



Contact us

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News & views – April 2022

We welcome Laura to our team

I'm Laura Metze, one of our new communications and marketing volunteers. I am lucky enough to live in Issaquah Highlands with my husband, two super-cute dogs, and one son. Our other four sons are grown and are making their own way in the world in Seattle, Portland, Denver, and London, UK. My favourite activity is to walk in the woods, preferably at twilight in the fog! The beauty of the Pacific Northwest never ceases to take my breath away, even after living here for four years.

I'm thrilled to be working with Sammamish Seniors as I believe it's an incredibly worthwhile organization. During the pandemic, it seems we all felt isolated and struggled to feel connected to a caring community. I can only imagine how much more difficult that must have been for those who live alone or who struggled with mobility - Sammamish Seniors is filling a much-needed void for older adults in the area, especially now.

I thoroughly enjoyed building the new website in collaboration with the established leadership and other new volunteers. It was wonderful to put my background in marketing and writing to use for the community and I look forward to doing more!



Laura Metze

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Community Conversations in April

Zoom on in...

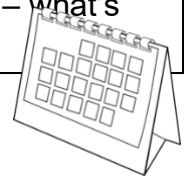


Date	Topic
<p>April 6 Wednesday 1pm</p> 	<p>Wisdom Café – “Qualities and Deficiencies” with King County Librarian Zlatina Encheva. Are qualities and/or deficiencies overrated? What do you consider the most important virtues? Zoom link: https://us02web.zoom.us/j/86922314378?pwd=NFNPL3IYNVQwazFUNGZ2dXpZM3pPZz09 Meeting ID: 869 2231 4378 Passcode: 020318 One tap mobile +16699006833,,86922314378#,,,,*020318#</p>
<p>April 13 Wednesday 11am</p> 	<p>Book Club discussion – Mystery Writer Earl Emerson’s “Black Hearts and Slow Dancing” When a Seattle firefighter who lives in North Bend finds that he has time to ponder life, he decided to write novels about murders, arson and general mayhem in the Greater Seattle area. Earl Emerson centered this mayhem in Staircase, a fictitious North Bend, as well as Sammamish and other points on the Eastside. We look forward to discussing this book further. Zoom link: https://us02web.zoom.us/j/88126867595?pwd=VTNtQXhwdkZFZ1BVQWpXWkdSkdNQT09 Meeting ID: 881 2686 7595 Passcode: 319793 One tap mobile +12532158782,,88126867595#,,,,*319793#</p>
<p>April 20 Wednesday 11am</p> 	<p>“Understanding Alzheimer’s and Dementia”–Alzheimer’s Association, Washington State Chapter. In the United States alone, more than 5 million individuals are living with Alzheimer’s and 16 million are serving as their unpaid caregivers. The Alzheimer’s Association® has created an education program covering the basics of Alzheimer’s and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed. Zoom link: https://us02web.zoom.us/j/88055504010?pwd=MHFZY0FMbFFZZXRFOWhpYXdoLzI1Zz09 Meeting ID: 880 5550 4010 Passcode: 940392 One tap mobile +12532158782,,88055504010#,,,,*940392#</p>
<p>April 27 Wednesday 11am</p> 	<p>“Coffee” with Sammamish Mayor Christie Malchow Sammamish City Mayor Christie Malchow will be with us to share information about what’s going on. Bring your questions! Zoom link: https://us02web.zoom.us/j/82741089697?pwd=T09WOTJLcmx2T1NVRGRUS2hablFkZz09 Meeting ID: 827 4108 9697 Passcode: 894076 One tap mobile +12532158782,,82741089697#,,,,*894076#</p>



Upcoming Community Conversations in May

May 4 1pm	Wisdom Café – “What Makes You Hopeful?” with King County Librarian Zlatina Encheva. Is it good or bad to keep high hopes? <u>Zoom link:</u> https://us02web.zoom.us/j/83283182406?pwd=Ny8xMmVJcHkySENrZVRsSGxLRndNZz09 Meeting ID: 832 8318 2406 Passcode: 911566 One tap mobile +12532158782,,83283182406#,,, *911566#
May 11 11am	Thinking about moving but not sure where to start? - local Real Estate Broker Renee Bornfreund
May 18 11am	Sammamish Police – Sgt. Christine Elias - personal safety, scams, what to do, and more
May 25 11am	Sammamish Recreation & Cultural Services Manager – Chris Jordan – what’s happening?!



***Congratulations to the winner of
our March gift card giveaway:***

Julie S

April Gift Card Giveaway

We are giving out a gift certificate this month for Sammamish Café.
All you need to do is email SammamishSeniors@gmail.com

- Your name
- Your contact numbers
- The answer to the posted question

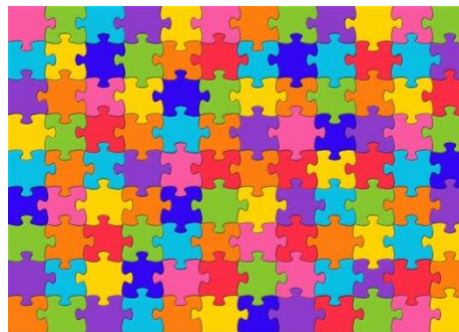
Question: What would you like to see featured in the Sammamish Seniors newsletter?

This will automatically enter you into the drawing. The winner will be contacted via email and phone and will be announced at the start of next month. Good luck!



Free jigsaw puzzle exchange

- Donate to or borrow from our Jigsaw Puzzle Library.
- Donations will be at your or Margaret's front door.
- To borrow you will need to pick the puzzle up from Margaret's front porch.
- In case you don't have transportation, Margaret will deliver to your front door (in Sammamish only).
- One borrow per time. You may get a different puzzle after you return the previous one.
- Text or call (leave a message): Margaret Rosenow 425-442-7698.



Activity corner

Each of the nine blocks must contain all the numbers 1-9 within its square. Each number may appear only once in a row, column, or box.

Sudoku 4

			1		8			4
	7						1	
5		8			4		3	9
8	2		7					
9		4				8		
				4	5		6	
		9			6			
2								3
7			4	5		2		

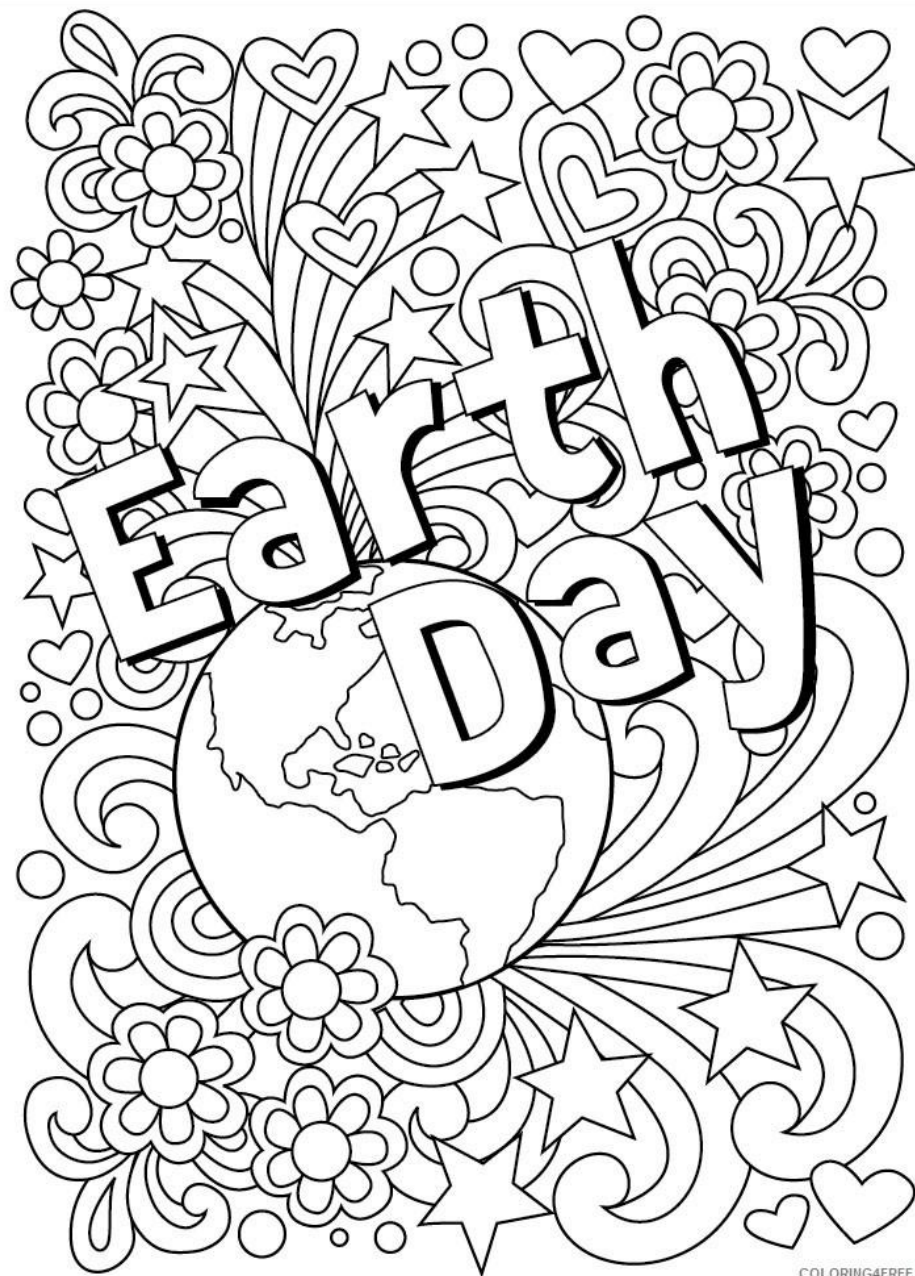
****Quote of the month****

“Cheers to a new month and another chance for us to get it right.”

-Oprah Winfrey



Color me in ... Please submit any color pages to our email. We'd love to see them & feature them in the newsletter.

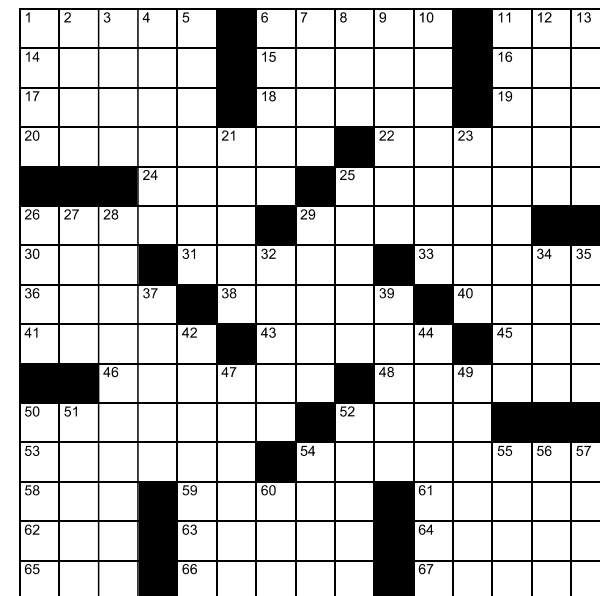


COLORING4FREE.COM

Crossword #4

Across

1. Chocolate alternative
6. Venomous snake
11. "Goodfellas" fellas
14. Cocktail garnish
15. Hot spot
16. Indignation
17. Prince hit, "I Wanna Be Your ____"
18. Pick up the tab
19. Conk out
20. Kind of leather
22. More miffed
24. Pet name
25. In all respects
26. Take in
29. Dress down
30. Scribble (down)
31. Aussie "bear"
33. Choppers, so to speak
36. Region
38. Kind of wine
40. Take a chance
41. Drive away
43. Miser's problem
45. Sargasso, for one
46. Modular home
48. Passel of pups
50. Workplace newbie
52. Belinda Carlisle, once
53. Legalese word
54. Motorcycle escort
58. Poetic palindrome
59. Fluid build-up



61. Skip a syllable
62. Vintner's vessel
63. Word repeated twice in a 1983 Bond film
64. Twill fabric
65. Picnic pest
66. What's hot
67. Pittsburgh product

Down

1. Hard-hearted
2. Succulent plant
3. Tear apart
4. Cook too long
5. Bad way to go
6. In motion
7. Mend socks
8. Word on an invoice
9. Beguile
10. Machine gun sound
11. Bahrain's region
12. Bay window
13. Drunken
21. Shish ____
23. Old-fashioned
25. Coquettish woman
26. Open, a little
27. Drag
28. Mike Brady was one
29. Book jacket ad
32. Pool problem
34. Elder or alder
35. Preside over

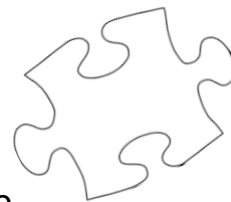
37. Lofty nest
39. Feudal slave
42. Far from strict
44. Go off-topic
47. Ding site, maybe
49. Bathroom furnishing
50. Sorority letter
51. Air again
52. Prison profession
54. Black cat, to some
55. Nearly hopeless
56. Drop-off point
57. Rod's companion
60. Cain raiser



SammamishSeniors@gmail.com

Neighboring Senior Activities

Neighboring senior/community centers provide virtual and some in-person activities including fitness. Note that registering for some activities is important. Some offerings have fees.



North Bellevue Senior Center (425-452-7681)

4063 148th Ave NE, Bellevue 98007 – Mon – Fri, 8:30 am - 6 pm

Programs: <https://bellevuewa.gov/city-government/departments/parks/community-centers/north-bellevue-community-center-programs>

For times and activities, scroll though virtual, in-person, fitness, and more.

Issaquah Senior Center (425-837-3339)

75 NE Creek Way, Issaquah 98027 - Open Mon - Thurs, 8:30 am to 4 pm; Friday, 8:30 am – 2 pm.

Lunch Served 12 - 12:30 pm

[April newsletter](#)

Mt. Si Senior Center (425-888-3434)

411 Main Ave S, North Bend 98045 – Open 9 am to 4 pm weekdays

[April newsletter](#)

Redmond Senior Center (425-556-2300)

You can sign up to receive a free monthly subscription of the Encore newsletter by mail: call 425-556-2300 or email rsc@redmond.gov to start your free, monthly subscription.

Learn about [Redmond's new senior/community center](#)

[April newsletter](#)

SnoValley Senior Center (425-333-4152)

4610 Stephens Avenue, Carnation 98014 - Open 8 am – 3:30 pm

Link: <https://snovalleyseior.org/>

There's a lot more activities included in the newsletter, fitness, too.

Indian American Community Services (253-234-9989 - ext. 3)

Indian American Community Services (IACS) is the longest-serving Indian community-based organization in the Pacific Northwest. The IACS works to connect and empower the Asian-Indian community through programs, services, and advocacy for people of all ages and all life stages.

Link: <https://iacswa.org/services/seniors/> or to register: admincoord@iaww.org



What is happening in our community?



**ONLINE PROGRAMS
COMPUTER CLASSES**
For adults.
kcls.org/programs

Presented by Bridget of Gentle Tech Help.
The sessions will not be recorded.
Notes will be emailed to registrants after the session.

Passwords, Usernames and Identity:

Find What Works for You!
Wednesday, March 16, 2pm

Your Best Photos Ever:
A Beginner's Guide to Your
Amazing iPhone Camera
Wednesday, March 23, 2pm

Emergency Digital Access:
Creating a Transition Plan for
Your Digital Information
Wednesday, March 30, 2pm

Using Word for Free?
Practical and Free Apps from
Microsoft and Google
Wednesday, April 6, 2pm

Dealing with Your Computer Files
and Photos—An Overview of Ways
to Handle Your Digital Clutter
Wednesday, April 20, 2pm

Exploring King County Library
System Online Resources
Wednesday, April 27, 2pm

Please register online at
www.kcls.org/programs
or call your local library.

Reasonable accommodation for people with disabilities is available by request.
Email access@kcls.org at least seven days before the event.
Automated closed captioning is always available for online events.




**Online Program
Steps
Toward a
Healthy and
Independent
Life**

Tuesday, April 19, 10am

For older adults.

Presented by students from the University of Washington's School
of Public Health, in collaboration with the Seattle Fire Department
and the Washington State Department of Health.

Find out how to be more independent and healthy by learning strategies
and resources to prevent falls and fires in your home. Topics include:
home modification ideas, exercise programs, medication, vision, home fire hazards
and the importance of smoke and carbon monoxide alarms.
Come with your questions!



Reasonable accommodation for people with disabilities is available by request.
Email access@kcls.org at least seven days before the event.
Automated closed captioning is always available for online events.

Please register online at
<https://1.kcls.org/3J8aGa0> by 8am
on the day of the program.



GROUP EXERCISE AOA STRENGTH

**Thursday, April 7
11:00-11:45AM
Group Fitness 1**

Join Kristin and move to the music through
a variety of seated and standing exercises
designed to increase muscular strength,
range of movement, balance and activity for
daily living skills.

Members and Community Welcome.

FOR MORE INFORMATION

Tim Hare
thare@seattleymca.org
425-395-7563

SAMMAMISH COMMUNITY YMCA
831 228TH Ave SE, Sammamish, Wa 98075
seattleymca.org

Everyone is welcome. The YMCA of Greater Seattle strengthens communities
in King and south Snohomish counties through youth development, healthy
living and social responsibility. Financial assistance is available.



SammamishSeniors@gmail.com

the COMMUNITY EVENT NEEDLEPOINT WORKSHOP

**THURSDAY, APRIL 7
NOON TO 1PM
LOCATION:
ROTARY ROOM**

**Looking
for a
new
hobby?**

Join Kristin and learn the
basics of needlepoint while
making new friends. We will
be providing needlepoint
kits or you can bring your
own.

**FOR MORE INFORMATION:
KRISTIN CORCORAN
krcorcoran@seattleymca.org**

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seattleymca.org

EVERYONE IS WELCOME.
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Resources

We have moved this section to our website – please join us in visiting it there.

Link: <https://sammamishseniors.org/resources/>

Activity corner solutions for March

Solution for Crossword #3

1	B	A	R	B	5	H	U	L	A	9	T	10	A	11	S	12	T	13	E
14	A	L	O	E	15	U	N	I	T	16	I	N	C	U	R				
17	L	O	G	S	18	M	E	N	T	19	A	L	N	O	T	E			
20	S	N	E	E	21	R		22	R	E	A	L	T	O	R				
23	A	G	R	E	E	24	R	A	I	L	25	T	E	26	R	27	M		
				28	M	A	29	L	I	G	N	30	C	A	C	A	O		
31	B	A	D		34	L	I	N	E	35	P	O	T	A	T	O			
36	A	B	I	D	37	I	N	G		38	D	E	S	E	R	T	S		
39	D	E	S	I	S	T		40	M	E	L	T		41	D	Y	E		
42	G	A	M	U	T		43	P	O	S	E	U	44	R					
45	E	M	I	R		46	T	A	R	O		47	M	I	D	S	T		
				51	S	E	52	V	E	R	A	L	53	E	P	O	C	H	
54	W	E	S	T	I	N	D	I	A	N	56		57	O	G	R	E		
58	A	G	A	I	N		59	O	N	T	O		60	F	I	E	F		
61	D	O	L	C	E		62	N	E	E	D		63	F	E	E	T		

Sudoku 3 Solution

7	4	1	9	2	6	8	3	5
9	3	6	4	8	5	2	7	1
8	5	2	3	1	7	9	6	4
4	9	3	5	6	8	7	1	2
6	1	5	2	7	4	3	9	8
2	7	8	1	3	9	4	5	6
1	8	7	6	4	3	5	2	9
3	2	9	8	5	1	6	4	7
5	6	4	7	9	2	1	8	3



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