Sno-Valley Senior Center

Your home-base in the Snoqualmie Valley **November 2021**

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.

Veterans Day Breakfast

Thursday, November 11 from 8:00-10:00am

Celebrate our Veterans and enjoy a home-cooked breakfast sponsored by our local Rotary Club of Duvall and American Legion and hosted at Sno-Valley Senior Center.

All current and former service members are invited to a FREE breakfast. $5 for family, friends and supporters; $3 for children. The Sno-Valley Senior Center singing group will also be there!

***Proof of COVID Vaccination or accepted negative COVID test is required to dine-in, breakfast is also available for pick-up.**

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

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

SNO-VALLEY SENIOR CENTER

SOUND generations

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

Directors November Letter: Thank you so much to all those who attended our Hybrid Gala & Auction, Sno-Valley in the Emerald City. What a wonderful night! We are still waiting for the final numbers to share, but it looks like we'll have raised over $40,000! A big part of the success were those who attended, those who donated items, and those who "raised their virtual auction paddle" to raise funds for us. **Thank you!**

We really appreciate the committee who helped plan this event: Mairi Brooks, Miranda Bartos, Roberta Epps, Val Stewart, Jill Butler, Tonya McGrew, Denise Crutchfield and Kira Avery. We also received lots of support from our Auctioneer Jay Fiske and Maestrosoft.

We are incredibly grateful to our sponsors for their support. Their generosity was integral to the success of the event!

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Carol Kautz
Valley Chiropractic Wellness Center
Eastside Property Solutions
Carnation Storage and Box Co.
Tolt Laundry Co.

Thank You to everyone who donated an item to the Auction!

- Andre, Cindy
- Antonelli's Photography, LLC
- Argosy Cruises
- Avery, Kira & Ben
- Balloon Depot
- Barker, Steve & Kelly
- Beagle, Pat
- Benaroya, Donna
- Blade & Timber
- Butler, Jill
- Camlann Medieval Village-Bors Hede Restaurant
- Carnation ACE Hardware
- Carnation Cafe
- Carnation Corners
- Carnation Tree Farm
- Cherry Valley Animal Clinic
- Cook, Alison & Jim
- Dalton, Janie
- Duvall Auto Parts
- Duvall Flower and Gift
- Evergreen Yoga
- Giluck, Karen & Dan
- Hartung, Angella & Kendall
- Holland America Cruise Line
- Ivar's
- Ixtapa Carnation
- Kogan, Caroline
- Lampson, Dennis
- LeMay- America's Car Museum
- Mccorkle, Cecelia
- McNichols, Shane
- Michael Florentino Cellars
- Morod, Karen
- Museum of Pop Culture
- Northwest Railway Museum
- Norwitz, Grant
- Red Pepper Pizza
- Reife, Robert
- Renfro Slater, Lilla
- River Valley Cheese
- Rogers-Pugh, Paula
- Seattle Aquarium
- Serenity Sole Reflexology
- Sigillo Cellars
- Snoqualmie Casino
- Sno-Valley Senior Center
- Starbucks Coffee Company
- Stewart, Valerie & Jeff
- SVSC Brain Fitness Group
- SVSC Hiking Group
- Tacoma Art Museum
- Takeyama, Jo & Kautz, Carol
- Tewari, Nanda with Indian American Community Services
- Thai Duvall
- The Herbfarm
- The Museum of Flight
- The Reptile Zoo
- The Summit at Snoqualmie
- Theo Chocolate
- Tibbetts, Amanda
- TreeHouse Point
- Valley House Brewing Co
- Valley Shell & Liquor
- Village Theatre
- Willows Lodge
- World of Wines
- Yard Art By Sue
- Yeager, Lisa & David Kylen

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9801 Frontier Ave. SE, Snoqualmie
35020 SE Kinsey St., Snoqualmie Ridge

Snoqualmie Valley HOSPITAL
snoqualmiehospital.org

Thank you to everyone who raised their paddle, supporting Community Connections for Seniors! With your help, we raised $16,205!

- Alison & Jim Cook
- Angie & Kendall Hartung
- Arden & Stuart Charles
- Becky Nixon
- Becky Whelchel
- Carol Van Noy
- Cecelia McCorkle
- Cindy & Chris Klassen
- Dan & Sarah Drew
- Danny & Christina Edwards
- David Schoenmaker
- Diane Amos
- Don & Jan Smith
- Dustin & Debbie Green
- Duvall Civic Club
- Gary & Michele Raymond
- Gerald Sprute
- Janet Figgins
- Janet Kautz
- Jeannie Butler
- Jill Butler
- Jim & Mindie Ribail
- Jo Takeyama
- John Moore
- Julia & Chris Ruud
- Karen Morod
- Kathleen Falandys
- Kathy Lambert
- Kelly Fujiwara
- Laurie & Mike Cohen
- Lisa Yeager
- Lorri & Ron Engbaum
- Mark & Darcy Dinwiddie
- Mark Radbourne
- Mike & Patricia Chapman
- Miranda & Bradley Bartos
- Pat L Beagle
- Patricia O'Brien
- Reagan Halifax
- Richard Sutherland & Diana Weyer-Sutherland
- Robert Weinberg
- Roberta Epps
- Robin Akkerman
- Roly Alhadeff
- Rowland and Kathy Brasch
- Sandra Craig
- Schatzi Schricker
- Susan Miller & Tony Dambrava
- Teri Fischer
- Tisha Taylor
- Valerie & Jeff Stewart
- William Chappell

2021 Board of Directors

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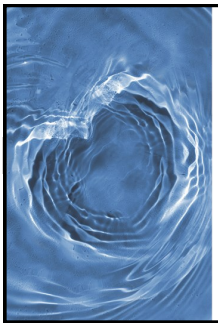

Legacy Giving

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

Holiday Lunch Announcement

For **Thanksgiving (Friday, November 19) 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.

SPANISH TRANSLATION for Senior Center Activities and Community Dining | SeaMar will be 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.

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.

8– week session, Low-Impact Aerobic Dance (FREE), starting Thursday, September 30 at 1:30pm
Don't worry if you have 2 left feet, we're just having fun, feeling the music and breaking a sweat with Maya!

Veterans Coffee Hour & Memoir Writing Workshop
Come have coffee every Tuesday from October 5th-December 21st at 10:30am. Free for all Veterans!
Join us for coffee and cookies! Share stories, make friends and learn some great writing techniques to record your experiences serving your country! Kim Pearson, Memoir Writing Expert, will be joining the group on 10/12, 10/26, 11/9, 11/23, 12/7 and 12/21 to assist in your story telling. Sign-up at the Front Desk. Questions? Email valeries@soundgenerations.org! **Open for Veterans, their family and friends.**

Open Enrollment WeSpeakMedicare appointments
Mondays from 9:00am-4:00pm
Do you have questions about Medicare? Do you need to review your plan and potentially select a new one? Paul Briet will be available for one-on-one appointments throughout the open enrollment period. Sign-up at the Front Desk.

Hopelink Mobility Visit | Monday, November 15
Hopelink Mobility Management will be sharing information about transportation options and resources available to the Carnation and Snoqualmie Valley community. Come learn about your travel options and have your questions answered.

Continental Café on Zoom | Tuesday, November 16 at 9am
Grab a cup of coffee/ tea/ juice and join us for morning conversation about different topics!
November 16 starting topic: favorite Thanksgiving food?

Art of the Baltic Countries | Monday, Nov 22 at 1:00pm
Travel to seven cities in seven countries – Copenhagen, Denmark; Stockholm, Sweden; Helsinki, Finland; St. Petersburg, Russia; Tallinn, Estonia; Warnemu nde (and Berlin), Germany; and Oslo, Norway – and discover art along the Baltic Sea. This presentation is a visual journey through art museums, churches, quaint villages, and historic architecture and landmarks.

Armchair Travel to Hawaii | Wednesday, November 24 at 10:00am on Zoom & In-Person
Hawaii! A dream destination famous for its white sandy beaches, jaw-dropping natural beauty and aloha spirit. Take a break from the cold Fall weather and getting ready for Thanksgiving, We'll meet in the senior center and on Zoom, and have videos, trivia, and share experiences!

Medicare Overview | Tuesday, November 30 at 10am
Join Sound Generations as we introduce our new Medicare Advising program, WeCare Medicare! Kelsey Rauenhorst will be presenting an educational overview of Medicare to inform you of your various options. Following the presentation, she will be available for one-on-one appointments to answer specific questions or assist with enrollments.

Preparedness 101: The Basics | Tuesday, Nov 16 at 11am

Halloween is over so nothing scary to worry about, right? Unfortunately, there are still a lot of "Ifs" out there to prepare for and the list seems to be getting longer. Floods, snow storms, wind storms, heat waves, wildfires and smoke, power outages, earthquakes, and more.

If you are not sure how to prepare for a disaster, join us for **Preparedness 101: The Basics.** We will cover how to make a plan, a few skills to be aware of and learn, and some basic supplies to gather and have ready.

After lunch, you can put together a 72 hour kit; we will have a variety of basic supplies as a starter and information on what items you should consider adding to meet your specific needs. There will also be folks there to answer your questions about preparedness and provide resources with information.

Register to attend by going to www.snovalleysenior.org, calling 425-333-4152 or emailing kiraa@soundgenerations.org. Limited kits available to be built, donations accepted for the materials.

Programming

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

Trips

Shopping Trip to Monroe | Tuesday, Nov 9 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!

Pickering Barn Holiday Craft Show | Thursday, Nov 4
Start your holiday season with a wonderful Holiday Craft Show at the Pickering Barn. Wonderful vendors fill the barn with 1000's of homemade gifts, holiday decor, personal accessories, gourmet foods and much more. Cost is $5 members, $10 non-members. Please bring $ for lunch at Red Robin. Van will leave at 10:00am.

Tacoma Art Museum | Wednesday, November 17
The Tacoma Art Museum remains the leading resource for art of the Pacific Northwest and greater western region. On this trip we will enjoy a docent-led tour of the Kinsey African American Art & History Collection. This collection celebrates the achievements and contributions of Black Americans from 1595-present times and is considered one of the most comprehensive surveys of African American history and culture outside the Smithsonian Institution. Cost is $15 members, $20 non-members. Van will leave at 9:00am and return around 3:30pm. Please bring $ for lunch at the Spaghetti Factory in Tacoma.

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! Cost is $75 members, $85 non-members. More information coming soon, as this class has been rescheduled/ moved.

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.

Clubs and Groups

Artist Open Studio: Mondays at 1pm
Join other artists in a fun-filled afternoon every Monday sharing techniques and project ideas with conversation of everyday activities and events.

Singing group: Tuesday, November 9 & 23 at 1pm
Join us for a fun singing group led by Dr. Julie Lee! We are always looking for new members, and looking forward to performing at the center during the Holidays.

Brain Fitness Group: Thursdays at 11am
Just like you exercise your body to strengthen your muscles, you can exercise your brain to stay fresh and alert! Zoom option available.

Handwork Group: Thursdays at 10am
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.

Bridge Group: Fridays from 10am-2pm
In order to accommodate everyone who wants to play, our Bridge Group is now playing Chicago Bridge instead of Rubber Bridge. All skill levels are welcome and usually half of the matches are played from 10am-Noon and the rest after lunch. If you have questions, please email kiraa@soundgenerations.org and we can get you the Bridge Leaders contact information.

Book Club: Stitches by Anne Lamott | Monday, November 29 at 1pm
When asking for a book on Thankfulness for the November Book Club, Leader Christy was recommended author Anne Lamott at the library. In this book Lamott explores how we find meaning and peace in these loud and frantic times; how we start again after personal and public devastation; how we recapture wholeness after loss; and how we locate our true identities in this frazzled age. We begin, Lamott says, by collecting the ripped shreds of our emotional and spiritual fabric and sewing them back together, one stitch at a time.

Community Dining Reminder

- We ask that you **continue to call in your orders ahead** by at least a day, at 425-333-4152, to make the lunch preparation easier on our Chef and volunteers as well as limit the amount of waste created by not knowing how many meals to expect. If you do not reserve a meal ahead of time, we may run out of meals to serve.
- Lunches to-go will be available to pre-order as well, but they cannot be picked-up until everyone in the dining hall has been served (around 12:30pm).

We want to see you! **The Hyde Shuttle** can also bring you in for Yoga classes, Brain Fitness, appointments and more. You can schedule a ride by **calling 206-727-6262, pressing 1** and telling them (example) "I would like a ride to the Sno-Valley Senior Center on Monday, September 20 to arrive by 10:30am for Yoga." Rides can be scheduled up to 30 days in advance so get your rides scheduled early!

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

NEW! Drums Alive with Renee | Mon, Nov 15 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.

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)

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!

Hiking Group: Please bring a snack, water, and clothing for the weather. Van leaves at 9:00am
Friday, November 12: Walking Tour of Duvall, 3.5 Miles, moderate

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

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/

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!

SHAPE UP! 50+
For a Healthy Independent Lifestyle

Veterans, Seniors & Human Services Levy
Far East Senior Hub (FESH) programming

Unless otherwise noted, email valeries@soundgenerations or call 206-779-2011 to ask questions, learn more, and register for the programming below, you can also go to www.snovalleysenior.org/wshsl-levy/

DIVERSITY EQUITY AND INCLUSION MEDIA CLUB on Zoom
Tues, November 16th, 2:00—3:00pm
Lets watch the TED Talk *From The Inside Out: Diversity, Inclusion and Belonging* by Wendy Knight Agard. She discusses embracing and developing diversity within ourselves. Please register here https://igfn.us/form/Q7EmtQ or 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!

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, November 17th, 1:30—2:15pm
Lets 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
Indian-American Community Services
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
Sea Mar Community Health Centers
Clínica de la Comunidad
Exceptional service. Every person. Every time.
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.

IMPORTANT PROGRAMMING SURVEY at Sno-Valley Senior Center from Monday, October 25– Sunday, November 14.
If you participate in our programming we want to know what you think about the services provided to you so we can learn how to better serve you. Survey responses will be analyzed by King County's Department of Community and Human Services, which funds part of our program or services through the Veterans, Seniors and Human Services Levy. This survey is anonymous, so we encourage you to be honest. Survey will be open for programming: 10/25 - 11/14/21. All participants encourage to take. Stop by center or call for a link.

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

Sno-Valley Senior Center Special Online Chair Yoga Classes w/ Kelley Rush for $5 per month! (regular price $20/month). **Visit tworiversyoga.com to sign-up today!**

To join, please visit tworiversyoga.com, click the '**Join Now**'. When creating your account, enter **SENIORS2020** where it says "Enter Coupon Code."

Appointments and Services

POCAAN Senior Mobile Medical Outreach (SAGE Program)
Thursday, November 4 & 18 from 11am-2pm
SAGE will provide basic wellness assessments, wound care, heart health and disease assessment, health education, blood sugar management, and make referrals when necessary. This is a completely free service thanks to the VSHSL Levy and Public Health-Seattle King County. Questions? Call Valerie at 425-333-4152 or call SAGE at 206-322-7061.

Footcare with Dr. Colyn Nouv
Thursday, November 4 starting at 8am
Appointments every half-hour, most insurance accepted, including Medicare. Out-of-pocket $50 (please ask us about a scholarship if needed, we recognize this amount could be a hardship).

Healthy Smiles Dental: Monday, November 8 & 29
Healthy Smiles provides high quality affordable dental services for people 50 and older. Your visit will include routine dental cleanings, fluoride application, measuring of gum pockets, oral cancer screening, and referral to a local dentist if needed. Call 206-650-3272 to sign-up.

Legal Advisor: Monday, November 8
You can meet with Nancy Gass on the second Monday of the month with appointments starting at 1:30pm.

Due to scheduling conflicts the Bastyr Naturopathic Clinic will not be providing appointments at the Sno-Valley Senior Center this Fall. They intend to be back in January 2022. To find out more and where you may find those services for the time being, please call 206-834-4100.

Reflexology with Gretchen!
Friday, November 12 at 8:30am
Relax and enjoy a Washington State and 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 for members, $40 non-members.**

Financial Services: Wednesday, November 3
Carey Tremaine offers simple financial services on the first Wednesday of the month. **Appointments start at 12:45pm.**

Free Pet Food Available through King County Humane Society: Monday, November 8 at 9am
Pet Food is delivered to the center on the 2nd Monday of the month. Will be available outside the center, on top of the Re-in-Carnation donation station, Monday-Thursday from 9am-3pm, Friday from 9am-Noon.

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 $5 per meal.

Registration is necessary. **Please see Kira if you are interested in receiving meals.** You can apply online at soundgenerations.org or call the Center at 425-333-4152 for more information.

Community Dining

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. Lunch is served every Weekday, Monday-Friday at noon. $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!

We want to know what your needs are during a disaster. Please fill out this survey and bring back in to the senior center, and be sure to join us for Preparedness 101 on Tuesday, November 16 at 11am!

SVSC Preparedness Survey

How prepared are you if any of the following were to happen?

	Not prepared				Well prepared
Power out for a week or more	1	2	3	4	5
You fall and are injured so that you cannot move	1	2	3	4	5
Your water supply is suddenly interupted for a week or more	1	2	3	4	5
Several days of temperatures below 20	1	2	3	4	5
Several days of temperatures above 100	1	2	3	4	5
Several days of very unhealthy outside air	1	2	3	4	5
Snowstorm; stuck at home for a week	1	2	3	4	5

Which of the following services if offered by the Senior Center would likely be helpful to you (mark all that apply)?

Center open 24/7 as a shelter for: Power outage [ ]
Very hot weather [ ]
Very cold weather [ ]
Poor air quality [ ]

Preparedness information (paper and/or online) [ ]

Preparedness education/training [ ]

Assistance with purchasing/finding emergency supplies [ ]

Assistance with expensive items such as A/C, generator, etc. [ ]

Someone contacts you to check on you in a disaster [ ]

Other suggestions? _____

I have the following support available in a disaster/emergency:

An established neighborhood emergency plan with meeting place, house to house check, shared resources, or similar [ ]

A family member in close proximity who will check on me [ ]

A friend/neighbor in close proximity who will check on me [ ]

Word Search

THANKSGIVING

O E G F P S Q U A S H A Q V N P Z
E G Y K R U U D L C O P C R O G M
I N L M W W M Y R B S O S U I L V
P I I P T I X P L G R A V Y T I G
N F M Z U R G L K N X R A Q I S J
A F A F R U T R B I Q J G A D M J
C U F S K A Q R E E N Q N V A I T
E T K E E W E A M E T P R A R R Y
P S W O Y A G P H L N I I J T G A
S R B T D M R P A O K B V E M L H
I C B A U A A L R R N H E W O I I
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H K I O B Y E P E S V B O Y N H F
I L H P V F F I S S G F L L A S E
W P C G G O U E T A I D L P Z M A
C R X Q C M L K L C V W S S O B S
S R C R A N B E R R Y N B A P S T

Turkey
Stuffing
Grateful
Tradition
Pilgrims

Cranberry
Rolls
Pecan pie
Feast
Squash

Potatoes
Green beans
Family
Casserole
Yams

Gravy
Pumpkin pie
Harvest
Applepie
Cornbread

Happy ThaNksgiViNg

Across

2. Turkey alternative
5. Thanksgiving bird
6. Month
8. Internal organs of a fowel
13. Sport commonly watched
14. Seasoned bread or fillings inside poultry
16. Special activities that commemorate something
18. one of the oldest towns in SE Massachusetts
20. Sauce for salads etc.
21. Season when crops are collected

Down

1. Synonym for corn; pale yellow
3. Plenty
4. Horn stuffed with foods, berries etc.
7. Name of ship that sailed to the New World (1620)
9. Valued praise, favor or benefit
10. Term also meaning Native American
11. Small, sour and dark red berry
12. Orange vegetable used in pie
15. Distinct cry of the male trukey
17. Day of the week
18. One of the band of Puritans who journeyed to America
19. Unusually abundant meal

- BLESSING
- BOUNTY
- CELEBRATION
- CORNUCOPIA
- CRANBERRY
- DRESSING
- FEAST
- FOOTBALL
- GIBLET
- GOBBLE
- HAM
- HARVEST
- INDIANS
- MAIZE
- MAYFLOWER
- NOVEMBER
- PILGRIM
- PLYMOUTH
- PUMPKIN
- STUFFING
- THURSDAY
- TURKEY

Counseling and Support

Grief Support Group: Thursday, Nov 4 & 18 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: November Dates TBD
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.

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.

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!

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.

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

Back to Books | A Program Connecting Seniors with Reading Opportunities

Do you love to read, but find it difficult to access reading materials either because leaving home is challenging or the cost is prohibitive?

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

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

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

Be sure to check out our Facebook Page!

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

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!

- 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.

SVSC Volunteer Needs

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 frpm 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.

Home Sweet Home: Our Program is Expanding and We Could Use More Volunteers!

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 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 Sno-Valley Senior Center at 425-333-4152 or kellyf@soundgenerations.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):

Memorials & Honors

In Memory of Bob Amos	Diane Amos
In memory of Bud Busser & Norma Pearson	Pat Busser
In memory of Betty Firth	Lorraine Mills
In Memory of Edith Wasmund	Thomas Wasmund
In Memory of Sonja Massey	Gerald Koethe & Susan Miller and Tony Dambrava
In Memory of Mac & Joan Macgruder	Patricia O'brien & Ron Balaz
In memory of Russell Trim	Edward Quaale

Donations

Alan Savage
Alison & Jim Cook
Annette Olson
Anonymous
Barbara Knight
Beverley Hornig
Bruce & Tamara Avery
Carol Kautz
Caroline Dringle
Cathy & Thomas Shives
City of Duvall
Connie Bergquist
Darcy & Mark Dinwiddie
David Jones
David Kelley
Debra & Robert Scharer
Denise Emerald
Doyle & Bernie Goolsby
Elizabeth Post
Florence Harper
Gerald Sprute
Getta Owen
Glenda & Stan Surdam
Gregor Kradenpoth
Herbert Altmann
Jackie Norris
Jackie Schricker
Jan & Don Smith
Jeanie Magdlin
Jeanne Read
Jeff Hammer
Joan Eklof
Joan Forcier
Joanne Donohue
Joe Ann & Rich Rucker
John & Carol Kereszturi
John & Sara Lambert
Judy West & Butch Harviston
Jules Hughes
June Pancoast
Karen & Larry Bergeron
Karen Ingram
Kay Vergillo
King County Finance
Kris & Dick Kirby
Lindy Friedlander
Loretta Jancoski
Luc Martini
Marcia Breshears
Margie Bardsley
Marit McManus
Martha Jean Denton
Mary & Dennis Lampson
MaryLou McMeins
Mateo Barajas
Michelle Dittman
Mike & Patricia Chapman
Mike Ethredge & Mairi Brooks
Paige Denison
Pat Bambrick
Patsy Calvin
Paula & Brian Rogers-Pugh
Renate & Harry Oestreich
Richard Weber
Richard Weber
Rosemary Neff & Dot Patteson
Sally & George Chambers
Scott Massey
Sheila Brooks
Shirley Gibb
Suzanne Maxon & Jean Vrbka
Tiffany Welton
Willa Richards
William Murray

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.

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.

All members with a Birthday this month enjoy a free lunch on Friday, November 19. RSVP at 425-333-4152.

November Birthdays

Compiled from current members.

2. Barbara Eckert, Allan Gilstrap
3. Esther Martinson
5. Sharon Conn
6. Allen Burris, Roberta Epps, Cathy Lindsey
8. Pat Beagle, Michael Dennis
10. Tera Trim
11. Elie Potter
12. Ed Graves, Joan Wheeler, Mary Wilcox
13. Teri Remlinger
15. Lynn Andrews, Ron Balaz, Karen Ingram, Susan Juhre
16. Mary Lampson, Jean Vrbka
17. Carol Byron, Donna Harvold
19. Sally Canfield
20. Johanna Andrews, Linda Evetts-Ramsey
21. Sharon Kerr
23. Carolyn Butler, Linda Pfeiffer
25. Don Norman
26. Joanne Hendry, Mark Neumann
28. Bernie Goolsby, Anne Schlueter
29. John Lambert, Joan Young
30. Marilyn Turney

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

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

SNO-VALLEY SENIOR CENTER

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

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

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.

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!
*COVID requirements will be followed, masks required, COVID Vaccination strongly recommended/

CALLING ALL CRAFTERS!
Are you an artist? Would you like to sell your items at our popular Holiday Bazaar? Rent your table now for this great event! $35/ table for members, $40/ table for non-members. If you have questions or would like to rent a table please leave a message for Kira Avery at 425-333-4152 or email kiraa@soundgenerations.org.

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!

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

Answers for ELDERS

Aegis Living of Issaquah