

December 2016

Volume 14 Issue 12



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 Wayne Franz! The Senior Center board is pleased to announce Wayne Franz as the volunteer of the month for December! Wayne is a long time volunteer here at the Center holding the title of Facility Manager and Head Chef for several years and recently adding Kitchen Manager to his duties. Wayne is a very dedicated volunteer, cooking most of our Friday lunches, servicing the vans and being on call whenever something needs fixing around the Center.

Thank you Wayne, we appreciate all you do for our Seniors! We couldn't manage without you, keep up the good work!

Annual Membership Drive

It's time again for our annual Membership Drive. *Your 2017 membership application is enclosed in this newsletter.* Please take a moment to fill it out and mail it back (with payment, of course:), or bring it by the office next time you are here at the Center. The membership dues (only \$20 per person) help us keep the Center running.

Thank you to everyone who has already renewed for 2017 and to those brand new 2017 members; we appreciate your continued support!



AARP Safe Driving Class December 7 & 8

The Next AARP Driver Safety Class is scheduled for Wednesday and Thursday, **December 7 & 8, 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. 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.

Windermere Lunch Dec. 9

Let Windermere Real Estate/Lake Stevens put you in the holiday mood! The wonderful staff at Windermere will again host a free holiday luncheon for local seniors as they have for many years. Lunch will be served at 11:30 a.m. on Friday, December 9th. *Please sign up at the Senior Center for this special event.*

The children from Miss Kitty's kindergarten class at Mount Pilchuck Elementary School will also be joining us to sing carols.



"In The Mood" Trip Dec. 11

The holidays are right around the corner and it is time again for *"In The Mood"* our return to the 1940's big band music and comedy variety show. Dress up, tap your toes, dance in the isles, and enjoy the amazing tunes of the Bill McKenzie and his Sky Notes Orchestra!

The Center is planning a trip to the Wagner Performing Arts Center in Monroe to enjoy the show on Sunday, December 11. The van will leave the Center at 1:00 p.m. The cost is \$19 for members and \$24 for non-members. This includes tickets and transportation. Sign-up and pay at the Center by Wed., November 7.



“Swing Into Christmas” Trip Dec. 17

Celebrate the Holidays with us at this sit-down concert with the Moonlight Swing Orchestra, a 20 person live ‘Big Band’ orchestra. Enjoy tasty appetizers, wine & beer at intermission.

The Center is planning a trip to the East County Senior Center to enjoy this Holiday Concert on Saturday, November 17. The van will leave the Center at 12:00 p.m. and the cost is \$15 for members / \$20 for non-members. Please sign-up and pay by Friday, Dec. 9th.



Annual Christmas Party Dec 25

The Lake Stevens Senior Center’s annual Christmas party for local seniors is a long running tradition. This year’s event promises to continue the tradition of great food, fun, and fellowship! The festivities will begin at the Senior Center at 12:30 p.m. on Christmas day.

Our volunteer committee along with event chairman Wayne Franz are hard at work preparing for the big event.

Look for the sign-up sheet at the Center from December 9th through the 21st. **Reservations are required** and limited to the first 80 people.

You Are Invited

By Dawn Poplin

Come and join our Memoirs & More Creative Writing Class . . . Here you can set your mind free to soar to a world of *wonder and delight* that only you can envision.

I have been asked to write a short synopsis on the subject of creative writing. This can include any form from Memoirs, Articles, Short Stories, Novels to Poetry or Pros.

President’s Corner . . .

I would like to congratulate Wayne Franz as our volunteer of the month and give you a brief introduction.

Wayne was born in Lincoln, Illinois. He served in the Air Force for 22 years and then settle in Washington state. He went to work for Boeing, retiring after 20 years.

Wayne is a square dance caller and has been involved in square dancing since 1959. He now lives in Lake Stevens with his wife Barbara, whom he married 2013.

Wayne is a long-time volunteer here at the Center and we appreciate him very much!

Best Wishes,

Joyce Matthews

According to the dictionary:

Creative is defined as: *One who displays productive originality.*

Writing is defined as: *The act of one who writes something especially meaningful.*

To me, a creative writing class is a group of like-minded individuals expressing themselves, on paper, in accordance to their individual life experiences. A word, action or expression can lead to a varied composition of story or style in any of its motley forms. Everyone has at least one story to tell. If by chance, they dig deeper, they may find a whole repertoire of words jumping up and down in an effort to express themselves.

How many times have you heard someone say, “If only I’d written down my Grandparents’ stories of life in their day, I could pass it down to my family. But sadly to say, I don’t really remember it all.”

So now is the time. If you can’t pass down your ancestral memories, start writing your

history (his-story) as a gift of your own. This is something your family will treasure, and pass on through the generations.

So, join us on the 1st and 3rd Thursday at 1:00 p.m. at the Lake Stevens Senior Center as we all learn to express ourselves with the written word. There is joy in learning, and there is more pleasure sharing with others. As a result, we all grow.

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.



Snow Days: As we get close to the winter months, we want to remind you of our snow policy. For snow/ice closures, check the school reports. If Lake Stevens School District is closed, the Senior Center will also be closed.

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.

OTHER NEWS & EVENTS

Dickens Fair

Dec. 3 • Cavelero Mid High • 10:00 – 4:00

For the past 30 years, the Lake Stevens School District's Community Education program hosts this annual craft fair the **first Saturday in December.** The Dickens Fair is planned as a festive community holiday event that includes various children and youth performances

throughout the day and lots of shopping for hand made crafts and gifts. Entry to the fair is a canned food item or monetary donation for the Lake Stevens Food Bank.

Tips for Firefighters

Saturday, December 3 • 5:00 - 9:00 PM

IXTAPA Restaurant

303 - 91st Ave NE, Lake Stevens

Join Lake Stevens Fire for the 12th Annual “Tips for Firefighters.” Lake Stevens firefighters will be there hosting tables and collecting extra tips to purchase Christmas gifts for deserving children in the Lake Stevens community.

Ask Marilyn

By Marilyn vos Savant (Published in Parade Magazine)

I usually feel tired in the middle of the afternoon, and so do most people I know. Why does this happen?

—Joshua B.,
Pemberton Heights, Texas

This common sleepiness is generated by our brain’s inborn biological clocks, which control our circadian (daily) rhythms. These rhythms are found in most living things. Although they are innate, they also respond to environmental stimuli, mainly light and darkness. At night, when less light is present, your brain produces more melatonin, a hormone that makes you sleepy. But if that’s the case, why do we get sleepy in the middle of the day? (This often occurs about 12 hours from the middle of one’s main sleep period. So if you sleep from about 10 p.m. to 6 a.m., you may get drowsy around 2 p.m.) Our body temperature dips at both times, also promoting drowsiness, but the bigger question remains why this happens.

It’s possible, as some experts suggest, that our bodies did not evolve to remain awake for 16 straight hours (and then sleep for eight). Hence the afternoon siestas or relaxation breaks that were so popular—but are slowly disappearing—in other parts of the world. Our busy modern lives, aided by caffeine, may be

Continued on page 5. . .

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

Loretta Kreeger • 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*

### 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*

### Lake Stevens Ankle & Foot Clinic

425-397-7401  
515 SR 9 NE, Suite 103 • Lake Stevens, WA 98258  
*We are dedicated to providing exceptional and efficient,  
family friendly service for all of your foot and ankle needs.*

### 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.*

## **Walgreens**

Tracy Ellis, Manager • 425-334-1523  
718 91st Ave. NE, Lake Stevens  
*A full-service, friendly pharmacy with the added convenience of a drive-thru*

## **Williams Real Estate Brokers**

Juanita Williams • 425-334-1600  
www.williamsbrokers.com  
*Residential & commercial real estate sales & development*

*Continued from page 3 . . .*

rendering them obsolete, although not undesirable: Many studies have shown the physical, psychological and cognitive benefits of short (30 to 90 minutes) afternoon naps.

## **Social Security Announces Benefit Increase for 2017**

*By Kirk Larson, Social Security Washington Public Affairs*

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017, the Social Security Administration announced today.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum. Since 1975 we have had some years with a very high increase, 1980 was 14.3% and in some years, we have had no increase.

The purpose of the COLA is to ensure that the purchasing power of Social Security benefits are not eroded by inflation on a national level. It is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). If there is no increase, there can be no COLA. Beginning in 1975, Social Security started automatic annual cost-of-living allowances. Before that, benefits were increased only when Congress enacted special legislation.

*Continued . . .*

Information about Medicare changes for 2017, when announced, will be available at [www.Medicare.gov](http://www.Medicare.gov). For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums. The Social Security Act provides for how the COLA is calculated. To read more, please visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

## 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).

**Lake Stevens Family Center:** 425-397-4733; [lakestevensfamilycenter.org](http://lakestevensfamilycenter.org).

## 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 | Ethel Morgan  |
| Jack Pease    | Gary Wolfe    |

### *Office Staff:*

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

# Calendar of Events

## December 2016

| Sun                                                                                                                                                                      | Mon                                                                                                                    | Tue                                                                                                                                   | Wed                                                                                                             | Thu                                                                                                                       | Fri                                                                                  | Sat                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------|
|                                                                                                                                                                          |                                                                                                                        |                                                                                                                                       |                                                                                                                 | <b>1</b><br>9-10 am - Exercise<br>10 am - Zumba Gold<br>12 pm - Bridge<br>1 pm - Memoirs & More                           | <b>2</b><br>11:30 am - LUNCH<br>1 pm - BINGO                                         | <b>3</b>                                                 |
| <b>4</b>                                                                                                                                                                 | <b>5</b><br>9:30 am - Ukulele<br>10:30 am - Hula<br>12 pm - Pinochle<br>12 pm - Zumba Gold<br>2 pm - United Healthcare | <b>6</b><br>9-10 am - Exercise<br>10 am-12:30 pm - Hooks & Needles<br>10 am-12 pm - Computer Classes                                  | <b>7</b><br>11:30 am - LUNCH<br>12 pm-4 pm - AARP Driving Class<br>1 pm Art Class<br>1 pm Hand & Foot Card Game | <b>8</b><br>9-10 am - Exercise<br>10 am - Zumba Gold<br>12 pm - Bridge<br>12-4 pm - AARP Driving Class<br>5-9 pm - Rental | <b>9</b><br>11:30 am - Windermere Christmas Lunch<br>1 pm - BINGO                    | <b>10</b>                                                |
| <b>11</b><br>1 pm - 'In The Mood' Musical Trip<br>2 pm - Ukulele/Hula Christmas Party                                                                                    | <b>12</b><br>10 am - BOARD<br>12 pm - Pinochle<br>12 pm - Zumba Gold                                                   | <b>13</b><br>9-10 am - Exercise<br>10 am - Bingo Committee Meeting<br>1-3 pm BUNCO                                                    | <b>14</b><br>11:30 am - LUNCH<br>1 pm Art Class<br>1 pm Hand & Foot Card Game                                   | <b>15</b><br>9-10 am - Exercise<br>10 am - Zumba Gold<br>12 pm - Bridge<br>1 pm - Memoirs & More                          | <b>16</b><br>10:45-11:30 am Blood Pressure Check<br>11:30 am - LUNCH<br>1 pm - BINGO | <b>17</b><br>12 pm - 'Swing Into Christmas' Concert Trip |
| <b>18</b>                                                                                                                                                                | <b>19</b><br>9:30 am - Ukulele<br>10:30 am - Hula<br>12 pm - Pinochle<br>12 pm - Zumba Gold                            | <b>20</b><br>9-10 am - Exercise<br>10 am-12:30 pm - Hooks & Needles<br>10 am-12 pm - Computer Classes<br>10 am-1 pm Foot Care (Julie) | <b>21</b><br>11:30 am - LUNCH<br>1 pm Art Class<br>1 pm Hand & Foot Card Game                                   | <b>22</b><br>9 am-4 pm Foot Care (Michael)<br>9-10 am - Exercise<br>10 am - Zumba Gold<br>12 pm - Bridge                  | <b>23</b><br><b><u>CENTER CLOSED</u></b><br><b><u>NO Lunch or Bingo</u></b>          | <b>24</b>                                                |
| <b>25</b><br>12:30 pm - Annual Christmas Party<br><br><b>Merry</b>  <b>Christmas!</b> | <b>26</b><br><b>LIMITED HOURS</b><br><b>11:00-3:00 Today</b><br>12 pm - Pinochle<br>12 pm - Zumba Gold                 | <b>27</b><br>9 am - Exercise<br>10 am-12 pm - Computer Classes                                                                        | <b>28</b><br>11:30 am - LUNCH<br>1 pm Art Class<br>1 pm Hand & Foot Card Game<br>6-7 pm Relay for Life Meeting  | <b>29</b><br>9-10 am - Exercise<br>10 am - Zumba Gold<br>12 pm - Bridge                                                   | <b>30</b><br>11:30 am - LUNCH<br>1 pm - BINGO                                        | <b>31</b>                                                |

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

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

*“Volunteers do not necessarily have the time; they just have the heart.” ~ Elizabeth Andrew*



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

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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      |
| Zumba            | every               | Monday               | 12pm-1pm      |
| 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       |
| Computer Classes | every               | Wednesday (by appt.) | 1pm-4pm       |
| Art              | every               | Wednesday            | 1pm-3pm       |
| Zumba            | Every               | Thursday             | 10am-11am     |
| 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)