



July 3rd  
5:00pm – 7:00 pm  
Meat or  
vegetarian  
sauce, salad  
featuring  
locally grown  
greens, and  
garlic bread.  
\$10 adults  
\$5 kids

# Spaghetti Dinner & Strawberry Shortcake

July 4th  
10:00 am to  
2:00 pm  
Fresh from the  
oven  
shortcake,  
Remlinger  
Farms  
Strawberries,  
and real  
whipped  
cream.  
\$5 each.



## 4th Annual Sno-Valley Senior Center Benefit Golf Tournament



Where: Twin Rivers Golf Course  
4446 Preston-Fall City Rd  
Fall City, WA

When: Saturday July 18th, 2009  
10:00am Start

What: Four Person Best Ball Scramble  
1st, 2nd and 3rd Place Awards  
Barbecue and Awards Luncheon.

Why: To support the Sno-Valley Senior  
Center in its mission to support the  
independence of Senior Citizens in  
the lower Snoqualmie Valley and have  
fun doing it!

How Much: Only \$80.00 per player

Power carts not included.

## Special Events

### Burger Safaris

Wednesday July 8th: Grand China Buffet

Wednesday July 15th : Ken's Truck Stop

Wednesday July 22nd: The Rock Pizza

Wednesday July 29th: Rocko's \$1.00

All burger safaris depart at 11:00 am.

### Casino Van and More!

Hilary is subbing for Kate and she is not a "casino gal" so while the gamblers are at Red Winds in Lacey she will be visiting Shipwreck Beads if you want to join her.

Thursday July 9th.

Depart at 9:00 am Cost \$10.00

### Oklahoma!

Denise and Keith McKenney are your hosts for a trip to the Snoqualmie Falls Forest Theater to enjoy the classic Rogers and Hammerstein musical Oklahoma". After the play, enjoy a complete dinner featuring your choice of steak, salmon or chicken. You must pre-pay for this trip and include your choice of entrée upon making your reservation. Space is limited. Bring a coat or small blanket as the evenings are cool The Center will bring folding chairs.

Saturday August 1st.

Depart 2:00 pm Cost \$30.00

### Painting in Place

If you have been enjoying our watercolor classes or you just like to paint, we are going out on the road to "paint in place". Bring your own supplies including water. We are choosing sites based on their beauty and those that have some seating, picnic tables and bathrooms or porta-potties on site.

Snoqualmie Point Park: Perched above the Snoqualmie Valley with views across the scenic valley to the Cascade Range, Mount Si and Mount Baker.

Friday March 10th

Depart 9:30am cost \$1.00

Lake Joy: Kate Miller will host you at her home.

Views include the lake and the mountain views.

Date: Friday March 24th

Depart 9:30 cost \$1.00

### Chehalis Veteran Museum

Celebrate those who have given all they have to give with a tour of this museum dedicated to making sure that we never forget our veterans. We have arranged for a private tour of the 9,000 square facility. We will stop for lunch on Mary McCrank's, which is as much museum as restaurant.

Thursday July 23rd

Depart at 9:00 am Cost: \$15.00

### Get a Website, Quick, Cheap & Easy!

No web development experience required! This course provides a step-by-step road map to easily create your own website for fun, hobbies or business. Discover easy-to-use, template driven design tools that can build a basic site in 60 minutes! Determine how to choose the best web-hosting company for your needs and budget. Also, learn how to make money by finding profitable products to sell on your site! Optional workbooks available for purchase during class. Taught by an award-winning instructor and published author Kevin Boyd.

Thursday July 9th

7:00pm to 9:00pm Cost \$39.00

### Reduce Your Property Taxes

The Public Benefit Ratings System (PBRs) is a King County incentive program. If your property contains one or more of the program's open space resources and the owner is voluntarily providing more protection to a resource than required, then the participating PBRs area will receive a tax reduction. This is one of the few tax reduction programs that is NOT income based. Get all the details including applications, procedures and deadlines from Kristi McClelland from King County. Please register at the front desk so we know how many people to expect.

Monday July 6th

10:45 am free

### Tai Chi Review Class

Did you take one of Lori's Tai Chi Classes? Would you like a quick refresher? Then this class is for you. Lori will to over the first half of the 5-section From with plenty of opportunity to ask questions and practice.

Tuesday July 28th

9:30-10:30 Cost \$10.00

### How to Make Jam

Is the bounty of the Valley enticing you to make homemade jam but you are not sure how to do it? Kate Miller will show you step by step how to safely can homemade fruit jam.

Thursday July 16th

1:30 pm cost \$4.00

### Breakfast Made Simple!

Need a few quick and healthy breakfast ideas to help spiff up your normal breakfast routine? Jessica Finger, Senior Services Dietitian, will be coming to our center to do a cooking demonstration complete with free samples and recipes! Make plans to attend this tasty demonstration.

Tuesday July 7th

11:00 am free.

## Hiking in the Snoqualmie Valley

Join hike leader Gris Gay as she takes you on a series of easy hikes and walks throughout the Snoqualmie Valley.

July 17th **Lake Alice to Sno. Falls Outlook**. 3.6 miles RT, very slight elevation gain. Some uneven ground.

Depart at 1:30 pm. Cost \$1.00

July 31st. **East Tokul** (near Snoqualmie Falls), 4 miles round trip. No elevation gain. Some uneven ground.

Depart at 1:30 pm. Cost \$1.00

August 14th. **West Tokul** (near Fall City). 4 miles RT. Modest elevation gain. Some uneven ground.

Depart 1:30pm Cost \$1.00

August 28th **Weyerhaeuser Land – Griffin Creek** area. 4 miles RT. Very slight elevation gain. Mostly smooth logging roads.

Depart at 1:30pm. Cost \$1.00

More hikes in September and October too!

## Take the Pain out of Gardening

Are your begonias bugging your bursitis? Don't give up working in your garden, learn how to make your garden work for you with this free seminar. How to Adapt your Garden: A guide to proper garden type, tool selection and techniques for gardeners is presented by Brienne Costa, CTRS Recreational Therapist from Snoqualmie Valley Hospital. Everyone can benefit from learning about on proper body mechanics, tool selection as well as safety tips. Register at the front desk.

July 13th

10:40 am Free

## Medicare 101

We will cover all the Medicare basics: eligibility, benefits, getting care, and other aspects of the Medicare "puzzle." Provided by a representative from Group Health Cooperative.

Monday July 20th

10:45 am Free

## Mark your Calendar for:

**UW Mobile Dental Clinic** Led by their instructor, six advanced students will provide much needed low cost dental services including exams, cleanings, x-rays and fillings. The first exam is free and any additional work needed is offered at an extreme discount. Call 425-333-4152 to make an appointment.

Tuesday August 4th

## Congratulations Paige Denison

Our very own Enhance Fitness Instructor Paige Denison has been chosen as the Fitness Instructor of the Year. Enhance Fitness is managed by Senior Services in collaboration with the University of Washington Health Promotion Research Center and in partnership with Group Health Cooperative. The goal of the program is to increase the physical function of older adults with a focus on aerobic activity, strength conditioning, balance and flexibility. According to Paige, it is truly a privilege to work with Enhance Fitness participants at our Center. "I've learned an amazing amount from this strong, dynamic, inspiring, resilient, and big-hearted group of older adults. They are such a gift! I truly have never left work in a bad mood. I look forward to continuing this important work and challenging older adults to embrace their senior years with vigor and passion, dignity and independence."

## Seniors at the Farmer's Market

Wow! through wind and rain and 90 degree temperatures the SVSC Cafe at the Carnation Farmers Market it going gangbusters. A huge thanks to all the volunteers who are making the cafe a success. Not only is the food great, the cafe has become *the* place to reconnect with old friends and neighbors. Stop by any time and see who's there, you may be surprised! Know someone who wants to support our efforts? We are looking for sponsors for July and August. Your \$150.00 sponsorship not helps offset the cost of supplies but provides a high profile opportunity to honor a friend or promote your business. Call Amara if you want to know more.

July 14th and 28th

\$3.00 to 7:00 pm.

## Volunteer Opportunities at Snoqualmie Valley Hospital.

Google "top reasons to volunteer" and you'll likely get answers such as "to learn something about yourself," "to make a difference," and "learn new leadership skills." It is with this in mind that Volunteer Coordinator Carol Waters is now accepting applications for the Hospital District's Community Volunteer program due to launch July 1st. Opportunities range from greeting family and friends in the lobby, reading to or otherwise making a patient's stay more comfortable or assisting with a myriad of behind the scenes clerical and other duties, volunteers are seen as critically important for helping the District provide quality care with a personal touch. Contact Carol at carolw@snoqualmiehospital.org or call 206-795-0361

## Memorials and Donations

### In Memory of Henry Durbin

Russell Bean

### In Memory of Ethel E. (Beieler) Gould

Marge Qualls is sponsoring a Center Scrapbook in memory of her mom.

### Donations

Lauri Reinhart

Barbara Pelfrey

Cecelia McCorkle

Dell & Lois Foster

Joann Smith

Keith & Denise McKenney (a new staff refrigerator!)

Harvold Berry Farm

### Fundraisers

Steak Dinner \$1956.00

Birthday Raffle \$56.00

## ADH Wish list

Big Wish list:

Hot Chocolate Mix (No sugar added)

Clorox Wipes

Baby Wipes 6

V-8 Single Serving Cans

Nitrile Exam Gloves (size Small or Medium, Latex-Free, Powder-Free, Fits either hand, Single use only)

Flexible re-useable ice packs

Alcohol Wipes

Sweat Pants (sizes adult XL but also S, M, L)

Tums (must be unopened)

Acetaminophen 325 mg. Must be unopened

Ibuprofen 200 mg. Must be unopened

Poise Ultra Plus

Exercise Mat

Individually wrapped sugar free candy and chocolate

Medical Scale (approx. cost is \$1500) Please speak to the ADH nurse regarding specifics

Medical Grade Thermometer that needs to be ordered from a medical supply company. See ADH nurse for specifics.

## June Board Highlights

The Board heard the good news about Snoqualmie Hospital helping with the costs of the Nurses salaries for ADH. The Board heard a report from Mark Smith Contractor, on what was needed to repair house proposed for a thrift shop and authorized him to estimate costs and repairs for the foundation and submit a request for a building permit to the City of Carnation. We are still looking for someone to Chair the Farmers Market Booth for the rest of the summer beginning July 1, 2009 and plans are being made to have our yearly Golf Tournament at Twin Rivers Golf Course in Fall City, July 18th.

## Share your Passion

Do you have a collection or a hobby you would like to highlight in our China Cabinet? Check out Bettye Firths collection of miniature and toy sewing machines on display this month. If you would like to share you collection in our LOCKED cabinet, contact Barb Haugan 333-4230.

## July Birthdays

- | Month | Day       | First Name  | Last Name |
|-------|-----------|-------------|-----------|
| 1     | Sylvia    | McGavran    |           |
| 2     | Jeanie    | Magdlin     |           |
| 3     | Howard    | Thompson    |           |
| 3     | Kim       | Lisk        |           |
| 3     | Charles   | Zeder       |           |
| 4     | Michael   | Ericson     |           |
| 4     | Eve       | Dakan       |           |
| 4     | Audrey    | Zeder       |           |
| 5     | Brenda    | Skinner     |           |
| 6     | Stephen   | Duex        |           |
| 7     | Marge     | Qualls      |           |
| 8     | Barbara   | Tobin       |           |
| 8     | Rick      | Wheeler     |           |
| 9     | Edwin     | Cornthwaite |           |
| 9     | Jan       | Drummond    |           |
| 10    | Owen      | Ostbo       |           |
| 11    | Stuart    | Lisk        |           |
| 11    | Jackie    | Maxwell     |           |
| 12    | Don       | Williams    |           |
| 13    | Robert    | Decker      |           |
| 13    | Clyde     | Shoe        |           |
| 14    | Jim       | Edmunds     |           |
| 14    | Elizabeth | Weyer       |           |
| 14    | Rob       | Huppi       |           |
| 15    | James     | Thompson    |           |
| 17    | Kathy     | Wheeler     |           |
| 17    | Bert      | Eggstron    |           |
| 17    | Marjorie  | Bradley     |           |
| 19    | Charma    | Moreno      |           |
| 20    | Frances   | Carlson     |           |
| 21    | Carol     | Kereszturi  |           |
| 21    | Mary Jane | Haley       |           |
| 24    | Adele     | Rainville   |           |
| 25    | Stuart    | Davidson    |           |
| 26    | Margaret  | Black       |           |
| 26    | Barbara   | Todd        |           |
| 27    | Anton     | Marty, Jr.  |           |
| 27    | Gladys    | Ellsworth   |           |
| 28    | Amara     | Oden        |           |
| 28    | Audrey    | Aronica     |           |
| 28    | Gary      | Remlinger   |           |
| 30    | Daniel    | Eastlick    |           |
| 31    | Beverly   | Thomas      |           |
| 31    | Judy      | Anwar       |           |

Don't forget to join us for you free lunch on July 16th at noon if your birthday is listed here. Not on the list? Did you pay your dues? Leave a note for Pat Busser if you are not sure.

## **Directors Report, Amara Oden**

Summer is always a great time to ease into a slower way of being...that's why this month is packed with activities! Kate has been busy coming up with some really neat trips and experiences. In addition, some of our favorite fundraisers—July 4th eats and Golf Tournament, as well as new ones like Evergreen Classic Café—are more wonderful opportunities to connect with friends and support the Center. I hope to see you at some!

## **Thrift Store Update, Amara Oden**

We continue to work on renovating the building and preparing it for the move to a commercial facility. Please continue storing your donations and we will let you know as soon as we are ready! Thanks for all the enthusiasm and excitement. We think this will be a terrific opportunity.

## **What's in a Name?**

There has been much debate by the Thrift Store Committee about a name for our upcoming store. The name has to be unique so as not to conflict or confuse shoppers with other businesses. We would like something to reflect the Valley and the Senior Center if possible, but not necessarily. Have an idea? Drop your written ideas and your name and phone number at the front desk. If we use your idea you will win a \$20.00 gift certificate to the store!

## **Can you help us put together Baskets for our Auction? Anne Schlueter, Auction Chair**

Each month we will ask for your help in pulling together creative and useful baskets that we can offer at Soiree and our Auction. This month we are seeking donations for:

Exercise and Fitness Basket

Barbeque Basket

Girl's Dress-up Basket

Wine Basket

Thanks for your help! We are still looking for overnight stays or creative handmade items as well.

Anne Schlueter, Auction Chair

## **Lost Pictures Found**

Did you leave some family pictures at the Center? Kate has found some wedding and family pictures that got left at the Center last year. Let her know if you know who they belong to.

## **Programs and Services**

### **Adopt a Soldier**

Adopt a Soldier. Thank you for your support! Remember that handwritten letters are always appreciated. The donation box is located in the lobby.

### **Acupuncture**

A time tested method for improving wellness with Master of Acupuncture Sheila M. Blackman.

Every Tuesday

1:00-4:00 pm Cost \$30 for 45 minute session.

### **Adult Day Health of Sno Valley**

Provides respite for caregivers and quality individualized programming and nursing care. Every Monday, Tuesday, Wednesday, Thursday  
9:30 am to 2:30 pm. Financial aid may be available.

### **Artist Open Studio**

Every Monday from 1-3 pm the Center hosts an open studio for artists. Bring your own projects.

Every Monday

1:00 pm to 3:00 pm Cost free

### **Bingo**

Nickel a game! Free coffee!

Every Tuesday and Friday

9:00 am to 12:00 pm Cost free

### **Birthday Lunch**

All members with a birthday this month are invited to a free lunch on the 3rd Thursday.

Thursday May 21st.

Noon. Cost free

### **Bridge Club**

A fun group that is growing every week. Call Virginia for details at 788-2019.

Every Friday and some Wednesdays

10:30 am to 3:00 pm Cost free

### **Blood Pressure Checks**

Available daily 8:00-4:30 pm with our "do it yourself" machines. Carnation EMT's on the 1st Monday of every month before Enhance Fitness.

Monday June 1st.

9:15 am Cost free.

### **Caregivers Support Group**

Share the trials and joys of caregiving. Moderated by Social Worker Tammy Clark. We are no longer offering the Monday night class in Duvall.

Thursday July 16th.

1:00-2:00 pm free

## **Programs and Services Continued**

### **Charlene Somerville Sings to Us**

Charlene has been ill so this date is tentative. "Blue Skies" and "A Nightingale Sang in Berkley Square"  
Tuesday July 21st  
12:15 Cost free

### **Coffee Time**

Fruit, pastries and good company provided by our volunteers. A great start to the day.  
Monday-Friday  
8:00-9:00 am Cost \$1.00 donation

### **Computer Lab**

Two machines that have high speed internet access. We are looking for donations of a few more computers so if you know anyone who has a machine call Kate at the Center.

### **Equipment Loans**

Members can borrow from an assortment of walkers, potty seats, bath chairs, and crutches. Eastside Fire and Rescue is offering free new assistive devices such as bed rails, toilet lifts, shower chair and a free in-home evaluations and more. Contact Josie Williams at 425-313-3200.  
Cost free

### **Exercise Class-Enhance Fitness**

This program is designed especially for seniors and may be covered by Group Health plans or other insurance programs. Instructor, Paige Denison.  
Mondays, Wednesday, and Fridays  
9:30 am to 10:45 am Cost \$30.00 for twelve classes

### **Financial Planning**

Dan Giluck is a Financial Planner who can answer your questions about finance, including questions on long term care planning and reverse mortgages. Call him at his home office. 425-788-0454  
Cost free

### **Foot Care**

Judy Ware RN will here for toenail trimming.  
July 2nd 16th by appointment  
9:00 am to 3:00 pm Cost \$25.00

### **Garden Club: Lilies of the Valley**

Tour gardens and learn how to enhance your own. Members join the Northwest Perennial Alliance. Call Susan Miller for more information. 425-222-0790  
Cost \$35 per year

### **Historical Society-Tolt**

Is off for the summer. We look forward to their return on September 9th.

## **Jewelry Making Open Studio**

Join Kerstin Houger for an informal jewelry making open studio. We have a large assortment of beads and supplies, or you can bring your own project.  
Every Wednesday 1:30-3:30 pm  
Cost free.

### **Legal Advisor**

Bill Hallowell, Attorney at Law, is available by appointment the 2nd Monday of the month,  
Monday July 13th  
1:00pm-2:30 pm Cost free

### **In Case of Emergency Cards**

Want a free laminated card with all your emergency information for your wallet? Forms at the reception desk.  
Cost free

### **Loaning Library-Senior Center**

Members can borrow books, puzzles and videos  
Monday-Friday  
8:00 am to 4:30 pm Cost free

### **Lunch**

Monday through Friday the Center serves a hot lunch at noon.  
Monday - Friday  
12:00 pm Cost \$3 over 60 years old, \$5.75 under 60

### **Naturopathic Clinic**

Bastyr University has a licensed naturopathic doctor and advanced students at the Center every Friday, offering general care.  
Every Friday  
12:30 pm-3:30 pm Cost free

### **Massage**

Judy Anwar LMP offers one hour massages to members for \$35, every Wednesday. This program is extremely popular so we are limiting participants to one visit per month.  
Wednesdays by appointment  
10:00 am to 4:00 pm Cost \$35.00

### **Meals On Wheels**

40 menu selections for seniors needing pre-prepared meals for home use. Orders are taken on Tuesday for Thursday or Friday delivery. They also offer discount pricing on Ensure and other supplements. Call Kate for more information.  
Ordering on Tuesday July 14th and 28th  
Suggested donation \$3 per meal

### **Notary Service**

Call Kate for an appointment.  
Tuesday—Thursday  
8:00 am-4:30 pm Cost free

## **Pet Food**

Applications at the front desk. Pet food is delivered after the 2nd Saturday of the month and must be picked up by Friday.

Cost free

## **Quilting Club**

A friendly group that meets to work on their own projects. Meets on the 2nd and 4th Wednesdays Wednesday July 8th and 22nd

9:00 am to 12:00 pm Cost free

## **Reflexology-New Provider!**

Reflexology is a foot therapy that helps stimulate the body's ability to heal itself by increasing circulation and promoting relaxation and well-being.

Mondays by appointment

9:00 am to 2:00 pm Cost \$20.00

## **Safe Food Handling Class**

Classes are held the 2nd Monday of every month from 7:00 to 9:00pm. Registration is required, come 15 minutes prior to the start of the class. Bring picture ID and a SASE if you want your card mailed.

Monday July 13th

1:30pm Cost \$10.00

## **Salon Services**

Judy from Country Rose Boutique, offers haircuts on the second Thursday of every month.

Thursday July 9th

12:30-2:30 pm Cost haircuts \$12.00.

## **Scrabble and Upwords**

Want to play Scrabble and Upwords?

Tuesday July 14th and 28th

1:00 pm Cost free

## **Senior Information and Assistance**

One phone call to find information on in-home care, prescriptions discounts, home repair help and more.

1-888-435-3377 (1-888-4elders)

Cost free

## **Senior Rights Assistance Program**

Questions on Medicare and Health Insurance, Social Security, Estate Planning, Powers of Attorney, Guardianship, Consumer Issues, Homeowner Issues, and Legal Referrals. 1-800-972-9990.

Cost free

## **Shuttle for Seniors**

Where can you go on a Senior Shuttle? Anywhere between North Bend and Monroe. Call: 425-333-5554 or 425-888-7001

Monday through Friday 8 am to 4:30 pm

Cost free.

**Steak Dinner:** Our loyal and loving crew has completed another winter season of "The Best the Valley has to offer." With their summer break comes the news that the net total so far this calendar year to something NEAR \$14,000! Tip your hats and wave your aprons to honor our steak dinner volunteers. The unbelievably loyal, talented, and charming wait staff, cooks and kitchen helpers who make the dinners so enjoyable, tasty and profitable for us all.

Adriana

Armstrong

Alexandra

Retter

Alice Miller

Amanda

Fairbanks

Amara Oden

Angelica

Paniagua

Anne Schlueter

Barb Haugan

Becky Nixon

Bette Botting

Bill Falcon

Laura Falcon

Blaine Nixon

Bonnie Amos

Boy Scouts

Brandon

Laborde

Brock

Bronwen Boyd

Daniel Enciso

Darby Day

Dawn Board

Dean Vergillo

Dee Aronica

Diana Board

Diane Amos

Diane Magnochi

Elsie Mauhl

Erika Berg

Fran Carlson

Gary & Patty

Atkins

George Magno-

chi

Groznik Family

Harley

Brumbaugh

Harry Klein

Hilary Kohler

Isabel Jones

Jackie Goeke

Jackie Norris

Jennifer Berg

Jessica Laborde

Jessica Pitts

Jessica Strong

Joanna Wilkins

John Wilkins

Josh Denison

Kate Bergillo

Kate Miller

Kathy Borquez

Kelly Thomas

Kendall Berens

Kim Ramirez

Leo Aviles

Lindsey Smith

Lizzie Miller

Malinda

Gunnescio

Marge Qualls

Mary Wilhelm

Megan Maxwell

Michelle

Laborde

Miles Denison

Miranda

Vergillo

Nancy Moon

Nicole Pitts

Pat Busser

Paige Denison

Patrick Laborde

Rae Stewart

Rebecca Young

Rich Maki

Robyn Vergillo

Sandra Oltman

Shirley

Patterson

Steve Borquez

Steve Denison

Stu Lisk

Suzanne Boyd

Sydney Lisk

Syl Lassma

Suzanne

Lassman

Tom Armstrong

Wade Botting

Zenna Smith

## **Veterans Coffee Time**

Veterans' Coffee time during the continental breakfast is a time for all our Veterans to come together and talk about their time in the service. Hosted by Joel Estey of King County Veterans Service

Thursday July 16th

8:00-9:00 am Cost free.

## **Ways and Means**

This committee meets monthly to facilitate fundraising for our Center. Chair Marge Qualls

Tuesday July 14th

9:00 am-12:00 pm free

