

June 2016

Volume 14 Issue 6



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

CENTER NEWS & EVENTS

Volunteer of the Month

Lake Stevens Senior Center is please to present **Howard Garner** as our volunteers of the month for June! Howard is a minister with a giving heart. He is always happy to help out wherever needed.

Thank you Howard, we appreciate all you do for our Seniors, keep up the good work!

Line Dancing Is Back For The Summer!



Miwa Morita will again be teaching line dancing through the Summer. Classes will be held on **Thursdays from 10:15-11:15 a.m. beginning June 2nd** and will continue each Thursday through the end of August.

Social Security Seminar June 15

Do you have Social Security Questions? We've got answers.

Join Sterling Gurney, AAMS, CRPC, with Edward Jones for his presentation ***Social Security: Your Questions Answered***, on Wednesday, June 15 at 10:00 a.m. here at the Senior Center. We will discuss:

- How does Social Security fit into my retirement income plan?
- When should I start taking benefits?
- What about taxes?

Cashmere Trip June 16

Join your Senior Center friends for a van trip to Cashmere. We will take scenic highway 2 to Cashmere and tour the Aplets & Cotlets Factory. After that we will have lunch at the 59er Diner and spend some time at Apple Annie's Antique Mall. The transportation cost is \$15 for members, \$20 for non-members.

Learn to Play Bridge

One of our veteran Bridge players has offered to give some lessons for those who would like to join the group, but don't play. **Classes will take place each Tuesday in June from 12:30-1:30 p.m.** Bridge group plays on Thursdays.

Evergreen Speedway July 16

The Senior Center is planning a van trip to Evergreen Speedway on Saturday, July 16. The van will leave the Center at 5:00 p.m. Transportation cost is \$5 for members and \$10 for non-members. Entry tickets are provided by Foster Press, limited to the first 12 people.

Lavender Festival July 16

Mark your calendar for the Sequim Lavender Festival trip on Saturday, July 16. More information coming soon.

AARP Safe Driving Class July 20 & 21

The Next AARP Driver Safety Class is scheduled for Wednesday and Thursday, **July 20 & 21, 2016** from 12:00-4:00 p.m. This is a two-part class, and you must attend both days

Continued . . .

to receive certification. Become a more skilled and competent driver and save on your auto insurance. Schedule early, seating is limited.

For more info, or to sign-up, please contact the Senior Center at 425.335.0345, or instructor Ron James at 360.386.8087. Cost is \$15 for AARP members, \$20 for non-members, plus a \$2 donation for the Senior Center.

Aquafest July 29, 30 & 31

Ann Buckner, along with her dedicated committee of volunteers will be coordinating our annual Strawberry Shortcake fundraising booth at Aquafest again this year—thank you Ann! Aquafest will take place in downtown Lake Stevens from Friday, July 29th to Sunday July 31st. As always, we need lots of volunteers to manage the booth throughout the weekend. The sign-up sheet is on the bulletin board; please, fill in those spaces!

Center Reminders

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

Volunteer Hours: VERY IMPORTANT— We appreciate all of our volunteers very much! If you are a Center volunteer, **please fill out a time sheet for us each month.**

Board Meetings: The Lake Stevens Senior Center Board meets the **second Monday** of each month, at 10:00 a.m. here at the Center.

Senior Center Apparel: Center hats, t-shirts, and sweatshirts are available for purchase. Check in at the office for more info.

Senior Center Library: If you enjoy reading, please take some time to come by and check out our library. We have something for everyone; fiction and non-fiction, books and magazines, everything from romance and thrillers to history and self-help books.

OTHER NEWS & EVENTS

Annual Health & Safety Fair

Saturday, June 11th ~ 10am–2pm

County Market Parking Lot

FREE Admission, FREE Tips, FREE Raffles

Lake Stevens Fire and Lake Stevens Police are excited to bring the Annual Health & Safety Fair to the Lake Stevens community on **Saturday, June 11th from 10 a.m. – 2 p.m.** at the County Market Parking Lot. Thanks to the partnership between these two safety agencies this event continues to offer additional information to our community each year.

With the goal of educating the community on practical health and safety tips for everyday life, admission is FREE to the public. Raffle cards will be available at the event and once a guest gets a majority of booths to initial the card, the guest becomes eligible to participate in the FREE raffle drawing.

Men's Health & Social Security

By Kirk Larson, Social Security Washington Public Affairs

This year, we observe National Men's Health Week from June 13 to 19. It so happens that Father's Day falls on the last day of Men's Health Week, a perfect time for focusing on health education and awareness, disease prevention, and family.

Social Security encourages you to support fathers and friends everywhere in their efforts to stay healthy. The right balance of diet, exercise, regular visits to doctors and health care providers, and overall healthy living can go a long way to help everyone remain a part of your daily life for years to come.

Part of staying healthy and happy is reducing the amount of stress in your life. That's where opening a my Social Security online account can help. Our online services make doing

business with us fast and easy. At my Social Security, you can:

- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits, if you are still working;
- Get a letter with proof of your benefits, if you currently receive them;
- Manage your benefits:
 - ◆ Change your address;
 - ◆ Start or change your direct deposit;
 - ◆ Request a replacement Medicare card;
 - ◆ Get a replacement SSA-1099 or SSA-1042S for tax season.

In Washington State, you can even request a replacement Social Security card online using my Social Security. It's an easy, convenient, and secure way to request a replacement card online.

Tell dad to check out the healthy amount of features we have to offer at www.socialsecurity.gov/myaccount.

In addition to using my Social Security, there are a number of other things you can do online with Social Security. For example, you can use the Retirement Estimator to plug in different numbers, retirement dates, and scenarios to help you decide the best time for you to retire. It's available at www.socialsecurity.gov/estimator.

And when that time comes, you can apply for retirement benefits online at www.socialsecurity.gov/planners/about.htm. It can take as little as 15 minutes from start to finish. In most cases, once you submit your electronic application, that's it, you're done—no papers to sign or documents to submit.

When you're ready to retire, the best place to apply is from the comfort of your home computer, with some of your favorite music playing in the background. Now that's a great start to a healthy retirement!

President's Corner . . . 1946

President: Harry Truman

Life Expectancy: 62.9 years

Music:

The Old Lamplighter - Sammy Kaye

The Gypsy - Dinah Shore

Symphony - Freddy Martin

Prisoner of Love - Perry Como

Movies:

The Best Years of Our Lives (Academy)

Notorious

The Big Sleep

It's a Wonderful Life

Cost of Living:

Average income \$2,500 per year

Average cost of a new house \$5,600

Price of a new car \$1,125

Harvard University tuition \$420

Gasoline .15 per gallon

Milk .70 per gallon

Fresh baked bread .10 per loaf

Postage stamp .03 each

Joyce Matthews

SS QUESTIONS AND ANSWERS . . .

Question:

Although I stopped working a few years ago, I had additional seasonal earnings after my retirement. Will my monthly Social Security retirement benefit increase?

Answer:

Possibly. And, you can get Social Security retirement or survivors benefits and work at the same time. Each year, we review the records for all working Social Security

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 while you are there.

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### 1st Reverse Mortgage USA

A division of Cherry Creek Mortgage Co., Inc.  
425-438-1829 • John Harding, NMLS #118270  
Email: jharding@1strmusa.com  
*Specializing in reverse mortgages for seniors*

### Ashley Pointe

Susan Jones • 425-397-7500  
www.ashley-pointe.com  
*Lake Stevens' premier Senior Living Community  
"Small enough to care a little more"*

### The Assurance Group

Diane Renando • 425-446-9620  
dianerenando@yahoo.com  
*Providing seniors with solutions for the challenges  
they face in their daily lives*

### Avon • Carrie Byrum

425-359-1174 • beautyis2share@gmail.com  
*Great products at an affordable price. Skin care, jewelry and  
more. Offering 10% discount for Senior Center members.*

### Bell Properties

Joyce Bell, owner • 425-334-0441  
www.bellproperties.net  
*Residential real estate sales and property management*

### Dedicated Care Solutions

Greg Cranford • 425-737-3865  
www.dedicatedcaresolutions.com  
*Elder care advisor offering FREE resources  
and referrals for all senior needs*

### Demeroutis Insurance Agency

Bill Demeroutis • 425-259-0635  
billd@allstate.com • www.Allstate.com/BillD  
*Family owned & operated Allstate Agency*

### Edward Jones

Sterling Gurney, CRPC®, AAMS®, *Financial Advisor*  
360-563-1042 • sterling.gurney@edwardjones.com  
*Edward Jones is an investment firm that believes your  
financial goals deserve a face to face conversation*

### Foster Press

Donna Foster • 425-334-9317  
www.fosterpress.com  
*Offset & digital printing, screen printing, copies, banners,  
trophies, awards & much more*

### Games Plus

Don & Holly Forbis • 425-377-2850  
1805 Main Street, Lake Stevens  
*Board Games, Puzzles, Card Games, Comics & More  
Stop in and ask about weekly game events*

### Gencare ~ Village at Granite Falls

Robbie Liechty • 360-691-1777  
www.thevillageatgranitefalls.com  
3202 N Alder Avenue, Granite Falls, WA 98252  
*Enjoy your retirement nestled among the natural, forest  
setting of the foothills, just minutes from Lake Stevens*

### H & R Block

Sharron Schmoker • 425-397-8602  
430 91st Ave. NE #12, Lake Stevens  
*The world's largest tax services provider, employing highly  
trained tax professionals*

### Heritage Bank

Staci Lindstrand • 425-312-0000  
629 SR 9 NE., Lake Stevens  
*A full-service community bank, offering a complete array of  
business and personal banking tools*

### Humana

Susan Hanson • 425-330-0646  
shanson11@humana.com  
PO Box 244, Snohomish, WA 98291  
*Medicare Insurance: Medicare Advantage, Prescription Drug  
and Supplement Insurance Plans, plus more*

### Jay's Market

Keith & Corie Perry • 425-334-1256  
1809 Main Street, Lake Stevens  
*Your friendly, hometown grocery store, plus much more.  
Serving Lake Stevens for over 30 years*

### Lamb of God Lutheran Church

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

## **Larsen Financial Services**

Doug Warren • 425-335-4600

doug@larsenfinancial.net • www.larsenfinancial.net

*Doug is a NY Life agent, working with individuals and families with their investment and insurance needs.*

## **Medicare Questions?**

call Greg Larsen • 425-512-9666

*First Legacy Financial: Offering Medicare Supplemental & Medicare Advantage Plans*

## **Opus Bank**

Maxx Mogollon • 425-334-8880

mmogollon@opusbank.com

8915 Market Place (Inside Haggens)

*Built and designed to honor the life's work of our clients; providing excellent customer service*

## **Papas Mexican Grill**

425-903-4069

9302 N. Davies Road, Lake Stevens

www.papasmexicangrill.com

*California Style Mexican Grill offer daily specials and salsa bar made fresh daily*

## **Rehabber Extraordinaire**

Kim Daughtry • 425-397-8555

www.rehabberconstruction.com

*Providing extraordinary contractor and handyman services, on-time and on budget*

## **Remember When Antique Mall**

Lori Warren • 360-568-0757

908 1st Street, Snohomish

RememberAntiques@yahoo.com

*Antiques & Collectibles*

*Buying single pieces and estates*

## **Steve's Lake Stevens Barber**

Steve Iblings • 425-334-3304

lakestevensbarbershop.com

9433 4th ST NE Suite 103, Lake Stevens, WA

*Men's and boy's haircuts and beard trims, from modern to classic hairstyles, straight razor beard and neck shaves.*

## **Williams Real Estate Brokers**

Juanita Williams • 425-334-1600

www.williamsbrokers.com

*Residential & commercial real estate sales & development*

*Call the office (425.335.0345) and ask us how to get your business listed here.*

*Continued from page 3. . .*

recipients to see if additional earnings may increase their monthly benefit amounts. If an increase is due, we calculate a new benefit amount and pay the increase retroactive to January following the year of earnings. You can learn more about how work affects your benefits by reading our publication, *How Work Affects Your Benefits*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

## **Senior Assistance Resources**

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

### **Senior Services of Snohomish County:**

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 Monday through Friday, 8:30 a.m. - 4:30 p.m. 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:** 425.347.1229.

Dedicated Care Solutions - Elder care advisor offering **FREE resources and referrals for all senior needs:** Call Greg at 425.737.3865; [www.dedicatedcaresolutions.com](http://www.dedicatedcaresolutions.com).

**SHIBA** - Provides free, unbiased, and confidential **assistance with Medicare and health care choices:** 425-290-1276.

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

**Senior Services Nutrition Program:** 425.347.1229, [basicfood@sssc.org](mailto:basicfood@sssc.org).

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, [transportation@sssc.org](mailto:transportation@sssc.org).



## Mt. Rushmore & Black Hills Fundraising Trip

The Lake Stevens Senior Center will be sharing a Motor Coach trip to Mount Rushmore and the Black Hills of South Dakota with the Stillaguamish Senior Center from **August 20-28, 2016** (Saturday-Sunday).

The cost is \$899 per person, based on double occupancy, and includes motor coach transportation, 8 nights lodging, 14 meals (8 breakfast, 6 dinners) and entry into several local tourist destinations during the trip.

If you are interested please contact Nola Johnson at 425.309.0717, or DJ Winebrinner at 360.653.4551 (Stillaguamish Center).

### Senior Center Board

#### *Officers:*

Joyce Matthews, President  
Cheryl Jones, Vice President  
Art Alessi, Secretary  
Loren Hole, Treasurer

*(new officers will be elected by the board at the June 13 meeting)*

#### *Board Members:*

Joyce Bell            Ruth Bramall  
Ann Buckner        Lin Henderson  
Amelia Mimura    Jack Pease  
Jim Raymond       Gary Wolfe

***Welcome new board member Lin Henderson.***

***Thank you Wayne Franz for your many years of service!***

### 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 to rent for **meetings, parties, reunions, etc.**, mornings before 9 a.m., evenings after 4 p.m. and weekends. Basic rates are:

- \$50 per hour for the first 4 hours (\$100 minimum)
- \$25 per hour after 4 hours
- \$50-\$75 per event for use of commercial kitchen

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

Happy  
*Father's*  
Day

### Classified Ads

Do you have an item you'd like to sell or give away, or a service you would like to advertise? You can put a 5-line ad in the senior newsletter for only \$5.00.

Contact the Center office at **(425-335-0345)** to include your listing in the next edition of our newsletter.

# Calendar of Events

June 2016

| Sun                       | Mon                                                                                                                                   | Tue                                                                                                                                                       | Wed                                                                                                                                    | Thu                                                                                                                                                                          | Fri                                                                                                                                            | Sat                                                                               |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>29</b>                 | <b>30</b><br>Memorial Day<br>9:30 am - 10:30 am<br>Ukulele Lessons<br>10:30 am - 11:30 am<br>Hula Lessons<br>12 pm - 3 pm<br>Pinochle | <b>31</b><br>9 am - 10 am<br>Exercise<br>11 am<br>Mariners Game Trip                                                                                      | <b>June 1</b><br>9:30 am<br>Bingo Committee<br>11:30 am<br>Lunch<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes           | <b>2</b><br>9 am - 10 am<br>Exercise<br>10:15 am - 11:15 am<br>Line Dancing Class<br>12 pm<br>Bridge<br>1 pm<br>Memoirs & More                                               | <b>3</b><br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO                                                                                          | <b>4</b><br>4 pm - 12 am<br>Private Rental                                        |
| <b>5</b>                  | <b>6</b><br>9:30 am - 10:30 am<br>Ukulele Lessons<br>10:30 am - 11:30 am<br>Hula Lessons<br>12 pm - 3 pm<br>Pinochle                  | <b>7</b><br>9 am - 10 am<br>Exercise<br>10 am - 12:30 pm<br>Hooks & Needles<br>12:30 pm - 1:30 pm<br>Bridge Classes                                       | <b>8</b><br>11:30 am<br>Lunch<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes                                              | <b>9</b><br>9 am - 10 am<br>Exercise<br>10:15 am - 11:15 am<br>Line Dancing Class<br>12 pm<br>Bridge                                                                         | <b>10</b><br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO                                                                                         | <b>11</b><br>10 am - 2 pm<br>Health & Safety Fair<br>9:30 am<br>Sorticulture Trip |
| <b>12</b>                 | <b>13</b><br>10 am - 12 pm<br>Board Meeting<br>12 pm - 3 pm<br>Pinochle                                                               | <b>14</b><br>Flag Day<br>9 am - 10 am<br>Exercise<br>12:30 pm - 1:30 pm<br>Bridge Classes<br>1 pm - 3 pm<br>BUNCO                                         | <b>15</b><br>10 am - 11 am<br>Social Security Seminar<br>11:30 am<br>Lunch<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes | <b>16</b><br>9 am - 10 am<br>Exercise<br>10:15 am - 11:15 am<br>Line Dancing Class<br>12 pm<br>Bridge<br>9:30 am<br>Cashmere Aplets & Cotlets Trip<br>1 pm<br>Memoirs & More | <b>17</b><br>10:45 am - 11:30 am<br>Blood Pressure Checks<br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO<br>5:30 pm - 11:30 pm<br>Private Rental | <b>18</b>                                                                         |
| <b>19</b><br>Father's Day | <b>20</b><br>9:30 am - 10:30 am<br>Ukulele Lessons<br>10:30 am - 11:30 am<br>Hula Lessons<br>12 pm - 3 pm<br>Pinochle                 | <b>21</b><br>9 am - 10 am<br>Exercise<br>10 am - 12:30 pm<br>Hooks & Needles<br>12:30 pm - 1:30 pm<br>Bridge Classes                                      | <b>22</b><br>11:30 am<br>Lunch<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes                                             | <b>23</b><br>9 am - 10 am<br>Exercise<br>9 am - 4 pm<br>Foot Care - Michael<br>10:15 am - 11:15 am<br>Line Dancing Class<br>12 pm<br>Bridge                                  | <b>24</b><br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO                                                                                         | <b>25</b>                                                                         |
| <b>26</b>                 | <b>27</b><br>9:30 am - 10:30 am<br>Ukulele Lessons<br>10:30 am - 11:30 am<br>Hula Lessons<br>12 pm - 3 pm<br>Pinochle                 | <b>28</b><br>9 am - 10 am<br>Exercise<br>10 am - 12:30 pm<br>Hooks & Needles<br>10 am - 1 pm<br>Foot Care - Julie<br>12:30 pm - 1:30 pm<br>Bridge Classes | <b>29</b><br>11:30 am<br>Lunch<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes                                             | <b>30</b><br>9 am - 10 am<br>Exercise<br>10:15 am - 11:15 am<br>Line Dancing Class<br>12 pm<br>Bridge                                                                        | <b>1</b><br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO                                                                                          | <b>2</b>                                                                          |

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

425.335.0345 • [www.LakeStevensSeniorCenter.com](http://www.LakeStevensSeniorCenter.com)

"Life does not get better by chance, it gets better by change." ~Jim Rohn



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

PRSRST STD  
NON-PROFIT  
US POSTAGE PAID  
LAKE STEVENS WA  
PERMIT #44

RETURN SERVICE REQUESTED

**REGULAR ACTIVITIES AT A GLANCE**

| <b>Activity</b>  | <b>Day of Month</b> | <b>Day of Week</b>   | <b>Time</b>   |
|------------------|---------------------|----------------------|---------------|
| Ukulele Class    | most                | Mondays              | 9:30-10:30am  |
| Hula Class       | most                | Mondays              | 10:30-11:30am |
| Pinochle         | every               | Monday               | 12pm-3pm      |
| Exercise         | every               | Tuesday & Thursday   | 9am-10am      |
| Computer Classes | every               | Tuesday (by appt.)   | 10am-1pm      |
| Bunco            | every 2nd           | Tuesday              | 1pm-3pm       |
| Hooks & Needles  | every other         | Tuesday              | 10am-12pm     |
| Lunch            | every               | Wednesday & Friday   | 11:30am       |
| Computer Classes | every               | Wednesday (by appt.) | 1pm-4pm       |
| Art              | every               | Wednesday            | 1pm-2:30pm    |
| Bridge           | every               | Thursday             | 12pm          |
| Memoirs & More   | 1st & 3rd           | Thursday             | 1pm-2pm       |
| Bingo            | every               | Friday               | 1:30pm        |

**On the Web**  
Get the most up-to-date calendar, newsletter and activity information at:  
[www.LakeStevensSeniorCenter.com](http://www.LakeStevensSeniorCenter.com)