



## 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**

Congratulation Lisa Clawson! Lisa has been chosen as the Senior Center's volunteer of the month for September! Lisa was instrumental in making this year's Aquafest strawberry booth a big success and she is also starting a new Zumba class here at the Center.

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

#### **Murder Mystery Dinner Sept 17**

*Chateau Ste. Senior Centre Presents . . .  
Sour Grapes of Wrath*

Lake Stevens Senior Center is supporting Snohomish Senior Center by planning a van trip to their Murder Mystery fundraising event. The van will leave the Center at 5:00 p.m. on Saturday, September 17. The cost is \$45 for member and \$50 for non-members (including event ticket).

Enjoy an evening of food, wine, and intrigue. The evening includes a 4 course meal with 2 glasses of wine (cash bar also available). **All proceeds benefit the Snohomish Senior Center!**



#### **Flu Shots**

Walgreens Pharmacy is coming to us for flu shots. Come in between 12:00 and 2:00 p.m. on Wednesday, September 14 and get your flu shot in the comfortable setting of the Senior Center. We will have a sign-up sheet, spreading appointments every 10 minutes, but will also be accepting drop-ins.

#### **Angel of the Winds Sept. 21**

Join your friends at the Senior Center on Wednesday, September 21st for a van trip to Angel of the Winds Casino. The van will leave the Center at 9:30 a.m. and leave the Casino to return at 2:00 p.m. The cost is \$5 for members and \$10 for non-members, and includes \$5 slot play and \$5 off lunch buffet.



#### **AARP Safe Driving Class September 21 & 22**

The Next AARP Driver Safety Class is scheduled for Wednesday and Thursday, **September 21 & 22, 2016** from 12:00-4:00 p.m. This is a two-part class, and you must attend both days to receive certification. Become a more skilled and competent driver and save on your auto insurance.

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.

#### **New Card Game Wednesdays**

We have started a new card game (Hand & Foot) after lunch on Wednesdays and are inviting new players. Lessons are also available if you haven't played before.

#### **Thank You Rest Stop Volunteers!**

Thank you to all of our great volunteers who stepped up to work a shift and those who donated cash and supplies for the Center's annual Rest Stop Service! Thanks to you, we had another successful year and appreciate everyone who made it happen!

## *President's Corner . . .*

*I would like to congratulate Lisa Clawson for being our volunteer of the month and give you a brief introduction for those who don't know her.*

Lisa was born in Fresno, CA, grew up in the San Francisco Bay area and went to college in San Jose. She and Doug were married in 1964 and they had four sons before moving to Seattle in 1979.

Within a few years Lisa went to work for Seattle Schools. There she worked in schools as a Family Support Worker. As these years passed her four boy's grew up and she attended college at Evergreen State, finishing with a BA from Antioch College in Seattle.

After coming to Lake Stevens in 2002, Lisa and Doug opened Lake Stevens Books, which closed in 2009. She is now active in the senior center, still living with husband, Doug and their French bulldog Napoleon.

Best Wishes,

*Joyce Matthews*

## **ZUMBA Coming in October**

Lisa Clawson, a certified Zumba instructor will begin weekly classes here at the Center starting October 3rd from 12:00-1:00 p.m.

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. It provides a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.

## **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.

We would appreciate it if you would handle business needs during office hours as we don't have paid staff here on Fridays. If you do need something on a Friday, please see Cheryl Jones, or Joyce Matthews. **NOTE:** Any phone messages left on Friday will not be checked until Monday morning.

**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.** If you are a new volunteer, please ask in the office about procedures.

**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**

### **Citizen Participation Meeting September 7**

*Lake Stevens Planning Commission to Host First Citywide Advisory Meeting For Downtown Planning . . .*

The Planning Commission will host Lake Stevens' first citywide meeting for downtown development on Wednesday, September 7, 2016 at 6 p.m. at the Lake Stevens Community Center located next

to City Hall at 1808 Main Street, Lake Stevens. Mayor John Spencer will provide opening comments.

City consultants Crandall Arambula will facilitate the meeting and review their findings about Lake Stevens' downtown existing conditions, opportunities and constraints.

The City is encouraging all citizens to participate in this first city-wide advisory meeting. "This is a very exciting and important time for Lake Stevens and public participation is critical for a successful downtown plan," said Mayor Spencer. "Crandall Arambula has listened very carefully to staff's and citizen's input about downtown and I look forward hearing innovative and creative ideas for a new downtown based on citizen input."

For more information about the Lake Stevens downtown subarea plan or the advisory meeting, please contact Russ Wright, Lake Stevens Community Director at [rwright@lakestevenswa.gov](mailto:rwright@lakestevenswa.gov) or (425) 377-3315.

## **Listen and Learn About SS**

*By Kirk Larson, Social Security Washington Public Affairs*

***Listen and learn about Social Security . . . Free audio publications for your convenience.***

Perhaps you've been planning to read that booklet on Social Security benefits for some time now, but you never seem to find the time to sit down with it. If only you could listen to an audio version, just as you might listen to the latest novel by your favorite author on audio book.

Now you can. Social Security offers more than a hundred publications in audio format, in both

English and Spanish. You can find them at <https://www.ssa.gov/pubs/audio/audio.html> and <https://www.ssa.gov/pubs/> or you can call (800) 772-1213 for assistance.

At Social Security, we want to make sure you can get the information you need. That is why we offer our publications in print, online in both Internet and PDF versions, and some in audio format. You also can get publications in Braille, in enlarged print and even cassette or CD. If you are blind or visually impaired and are having trouble reading a notice we sent you in the mail, you can ask a Social Security representative to read it and explain it to you. You can contact us as many times as you want to get an explanation.

Social Security is committed to using technology to improve the customer service experience. Learning about any aspect of Social Security's programs is easier than ever, in the format that works best for you. These days, you can even get a personalized estimate of your future benefits and apply for those benefits online.

From the comfort of your home, you can access information about Social Security. Take it a step further and use the audio publications in combination with the Frequently Asked Questions (FAQs) section to get answers to over 700 questions.

If you were planning to plug in the ear buds and listen to a little music tonight, why not play the Social Security publication you've been putting off? It's never been easier to learn about Social Security. Just visit our webpage and you can learn about Social Security programs at [www.ssa.gov](http://www.ssa.gov). Welcome to our online library. Whatever your preferred format, we're here for you.

## **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

## 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. . .*

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).

## **UP**

A reminder that one word in the English language can be a noun, verb, adjective, adverb and preposition: UP

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP.' It is listed in the dictionary as an [adv.], [prep.], [adj.], [n] or [v].

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP?

Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing, but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP .

We open UP a store in the morning, but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks it UP. When it does not rain for awhile, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . my time is UP!

**THANK YOU VOLUNTEERS**

Thank you to all of our dedicated volunteers. For the month of July we had a total of 911.5 volunteer hours turned in!

Keep up the good work!

**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.

**Senior Center Board**

**Officers:**

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

**Board Members:**

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

**Office Staff:**

|                            |                              |
|----------------------------|------------------------------|
| Donna Foster<br>(Mornings) | Betty Andrew<br>(Afternoons) |
|----------------------------|------------------------------|

# Calendar of Events

September 2016

| Sun                                           | Mon                                                                                                                                                     | Tue                                                                                                                                                                  | Wed                                                                                                                                                                              | Thu                                                                                                                                      | Fri                                                                                                       | Sat                                                |
|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| <b>28</b>                                     | <b>29</b><br>9:30 am - 10:30 am<br>Ukulele Lessons<br>9:30 am<br>Evergreen Fair Trip<br>10:30 am - 11:30 am<br>Hula Lessons<br>12 pm - 3 pm<br>Pinochle | <b>30</b><br>9 am - 10 am<br>Exercise<br>10 am - 12:30 pm<br>Hooks & Needles<br>10 am - 1 pm<br>Computer Classes                                                     | <b>31</b><br>11:30 am<br>Lunch<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes                                                                                       | <b>September 1</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>2</b><br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO                                                     | <b>3</b>                                           |
| <b>4</b>                                      | <b>5</b><br>Labor 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>6</b><br>9 am - 10 am<br>Exercise<br>10 am - 1 pm<br>Computer Classes                                                                                             | <b>7</b><br>11:30 am<br>Lunch<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes                                                                                        | <b>8</b><br>9 am - 10 am<br>Exercise<br>12 pm<br>Bridge<br>6 pm - 8 pm<br>Rental -<br>Crosswater HOA                                     | <b>9</b><br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO<br>5 pm - 6 pm<br>Rental Set-up<br>Tentative        | <b>10</b>                                          |
| <b>11</b><br>GrandParents' Day<br>Patriot Day | <b>12</b><br>10 am - 12 pm<br>Board Meeting<br>12 pm - 3 pm<br>Pinochle                                                                                 | <b>13</b><br>9 am - 10 am<br>Exercise<br>10 am - 12:30 pm<br>Hooks & Needles<br>10 am - 1 pm<br>Computer Classes<br>10 am<br>Bingo Committee<br>1 pm - 3 pm<br>BUNCO | <b>14</b><br>11:30 am<br>Lunch<br>12 pm - 2 pm<br>Flu Shots<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes                                                          | <b>15</b><br>9 am - 10 am<br>Exercise<br>12 pm<br>Bridge<br>1 pm<br>Memoirs & More<br>(at Buzz Inn)                                      | <b>16</b><br>10:45 am - 11:30 am<br>Blood Pressure<br>Checks<br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO | <b>17</b><br>5 pm<br>Murder Mystery<br>Dinner Trip |
| <b>18</b>                                     | <b>19</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>20</b><br>9 am - 10 am<br>Exercise<br>10 am - 1 pm<br>Foot Care - Julie                                                                                           | <b>21</b><br>9:30 am - 2 pm<br>Angel of the<br>Winds Trip<br>11:30 am<br>Lunch<br>12 pm - 4 pm<br>AARP Driving Class<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes | <b>22</b><br>9 am - 10 am<br>Exercise<br>12 pm<br>Bridge<br>12 pm - 4 pm<br>AARP Driving Class                                           | <b>23</b><br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO                                                    | <b>24</b><br>10 am - 1 pm<br>Private Rental        |
| <b>25</b>                                     | <b>26</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>27</b><br>9 am - 10 am<br>Exercise<br>10 am - 12:30 pm<br>Hooks & Needles<br>10 am - 1 pm<br>Computer Classes                                                     | <b>28</b><br>11:30 am<br>Lunch<br>1 pm - 3:30 pm<br>Art<br>1 pm - 4 pm<br>Computer Classes                                                                                       | <b>29</b><br>9 am - 10 am<br>Exercise<br>9 am - 4 pm<br>Foot Care - Michael<br>12 pm<br>Bridge                                           | <b>30</b><br>11:30 am<br>Lunch<br>1 pm - 3 pm<br>BINGO                                                    | <b>1</b><br>12 pm - 5 pm<br>Private Rental         |

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

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

*“Whether you think you can, or think you can’t, you’re right.” ~Henry Ford*



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

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

*Seniors Soar Like Eagles*

### 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-12:30pm  |
| Lunch                 | every               | Wednesday & Friday   | 11:30am       |
| Hand & Foot Card Game | every               | Wednesday            | 1pm           |
| 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)