

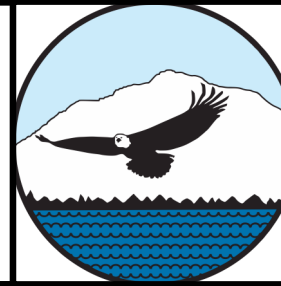


**LAKE STEVENS
SENIOR CENTER**
PO Box 205
LAKE STEVENS WA 98258

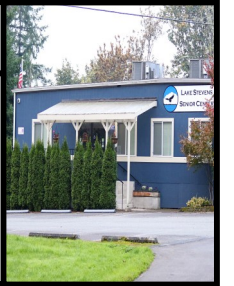
Office Hours:
Monday-Friday
9:00-4:00

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February 2026
Volume 24 Issue 2



Senior Moments
LAKE STEVENS SENIOR CENTER
2302 Soper Hill Road (location)
PO Box 205 (mailing)
Lake Stevens, WA 98258
425-335-0345 • info@lakestevensseniorcenter.com



February



GO HAWKS!!!

REGULAR ACTIVITIES AT A GLANCE

Activity	Day of Month	Day of Week	Time
Ukulele & Hula Classes	1st, 3rd, & 4th	Monday of each month	9:30am - 11:30am
Pinochle	every	Monday	12:00pm - 3:00pm
Spanish Class	Every (except 2nd)	Monday	2:00pm-3:45pm
Watercolor Painting Class	2nd	Monday	12:30pm - 3:30pm
Coffee & Chat	Every	Tuesday	10:30am - 11:30am
Balance Class	every	Tuesday (except 2nd Tues)	12:30pm - 1:30pm
Line Dancing Lessons	every	Tuesday	3:30pm - 4:30pm
Hooks & Needles/Quilting Club	every 4th	Tuesday	10:15am - 3:15pm
Lunch & A Movie	2nd	Tuesday	12:00pm - 3:00pm
Footcare (by appt)	1st & 4th	Tuesday (+ 2nd Friday)	9:00am - 3:00pm
Exercise	every	Tuesday & Thursday	9:00am - 9:50am
Bible Study	Every	Wednesday	9:00 - 10:00am
Book Club	every 3rd	Tuesday	1:30pm - 3:00pm
Lunch	every	Wednesday & Friday	11:30am - 12:30pm
Hand & Foot Card Game	every	Wednesday	1:00pm - 3:00pm
SHIBA (by appointment)	2nd	Wednesday	1:00pm - 4:00pm
Bingo	every	Thursday	1:00pm - 3:30pm
Mexican Train Dominoes	every	Friday	1:00pm - 3:00pm
Tech Help—tablet, phone, computer	2nd & 4th	Friday	2:00pm-3:30pm

Super Bowl Party



**February 8th
3:00 PM**

**Potluck
Bring Snacks to Share**

(Coffee provided, BYOB for soda or alcohol)

Trips

Red Curtain Theater
Murder on the Orient Express
Sunday, February 15th

Leave Center at 1:00 pm
Members: \$30 • Guests: \$40

Enjoy Agatha Christie's "*Murder on the Orient Express*" adapted for the stage by Ken Ludwig. The price includes transportation and entry ticket. We will do dinner at Applebees after, at your expense. Please pay by January 17th.

Fuji Teppenyaki Restaurant
Tuesday, February 24th

Leave Center at 4:00 PM
Members: \$10 • Guests: \$20

Watch the chef's prepare your Japanese meal at your table. The cost of the trip is for transportation only. Dinners range from \$30-\$50 and you can split a dinner with someone. Please pay by February 18th.

Murder Mystery Dinner
Saturday, March 14th

Leave Center at 5:00 PM
Members: \$50 • Guests: \$60

Help solve the murder while working together with old friends and new friends, enjoy a great meal and a fun night out! Fundraiser for the Evergreen Fair Foundation that helps support our great Fairgrounds! There will also be a silent auction. Please pay by February 13th.

Thank You!

The Senior Center Board and Members would like to say **THANK YOU** to the following individuals who donated to our annual fundraising campaign! We raised over \$8,000! These contributions are instrumental in helping us fulfill our mission of promoting the well being of older adults in our community. We also thank the many people who donated anonymously!

Jerri Adams • Ramona Arnold • Peter Butler
 Jutta Claytor • Dorothy Cramer
 Luana De Freitas • Donna Foster
 Debra Haggin • Joann Haskin
 Lois Haugen • Lois Heck • Gail Heimberger
 Diane Landert • Debbie Lyon
 Dave & Mary Murakami • Audrey Oberlander
 Penny Pfister • Nunsia Pierce
 Chris Sauvageau • Howard & Rita Stoess
 Barry & Marti Westphal

Cruise Meeting

Wed., February 18 at 12:30 pm

For those how are planning to go, or interested in going, on our Alaska Cruise in August, we are having an informational meeting where you can ask questions of our cruise specialist.

Book Club

New Day & Time

Join our new, revitalized, Book Club on the **third Tuesday of each month** from 1:30-3:00. We are revamping our usual format. Books will be chosen from the Lake Stevens Library book club selection, and we will have copies available for pick-up here at the Senior Center.

Please join us at the February 17th meeting to help choose upcoming books.

Coffee and refreshments will be served.

Contact the office for information on the February book.

2026 Alaska Cruise

We are planning a Fundraising Cruise to Alaska, August 9-16, 2026, on the Norwegian "Encore."

We will cruise out of Seattle with Ports of Call in Juneau, Skagway and Ketchikan, cruising through Glacier Bay. There will be a stop in Victoria BC on the way home.

For more information contact:
Maureen Phillips
Expedia Cruises
 360-799-4142
maphillips@expediacruzies.com



RENT THE SENIOR CENTER

It's the perfect venue for meetings, parties, reunions, and church services for up to 100 people! The spacious commercial kitchen will fulfill all your food preparation needs.

Lake Stevens Senior Center is available mornings before 9 a.m., evenings after 4 p.m. and weekends.

Basic rates are:

- \$75 per hour for the first 4 hours (\$150 minimum)
- \$50 per hour after 4 hours
- \$50 or \$75 per event, for use of commercial kitchen (cold or hot use)

To schedule or for more details, call the office at 425-335-0345.

Are you looking for a commercial kitchen to rent on a regular basis? Give us a call for more information!

FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:00-3:00 Advanced Hula & Ukulele (Private)	2 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:00 Spanish Class	3 9:00 Exercise 9:00-3 Foot Care 10:30-11:30 Coffee & Chat 12:30 Balance Class 3:30 Line Dancing	4 9:00 Bible Study 11:30 Lunch 12:00 BP checks 1:00-3:00 Hand & Foot Card Game	5 9:00 Exercise 1:00 BINGO	6 10:30-11:00 BP Checks 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	7 12:00-5:00 Private Rental
8 3:00 PM SUPER BOWL PARTY	9 10:00 Board Meeting 12:00-3:00 Pinochle 12:30-3:30 Watercolor Painting (sign-up)	10 9:00 Exercise 10:00 Program Committee 10:30-11:30 Coffee & Chat 12:00 Lunch & Movie (RSVP) 3:30 Line Dancing	11 9:00 Bible Study 11:30 Lunch 12:00 BP checks 1:00-3:00 Hand & Foot Card Game 1:00-4:00 SHIBA (by appt) 6:00-9:00 pm Private Rental	12 9:00 Exercise 1:00 BINGO	13 9:00-3:00 Carrie's Foot Care (by appt) 11:30 Lunch 1:00-3:30 Mexican Train Dominoes 2:00-3:30 Technology Help	14 <i>Valentine's Day</i>
15 12:00-3:00 Advanced Hula & Ukulele (Private) 1:00 "Murder on the Orient Express" Trip	16 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:00 Spanish Class <i>Presidents' Day</i>	17 9:00 Exercise 9:30-12:30 am Watercolor Painting (sign-up) 10:30-11:30 Coffee & Chat 12:30 Balance Class 1:30-3:00 Book Club 3:30 Line Dancing	18 9:00 Bible Study 11:30 Lunch 12:30 Cruise Meeting 1:00-3:00 Hand & Foot Card Game	19 9:00 Exercise 1:00 BINGO	20 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	21
22 12:00-3:00 Advanced Hula & Ukulele (Private)	23 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:00 Spanish Class	24 9:00 Exercise 9:00-3:00 Foot Care 10:15-3:15 Hooks & Needles and Quilting Club 10:30-11:30 Coffee & Chat 12:30 Balance Class 3:30 Line Dancing 4:00 Fuji Trip	25 9:00 Bible Study 11:30 Lunch 1:00-3:00 Hand & Foot Card Game	26 9:00 Exercise 1:00 BINGO	27 11:30 Lunch 1:00-3:30 Mexican Train Dominoes 2:00-3:30 Technology Help	28
Mar 1 12:00-3:00 Advanced Hula & Ukulele (Private)	Mar 2 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:00 Spanish Class	Mar 3 9:00 Exercise 9:00-3:00 Carrie's Foot Care 10:30-11:30 Coffee & Chat 12:30 Balance Class 3:30 Line Dancing	Mar 4 9:00 Bible Study 11:30 Lunch 1:00-3:00 Hand & Foot Card Game	Mar 5 9:00 Exercise 1:00 BINGO	Mar 6 10:30-11:00 BP Checks 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	Mar 7

Check out the calendar on our website for updates throughout the month.

425.335.0345 • www.LakeStevensSeniorCenter.com • www.facebook.com/lsseniorecenter



Taylor's Plumbing Solutions, LLC

William and Jessica Taylor • 425-330-1230

Owner-operated family plumbing business, valuing service, excellence, honesty & transparency.

Windermere RE

Marlene Rouleau • 206-409-6041

marlener@windermere.com

marlenerouleauhomes.com

Real Estate Agent

Windermere Snohomish

Nancy Clatterbuck • 425-208-1410

nancyac@windermere.com

Real Estate Agent, SRES

Windsor Square Senior Living

360-653-1717

WindsorSquare@gres.com • www.windsorsrliving.com

Active 55+ Independent senior living community

Thank you for your support!

LSSC Reminders

Office Hours: Monday through Friday from 9:00 a.m. until 4:00 p.m. The Center is also open at other times based on scheduled events.

Medical Equipment Lending: LSSC lends durable medical equipment (when available) such as walkers, wheel chairs, knee scooters and shower chairs. Donations also welcome.

Building Rentals: LSSC is often rented out for private events. During these events, the center is not available for member use.

Please respect private use and conduct business during regular business hours.

Snow Days: For snow/ice closures, check the school reports. If Lake Stevens School District is closed, the Senior Center will also be closed. If the school is on a 2-hour late start, the center will be open at 11:00 AM.

Volunteer Hours: VERY IMPORTANT

We appreciate all of our volunteers very much! If you are an LSSC volunteer, **please complete a time sheet for us each month.** The office can help if you have questions.



www.facebook.com/lsseniocenter

LSSC Board

Officers:

Jerry Stumbaugh, President

Roy Hurtt, Vice President

Deborah Lyon, Secretary

Gerry Magness, Treasurer

Jack Pease, At Large

Wayne Ahrendt Doug Clawson

Nola Johnson Della Magness

Marti Westphal

Office Staff:

Donna Foster: Office Manager

Yolanda Vincent: Admin. Assistant

Annual Membership

Thank you to all who have renewed their membership for 2026 and to those brand new members. We appreciate your support!

Membership renewals are due by January 31st. If your dues have not been paid, this will be your last newsletter and you will no longer be eligible for member discounts.

Christmas Dinner and New Year's Eve Gala

Thank You to all the fabulous volunteers and donors who made our annual Christmas dinner and New Year's Eve Gala so much fun! A special thanks to Taylors Plumbing Solutions for their continued support of our Christmas Day Dinner!



Ethel is 98 years young and still volunteering!

Volunteer Board Members Needed

The Lake Stevens Senior Center is looking for new board members to run for the upcoming term.

Would you like to make the commitment to serve our Senior Center and make a positive difference? We hope you will feel led to volunteer your time and talents. We are continually striving to better serve our members and your participation and suggestions are welcome.

The board meets once a month (second Monday at 10:00), exchanges thoughts & ideas, enjoys coffee & pastries, and votes on important matters that affect LSSC. The applications are available at the office.

The deadline is Friday, **February 27th.** Election Committee Chair, Debbie Lyon, Jerry Stumbaugh, or the office can answer any questions. Thank you for considering!

The Importance of Physical Activity for Seniors

Older adults are often too inactive. By age 75, one in two women and one in three men get no physical activity at all!

Studies at Stanford University conducted at Veteran's Hospitals among older and out-of-condition veterans, showed that regular, moderate exercise produced surprising improvements in strength, cardiovascular conditioning, flexibility, balance, and body composition.

The greatest improvements were seen among the vets that were the most out of shape. Changes were both physical and psychological. Improvements in self-confidence, self-image, and physical ability all helped to reduce depression and promote a sense of well-being.

Other studies have shown:

- Many older people grow physically weaker not just because of age but because they stop using their muscles as much as they did when they were younger.
- An older individual who remains active through a moderate exercise program has approximately the same strength as an inactive individual much, much younger.
- A study of exercise training showed that people 55 and older can see the same amount of improvement in muscle strength, oxygen consumption, and other benefits as people in their 20s and 30s. Increases in strength as much as 40% have been documented for people as old as 96.
- Some studies suggest that as little as three to four months of proper training can reverse as much as thirty years of decline in function.
- When physically active seniors' brain activity was monitored and compared with that of young adults, there was little difference in their ability to process information. Low and moderately active seniors' mental performance lagged behind.

In the long term, most older adults in all age groups hurt their health far more by not exercising than by exercising. As a rule, older people should stay as physically active as they can.

The Melpomene Institute of Women's Health Research offers the following tips to become or stay physically active (or make any positive, behavior change).

- First, realize that change is hard. Break the process down into manageable goals that are realistic.
- Set aside time to be physically active.
- Find role models.
- Cultivate the habit of activity.
- Each person's schedule, interests, and talents will vary. Obstacles will be present, but the important thing is to get started.
- Choose activities that fit your physical condition, budget, and lifestyle.
- Start slowly and gradually increase your activity time and intensity.
- Finally, make a commitment to get moving and developing a healthier lifestyle.
- Find support from other people or make a contract with yourself.
- Develop rewards that will help motivate you to achieve your goals.

Information from wa.gov Home and Community Living Administration

Hands On Healing

Beth Phillips • 425-626-6245
PO Box 833, Lake Stevens WA 98258
Energy Healing

Home Instead

Gus Vanderkolk • 425-549-3100
HomeInstead.com/828
Home Instead helps aging adults live well at home

i Cure Physical Therapy

Priya Chauhan • 425-458-7261
www.icurept.com
9623 32nd St SE, Ste C101-102, Lake Stevens WA
Personalized Care. Proven Results. Lifelong Wellness.

In Auntie Jess's Care

Daryn Robbins • 425-880-9923
2309 117th Ave NE • Lake Stevens, WA 98258
inauntiejesscare@gmail.com
Adult Family home

Jay's Market

Keith & Corie Perry • 425-334-1256
1809 Main Street, Lake Stevens, WA
*Your friendly, hometown grocery store, plus much more!
Serving Lake Stevens for over 40 years, UPS Access Point*

Kitchens for Cooks

Gary P. Hartz • 425-293-4442
www.KitchensForCooksOnline.com
Residential & Commercial Interior Design

Lake Stevens Assembly of God Church

425-334-3700 • www.lakestevensag.org
9805 31st Pl NE, Lake Stevens, WA 98258
Daycare M-F 6 am-6 pm
Services: Sunday - 10:00 am / Wednesday - 6:30 pm

Lamb of God Lutheran Church

425-377-2173 • 3923 103rd Ave SE, Lake Stevens WA
www.lambofgod-lakestevens.org
A vibrant and growing congregation of the Lutheran Church Missouri Synod. Sunday Service 10:15 a.m.

Lawn Guys.WA

Gabriel Conrad • 425-426-5215
lawnguys.wa@gmail.com
Lawn mowing and lawn care services

McCarthy Electric and Technologies

Ryann McCarthy • 425-877-5572
mccarthyelectric@service@gmail.com
mccarthyelectricandtechnologies.com
*Panel Replacements, Ceiling Fans, Wall Heaters,
Can Lights, RV Circuits & Troubleshooting*

The Medicare Guy

Greg Larsen • 425-501-8120
Glarsen@firstlegacyfinancial.net
11027 Vernon Road, Lake Stevens, WA 98258
Medicare Insurance Plans

MorningStar at Silver Lake

Annie Otake Escalona • 425-466-6982
silverlake.dcr@mstarliving.com
520 112th Street SW, Everett, WA 98204
Senior Living—Independent & Assisted Living

Next Step Senior Advisory

Sue Rowell, CSA • 360-294-4912
www.nextsteptransitions.com
Family Advisory Services helping provide solutions and pathways across the Senior Living Experience

Providence /Compassus Hospice

Jackie Brunton • 425-418-6411
jacqueline.brunton@compassus.com
www.compassus.com/providence
Hospice & home health services

Residence Care Adult Family Home

Kal Haile • 847-385-4060
www.residence-care.com
5528 121st St NE, Marysville, WA 98271
Assisted Living Facility

Safeguard Painting and Restoration

Justin Perez • 425-754-5523
admin@go4safeguard.com • www.go4safeguard.com
*Handyman services, carpentry, painting,
antique furniture restoration*

Sage Senior Network

Carly Christou • 425-299-7927
carly@sageseniornetwork.com
www.sageseniornetwork.com
Senior Living Advisory and Mobile Notary

Seniors Helping Seniors

Peter Garcia Jr. • 425-496-7160
peter@shseverett.com • www.shseverett.com
In-Home Senior Care

Snohomish Health & Rehab

Scott Ernst • 425-530-6404
scotternst@cascadiahc.com
www.snohomishrehabcascadia.com
800 10th St, Snohomish WA 98290
Skilled Nursing Community

Support Our Business Members

These local businesses support our Senior Center as business members. Please make an effort to support their businesses and be sure to thank them for their support.

#1 Angels of Comfort AFH

Jane Njeru • 253-355-3026
jnjeru@angelscomfortafh.com
www.angelscomfortafh.com
8006 72nd Dr NE, Marysville, WA 98270
Adult Family Home

April House AFH

Viola Nejad • 360-572-0313
viola@aprilhousecare.com
7719 77th Ave NE, Marysville, WA 98270
Adult Family Home

Ashley Pointe

Kimberly Campbell • 425-397-7500
www.sinceriseniorliving.com/ashley-pointe
11117 20th St NE, Lake Stevens, WA 98258
Assisted and Independent Senior Living

Bristol Hospice

425-521-6939 • bristolhospice.com
Bristol Hospice is graciously committed to our mission, ensuring all patients and families entrusted to us, will be treated with the highest level of compassion, respect and quality of care.

Community Transit

Lisa Richter • 425-599-9665
lisa.richter@commtrans.org
www.communitytransit.org
2300 Kasch Park Road, Everett, WA 98204
Transit Agency

Connecting Pieces Therapy

Kyla Brant • 559-869-8845
kyla@connectingpiestherapy.com
www.connectingpiestherapy.com
Mental Health Therapy • Virtual Therapy

Crosson's Auto Repair

425-334-2024 • CrossonsAutoRepair.com
2011 123rd Ave NE, Lake Stevens, WA 98258
Automotive Service, Repair and Maintenance

Cruise Planners

Thompson Kristine • 425-561-8858
kristine.thompson@cruiseplanners.com
www.travelthompson.com
Travel Advisor

Debbie Welch Homes

Debbie Welch • 360-631-8148
DebbieWelchHomes.com
You can count on great service with years of experience through each transaction.

Deborah Myers Insurance We know Medicare

Rachel Bulger, Licensed Broker • 253-375-1708
rachelbulger@weknowmedicare.org
A trusted local resource for your health plan needs.
We Evaluate, Educate, Enroll & Service!

Dora H Cleaning Service

Dora Pelico • 425-268-8219
doratzun5@gmail.com
Housekeeping services—houses, apartments, offices

Dream Islands AFH

Janeth Obura • 206-737-0008
dreamislandsafh.com • dreamislandsafh@gmail.com
3411 71st Ave NE • Marysville, WA 98270
Adult Family Home

Expedia Cruises

Maureen Phillips • 360-799-4142
maphillips@expediacruz.com
www.expediacruises.com/maureenphillips
2809 Bickford Ave. Ste. B, Snohomish, WA 98290
Vacation / Travel Agency

Family Resource Home Care

Charles Jeremiah • 206-992-7278
charlesj@familyrhc.com • familyresourcehomecare.com
Providing in-home care services with customized and flexible caregiving

Flourish Wellness

Carrie Hutchinson • 425-512-9212
angie@flourishwellspa.com • FlourishWellSpa.com
9327 4th St NE, Ste 5, Lake Stevens, WA 98258
Health & Wellness Spa

GenCare - Village at Granite Falls

Roxie Stormo — 360-691-1777
www.gencareslifestyle.com/communities/granite-falls
302 N Alder Avenue, Granite Falls, WA 98252
Independent & Assisted Living Community

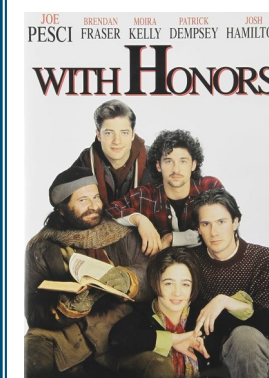
Grandview Village Concepts of Marysville

Joanne Acton • 360-653-2223
www.villageconcepts.com/Grandview-Village
5800 64th Street NE, Marysville, WA 98270
Independent & Assisted Living Community

Tech Help Available

LSHS technology instructors and their student helpers will be here to offer one-on-one help with devices (computer, laptop, smart phone, tablet, etc.) on the **2nd & 4th Friday** of each month.

Please sign-up for your 30-minute appointment and let us know what type of device you have so we can be sure you get the help you need.



Lunch and A Movie

Tuesday
February 10th
12:00

Convinced his thesis will have him graduate with honors from Harvard

University, a stuffy student finds himself at the mercy of a homeless man's demands when he holds the papers hostage.

Starring: Brendan Fraser, Joe Pesci, Patrick Dempsey, Josh Hamilton, and Moira Kelly



This is a FREE event with a deli lunch and popcorn provided.

Please sign-up,
or call to RSVP!

Sponsored by L.S. Rotary Club

February Lunch Menu

In-Person Dining

Wednesday and Friday ~ 11:30 a.m.

Suggested Donation:
\$5.00 Member/\$6.00 Non-Member

Menu is subject to change

Wednesday, February 4th: Swedish Meatballs, mashed potatoes, pickled beets, fruit & birthday cake

Friday, February 6th: Zuppa Tosconi soup, rolls, fresh green salad, fruit & dessert

Wednesday, February 11th: Cajun turkey sandwiches, dirty rice, coleslaw & pineapple upside down cake

Friday, February 13th: Pork chops, baked cream corn, scalloped potatoes, applesauce & dessert

Wednesday, February 18th: Sponsored by Grandview: Taco salad, Mexicali corn, fruit & dessert

Friday, February 20th: Chicken pot pie, green bean casserole, rolls, fruit & dessert

Wednesday, February 25th: Pennsylvania BBQ ham sandwiches, shell pasta salad, creamed carrots & peas

Friday, February 27th: Sponsored by Ashley Pointe: BBQ chicken thighs, loaded potato salad, green beans, cinnamon roll cake



The Lake Stevens Senior Center is supported, in part, by Snohomish County Department of Human Services



FEBRUARY

- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

Regular Activities

Ukulele & Hula Lessons: Our beginner Ukulele and Hula Classes are taking on new students, and starting them out with the basics. Amelia Mimura and Yolanda Taufaasau-Vincent are very patient and knowledgeable instructors. **Classes are every Monday morning (except the 2nd Monday) beginning with Ukulele at 9:30, followed by Hula at 10:30.**

Exercise, Balance Class & Line Dancing: If you want a fun way to stay fit and active, you should try out one of LSSC's exercise groups. Kim is a skilled **Exercise** instructor and teaches **every Tuesday and Thursday morning from 9:00-10:00** and Loretta is a very knowledgeable instructor for both **Balance Class and Line Dancing**, which happen every **Tuesday (Balance at 12:30 and Line Dance at 3:30).**

Hooks & Needles and Quilters: Do you have a long forgotten project in your closet that needs to be finished, or perhaps you will be starting a new project for the new year? Come to LSSC on **the fourth Tuesday of each month at 10:15 a.m.** and work on your project with a fun group of ladies (check the calendar for exact dates). This is a great way to get help on your project, get new ideas and/or share your expertise with others. It's also a good way to make new friends.

Pinochle, Hand & Foot and Mexican Train Dominoes: If a fun game of cards or dominoes is your preferred way to socialize, join us every **Monday** at noon for **Pinochle**, every **Wednesday** at 1:00 for **Hand & Foot** and every **Friday** at 1:00 for **Mexican Train Dominoes**. There is always friendly competition and great company to be had!

Bingo: Join us for a fun afternoon of **Bingo** every **Thursday at 1:00 p.m.** All are welcome, so bring your friends, family and/or neighbors and help us raise some funds!

Lunch & Coffee and Chat: If food and fellowship are more your style you don't want to miss the delicious lunch that is served every **Wednesday and Friday at 11:30 a.m.** (*come early and socialize with our friendly group*) or our **Coffee and Chat** every **Tuesday from 10:30-11:30** (*refreshments provided*). Also, join us at **noon the second Tuesday** of each month for our free **Lunch and a Movie**.

(See the back page for all of our regularly scheduled events)

