



Contact us

SamamishSeniors@gmail.com

Joyce Bottenberg 425-444-1892

Tom Ehlers 206-734-5836

[Facebook](#)
[Website](#)

News & views – November 2022

Samamish “Seniors” is now among Samamish Friends!

Our Seniors are now home with Friends, a local nonprofit supporting groups and projects for over 10 years. Formed in 2012 from the Sammamish Parks Commission, Sammamish Friends focuses on positive engagement in environmental stewardship, community development, and supporting groups that are helping shape Sammamish. That's us!

Being with Friends enables us to raise funds for programming and have a real in-person “center” for adults ages 50+. As a nonprofit, we can apply for funding, reach out to supporters, and drop by Beaver Lake Lodge for weekday activities, be it conversation, speakers, fitness, games, projects, book club, arts and crafts, and much more.

Friends also includes Sammamish Walks, Stormwater Stewards, Native Plants, Game Night, Emerald Necklace, Mud Run, among others.



Samamish Friends Board of Directors

Front from left - Tom Ehlers, Sally Farrell, Don Gerend

Middle - Mary Doerr, Pauline Cantor, Joyce Bottenberg

Top - John Rossi, Sid Gupta, Margaret Rosenow

Not in photo: Ex Officio members Jan Bird and Sharon Steinbis

Officers include Sid Gupta – President, Pauline Cantor - Vice President, John Rossi – Treasurer, and Sally Farrell - Secretary

Our goal is to help those in Sammamish make it happen.

SammamishFriends.org
SammamishSeniors.org

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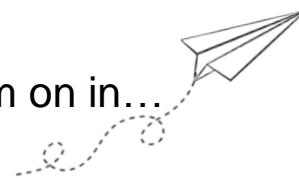
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Community Conversations in November

Zoom on in...



Date	Topic
<p>November 2 Wednesday 1pm</p> 	<p>Wisdom Café – “What is your fondest childhood memory?” Learning to ride a bike? Hearing the ice cream man? Holiday traditions with your family? Come join us in conversation at the Wisdom Café.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 844 6161 7655 Passcode: 069587 One tap mobile +12532158782,,84461617655#,,,,*069587#</p>
<p>November 9 Wednesday 11am</p> 	<p>This is the first book published by the Bellevue author who has now written over 2 dozen books bringing to life the fictional Seattle homicide detective, J. P. Beaumont. This riveting tale of a very nasty kind of murder also introduces Anne Corley, a beautiful and troubled person (with much of J. A. Jance’s life story interwoven) meeting “Beau” in a cemetery on Queen Ann Hill. Join us in finding out how Anne and J. P. “dance” in various Puget Sound locations. You need not be over 50 to enjoy Beaumont’s travails and share thoughts at our discussion of this 1985 novel during our Zoom meeting</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 886 3255 9139 Passcode: 223174 One tap mobile +12532158782,,88632559139#,,,,*223174#</p>
<p>November 16 Wednesday 11am</p> 	<p>A session on Medicare Basics, different options to consider, and answer related questions. Presenter is Archana Iyer Sunil PAHM, a Sammamish-based Health and Medicare Insurance Advisor, back with us for our annual visit.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 829 0170 6985 Passcode: 317794 One tap mobile +12532158782,,82901706985#,,,,*317794#</p>
<p>November 23 Wednesday 11am</p> 	<p>Walk the Sammamish Parks with would be photographer Don Gerend. This spring our 81-year-old retired 19-year Councilmember and four time Mayor decided to refresh his memory and legs to the pleasures of Sammamish’s beautiful parks and trails. Don has compiled a series of photos from all the Sammamish parks and many trails which he will share, along with some of the history of these Sammamish gems, during the Zoom meeting. Be prepared to ask him questions about our wonderful parks and trails.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 882 1258 0636 Passcode: 556170 One tap mobile +12532158782,,88212580636#,,,,*556170#</p>



November 30
Wednesday
11am



“Coffee with Andrew Stevens” – Andrew Stevens is the Emergency Manager for Eastside Fire & Rescue and is a State and Federally recognized instructor in a host of emergency management subjects including the Incident Command System (ICS), EOC Management, COOP, and CERT. Andrew will be focusing on community disaster resiliency, emergency preparedness, and the role of individuals before, during, and after a disaster.


Zoom link:

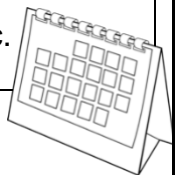
To connect to the Zoom meeting, click [HERE](#)

Meeting ID: 822 8029 3314 Passcode: 186968

One tap mobile +12532158782,,82280293314#,,,,*186968#

Upcoming Community Conversations in December

<p>December 7 1pm</p> 	<p>Wisdom Café – “What brings you joy?” Is it walking in nature? Learning new skills? Meeting new friends? Share your ideas with others at Wisdom Café!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 857 8264 3432 Passcode: 949590 One tap mobile +12532158782,,85782643432#,,,,*949590#</p>
<p>December 14 11am</p>	<p>Coffee with our new Fire Chief Ben Lane – Learn about CORE, a mobile, multi-disciplinary team of firefighters and care coordinators</p>
<p>December 21 11am</p>	<p>Musician Michael O’Connell’s Favorites! <i>Enjoy an hour of guitar and songs!</i></p>
<p>December 28 11am</p>	<p>Washington Poison Center’s Toxic Trivia game - an online fun poison trivia/history and tidbits on home poison prevention, medication safety, etc.</p>



Our previous Community Conversation notes can be found on the website [HERE](#)

A reminder to set your clocks back November 6



What is happening in our community?



Eastside Friends of Seniors annual Fall Fundraiser

When: Thursday, November 10, 4.30pm - 7.30pm

Where: Pickering Barn (1730 10th Ave NW, Issaquah, WA 98027)

There will be wine tasting, nibbles to go along with the wine, and a silent auction.

The link to register is here: [Aged to Perfection](#).

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

Eastside
Friends
of Seniors



Join us on a Friday for in person social meet ups!



Many area residents are enjoying the Sammamish YMCA's drop-in Fridays from noon to 3pm in the Y's Rotary room to meet friends, bring their lunch, make art, share stories, enjoy puzzles, and play games! Open to adults, both Y members and non-members. Coffee and tea-making provided!

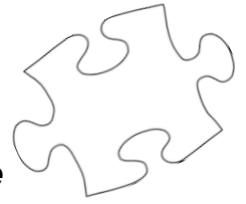


We sincerely thank Sammamish YMCA staff Nate Smith, Kristin Rosenthal Corcoran, Timothy Hare, and Randee Fox for initiating this weekly community drop-in experience for adults to get together!



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) November newsletter
Mt. Si Senior Center (425-888-3434) November newsletter
Redmond Senior Center (425-556-2300) November newsletter
SnoValley Senior Center (425-333-4152) November 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 11

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

Solution for October

Sudoku 10 Solution

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

