



Contact us

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News & views – January 2023

Sammamish Seniors and Sammamish Friends are excited for 2023!

At a recent Strategic Planning session, the Board discussed the long-term aspirations of Sammamish Friends. We found ourselves looking for commonality between existing programs as well as identifying points of intersection across our individual perspectives on the organization. We realized that the natural overlap was, quite simply, helping connect people to make Sammamish a better place. That led us to the following Vision and Mission for Sammamish Friends:



Vision (what we hope to achieve; our 'True North')

Bring Sammamish Together

Mission (How make Vision a reality)

Connect People

Protect the environment

Enrich our community

Values (the type of organizational culture we want; how we will act)

Engage people

Practice inclusivity

Lead with positivity, assume positive intent

Embrace respectful debate

Work to make Sammamish a better place

Be an advocate and ambassador for our causes

In this issue

Pg 2: Community Conversations in January
Pg 3: Upcoming in February
Pg 4: What is happening in our community?
Pg 5: Neighboring Senior Activities

Learn more about Sammamish Friends from our December 21st "Community Conversation" presentation: [HERE](#)




Community Conversations in January



Date	Topic
<p>January 4 Wednesday 2pm <i>Note time change</i></p> 	<p>Wisdom Café – “What is the single best thing that happened to you this past year?” Was it a new grandchild, a family reunion, or a wedding? Was it a special trip to an exotic or historical place? Come celebrate your joy with us at Wisdom Cafe and we focus on the positive and share our jubilation with others.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 827 6429 2804 Passcode: 437565 One tap mobile +12532158782,,82764292804#,,,,*437565#</p>
<p>January 11 Wednesday 11am</p> 	<p>Book club - Join us for discussion of <i>“The Art of Racing in the Rain”</i> by Garth Stein as told by a dog! We have read more than a dozen books since the pandemic began, all on Zoom and including mystery novels, science fiction, biographies, and non-fiction. <i>All are welcome to join us in this lively discussion, whether you have read the book or not!</i></p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 812 9399 7182 Passcode: 156585 One tap mobile +12532050468,,81293997182#,,,,*156585#</p>
<p>January 18 Wednesday 11am</p> 	<p>“Tax Talk” with Teresa Herrin, CPA. Since people are likely to have a variety of questions, Teresa would like you to email them in advance. Our topics in the past included annual taxes, Individual Retirement Accounts (IRA) distributions, taxable effects, verifying our “beneficiaries”, capital gains on selling a house, the stepped basis at time of death, doing what we can to avoid taxes on social security income, and a whole lot more. Email your questions to SammamishSeniors@gmail.com.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 815 1377 2611 Passcode: 620840 One tap mobile +12532158782,,81513772611#,,,,*620840#</p>
<p>January 25 Wednesday 11am</p> 	<p>“Coffee” with Sammamish City Council Member Roisin O’Farrell - Meet one of our newest City of Sammamish Councilmembers who was appointed a few months ago to represent and serve all ages of constituents, including those 50+. Our session will include Q&A.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 815 0304 4795 Passcode: 939224 One tap mobile +12532158782,,81503044795#,,,,*939224#</p>



Upcoming Community Conversations in February

<p>February 1 1pm</p> 	<p>Wisdom Café – Positivity! With our upcoming rainy, cloudy, short days, it is important to feel positive as you rise and shine! What gets you up every day and gives you a sense of purpose? Is it connecting with family or friends? A good book, or movie? A walk-in nature? Let us share as a community and start off the year on a positive note!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click HERE Meeting ID: 841 2457 2255 Passcode: 795695 One tap mobile +12532158782,,84124572255#,,,,*795695#</p>
<p>February 8 11am</p>	<p>“Coffee with Our New Police Chief” – Chief Steven Lysaght has been with King County Police since 2002, and our chief since September. Q&A</p>
<p>February 15 11am</p>	<p>2022 Year-End Financials - Jennifer Bromberg, Personal Economic Advisor with Financial Reserve, will provide a comprehensive review of market activity in 2022.</p>
<p>February 22 11am</p>	<p>“Tech Talk” - Michael O’Connell. This session includes computers, cell phones, cameras, etc. Please provide questions ahead to SamamishSeniors@gmail.com</p>

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



What is happening in our community?



The poster features a red background with a repeating circular pattern. Large, stylized Chinese characters for '2023' are the central focus, with a yellow rabbit integrated into the '0'. The text 'Sammamish Lunar New Year Celebration' is written in gold and yellow. A large, detailed yellow rabbit with red floral patterns is positioned on the right side. The event details and activities are listed in white text on the left. At the bottom, a white banner contains logos for various community partners.

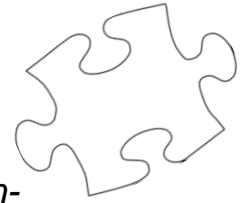
SAMMAMISH
LUNAR
NEW YEAR
CELEBRATION
2023

Saturday, January 21st
1:00 PM — 4:00 PM
CWU - Sammamish

Dragon and Lion Dances
Performances by Local Artists
Martial Arts Demonstrations
Educational Booths
Raffles
Food Truck

Logos at the bottom include: Spartan helmet, CWU (Central Washington University), the Y (YMCA), City of Sammamish Washington, Wallala Youth Club, 树人中文学校 (Shuren Chinese School), and World of the New World.





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)

[January newsletter](#)

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

[January newsletter](#)

Redmond Senior Center (425-556-2300)

[January newsletter](#)

SnoValley Senior Center (425-333-4152)

[January 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

Drop by the Sammamish Y on Fridays, noon to 3pm,
adults gathering for talk, games, puzzles, art projects, & more
Noon – 3pm



From the left: Anna, Margaret, Joyce, Norm, and Roberta. Photo by Sally.

