by the food to get involved. He served on our board of directors for 6 years, helps out on our newsletter mailing team, and is also a member of our transition committee. You will still see John greeting you every Friday as a lunch cashier.

### What's your favorite part of volunteering here?

John really loves all the people here at SVSC. He has enjoyed getting to hear their stories and secrets! He also is a big fan of the desserts served with lunch, and the candy dishes in the staff offices.

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

After attending a recent presentation at SVSC about Artificial Intelligence (AI), John says he has learned that AI is here to stay. Since the talk, he has tried out AI in a couple of capacities, in looking at medical test results, writing remarks for a family event, and also to answer questions in everyday life. He is learning what is possible currently, and how to double check what AI tells him.

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

John is an experienced marathon runner, and has run and completed the Seattle, New York City, Chicago, and Boston marathons. He began running after gaining weight when he quit his three-pack-a-day smoking habit in 1977. He slowly built up from walking to running, to long-distance training.

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

John loves the public library app, Libby, and reads and listens to a lot of books. Some recent ones include *Lorne: The Man Who Invented Saturday Night Live*, by Susan Morrison; *Packing for Mars: The Curious Science of Life in the Void*, by Mary Roach; *Glitz, Glam, and a Damn Good Time: How Mamie Fish, Queen of the Gilded Age, Partied Her Way to Power*, by Jennifer Wright; and *Capital in the Twenty-First Century*, by Thomas Piketty.

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

John says, 1) coffee, coffee, coffee, and 2) sugar :)

### Can you tell us a story about your past?

The best job John ever had was working as a lifeguard in his high school and college summers at the employee park for National Cash Register in Dayton Ohio. The Park was called Old River, boasting one of the largest swimming pools in the country. In over seven years there, he made in excess of 100 swimming rescues, but says, "my resume was not quite complete. While on vacation last year, our 16 year-old Dachshund Fonzi who has fading sight and hearing, trotted into the 9 foot deep end of our Air B&B Pool. Fully clothed, I immediately followed him into the icy water for my first, and hopefully last, canine rescue. I now consider my rescue resume complete."

# 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

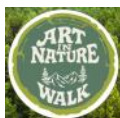
### Shopping Trip to Monroe | Tuesday, July 14, 9:30am

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!



### Art in Nature Walk | Thursday, July 9

Come view original artwork of more than 150 local artists along the Snoqualmie Valley Trail. We will drive to North Bend and Fall City to walk along the Trail and view the art, as well as stopping for lunch along the way. Bring \$ for lunch. **FULL Van will leave at 10 am and return around 3 pm. \$5 Members/\$15 Guests (+TAX).**



### USS Turner Joy | Wednesday, July 22

Explore a piece of maritime history on this visit to the USS Turner Joy, a decommissioned naval destroyer. The deck of the ship is ADA accessible, but exploring the ship fully will involve using stairs and ladders. Come explore your way! Bring \$ for lunch afterward. **Van will leave at 8:30 am and return around 4:00 pm. \$30 Members/\$40 Guests (+TAX)/FREE for veterans; Payment due July 8.**



### Lunch Out | Wednesday, July 29

**South Fork, North Bend (SIGN UPS BEGIN JULY 1)**

Van leaves at 11:15 am and returns around 3 pm. **\$5 Members/ \$15 Guests (+TAX).** Payment Due Wed, July 15.



### Overnight Trip: Semiahmoo Resort, Blaine

**Tues, August 25-Thurs August 27**

We'll stay 2 nights at the beautiful Semiahmoo Resort near Blaine. 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 Full Payment due July 14.**



### 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 and other activities. **\$15 Members/\$25 Guests (+TAX); Payment due August 17.**



### Tacoma Rainiers Game | Tuesday, September 8 (SIGN UPS BEGIN JULY 9)

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 Thursday, September 17 (SIGN UPS BEGIN JULY 9)

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); Payment due Sept 3.**



### Flying Heritage & Combat Armor Museum Thursday, September 24 (SIGN UPS BEGIN JULY 9)

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.**



## 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, July 1, 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, July 28, 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, July 13 & 27, 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](mailto:caroll@soundgenerations.org). **FREE!**

### Cooking Made Easy | Monday, July 20, 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. You will learn kitchen skills and techniques. Practice making an easy meal for one or two people using simple ingredients. 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). Max 25**

July 20: Banchan (side dishes)

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!**



### Veterans Breakfast | Thursday, July 9, 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, oatmeal 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, July 21, 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, July 21 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!**

### Afternoon Tea | Tuesday, July 14, 2-3 pm

Take time to enjoy a cup of tea and visit with some friends. Join us for camaraderie, conversation and confections. All are welcome. Held the 2nd Tuesday of the month. **FREE!**

### Bridge Clinic | Thursdays, 10 am—12 pm, June 18-July 16

Practice practice practice! If you've ever taken a bridge class, or you used to play bridge, this is for you. Practice what you've learned or brush up on old skills in this hands-on clinic. We'll practice bidding and playing, ask questions and discuss strategy in a no-pressure relaxed environment. Led by Sno-Valley Bridge group members David Crum & Kristy Fox. **FREE!**  
**Please Sign up for this 5-class series; MAX 12**

## Library Corner

### SNO-VALLEY SENIOR CENTER LIBRARY:

The Sno-Valley Senior Center library is upstairs. Stop by and look for 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 11am-12pm

Give your brain a workout, laugh at memories, 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, July 21, 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!**

## Personal Care

### Haircuts by Brenda | Monday July 6, 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, July 15, 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, July 4, 10:30 am | Redmond**

Age 50+ LGBTQ+ folks are welcome to join us at **Redmond Pancake House** 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, July 20, 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.



### SVSC Seniors Night at Remlinger Farms!

**Friday, July 17, 4:00—8:30 pm**

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!



### World Soccer Watch Parties | Duvall Library

Are you a fan of the Beautiful Game? Join us for a live viewing of World Cup Matches! Enjoy snacks and fun as we celebrate world soccer in community! All ages welcome. Snacks provided by the Friends of the Duvall Library. Registration not required



**Wed, July 1, 5-7 pm: Round of 32 Game**

**Tues, July 7, 1-3:30 pm: Round of 16 Game**

**Fri, July 10, 12-3:30pm: Quarter Final**

**Sun, July 19, 12-3pm: Final**

**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 only \$450 pp in June).**  
**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:

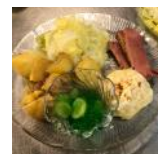
- ◆ Register by phone: **206-727-6262**, reserve at least three days in advance
- ◆ Only travel inside the local service area
- ◆ Request interpreter services if needed
- ◆ Donations are welcome



## 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](http://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**

## 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 July 6 & 27, 1 pm

**Tuesday, July 21, 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!!**



## NEW! WALKING GROUP | Mondays, 10-11 am (NEW TIME for JULY!)

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! Watch the weather, we will not walk on days 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 (first Wed each month 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!**



## 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](mailto: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](mailto: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, July 7 & 8 and Wednesdays, July 21 & 22, 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 Optimized Appts | Mondays (10 am-3 pm)

Questions about Medicare? Need to review your plan or select a new one? Paul Briët 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 / [PaulB@MedicareOptimized.com](mailto:PaulB@MedicareOptimized.com) FREE!**

## Cascade Foot Care | Friday, July 17, 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](http://www.SnoqualmieValleyHospital.org) or (425) 831-3800

### CarePoint Clinic, Fall City | Wednesdays at 10:00 am & Saturday, July 11. 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, July 10, 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, July 13, 9-1:45

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](mailto:lansings@soundgenerations.org)

### Legal Advisor | Monday, July 13 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, July 13

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, July 13-17, 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](mailto: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](mailto: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, July 9 & 23, 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.



## NEW! Parkinsons Caregiver Support Group

**Tuesdays, July 7 & 21, 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, July 30, 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](mailto: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](mailto: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, July 21 at 6:30pm (online)

Build a support system with people who understand. Register with [lionel.s.wang@gmail.com](mailto: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](mailto: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](mailto:mecrelling@kcls.org).

## 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](mailto:kellyf@soundgenerations.org)

## 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!

### July Monthly Specials:

**Fri 7/3, Red, White, Blue Sale**— 50% off everything red, white, or blue in the store!

**Sat 7/11, National Pet Portrait Day**—Bring a picture of your pet in and get 50% off pet supplies! We'll add it to our RIC Customer Pet Board on display for the month so your cute doggie, or kitty or horsey or whatever will greet whoever comes by the store!

**Wed 7/15, National Gummi Worm Day**—Free Gummi Worms for all shoppers! Come stop by and snack on Gummi Worms while you browse!

**Sat 7/25, International Red Shoe Day**—We're hoping we've received some donations of red shoes so we can celebrate by giving you 50% any we have in stock... men's, women's or kids!

**Mon 7/25, Take Your Pants For a Walk Day**—All pants 50% off! Buy 'em here and then go take 'em out for a walk!

### 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](mailto:kendram@soundgenerations.org), or Kate Barrere [kateb@soundgenerations.org](mailto: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!



# July

### RE-IN-CARNATION THRIFT STORE

*In the Sno-Valley Senior Center*

4610 Stephens Ave, Carnation, WA 98014  
425-333-0023 [kateb@soundgenerations.org](mailto:kateb@soundgenerations.org)

## WEEKLY DISCOUNTS & MONTHLY SPECIALS

| SUN                             | MON                                 | TUE                                 | WED                                 | THU                                 | FRI                                 | SAT                                 |
|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 28<br>CLOSED                    | 29<br>30% OFF<br>ELECTRONICS        | 30<br>30% OFF<br>ELECTRONICS        | 01<br>30% OFF<br>ELECTRONICS        | 02<br>30% OFF<br>ELECTRONICS        | 03<br>30% OFF<br>ELECTRONICS        | 04<br>CLOSED                        |
| 05<br>CLOSED                    | 06<br>30% OFF<br>SHOES              | 07<br>30% OFF<br>SHOES              | 08<br>30% OFF<br>SHOES              | 09<br>30% OFF<br>SHOES              | 10<br>30% OFF<br>SHOES              | 11<br>30% OFF<br>SHOES              |
| 12<br>CLOSED                    | 13<br>30% OFF<br>Linens             | 14<br>30% OFF<br>Linens             | 15<br>30% OFF<br>Linens             | 16<br>30% OFF<br>Linens             | 17<br>30% OFF<br>Linens             | 18<br>30% OFF<br>Linens             |
| 19<br>CLOSED                    | 20<br>30% OFF<br>TOOLS & HARDWARE   | 21<br>30% OFF<br>TOOLS & HARDWARE   | 22<br>30% OFF<br>TOOLS & HARDWARE   | 23<br>30% OFF<br>TOOLS & HARDWARE   | 24<br>30% OFF<br>TOOLS & HARDWARE   | 25<br>30% OFF<br>TOOLS & HARDWARE   |
| 26<br>FOLLOW US<br>ON FACEBOOK! | 27<br>30% OFF<br>backpacks & purses | 28<br>30% OFF<br>backpacks & purses | 29<br>30% OFF<br>backpacks & purses | 30<br>30% OFF<br>backpacks & purses | 31<br>30% OFF<br>backpacks & purses | 01<br>30% OFF<br>backpacks & purses |

### MONTHLY SPECIALS

**Sat, 7/11**

**Pet Portrait Day**  
50% Off Pet Supplies W/Picture

**Wed, 7/15**

**Gummi Worm Day**  
Free Gummi Worms for shoppers!

**Sat, 7/25**

**Int'l Red Shoe Day**  
Red Shoes 50% off

**Mon, 7/25**

**Take Your Pants for a Walk Day**  
All Pants 50% off

### MEMBER DISCOUNT DAY

1st Wed of the month  
50% OFF!

### MILITARY DISCOUNT

Saturdays  
50% 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

|                                                                                |                                                          |
|--------------------------------------------------------------------------------|----------------------------------------------------------|
| <b>In Memory of Sonja Massey</b>                                               | Susan Miller & Tony Dambrava,<br>Gerald & Melinda Koethe |
| <b>In Memory of Edward Bowers</b>                                              | Suzanne Bowers                                           |
| <b>In Memory of Ethel &amp; Elbert Gould,<br/>Marie Wolslegel, John Qualls</b> | Marge Qualls                                             |
| <b>In Memory of Jon Kraft</b>                                                  | Karen Hedrick                                            |
| <b>In Memory of June Pancoast</b>                                              | Marsha & Robert Pancoast                                 |
| <b>In Honor of Mac &amp; Joan Magruder</b>                                     | Patt O'Brien & Ron Balazs                                |

## Donations

(May 15, 2026—June 14, 2026)

- |                               |                                                              |
|-------------------------------|--------------------------------------------------------------|
| ♦ Anonymous                   | ♦ Lindy Friedlander                                          |
| ♦ Annette & Terry Olson       | ♦ Marcela & Bill Vodall                                      |
| ♦ Barbara Swenson             | ♦ Mary & Dennis Lampson                                      |
| ♦ Brenda Asheim               | ♦ Mary Jane & John Kutz                                      |
| ♦ Butch Harviston & Judy West | ♦ Maureen Krause                                             |
| ♦ Carol Kautz                 | ♦ Michael Dennis                                             |
| ♦ Carole Teshima              | ♦ Midge Pharmed                                              |
| ♦ Chad & Kim McClung          | ♦ Milt & Dawn Estepa                                         |
| ♦ Cheryl Taylor               | ♦ Norma Oyloe                                                |
| ♦ Allan & Cheryl McDaniel     | ♦ Pat Bambrick                                               |
| ♦ CREMS Trauma                | ♦ Pat Busser                                                 |
| ♦ Diane Amos                  | ♦ Patricia & Mike Chapman                                    |
| ♦ Diane Boma                  | ♦ Paul Briet                                                 |
| ♦ Duvall Civic Club           | ♦ Renate & Harry Oestreich                                   |
| ♦ Ed & Kelly Billington       | ♦ Dick & Kris Kirby                                          |
| ♦ Gary & Michele Raymond      | ♦ Roger Thorson                                              |
| ♦ Ginny Blackwell             | ♦ Rosemary Neff & Dot Patteson                               |
| ♦ Glenda & Stan Surdam        | ♦ Rotary Club of Duvall                                      |
| ♦ Herbert Altmann             | ♦ Roya Soleymani                                             |
| ♦ Jackie & Kurt Swanson       | ♦ Sara & John Lambert                                        |
| ♦ Jan & Don Smith             | ♦ Sharon & Ronald Conn                                       |
| ♦ Jeremie Wilkins             | ♦ Shelley & Chris Cleary                                     |
| ♦ Joan Eklof                  | ♦ Shirley Davis                                              |
| ♦ Joe & Louise Macri          | ♦ Shirley Richmond                                           |
| ♦ Joyce & Glen Trowbridge     | ♦ Snoqualmie Valley Health                                   |
| ♦ Karen & Larry Bergeron      | ♦ Subarna Mukherjee                                          |
|                               | ♦ Swiftwater Community Organiza-<br>tion (Homeowners Assoc.) |
| ♦ Karen Morod                 | ♦ Thomas Wasmund                                             |
| ♦ Kate Endicott & John Knapp  | ♦ Tiffany & Jim Welton                                       |
| ♦ Kay & Tim Vergillo          | ♦ Tina Myren                                                 |
| ♦ Lara Thomas                 | ♦ Tolt Laundry/Carnation Storage                             |
| ♦ Laura Tisdale               | ♦ Willa & Larry Richards                                     |
| ♦ Leann Matthews              | ♦ Zach Mason                                                 |
| ♦ Linda Kenworthy             |                                                              |



**Members with a Birthday this month  
enjoy a FREE lunch Friday, July 17  
You must RSVP at 425-333-4152 by  
Thursday, July 16 at 12:00pm.  
(list compiled from current members)**

|                    |                    |
|--------------------|--------------------|
| Gary Aamodt        | Melinda Koethe     |
| Debbie Addicoat    | Santa Kriebel      |
| Stephanie Allgood  | Dorothy Lisherness |
| Vernice Babb       | Jessica Loutsis    |
| Dean Caldwell      | Jeanie Magdlin     |
| Eric Carlson       | Rob Mathis         |
| Alison Cook        | Jan Mathis         |
| KC Cox             | Kim Maxon          |
| Ron Cox            | Sylvia McGavran    |
| Denise Crutchfield | Sam Metzler        |
| Laura D'Urso       | Mikel Northcraft   |
| Robert Daharsh     | Michael Phillips   |
| Tom Divers         | Sandy Prescott     |
| Claire Eaton       | Marge Qualls       |
| James Edmunds      | Adele Rainville    |
| Gladys Ellsworth   | Gary Remlinger     |
| Susan Engle        | Kaila Russell      |
| Scott Engle        | Irene Shell        |
| Peggy Eyer         | Steve Sullivan     |
| Michael Fisette    | Robert Swindler    |
| Bob Gilbertson     | John Taylor        |
| Jeff Gross         | Dana Theodorsen    |
| Bev Hasiak         | John Trappey       |
| Tom Higgins        | Ann Vick           |
| Michael Hoar       | Debby Warner       |

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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.




Thank you to  
our sponsor,  
Alison & Jim Cook!

## **Dog Days of Summer** Rainbow Bingo

**Friday, August 7 at 7pm, Doors open at 6:30pm**

The dog days of summer are here, so grab your friends and get ready for a paws-itively fun night!

**\$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!**





**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](mailto:kiraa@soundgenerations.org)

