

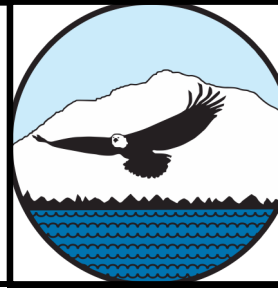


**LAKE STEVENS  
SENIOR CENTER**  
PO Box 205  
LAKE STEVENS WA 98258

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

PRSR STD  
NON-PROFIT  
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PERMIT #44

March 2026  
Volume 24 Issue 3



**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



# Spring Fling

**Saturday, March 28th**

**4:00-7:00 PM**

(sunset at 7:30 this evening)

Karaoke & Music

Music Trivia



Crazy Easter Bonnet Contest

Door Prizes

Dinner

(Pulled Pork w/sides)

\$5 event only

\$15 w/ dinner

*Please Reserve in advance*



## 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 <i>(supported by LS Rotary Club)</i>	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 <i>(by appointment)</i>	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 <i>(by appointment)</i>	2nd	Wednesday	1:00pm - 4:00pm
Bingo	every	Thursday	1:00pm - 3:30pm
Mexican Train Dominoes	every	Friday	1:00pm - 3:00pm
Chair Massage	1st & 3rd	Friday	10:00am-2:00pm
Tech Help—tablet, phone, computer	2nd & 4th	Friday	2:00pm-3:30pm

## Trips

### 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.

### Rhodes River Ranch & Oso Memorial Sunday, March 22nd

Leave Center at 10:15 AM  
Members: \$35 • Guests: \$45

We will enjoy brunch at Rhodes river Ranch and then spend some time at the Oso Memorial Site. The cost includes transportation and Brunch. Please pay by March 13th.

## UPCOMING TRIPS

**Tulip Festival - April 19th**  
**AquaSox Game - July 26th**

*More info coming soon*



## Beading Class

**Friday, March 20, 2026**  
12:30-3:30

### Blingy Netted Bracelet • Beginner Level

This bracelet is gorgeous! An entire wrist-full of sparkly crystals that you can make for yourself. It works up fairly quickly, using a variation of the Netting Stitch. This class is great for beginners. While it looks complex, it's actually very easy to get a good result. The only skills needed prior to class are the ability to count to 5 and the ability to sew with a needle and thread! Students will get to select their own colors from a large selection.



yourself. It works up fairly quickly, using a variation of the Netting Stitch. This class is great for beginners. While it looks complex, it's actually very easy to get

a good result. The only skills needed prior to class are the ability to count to 5 and the ability to sew with a needle and thread! Students will get to select their own colors from a large selection.

This is a 3 hour class, limited to 8 participants. All tools and supplies needed will be provided. The kit fee is \$20 and must be paid by March 18th.



The class is taught by Marla Baer-Peckham (CatfancyCreations@gmail.com)

## 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@expediacruz.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!

## 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, in advance, from the Lake Stevens Library book club selection, and then we will have them available to check-out here in the Senior Center office.

Please join us at the March 17th meeting to discuss *Cleopatra: A Life* by Stacy Schiff. A Pulitzer Prize-winning biography that separates historical fact from myth, portraying Cleopatra as a shrewd political strategist and negotiator rather than just a seductress.



# MARCH 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 12:00-3:00 Advanced Hula & Ukulele (Private)	<b>2</b> 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:00 Spanish Class	<b>3</b> 9:00 Exercise 9:00-3 Foot Care 10:30-11:30 Coffee & Chat 12:30 Balance Class 3:30 Line Dancing	<b>4</b> 9:00 Bible Study 11:30 Lunch 12:00 BP checks 1:00-3:00 Hand & Foot Card Game	<b>5</b> 9:00 Exercise 1:00 BINGO	<b>6</b> 10:30-11:00 BP Checks 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	<b>7</b> 1
<b>8</b>	<b>9</b> <b>10:00 Board Meeting</b> 12:00-3:00 Pinochle 12:30-3:30 Watercolor Painting (sign-up)	<b>10</b> 9:00 Exercise 10:00 Program Committee 10:30-11:30 Coffee & Chat 12:00 Lunch & Movie (RSVP) 3:30 Line Dancing 5:00 Private Rental	<b>11</b> 9:00 Bible Study 11:30 Lunch 1:00-3:00 Hand & Foot Card Game 1:00-4:00 SHIBA (by appt) 6:00-9:00 pm Private Rental	<b>12</b> 9:00 Exercise 1:00 BINGO 5:00 Private Rental	<b>13</b> 9:00-3:00 Carrie's Foot Care (by appt) 11:30 Lunch 12:00 BP Checks 1:00-3:30 Mexican Train Dominoes 2:00-3:30 Technology Help	<b>14</b> <b>5:00 PM Murder Mystery Dinner Trip</b>
<b>15</b> 12:00-3:00 Advanced Hula & Ukulele (Private)  <b>10:15 AM Rhodes River Ranch/Oso Trip</b>	<b>16</b> 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:00 Spanish Class  <i>Presidents' Day</i>	<b>17</b> 9:00 Exercise 9:30-12:30 am Watercolor Painting 10:30-11:30 Coffee & Chat 12:30 Balance Class 1:30-3:00 Book Club 3:30 Line Dancing 5:00 Private Rental	<b>18</b> 9:00 Bible Study 11:30 Lunch 1:00-3:00 Hand & Foot Card Game	<b>19</b> 9:00 Exercise 1:00 BINGO 5:00 Private Rental	<b>20</b> 11:30 Lunch <b>12:30-3:30 Beading Class</b> 1:00-3:30 Mexican Train Dominoes	<b>21</b>
<b>22</b> 12:00-3:00 Advanced Hula & Ukulele (Private)	<b>23</b> 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:00 Spanish Class	<b>24</b> 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 5:00 Private Rental	<b>25</b> 9:00 Bible Study 11:30 Lunch 12:00 BP Checks 1:00-3:00 Hand & Foot Card Game	<b>26</b> 9:00 Exercise 1:00 BINGO 5:00 Private Rental	<b>27</b> 11:30 Lunch 1:00-3:30 Mexican Train Dominoes 2:00-3:30 Technology Help	<b>28</b> <b>4:00-7:00 pm Spring Fling</b>
<b>29</b> 12:00-3:00 Advanced Hula & Ukulele (Private)	<b>30</b> 9:30 Ukulele 10:30 Hula 12:00-3:00 Pinochle 2:00 Spanish Class	<b>31</b> 9:00 Exercise 10:30-11:30 Coffee & Chat 12:30 Balance Class 3:30 Line Dancing 5:00 Private Rental	<b>April 1</b> 9:00 Bible Study 11:30 Lunch 1:00-3:00 Hand & Foot Card Game  <i>April Fools Day</i>	<b>April 2</b> 9:00 Exercise 1:00 BINGO 5:00 Private Rental	<b>April 3</b> 10:30-11:00 BP Checks 11:30 Lunch 1:00-3:30 Mexican Train Dominoes	<b>April 4</b>

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

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



### 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

## Chair Massage

*with Elizabeth*

Chair Massage is back at the Senior Center! Beginning Friday, March 6th. Elizabeth will be here on the first and third Friday of each month from 10:00-2:00 by appointment.

The cost for seniors is \$15 for 15 minutes, or \$30 for 30 minutes. An additional \$1 or \$2 donation to the center is appreciated.

Elizabeth offers 15 and 30 minute sessions. If you want a 30-minute session, sign up for two consecutive sessions.

## Coffee & Chat

**Every Tuesday  
Morning  
10:30-11:30**



## WHICH GENERATION ARE YOU:

**1. Silent Generation (1928–1945)** – Followed rules, kept their heads down, built quietly.

**2. Baby Boomers (1946–1964)** – Lived large, bought everything, now gatekeeping everything.

**3. Gen X (1965–1980)** – Trusts no one, complains little, secretly runs the world.

**4. Millennials (1981–1996)** – Chased purpose, got burnout, still pretending they're fine.

**5. Gen Z (1997–2012)** – Questions everything, trusts nothing, feels everything.

**6. Gen Alpha (2013–2025)** – Born with iPads, raised by YouTube, future unknown.

## Senior Assistance Resources

*Below is contact information for programs that can be helpful for Seniors . . .*

**Homage Senior Services:** Connecting older adults to services. To consult with a specialist about local resources and receive individualized assistance, call Senior Information and Assistance at 425.513.1900. Also find more info at [www.seniorservices.org](http://www.seniorservices.org).

Senior Services of Snohomish County  
**Minor Home Repair Program:** 425.265.2222

**Meals on Wheels:** 425.347.1229

Washington State **Basic Food Program:**  
[www.washingtonconnection.org](http://www.washingtonconnection.org) / 877.501.2233

**Property Tax Exemption and Property Tax Deferrals** for Seniors & Disabled: Snohomish County Assessors Office: 425.388.3540

Senior Services **Dial-A-Ride Transportation:**  
425.347.5912, [transportation@sssc.org](mailto:transportation@sssc.org)

Senior Services Of Snohomish County  
**Transportation Assistance Program (TAP):**  
425.423.8517

**ZIP Shuttle:** [www.communitytransit.org/services/zip-shuttle](http://www.communitytransit.org/services/zip-shuttle) / 833-342-5947

## Will for Seniors Clinic

We are excited to share information about the upcoming Wills for Seniors Clinic, hosted by Snohomish County Legal Services (SCLS). This event is dedicated to providing essential legal estate documents to low-income seniors in our community.

**Event Details:** March 14, 2026 from 9:30 am – 12:30 pm at Snohomish County Legal Services, 2920 Colby Ave., Ste. 102, Everett.

During their scheduled appointment, each client will meet with an attorney and leave with executed copies of their Last Will & Testament, Health Care Directive, and Durable Power of Attorney.

*Please note that we are unable to assist with or advise on Trust issues*

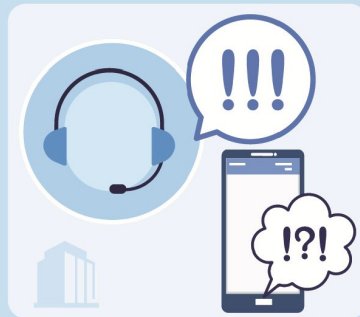
**Eligibility Requirements:** *Age:* Seniors 60+; *Residency:* Low-income Snohomish County residents; *Income:* At or below 200% Federal Poverty or 80% Area Median Income; *Liquid Assets:* No more than \$20,000 individual/\$40,000 married in cash/savings; no more than \$25,000 individual/\$40,000 married in stocks/bonds; *Property:* No more than one "owned" real property (primary residence); *Estate Complexity:* Estates must be simple to disseminate (max 3 accounts, 3 designations)

**Registration:** Pre-registration and an appointment are strictly required; no day-of walk-ins will be accepted. Interested individuals can call 425-258-9283 to register and verify their eligibility.

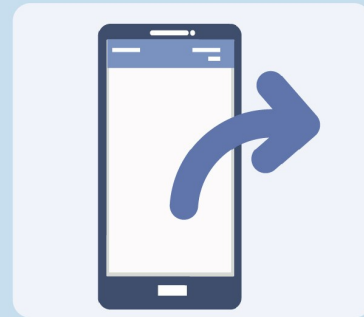
# How Scammers Try To Steal Your Life Savings

People are losing big money to scammers running complicated scams.

## Here's how the scam works:



A scammer pretending to be from a company you know contacts you, saying they supposedly spotted fraud on one of your accounts and your money isn't safe.



They connect you with someone else to supposedly help you move your money to "protect" it.



The "helper" — who often claims to work for the government — is really a scammer trying to steal your money.

## If someone tells you to do any of these things, it's a scam.

- "Put your money in a secure account to protect it." **That's a scam.**
- "Transfer your money to a cryptocurrency account to protect it." **That's a scam.**
- "Get cash and I'll send a driver to pick it up." **That's a scam.**
- "Deposit cash at a Bitcoin ATM to protect your money." **That's a scam.**
- "Buy gold and a driver will come get it." **That's a scam.**

No one from the government will tell you to do these things. **Only a scammer will.**

Never transfer or send money, cryptocurrency, cash, or gold to someone you don't know in response to an unexpected call or message.



More at [ftc.gov/imposters](https://ftc.gov/imposters)

Report scams to the Federal Trade Commission at [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov)

### 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  
mccarthyelectricsservice@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  
March 10th • 12:00

Showing: 9 to 5



Office satire about three female secretaries who decide to get revenge on their tyrannical, sexist boss by abducting him and running the business themselves.

Starring Jane Fonda, Lily Tomlin, Dolly Parton and Dabney Coleman



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

Please sign-up, or call to RSVP!

Supported by L.S. Rotary Club

## March 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, March 4th: White bean turkey chili, cornbread, coleslaw, bananas and birthday cake

Friday, March 6th: Tuna salad sandwich, chips, cottage cheese & fruit salad and dessert

Wednesday, March 11th: Burgers, corn, green beans, fruit and dessert

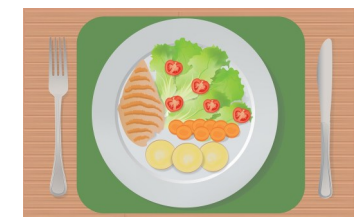
Friday, March 13th: Grilled cheese sandwich, cream of tomato soup, mixed greens salad, fruit and dessert

Wednesday, March 18th: Sponsored by Grandview: Irish stew, rolls, fruit and Irish bread pudding

Friday, March 20th: Fish patty sandwich, potato salad, sliced tomatoes & cucumbers, fruit and dessert

Wednesday, March 25th: Turkey noodle casserole, carrot & raisin salad, fruit and dessert

Friday, March 27th: Sponsored by Ashley Pointe: TBA



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





# MARCH WORD SEARCH

- National Anthem
- Mike Disaspuale
- March Maddness
- Amanda Watkins
- Megan Williams
- Lauren Powers
- Bases loaded
- Leprechaun
- Volleyball
- Red Cross
- Ball Park
- Hillhouse
- Wendsday
- Baseball
- Jr.Hahn
- Clover
- Anihya
- peanut
- Games
- Green
- march
- Track

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



# National Slam the Scam Day is March 5, 2026



- ? Buying a gift card to pay someone?
- ! **STOP. It's a scam!**
- ! Gift cards are for gifts.



Do NOT use a gift card to pay: the IRS or Social Security, tech support, a family member in trouble, ransom or to avoid arrest or deportation, a member of the military, or to keep your utilities on.

Report gift card scams at: **ReportFraud.ftc.gov**

**If you receive a suspicious call:**

- **Hang up**
- **Don't** believe them
- **Don't** trust your caller ID
- **Don't** give them money
- **Don't** give them personal information
- Report the scam at **oig.ssa.gov**



**SSA.GOV/SCAM**