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News & views – September 2022

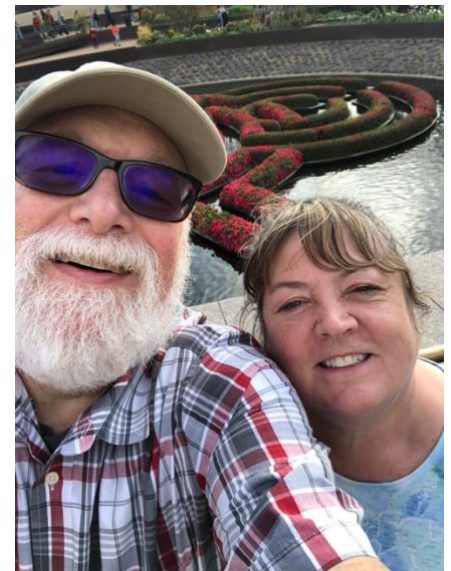
Barb is a great team player!

My name is Barb Dover. I moved up on the plateau about 42 years ago when it was mostly farms. At the time, Margaret Mead Elementary was a pig farm! The nearest grocery store was in Redmond, and there were no stoplights on the plateau. I raised 3 children who all attended in the Lake Washington school district. I have been married to my wonderful husband, Joe, for 44 years. (We actually met on an archeological dig in Israel when we both were getting our Masters degrees and I dug him!) :)

I was owner and teacher at Giggly Wiggly Preschool for 32 years and have had over 1,000 students during that time. I am newly retired, and volunteer at Eastside Friends of Seniors. I love all the nature that surrounds us in Sammamish. My favorite part of my day is walking with my husband and dog at our abundance of beautiful parks. In my spare time my favorite hobbies are reading, online scrabble, cooking, doing puzzles, and being a Grandma to 3 year old Avery.

I feel very fortunate to live in such a great community such as Sammamish. We have so much beauty and nature surrounding us! I look forward to when the Sammamish Seniors have a place to call home, and we can gather together and meet new friends!

(Editor's note: Barb is actively involved with the Wisdom Café, which takes place on the first Wednesday of every month.)



Barb, with her husband Joe.

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Community Conversations in September Zoom on in...

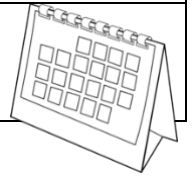


Date	Topic
<p>September 7 Wednesday 1pm</p> 	<p>Wisdom Café – “What are the happiest moments in your life?” with King County Librarian Zlatina Encheva. It is fun to remember our happiest moments. Was it your wedding day, the birth of your children, a fabulous trip to an exotic place, or seeing an old friend and connecting after many years? Come join us at the Wisdom Café and share your favorite memories.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 895 4392 8955 Passcode: 744919 One tap mobile +12532158782,,89543928955#,,,,*744919#</p>
<p>September 14 Wednesday 11am</p> 	<p>Coffee with King County Assessor John Wilson – DID YOU KNOW? - The amount of property tax you pay depends on the cost of state and local government. About half of your property tax is determined by the levies you and your neighbors have approved for services such as schools, parks, water districts, emergency medical service and fire protection, among others. Learn about Property tax exemptions for Seniors, Persons with Disabilities, and Disabled Veterans. Q&A!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 812 9133 3032 Passcode: 134549 One tap mobile +12532158782,,81291333032#,,,,*134549#</p>
<p>September 21 Wednesday 11am</p> 	<p>Learn more about “Great Places for Walking in Sammamish and the Eastside” with Janice King, a volunteer Sammamish Walks leader and author of the local guidebook, Eastside Seattle Walks. She’ll share insights about what makes our local parks and communities so great, whether walking alone or with family and friends.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 816 8207 8913 Passcode: 284451 One tap mobile +12532158782,,81682078913#,,,,*284451#</p>
<p>September 28 Wednesday 11am</p> 	<p>Coffee and Perspectives with our former City Manager Ben Yazici – Ben has worked in government for nearly 40 years, including 15+ years as our city manager from the beginning of Sammamish. Q&A!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 876 2576 1206 Passcode: 228888 One tap mobile +12532158782,,87625761206#,,,,*228888#</p>



Upcoming Community Conversations in October

<p>October 5 1pm</p> 	<p>Wisdom Café – “What are the most rewarding things about getting older?” Is it leisure time? Wisdom from experiences? Time with loved ones? Being a grandparent? Come connect with us at Wisdom Café and share our ideas!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 896 7604 6802 Passcode: 733003 One tap mobile +12532158782,,89676046802#,,, *733003#</p>
<p>October 12 11am</p>	<p>TBD – All suggestions are welcome. Please email suggestions to SammamishSeniors@gmail.com</p>
<p>October 19 11am</p>	<p>Proactive OR Reactive</p>
<p>October 26 11am</p>	<p>Tech Talk</p>



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

FREE CLASSES AT THE Y
IN SEPTEMBER!



AQUA FITNESS CLASS

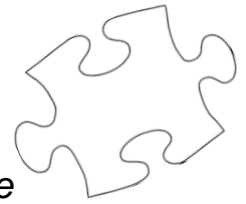
SEPT 20TH
9.45am

ART CLASS
SEPT 29TH
12pm - 1.30pm



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) September newsletter
Mt. Si Senior Center (425-888-3434) September newsletter
Redmond Senior Center (425-556-2300) September newsletter
SnoValley Senior Center (425-333-4152) September newsletter
Indian American Community Services (253-234-9989 - ext. 3) Indian American Community Services website To register: admincoord@iaww.org or 253-234-9989 ext. 3

Activity Corner

Sudoku 9

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

Solution for August

Sudoku 8 Solution

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

