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[Survey](#)

News & Views – June 2022

Volunteer Extraordinaire!

Tom Ehlers (with wife, Lorene) is our Sammamish Seniors “facilitator” and host of our weekly “community conversations”, but that’s not all he does! He is also on our “core” organizing team that’s working to create a first-ever senior center in Sammamish.

Tom served many years on the board of directors with the Issaquah Food and Clothing Bank, four years as president. He was also a charter member and multi-year board chair of the Sammamish Human Services Commission. Tom currently serves as the Senior Warden at Good Samaritan Episcopal Church and is actively involved with the church’s ‘Faith-in-Action’ outreach efforts, including helping with refugee resettlement and establishing a Lake Washington Tech scholarship for disadvantaged minority students. He has also volunteered with Habitat for Humanity in Guatemala.



Tom’s career background includes 25+ years of experience in retail marketing, product management, business development, and operations for companies such as Starbucks, Nestle, and Quaker Oats. He taught for seven years as an adjunct professor at Seattle University in business, is currently a mentor in their business innovation program, and is co-founder of a real estate venture.

He’s not retired! Tom still finds time to enjoy hiking, kayaking, reading, family time, socializing with friends, and “*learning (sort of) to cook!*”

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Visit SammamishSeniors.org for newsletters, resources, survey, and more!



Community Conversations in June

Zoom on in...



| Date | Topic |
|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>June 1 Wednesday 1pm</p>  | <p>Wisdom Café – “Joy of Summer” with King County Librarian Zlatina Encheva. Let’s share our simple summer joys as we head towards Summer Solstice.</p> <p>To connect to the Zoom meeting, click HERE. Meeting ID: 811 6291 8891 Passcode: 976835 One tap mobile +12532158782,,81162918891#,,,,*976835#</p> |
| <p>June 8 Wednesday 11am</p>  | <p>Book Club Discussion with Don Gerend. The book selection for June is the current #1 Best Seller nonfiction in the Northwest, “Atlas of the Heart” by Brené Brown. (see Page 3) Everyone welcome!</p> <p>To connect to the Zoom meeting, click HERE. Meeting ID: 858 0925 0877 Passcode: 504189 One tap mobile +12532158782,,85809250877#,,,,*504189#</p> |
| <p>June 15 Wednesday 11am</p>  | <p>“Good Health Nutrition” with Jeremy Horn.</p> <p>Join health educator and television personality Jeremy Horn to discuss how to manage sleep, stress, mental health, & immunity amidst a global pandemic.</p> <p>To connect to the Zoom meeting, click HERE. Meeting ID: 894 8892 0639 Passcode: 180748 One tap mobile +12532158782,,89488920639#,,,,*180748#</p> |
| <p>June 22 Wednesday 11am</p>  | <p>“Coffee” with our Interim City Manager Scott MacColl Scott has been Deputy City Manager for a year and is now Interim City Manager for nine months. He brings experience in regional and local relations, lobbying, advocacy, strategic communications. Bring your questions for our Q&A.</p> <p>To connect to the Zoom meeting, click HERE. Meeting ID: 894 8125 6516 Passcode: 442796 One tap mobile +12532158782,,89481256516#,,,,*442796#</p> |
| <p>June 29 Wednesday 11am</p>  | <p>Northwest Home Coach Organizing and decluttering with Lisa VanDoorne, offering a thoughtful, judgement-free approach to downsizing, decluttering, organizing, and design</p> <p>To connect to the Zoom meeting, click HERE. Meeting ID: 884 9070 4380 Passcode: 649009 One tap mobile +12532158782,,88490704380#,,,,*649009#</p> |





***** **Book Club** *****

Join Don Gerend and his wife of nearly 50 years, Susan, in the next read of the Sammamish Seniors Book Club, **Atlas of the Heart**. Author Brene' Brown describes 87 emotions and experiences we can consider in our search for connection during these unsettled times. Most people think of only three emotions; happy, sad, and angry. Having knowledge of the broad spectrum of emotions and experiences allows us to better understand ourselves and our connections with others. The book continues to be the #1 non-fiction read in the Northwest.

Join us on June 8th at 11am for a Zoom discussion of this wonderful book [HERE](#). Select a chapter, or an emotion, and tell us how it impacted you. Or, just listen in and hear how others were affected by Brene's explication of the myriad of emotions that enrich our lives.

The Gerend's are reading the book and learning more about the myriad of emotions and experiences that define our existence. They are discussing this book with their son and a few of his friends who are Brene' Brown groupies (if that is the right term to use for enthusiasts).

Open to all, whether or not you have read the book.

Sammamish Farmers Market – Weds, 4-8 pm, City Hall Commons

June 2: Kulfi Indian Ice Cream/Issaquah Ice Cream Trike new this week!

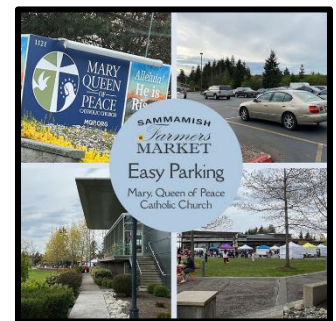
Entertainment: The Royals will perform between 4 and 6:30 pm.

Other Details: Stop by the mosaic tent to join Cheryl Smith Mosaics in creating the Sammamish Community Progress Pride Flag!

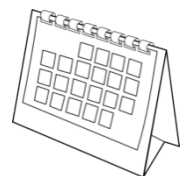
Looking to volunteer? Info Booth shifts available: 4-5:30 pm, 5:30-6:30 pm, 6:30-8 pm - a great way to meet the community! Set-up and breakdown volunteers are also needed from 2-4 pm and 8-9 pm - a perfect opportunity to be involved in our community.

Contact: info@sammamishchamber.org.

For more Information: [Visit https://sammamishchamber.org/](https://sammamishchamber.org/).



Save the Date! The Mud Run is back!
Great Activity for Grandparents/Grandchildren



2022 KIDS MUD RUN

Sammamish Friends' Mud Run is back! Be prepared to have a grand time with grands **age 4-10** at this entertaining event on Saturday, Aug 20, at the Lower Commons. We need **age 11-12** to cheer everyone on! **Age 13+ can register as volunteers** to help with setting up "obstacles" on the August 19, have fun day-of-event assignments on August 20, and help weeks ahead with making the 38 "obstacles" ready to go! Great opportunities for meeting and working alongside others!

Sign up for ages 4-10 to "run" or age 13+ to "volunteer", [REGISTER HERE](#)



Eastside Friends of Seniors
TICKETS HERE



Eastside Friends  Seniors

FOOD & BEER TASTING

MONDAY, JUNE 20 | 4:30PM
BIG BLOCK BREWING
3310 EAST LAKE SAMMAMISH PKWY SE
SAMMAMISH, WA  **LIVE MUSIC BY**
THE MUDDY STRING BAND
 **SILENT AUCTION**  **TRIVIA**

King County Library System Resources for Older Adults:
Retirement, Caregiving, Events, Technology Help, Workshops, more...
Click [HERE!](#)

“Tiger Year’s Dragon Boat Festival” at CWU, June 4







PERFORMANCES BY LOCAL ARTISTS
MARTIAL ARTS DEMONSTRATIONS
EDUCATIONAL BOOTHS
LION DANCE
FOOD TRUCKS 
DRAGON DANCE

**TIGER YEAR'S
DRAGON BOAT
FESTIVAL**

SATURDAY, JUNE 4
1:00 PM - 4:00 PM
CENTRAL WASHINGTON UNIVERSITY
120 228TH AVE NE, SAMMAMISH



Upcoming Community Conversations in July

| | |
|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>July 6 1pm</p>  | <p>Wisdom Café with King County Librarian Zlatina Encheva. “Life-long Learning” Share experiences, ideas to keep the brain active, engaged!</p> <p>To connect to the Zoom meeting, click HERE. Meeting ID: 870 8996 6494 Passcode: 911228 One tap mobile +12532158782,,87089966494#,,,,*911228#</p> |
| <p>July 13 11am</p>  | <p>“Coffee” with Sammamish’s Three New City Councilmembers</p> <p>Meet our newest City of Sammamish Councilmembers who were elected last Fall to represent and serve all ages of constituents, including those 50+. There will be a Q&A at the conclusion.</p> |
| <p>July 20 11am</p>  | <p>Tech Talk” with Michael O’Connell</p> <p>Joins us in discussing all things technology. Please send in your questions ahead of time. EMAIL us!</p> |
| <p>July 27 11am TBD</p> | <p>Topic To Be Determined –</p> <p>Your ideas welcomed! EMAIL us!</p> |
| <p>August 3 1pm</p>  | <p>Wisdom Café with King County Librarian Zlatina Encheva.</p> <p>“Which Person Influenced Your Life the Most?” Let’s share with each other who may have been the wind beneath your wings as you were exploring pathways to the future.</p> |



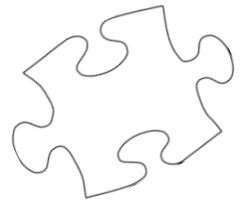
**** Quote of the month ****

The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul. – Alfred Austin



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.



| |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>North Bellevue Senior Center</u> (425-452-7681) Programs</p> |
| <p><u>Issaquah Senior Center</u> (425-837-3339) JUNE newsletter</p> |
| <p><u>Mt. Si Senior Center</u> (425-888-3434) Programs</p> |
| <p><u>Redmond Senior Center</u> (425-556-2300) JUNE newsletter</p> |
| <p><u>SnoValley Senior Center</u> (425-333-4152) JUNE newsletter</p> |
| <p><u>Indian American Community Services</u> (253-234-9989 - ext. 3) Indian American Community Services website To register: admincoord@iaww.org or 253-234-9989 ext. 3</p> |

Sudoku 6

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

Sudoku 5 Solution

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

