



### **Contact us**

SamamishSeniors@gmail.com

Joyce Bottenberg 425-444-1892

Tom Ehlers 206-734-5836

[Facebook](#)

[Website](#)

[Survey](#)

*News & views – August 2022*

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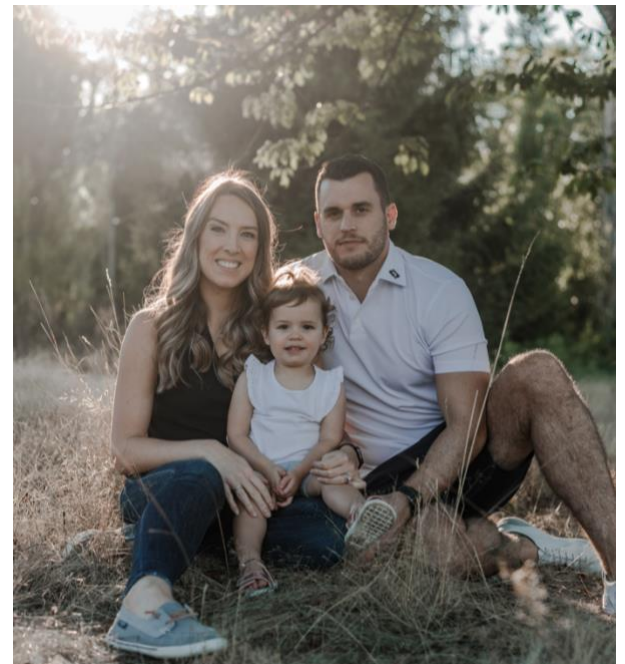
## **Suzanne brings great strengths to our team!**

Suzanne is originally from the UK and moved to Sammamish in 2018 after her husband Tom got an opportunity to relocate to the US. Having previously worked in Corporate Finance in London, Suzanne is currently enjoying a career break and managing her most challenging and rewarding job yet – full time Mom to her 2-year-old daughter Millie. The family is completed by a lively French Bulldog called Jerry. He is a very pampered pooch and made his way from the UK to the US on the Queen Mary cruise across the Atlantic.

Suzanne first found a passion for volunteering when running a social enterprise team at University and has continued to volunteer ever since. She is excited to now be a part of Sammamish Seniors and to be able to give something back to the wonderful community she now calls home.

In her spare time, Suzanne enjoys keeping fit (she is also a fully qualified Group Fitness Instructor), travelling and catching up with friends and family.

(Editor's note: Suzanne is active with our communications, marketing, and branding teams.)



Suzanne, with her husband Tom and daughter, Millie.

### **In this issue**

Pg 2: Community Conversations in August

Pg 3: Upcoming in September

Pg 4: What is happening in our community?

Pg 5: Neighboring Senior Activities

Pg 6: Activity corner & solution



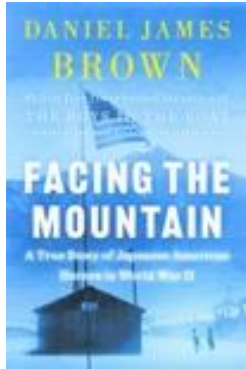
# Community Conversations in August Zoom on in...



Date	Topic
<p>August 3 Wednesday 1pm</p> 	<p><b>Wisdom Café – “Which Person Influenced Your Life the Most?”</b> with King County Librarian. Are parents the greatest influencers of all? Teachers? People in our history? World leaders? Let’s reflect on those who have positively impacted our life.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 826 3132 7607 Passcode: 014394 One tap mobile +12532158782,,82631327607#,,,,*014394#</p>
<p>August 10 Wednesday 11am</p> 	<p><b>Sammamish Community Development</b> with David Pyle, Community Development Director; Evan Fischer, Senior Management Analyst; Miryam Laytner, Planning Manager; Jackie Beliel, Management Analyst; Ellen Southard, Consultant with Site Story (a firm assisting with the 2024 Comprehensive Plan update)</p> <p>You’ve read about the Comprehensive Plan, but what is it? It’s about Long-Range Planning. The team is working on some larger projects that are exciting (the Housing Action Plan grant, the Comprehensive Plan update, and others). They would like to share that work and opportunities to engage and hear what Sammamish Seniors has to say about the topics.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 838 8109 3764 Passcode: 292052 One tap mobile +12532158782,,83881093764#,,,,*292052#</p>
<p>August 17 Wednesday 11am</p> 	<p><b>Financial Planning, “The Halftime Report”</b> with Jennifer Bromberg Please join us for a comprehensive review of market activity for the first half of 2022, what a wild ride it has been, and a look at what may happen for the rest of the year.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 885 8415 7143 Passcode: 864179 One tap mobile +12532158782,,88584157143#,,,,*864179#</p>
<p>August 24 Wednesday 11am</p> 	<p><b>Coffee with our Town Center Developer</b> – Matt Samwick will provide the latest town center update. Please come with your input on how we can best shape a vibrant town center that serves the needs of the community.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a> Meeting ID: 840 8836 6864 Passcode: 997202 One tap mobile +12532158782,,84088366864#,,,,*997202#</p>



August 31  
Wednesday  
11am



**Book Club Discussion – “Facing the Mountain”** – Join Don Gerend, whose Japanese American college roommate had been incarcerated during World War II, discuss this gripping true story of Japanese American heroes in World War II. The author, Daniel James Brown, known for “The Boys in the Boat”, lives in the Redmond area.

**If you need a copy of “Facing the Mountain”, just email Don, he has some. [don@gerend.com](mailto:don@gerend.com).**

**“A must-read. You will not be able to put it down.”—Scott Oki, former VP Microsoft, Founder, Densho**

**“Facing the Mountain... promises the story of the legendary 442nd Infantry Regiment during World War II. It delivers much more...Daniel James Brown shows us what America looks like to an immigrant or member of an ethnic minority....Brown’s vivid narrative tells a more important story about heroism and sacrifice, one that should be read by anyone who hopes to understand more about ‘the greatest generation’ and American history”—Army Magazine**

Zoom link:

To connect to the Zoom meeting, click [HERE](#)

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## Upcoming Community Conversations in September

September  
7  
1pm



**Wisdom Café – “What are the happiest moments in your life?”** with King County Librarian Zlatina Encheva.

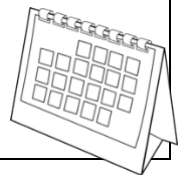
It is fun to remember our happiest moments. Was it your wedding day, the birth of your children, a fabulous trip to an exotic place, or seeing an old friend and connecting after many years? Come join us at the Wisdom Cafe and share your favorite memories.

Zoom link:

To connect to the Zoom meeting, click [HERE](#)

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## What is happening in our community?

### Eastside Friends of Seniors

EFS provides people aged 60+ services which include transportation to medical appointments, shopping and errands, home and yard chores, information and referrals.

For more information, please contact 425-369-9120  
or visit [www.eastsidefriendsofseniors.org](http://www.eastsidefriendsofseniors.org)

**FAMILY FREE EVENT**

# Sammamish P.O.P. Party on the Plateau

Presented By



**20  
AUGUST**

SAMMAMISH COMMONS PLAZA  
801 228 AVE SE, SAMMAMISH  
12:00pm - 8:00pm

Featured Entertainment  
6:30pm - 8:00pm  
ABBAgraphs



Join us for this one-day event celebrating the Sammamish Community! This festival offers musical performances from local talent during the day and popular live bands in the evening; a kid's zone with bouncy houses, face painting, balloon artist and much more; outdoor game area for adults and kids to enjoy different yard games; a food rodeo with variety of places to choose from; vendors with giveaways; and variety of activities throughout the day!

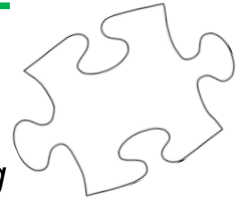




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## **Neighboring Senior Activities**

*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)

[Programs](#)

**Issaquah Senior Center** (425-837-3339)

[August newsletter](#)

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

[August newsletter](#)

**Redmond Senior Center** (425-556-2300)

[August newsletter](#)

**SnoValley Senior Center** (425-333-4152)

[August newsletter](#)

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

[Indian American Community Services website](#)

To register: [admincoord@iaww.org](mailto:admincoord@iaww.org) or 253-234-9989 ext. 3



Act as if what you do  
makes a difference. It  
does.

WILLIAM JAMES



## Activity Corner

# Sudoku 8

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

## Activity corner solution for July

### Sudoku 7 Solution

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

