Sno-Valley Senior Center

For The Young At Heart **November 2026**

Director
Kira Avery

Operations Coordinator-Bookkeeper
Mindie Ribail

Program Coordinator
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Kelly Fujiwara

Chef
Cyndie Dantzscher

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

SNO-VALLEY SENIOR CENTER

SOUND generations

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

November Director's Letter

Thank You!

Thank you so much to all of those who attended the Sno-Valley Senior Center Under the Sea Gala & Auction at the Club at Snoqualmie Ridge on Saturday, October 17. Whether you donated an item, volunteered, came in person, or bid online, you had an impact. As of right now it looks like we will net $70,000 in support of the Ocean of Possibilities found at the Sno-Valley Senior Center!

We raised $28,475 alone in our Raise-the-Paddle portion of the event. If you want to contribute, you can still donate online, at the center, or using the envelope in this newsletter; just put "Raise-the-Paddle" in the description!

We really appreciate the committee who helped plan this event: Alison Cook, MJ Sanker, Jane Hartwell, Kate Endicott, Denise Crutchfield, Shirley Davis, Aurika Hays, Jo Jones, Stephanie Allgood, & Shelley Cleary. We also received a lot of support from our Event Coordinator, Claire Foster, Auctioneer, Austin Sheely, and the event Emcee, Aliesha Pulliam.

Our set-up and decorating crew did a wonderful job turning the ballroom into a ocean-themed venue. The registration & check-in/check-out group of volunteers kept the lines moving and worked hard to make sure the data entry was accurate.

We are so grateful to our event sponsors for their support!

Presenting Sponsors
- Kaiser Permanente
- Pattison General Contractor

Diamond Sponsors
- Duvall Eyecare
- The Retirement Solution
- Puget Sound Energy
- Visiting Angels– Fall City

Ruby Sponsors
- Lighthouse Plumbing
- Snoqualmie Valley Health
- Danny Edwards with Edward Jones
- Karen Morod
- Eastside Property Solutions
- Linerooth Waldner Team Re/MAX Northwest
- YIPPEE Advisors
- Mechanics Bank

Emerald Sponsors
- Alison & Jim Cook
- Happy Valley Grange #322
- Environmental Works
- Shirley Davis

Gold Sponsors
- Sno Falls Credit Union
- Carnation Storage and Box Co.
- Tolt Laundry Co.
- Sound Planning Group

The volunteers selling ocean treasure shells, golden raffle tickets, and bottle bay wine were excellent! Thanks to great item procurement by our volunteers, we sold every single item in the silent auction and the silent auction volunteers kept everything organized and ready to go at the end of the night. Our greeters, assistants, bid recorders, and spotters were organized and personable.

The dessert dash was a wonderful addition to the event, and a big thank you MJ Sanker, Jo Jones, and Shelley Cleary for coordinating, as well as our bakers and donors who made it all possible. That alone brought in over $13,000!

Thank you again to everyone who made this event possible, especially the Club at Snoqualmie Ridge for hosting us!

We have several more events coming up before the end of the year, including the Annual Veteran's Day Breakfast on Wednesday, November 11, and Fall Dinner & Pie Auction, coming up on Saturday, November 21! We'll be making baking calls here soon!

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

Kira Avery, Executive Director

2026 Board of Directors

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Shirley Davis
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Upcoming Board Meetings (5:30pm):
Monday, Nov 2; Monday, Dec 7
All Members are welcome!

Upcoming Programs & Events

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

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

NEW: Beginning Ukulele Group Class | Thursdays 9-10
Want to learn to play the ukulele but aren't sure how to start? Maybe you played a little in the past and now your uke is gathering dust? Join our NEW beginner Ukulele Group! **More information on page 5.**

Watercolor: Holiday Greeting Cards & Tags
Mondays, November 2 & 9, 10 am - 12 pm
Kick off the holiday season with watercolor in this two-session workshop taught by Inga. We'll bring the Christmas spirit to life as we create festive watercolor illustrations, than transform them into beautiful holiday cards and gift tags. This is a beginner's course; no experience needed. All learners welcome. **Class is FULL; $15 Senior Center Members/$20 Guests; Max 12.**

Artfully Play with Your Food! | Wed, November 4, 1-3 pm
Alison will lead you in a hands-on fun way to transform your everyday appetizer into a edible masterpiece. Great for the upcoming holidays! Ingredients and vino included for inspiration.
$20 Senior Center Members/$25 Guests; Max 18.

Veterans Breakfast | Thursday, Nov 5, 8:30 am
(This is our typical monthly 2nd Thursday bfast, served one week early this month!) Veterans, please join us for a free, hot breakfast, catered by Carnation Cafe. This month, we will have a representative from Flintoffs Funeral Home to answer questions about Veterans burial benefits. **FREE! Thank you King County Vets Engaged**

Caregiver Connection Conference | Saturday, November 7, 10 am-3 pm | Mt. Si Senior Center
Eastside caregivers, you are not alone. This free retreat features a powerful keynote from Erika Campbell, with the Greenwood Senior Center's renowned memory loss program. Enjoy a continental breakfast and connect with local exhibitors who specialize in services for older adults. Come recharge, learn, and connect with others who understand the caregiving journey. Receive expert advice on caring for your loved ones, as well as yourself, in a half-day of workshops, inspiration, and sharing. Lunch, snacks, and on-site respite care are included for all registered participants.
Free and open to all caregivers, please register by Nov 2, using the link: https://igfn.us/form/rl5Kdw

Puget Sound Energy Workshop | Monday, Nov 9, 1-3 pm
Join PSE for Energy Efficiency Bingo and learn smart ways to lower your Puget Sound Energy Bills. Snacks and beverages will be provided, with opportunities to win prizes. Then get individual help with PSE programs, such as bill assistance, flex rewards, free in-home energy assessments.
1-1:30 pm: Energy Efficiency Bingo with prizes
1:30-2 pm: Bill Assistance & Energy Efficiency presentation
2-3 pm: PSE program sign ups
FREE! Please Sign Up!

Woven Star Ornaments | Friday, Nov 13, 10:30 am – 12 pm

Create a simple woven star ornament to celebrate winter, using a locally native plant, softstem bullrush. Bridget will lead you to create and embellish your ornament with natural materials.
$5 Senior Center Members/$10 Guests; Max 10.

Birthday Lunch | Friday, November 13, at 12 pm

Senior Center Members receive a FREE lunch the month of your birthday! Join us for lasagna this month!
Reserve at 425-333-4152 by November 12 at 12pm.

Bread Bowl Basket Class | Friday, November 13, 1-4 pm

Join Gay to make a small bread basket. She will start the base for you and you weave the sides and rim. We will be using multi-colored reed to create a fun basket that you will finish in class. **Thank you *4Culture*!**
$15 Senior Center Members/$25 Guests; Max 20

Hand-Loom Weaving | Monday, Nov 16, 10 am – 12 pm
Fresia will lead the class in an introduction to fiber arts; exploring texture, rhythm, and warp-and-weft mechanics on traditional compact wooden hand-looms.

Thank you *4Culture*!
$5 Senior Center Members/$10 Guests; Max 15

Monthly Dance Workshop | Tuesday, Nov 17, 2:30-3:30 pm

Join us for the next class in our new monthly dance workshop series! Learn easy dance steps, build a simple routine, and discover your inner dancer. Improve balance, coordination, and confidence while having fun. No experience needed—all genders welcome. **This month is Jazz Dance, taught by Lynn Human.** Wear comfortable, supportive shoes (no slip-ons) and bring a water bottle. **FREE! Please Sign Up!**

Zentangle | Wednesday, November 18, 1:00 – 3:00 pm
Gratitude and Appreciation

The Zentangle Method is an easy, relaxing, and fun way to create beautiful images by drawing structured patterns that anyone can use! This approach incorporates focus on breath, mindfulness, and enjoyment of the practice.*In this session we will tangle with a mindset of Gratitude and Appreciation, always the first and last steps of this wonderful, relaxing art-form.* No experience required. Materials provided. Returning students, come to revisit the fundamentals and learn a few new tangles! **Thank you *4Culture*!**
$5 Senior Center Members/$15 Guests; Max 20 participants

CENTS Veterans Breakfast | Thursday, Nov 19, 8:30-10 am
Enjoy a hot breakfast from Carnation Cafe, FREE for all Veterans and their spouses/partners, provided by CENTS (Consumer Education and Training Services). A short program about how to identify and avoid scams will be provided, in addition to plenty of time to eat and socialize with your fellow local Veterans. **FREE, no preregistration required.**

NOVEMBER ACTIVITIES CONTINUED on the NEXT PAGE!

Upcoming Programs & Events (cont'd)

(CONTINUED from Previous Page)

Fall Dinner & Pie Auction | Saturday, November 21, seatings at 4:00 & 6:30
Enjoy a tasty dinner with your choice of entrees and the chance to bid on delicious pies baked by SVSC members. **Tickets are $25 each, $30 at the door.**

Holiday Bazaar | Saturday, December 5, 9 am - 3 pm
Support Sno-Valley Senior Center and local artisans by joining us for a fun day of festive holiday shopping, crafts, coffee, and baked goods!

Paint-n-Sip Snowman | Monday, Dec 7, 1-3 pm
Irina will lead you in a festive holiday painting project. Come paint a snowman in a magical wintery landscape, while enjoying some wine and company.
Sign Ups Open 11/16; $20 Members/$30 Guests; Max 20.

Groups

Creating Connections | Mondays, Nov 9 & 23, 1-3 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, 1 pm. Want to join via Zoom? Email Carol at caroll@soundgenerations.org **FREE!**

Veterans Breakfast | Thursday, Nov 5, 8:30 am

Veterans, please join us, 8:30 am on (typically on second Thursdays), for a free informal breakfast. Fill your plate with pastries, fruit, hot breakfast items; drink coffee, and talk,or just listen, with others who have served. No pre-registration required**. FREE!**

Afternoon Tea | Tuesday, November 10, 2-3 pm

Enjoy a cup of tea and visit with old and new friends. Please plan on joining us promptly at 2:00 for camaraderie, conversation and confections.
All are welcome. Held the 2nd Tuesday each month. **FREE!**

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!**

Sea Mar Spanish Speaking Seniors | Tuesday, Nov 17, 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, Nov 17 10:30 am

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

Fun in Spanish Class | Tuesdays, Oct 27-Dec 8, 11am-12pm
Last session of the year is in progress, watch for our first session of 2027!

Literature and Travel

Monthly Book Club | Monday November 16 at 1 pm
Come to the SVSC Book Club as we read *My Friends* by Fredrik Backman. Everyone is welcome to join the conversation, whether you've read the book or not. This delightful group is supportive and fun.

"Most people don't even notice them—three tiny figures sitting at the end of a long pier in the corner of one of the most famous paintings in the world. Most people think it's just a depiction of the sea. But Louisa, an aspiring artist herself, knows otherwise, and she is determined to find out the story of these three enigmatic figures. Twenty-five years earlier, in a distant seaside town, a group of teenagers find refuge from their bruising home lives by spending long summer days on an abandoned pier, telling silly jokes, sharing secrets, and committing small acts of rebellion. These lost souls find in each other a reason to get up each morning, a reason to dream, a reason to love."

Monthly Book Club Coming up Next:
December 21: *Wild Dark Shore*, Charlotte McConaghy

Armchair Travel to London | Wed, November 18 at 10am

London! Experience the excitement of England's royal capital, where magnificent palaces, iconic landmarks, and centuries of fascinating history await! We'll watch videos, share experiences, and enjoy an English treat. Available in-person and on Zoom. **FREE!**

Movie & Popcorn | Tuesday, November 3, 2:00 pm
This month's movie is *Hamnet* (2025)

This historical drama follows the young life of Latin tutor William Shakespeare and his healer wife, Agnes Hathaway, in Elizabethan England. The death of their 11-year-old son Hamnet creates an emotional strain on the couple's marriage. William channels his heartbreak into writing the masterpiece Hamlet as an artistic tribute, which ultimately helps Agnes find closure and healing. **FREE!**

Music and Dance

Sno-Valley String Ensemble | Mondays at 3:30–5:00 pm & Wednesdays, 2:30-4:00 pm
Some experience required; taught by Maya Stchur, accomplished violinist with over 50 years experience. For more information, contact Maya at 717-424-4889. **FREE!**

Beginner Violin | Thursdays 3:30-4:30 pm
Join this beginner violin group, no experience needed. Taught by Maya Stchur, accomplished violinist for more than 50 years. For more information please contact Maya at 717-424-4889.
FREE!, $15 one time Suggested Donation for new students

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 & Thursdays at 6 pm
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-thank you Shape-Up Grant!
$3 Members/$5 Guests (NO ZUMBA TUES NOV 10)

Dance Aerobics Class | Thursdays at 2 pm
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

Beginner Ukulele Group | Thursdays, 9 am
Want to learn to play the ukulele but aren't sure how to start? Maybe you played a little in the past and now your uke is gathering dust? Bring your own ukulele or use a loaner during our class. Our patient instructor David will guide you from first principles, such as how to hold and tune your uke, to confidently playing your first chords and songs!
Thank you 4Culture!
Cost PER MONTH is $10 members/$20 guests

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

Ukulele Jam | Tuesdays, 9-10 am
Join us for an informal session where we learn and practice together, play songs we choose, share stories, and have fun. Appropriate for all levels. **FREE!**

NEW! Monthly Dance Workshop | Tuesday, November 17, 2:30-3:30 pm; Third Tuesdays each month
Learn easy dance steps, build a simple routine, and discover your inner dancer. Improve balance, coordination, and confidence while having fun. No experience needed—all genders welcome. **In November, we will learn Jazz Dance,** taught by Lynn Human. Wear comfortable, supportive shoes (no slip-ons) and bring a water bottle.
FREE! Please Sign Up for this Class.

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 | November 4, 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, November 24, 11am - 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!**

Library Corner

SNO-VALLEY SENIOR CENTER LIBRARY:

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

Do you have books at home that you've read and enjoyed? Consider donating them to the Senior Center so others may read them. We're always looking for new books to add!

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

Volunteers NEEDED!!

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

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

Community Dining Kitchen
*Tuesday Help needed, 9:30-1:30 shift, includes some light lifting and dishwashing

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.

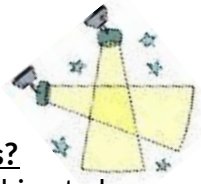
Community Dining Lunch Cashier
We are looking for volunteers to greet attendees, check them in for lunch, and complete daily paperwork. Looking for once-a-week and back-up positions, 11 am - 1pm.

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.

Reception Desk
Morning shift needed (8 am -12 pm) for 1st, 3rd, & 5th Thursdays: answer phone, take registrations and payments, help with general information.

Volunteer Spotlight:

Bev Hasiak



How long have you been volunteering at SVSC? What is your volunteer role/s?
Bev began volunteering here 16 years ago, after she retired and wanted something to keep her busy. She began in the kitchen and worked there for many years, until she needed to move to something less active. She was asked to help as a lunch cashier, and has worked in that role ever since. You'll see her doing this 2 days a week. She also helps every month with our newsletter assembly team, getting the monthly newsletters ready for mailing.

What's your favorite part of volunteering here?
Bev loves "getting out of the house", and being here to connect with friends and be social.

What's one thing you have learned recently, either at the center or beyond?
Bev has learned how important being with friends is for her. She loves playing games and has several groups at SVSC that she regularly participates in, as well as a weekly group that meets at a friends house. Her week feels a lot different when she doesn't get this time with friends.

What's a fun fact about you that not many people know?
Bev loves doing diamond art, and always has a project going at home. Its a great craft to relax with, and she likes sharing the pictures with others. You might notice some of her diamond art around SVSC.

What's the last book you read or your favorite binge-worthy show?
Bev likes a lot of the older TV classics, like *I Dream of Jeannie*, *Bewitched*, and *TJ Hooker*.

What's one thing you can't live without?
Her car is very important to Bev, because it allows her to get to the other thing she can't live without, SVSC. She says she doesn't know what she would do without the center, and cherishes her time working and participating in activities with friends here.

Can you tell us about your past?
Bev grew up in Council Bluffs, Iowa, just across the Missouri River from Omaha, Nebraska. After high school, she got a job working in accounting at Mutual of Omaha, where she worked for many years. She loved accounting work and excelled at it in her position. She married and moved to Omaha, where she and her husband had two children, and enjoyed going fishing and camping frequently. When her husband was transfered through his job, they had a choice to move to the Seattle area or California, and chose here. She has always been very thankful for that decision, as this area seems quieter and has a slower pace of life. Bev loves being outside and going on walks and loves being in a place where it is easy to do this for much of the year. After having a challenging childhood, she was happy to raise her two children here with the encouragement that they could do anything they put their mind to in life. Her son is a math teacher, and her daughter is a nurse working in the cancer program at Providence.

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:

Shopping Trip to Monroe | Tuesday, Nov 10, 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 1:30 pm. 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!

Thrifting Trip in Bellevue
Tuesday, November 3

Get a start on your holiday shopping at Jubilee Reach and Goodwill. Bring $ for lunch afterward. **Van will leave at 9:30 am and return around 3 pm; $5 Members/$15 Guests (+TAX); SPACE AVAILABLE;**

Seattle International District via Light Rail
Thursday, November 19

We'll ride from Marymoor Station in Redmond to the International District in Seattle. We'll walk up the hill to visit the Wing Luke Museum. Bring $ for lunch at Uwaijimaya, plus either Orca Card, Transit Go App, or cash/credit card to pay light rail fare (all day pass for Seniors is $2). This trip will include approximately a mile total of walking, some up hill. **Van will leave at 8:30 am and return around 4 pm. $30 Members/$40 Guests (+TAX); 2 SPOTS AVAILABLE; Payment due Nov 5.**

Lunch Out |Tuesday, November 24
Alfy's Pizza, Monroe
(SIGN UPS BEGIN NOV 2)
Van leaves at 11 am and returns around 3 pm.
$5 Members/ $15 Guests (+TAX); Payment Due Nov 10.

Victorian Christmas Festival at Puyallup Fairgrounds
Thursday, December 3

Discover holiday decor, gifts, treats, and more, at this holiday show. Bring money for lunch at the show. **Van will leave at 9 am and return around 3 pm. Trip is FULL, call to join the waitlist; $20 Members/$30 Guests(+TAX); Payment due Nov 19.**

Christmas Ship Seattle Waterfront Evening Sail
Thursday, December 17

Enjoy the holiday spirit on the Argosy Cruises Christmas Ship, adorned with hundreds of sparkling white lights, sailing from Pier 55 on the Seattle Waterfront. We'll enjoy festive music performed by the Seattle Girls Choir, while viewing Christmas lights on shore and on other boats. A light salad or sandwich meal is offered with the cost of the trip. Drinks available for purchase on board. **Trip is FULL, call to join the waitlist. Van will leave at 2:45 pm and return around 8 pm. $95 Members/$105 Guests (+TAX); Payment due Nov 19.**

Snoqualmie Casino Trip, Snoqualmie
Wednesday, January 13
(SIGN UPS BEGIN NOV 10)

Enjoy a wide variety of games, lunch options, and people-watching at our closest Casino. You will have time to wander, eat, and play. Bring money for lunch. **Van will leave at 10 am and return around 3 pm. $5 Members/$15 Guests (+TAX); Payment due Dec 23.**

***Come From Away*-Matinee at Everett Village Theater**
Thursday, January 21
(SIGN UPS BEGIN NOV 10)

This exuberant, Tony Award–winning musical has captivated audiences around the world with its astonishing true story of kindness in the face of the September 11 crisis, when nearly 7,000 airline passengers were unexpectedly diverted to the tiny town of Gander, Newfoundland.Brimming with humor, heart, and a soaring Celtic-inflected score, Come From Away captures five unforgettable days when a small town showed the world what generosity means. It's an uplifting celebration of compassion, resilience, and our ability to come together when it matters most—a story guaranteed to restore your faith in humanity. Bring money for lunch before the show. **Van will leave at 10:15 am and return around 5 pm. $100 Members/$115 Guests (+TAX); Payment due Dec 17.**

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

Thank you to everyone who raised their paddle for purpose, connection, and a place to belong. In total we raised $28,475 to provide an ocean of possibilities to older adults in the Snoqualmie Valley!

- Ana & Davide Agnello
- David & Stephanie Allgood
- Bonnie Amos
- Diane Amos
- Ron Balazs & Patt O'Brien
- Donna & Daniel Bartholomew
- Pat Beagle
- Ed & Kelly Billington
- Melissa Bollerud
- Jeffrey Bomstead
- Dominika Borek & Olivier Gauthier
- Konstantinos Boulis
- Kathy & Rowland Brasch
- Heather & Robert Carlson
- Alison & Jim Cook
- Kevin & Denise Crutchfield
- Shirley Davis
- Dan & Sarah Drew
- Vedrana Durakovic & Aaron Jackson
- David Eames
- Lorri & Ron Engbaum
- George & Carolyn Englund
- Mike Ethredge & Mairi Brooks
- Bill Foreman
- Kelly & Ryan Fujiwara
- Corie Goodloe
- Linda Guerrette
- Alfred Hellstern & Caitilin Walsh
- Marcy Howe
- Beverly Jacobson
- Karen Johns
- Beverly Jones
- Jolene Judd
- Carol Kautz
- Janet Kautz
- Sharon Kerr
- Mary Koontz
- Carol Ladwig
- Roseanna Lagace
- Geri Lynn Larson
- Bob & Christine Lemons
- Michelle & Tom Marshall
- Jenn Mason
- Kim & Chad McClung
- Mary Lou McMeins
- Jane McNassar
- Chris & Katie Miller
- John Moore & Betsy Fortman
- Karen Morod
- Tina E Myren
- Debora Neher
- Kim Olmstead
- Annette Olson
- Delain Perera
- Martine Pettenaro
- Prathiba Pinnamaneni & Adit Kurella
- Mindie & Jim Ribail
- Janice Salim
- MJ Sanker
- Cathy Scarcello
- Laura & Kevin Smith
- Liz Spier
- Jody & Bob Staffeld
- Jo Takeyama
- Cheryl Taylor
- Carol Van Noy
- Tiffany Welton
- Becky & John Whelchel
- Jeff & Jessica Wilgus
- Jessica Wilgus
- Renee Young
- Jess & Sam Zimbabwe

Games

Scrabble | Wednesdays at 1 pm
Have fun and make new friends! Come play Scrabble! Beginners welcome! **FREE!**

Dominoes | Fridays 1-2:30 pm
We have two train domino sets and there is always room if you want to play! All ages Welcome! **FREE!**

American Mahjong | Tuesdays 9 am-12pm
Join us to play American style Mahjong! All skill levels welcome! **FREE!**

Chinese Mahjong | Thursdays at 1:30 pm
Join us to play Chinese style Mahjong! All skill levels welcome! **FREE!**

Trivial Pursuit | Wednesdays at 10:30am-12pm
Give your brain a workout, laugh, and learn with this fun & relaxed group. **FREE!**

Bridge Group | Fridays 10 am-2 pm
We play using American Standard Bridge rules with 4 hands per round; 6 rounds. All skill levels are welcome and usually half of the matches are played from 10am- noon and the rest after lunch. **FREE!**

Afternoon Bunco | Tuesday, Nov 24, 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!**

Rummikub | Fridays, 1-2:30 pm
Rummikub is an engaging, social brain-booster that is easy on the eyes and very gentle to learn. The game blends elements of games like Rummy, Uno and Dominoes. Join Sue Hartke to learn how to play the game and begin playing on Fridays. Sets to play and instructions will be available. Accomplished players and new learners are all welcome! **FREE!**

Personal Care

Haircuts by Brenda | Monday Nov 2, 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, Nov 18, 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, Nov 7, 10:30 am | Issaquah
Age 50+ LGBTQ+ folks are welcome to join us at **The Egg and Us in Issaquah** 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.

SVSC Senior Night at Remlinger Farms!
Friday, Nov 13, 4-8:30 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!

Veterans Breakfast | Monday, Nov 16, 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.

Chair Yoga for Adults | Wed, Nov 4, 12:15-1:15 pm
Carnation Library
Chair Yoga is a gentle and accessible form of yoga practiced both seated and standing with chair support. The class includes gentle stretching, strengthening movements, self-massage, breathing techniques, and relaxation practices to support mobility, balance, body awareness, and overall well-being. No previous yoga experience. Registration is required. Call 425-333-4398.

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 per household, or lifetime membership for $500.
Enjoy these great benefits:

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

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

Hyde Shuttle

Hyde Shuttle provides door-to-door service throughout the Snoqualmie Valley. They will take you to the store, the Sno-Valley Senior Center, local medical appointments, or local errands.
Must be 55 or older, or living with disabilities, and living within Redmond Ridge, Duvall, Carnation, or Fall City.
How to ride with Hyde:

- **Register by phone: 206-727-6262, no forms to fill out**
- **Make reservations no later than noon, 3 days before your ride**
- **Only travel within 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 one month in advance. **$5 Suggested donation for seniors (60+), $10 for guests under 60**. The Sno-Valley Senior Center serves a hot lunch at noon, made by Chef Cyndie Dantzscher 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 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, through Sound Generations.
You can apply online at: soundgenerations.org/our-programs/food-security/meals-on-wheels/ (scroll down and click on the "submit an online application" button).
If you need assistance with the online application, please call 206-448-5767.

Fitness Programming

Chair Yoga Hybrid | Mondays 8:30 am & Tuesdays 9:30am

Enhance the quality of your life by practicing Chair Yoga. We use Postures (Asanas) which help to build strength, stamina, flexibility and balance. Breath Work (Pranayama) helps to reduce stress, anxiety and enhance mindfulness. We combine Hatha Yoga (holding postures) and Vinyasa Yoga (flow poses). We begin our practice seated with gentle stretching and movement, then we stand for yoga poses (with modifications suggested so everyone can succeed where their bodies are), we use bands or light weights to strengthen upper and lower body and complete our practice in Shavasana, which is the final posture that combines relaxation and meditation. All fitness levels can enjoy and succeed in this very fun and supportive class!
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, Betty, and Susan 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 Nov 2 & 16, 1 pm
Tuesday, Nov 17, 11 am

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!!**

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

Balance+ | Mondays, 2:30—3 pm

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

OTAGO | Tuesdays & Thursdays, 1-2 pm

A new 16 week session began in September. Please commit to attending both classes each week. The Otago exercise program focuses on improving strength and balance in older adults. Studies demonstrate participants experience a 35 – 40% reduction in falls. Assessments are done before and after each 16 week session. **FREE!**

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

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

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!**

Walking Group | Mondays, 1-2 pm

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

Thank you King County and the Veterans, Seniors, and Human Services Levy for support of our programs!

King County
Veterans, Seniors & Human Services Levy

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!

SHAPE UP! 50+ For a Healthy Independent Lifestyle

***INSURANCE and FITNESS CLASS Benefits & Information!**

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

Health & Wellness Services/Resources

Reiki Appointments | Tuesdays, Nov 3 & 17
Wednesdays, Nov 4 & 18, 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 Appointments |
Mondays (Paul) and Fridays (Bob), 9 am – 3 pm
Medicare Annual Enrollment Period is upon us again (October 15 – December 7). Questions about Medicare? Need to review your options for 2027? Paul Briët and Bob Staffeld are independent agents contracted with most major insurance carriers. Sign up at the front desk or call 425-333-4152 to make an appointment. **FREE!**
If you need a different day/time, contact them directly:
Paul at 253-470-6982 PaulB@YippeeAdvisors.fans **or**
Bob at 425-340-6097 BobS@YippeeAdvisors.fans

CarePoint Clinic Footcare | Mon, Nov 16, 9am-12pm
Have your feet examined by a professional nurse, FREE. Volunteer nurses from CarePoint Clinic in Fall City visit the center for exams, nail trims and other health needs. Call 425-333-4152 to schedule your appointment. **FREE!**

OFFSITE SERVICES
URGENT CARE | Snoqualmie Valley Hospital
www.SnoqualmieValleyHospital.org or (425) 831-3800

CarePoint Clinic, Fall City | Wednesdays, 10 am, and Saturday, Nov 7, 9 am - 1 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 | Fri, Nov 6, 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)**

Cascade Foot Care| Thurs, Nov 12, 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. Scholarships are available, please contact Kira if cost is an issue.
Schedule by calling 425-835-2874.
Cost is **$65 members/$75 guests (no tax)**

Services & Information

Digital Equity Coordinator by Appt

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

Legal Advisor | Monday, Nov 9, at 1:30pm

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

Free Pet Food Available through King County Humane Society: Week of Monday, Nov 9 You must be pre-signed up for this program to pick up food. Applications available at the front desk.
Pickup your food Monday—Friday, Nov 9-13, 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.

Additional Community Counseling & 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!

GenPride LGBTQ Caregiver Peer Support Group | Living with Alzheimer's or Dementia? | Tues, Nov 17, 6:30 pm ONLINE
Build a support system and share with people who understand. To register or learn more, contact the facilitators:
Lionel Wang- 206-854-4700, lionel.s.wang@gmail.com
Tiffany Suscheck - 614-719-9692, tiffany@suscheck.com

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, email anvi@iaww.org.

KCLS Online Talk Time: English Conversation Practice Tuesdays, 1-2 pm via Zoom
Practice speaking English online with other English-language learners and trained conversation helpers. All levels welcome. Register online by 10 am the Monday before class to get the Zoom link. For more information, email Maggie Crelling at **mecrelling@kcls.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 and Snoqualmie Valley Housing Solutions.

Caregiver Support Group
Thursday, November 12, and Wednesday, Nov 25, 1-2:30 pm
If you are a caregiver of someone suffering from memory loss or other illness, please join us. We share gentle conversation, care, and understanding as we learn to cope with life's changes. **To place your name on the waitlist, contact Kelly at kellyf@soundgenerations.org**

NEW: Parkinsons Caregiver Support Group
Tuesdays, Nov 3 & 17, 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 & 3rd Tuesdays each month, from 1-2:30 pm. **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, Nov 12, 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,1-2 pm every Wednesday.
For more information or to register, contact Laura Lewis at 425-888-3347 or email to laura.lewis@encompassnw.org

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

Caregiver Connection Conference | Saturday, November 7, 10 am-3 pm
Mt. Si Senior Center
411 Main Ave S, North Bend, WA 98045
Eastside caregivers, you are not alone. This free retreat features a powerful keynote from Erika Campbell, with the Greenwood Senior Center's renowned memory loss program.

Enjoy a continental breakfast and connect with local exhibitors who specialize in services for older adults. Come recharge, learn, and connect with others who understand the caregiving journey. Receive expert advice on caring for your loved ones, as well as yourself, in a half-day of workshops, inspiration, and sharing. Lunch, snacks, and on-site respite care are included for all registered participants.

Free and open to all caregivers, please register by November 2, using the link: https://igfn.us/form/rl5Kdw

The Caregiver Connection Conference is co-hosted by Mt. Si, Issaquah and Sno-Valley Senior Centers, and made possible with funding from the King County Veterans, Seniors and Human Services levy.

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 benifit Sno-Valley Senior Center, through programs and activities. Everyone is welcome!

Donating to RIC:

We **LOVE** our donors! You donations help run programs that support the community!

Here is how to donate:

- **Check our list of accepted donation items** online at snovlleysenior.org/thrift-store/
- **Make sure all of your donated items are not broken, stained, damaged, or soiled**-when we have to dispose of items, it costs the Senior Center.
- **Call first** to ensure that we are accepting donations that day 425-333-0023
- When you arrive, please ring the doorbell out front and wait for a volunteer to greet you and help bring in your donation

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

November Monthly Specials

Tues, 11/3, National Accessory Day– 50% Off Scarves, Hats, Belts, etc

Sat, 11/14—National Children's Day - 50% Off Kids items

Thurs, 11/19, National Play Monopoly Day - 50% Off All Games

Mon, 11/23, Thankful for my Dog Day - 50% Off Dog Items

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

Military Discount—30% off

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

Honors & Memorials

In Memory of Sonja Massey	Susan Miller & Tony Dambrava, Gerald & Melinda Koethe
In Memory of Edward Bowers	Suzanne Bowers
In Memory of Jon Kraft	Alison & James Cook, Anonymous
In Memory of Ethel & Elbert Gould, Marie Wolslegel, John Qualls	Marge Qualls
In Memory of Dick Engle	Susan E. Engle
In Honor of Mac & Joan Magruder	Ron Balazs & Patt O'Brien
In Honor of Sage 75th	Alison & James Cook
In Appreciation of Jennifer Berg	Brian Pugh & Paula Rogers-Pugh
In Friendship of Alison Cook	Kate Endicott & John Knapp

Donations

(Sept 15, 2026—Oct 14, 2026)

Alison & James Cook
Annette & Terry Olson
Anonymous
Barb & Larry Green
Barbara Swenson
Bob Jenkins & Justine Ehlers
Brenda Asheim
Butch Harviston & Judy West
Carol Kautz
Carole Teshima
Chad & Kim McClung
Cheryl & Allan McDaniel
Daniel & Sarah Drew
David Kelley
Diane Amos
Diane Boma
Dick & Kris Kirby
Ed & Kelly Billington
Elasticsearch
Gary & Michele Raymond
George & Carolyn Englund
Glenda & Stan Surdam
Herbert Altmann
Janet & Don Smith
Jeremie Wilkins
Joan Eklof
Joe & Louise Macri
Joyce & Glen Trowbridge
Karen & Larry Bergeron
Kasey & Michael Phillips
Kate Endicott & John Knapp
Kelly & Ryan Fujiwara
Laurie Dunlap
Linda Kenworthy
Lindy Friedlander
Mary & Dennis Lampson
Mary Jane Kutz
Maureen Krause
Michael Dennis
Midge Pharmer
Milt & Dawn Estepa
Nancy & Douglas Benedict
Pat Bambrick
Pat Busser
Patricia & Mike Chapman
Puget Sound Energy Foundation
Renate & Harry Oestreich
Roger Thorson
Roseanna Lagace
Rosemary Neff & Dot Patteson
Sam Metzler
Sara & John Lambert
Sharon & Ronald Conn
Shirley Davis
Shirley Richmond
SnoFalls Credit Union
Sue & Ward Luhman
Thomas Wasmund
Tiffany & Jim Welton
Tim Harris & Kristel Goodwin
Tina Myren
Willa & Larry Richards

Members with a Birthday this month enjoy a FREE lunch Friday, November 13.
You must RSVP at 425-333-4152 by Thurs, November 12, 12 pm
(list compiled from current members)

Ron Balazs
Pat Beagle
Carolyn Butler
Sharon Conn
Ronald Conn
Shirley Davis
Sybil Davis
Janet Denman
Kenneth DeRoux
Nancy Di Bella
Katie Doyle
Roberta Epps
Linda Evetts-Ramsey
Madhulika Gadde
Roxy Haagland
Carol Harkness
Sue Hartke
Donna Harvold
Joanne Hendry
Ray Humann
Mary Ellen Hunter
Derek Hunter
Susan Juhre
steve kauzlarich
Sharon Kerr
Chuck Krieble
Janna Kuttler
Ruth Lacy
John Lambert
Mary Lampson
Lynn Lawe
Rick Loftus
Esther Martinson
Sherrye Mendoza
Mike Middleton
Jim Montgomery
Deborah Neher
Mary Neils
Don Norman
Michael Noto
Jan Parker
Vicki Perry
Linda Pfeiffer
Wendy Pierce
Ellen Potter
Teri Remlinger
Julia Singer
Karen Smith
Michael Stoccardo
Merle Swan
Patty Thomas
Mike Tipton
Tera Trim
Marilyn Turney
Bill Vodall
Joan Wheeler
Alexander Zlatkovski

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

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

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

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98014

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