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*News & views – February 2023*



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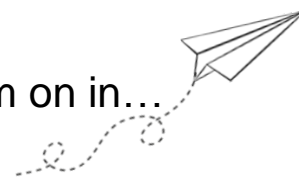
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# Community Conversations in February


Zoom on in...



Date	Topic
<p>February 1 Wednesday 1pm</p> 	<p><b>Wisdom Café – Positivity!</b> 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 <a href="#">HERE</a>. Meeting ID: 841 2457 2255 Passcode: 795695 One tap mobile +12532158782,,84124572255#,,,,*795695#</p>
<p>February 8 Wednesday 11am</p> 	<p><b>“Coffee” with Police Chief, Steven Lysaght.</b> Chief Steven Lysaght has been with King County Police since 2002, and our chief since September. This will be a Q&amp;A session.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a>. Meeting ID: 858 2310 0149 Passcode: 699738 One tap mobile +12532158782,,85823100149#,,,,*699738#</p>
<p>February 15 Wednesday 11am</p> 	<p><b>Financial Market Review: 2022 Year-End Report</b> with Financial Planner Jennifer Bromberg.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a>. Meeting ID: 881 6727 5490 Passcode: 543535 One tap mobile +12532050468,,88167275490#,,,,*543535#</p>
<p>February 22 Wednesday 11am</p> 	<p><b>“Tech Talk”</b> with Michael O’Connell. Michael knows technology! This session includes computers and cell phones (and more). This will be a question-and answer session to help with the problem(s) that you are dealing with. Of course, some will be unanswerable and will require much more in-depth conversations but he will at least take care of the ones he can. Please send in your questions ahead of time <a href="#">HERE</a>.</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a>. Meeting ID: 860 9392 7532 Passcode: 264131 One tap mobile +12532050468,,86093927532#,,,,*264131#</p>



## Upcoming Community Conversations in March

<p>March 1 Wednesday 1pm</p> 	<p><b>Wisdom Café - Which modern inventions changed your life?</b> TV, cell phone, computer, FB, electric refrigeration, eBooks microwave, or something else? Let's reflect on how far technology has come and how different our lives are today with it!</p> <p><u>Zoom link:</u> To connect to the Zoom meeting, click <a href="#">HERE</a>. Meeting ID: 839 0996 5111 Passcode: 786920 One tap mobile +12532158782,,83909965111#,,,,*786920#</p>
<p>March 8</p>	<p><b>"Coffee" with City Manager Scott MacColl.</b></p>
<p>March 15</p>	<p><b>Book Club - The Go-Giver by Bob Burg and John David Mann.</b> Imparted with wit and grace, <i>The Go-Giver</i> is a heartwarming and inspiring tale that brings new relevance to the old proverb "Give and you shall receive."</p>
<p>March 22</p>	<p><b>Sammamish Walks with Janice King.</b></p>
<p>March 29</p>	<p><b>"Coffee" with Town Center developer, Matt Samwick.</b></p>

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

# FRIDAY FUN AT THE Y!

JOIN US EVERY FRIDAY NOON - 3PM



THE SAMMAMISH  
YMCA IN THE  
ROTARY MEETING ROOM

ALL ADULTS  
WELCOME!





SammamishSeniors@gmail.com

## What is happening in our community?

A flyer for 'RAINBOW ELDERS' with a colorful, abstract background. The text is centered and provides information about a support group for caregivers.

**RAINBOW ELDERS**

**GenPride** and the Alzheimer's Association, Washington Chapter is offering a monthly online support group for caregivers.

Join to receive affirming monthly support for caregivers and folks living with Alzheimer's or Dementia.

The group meets on the third Tuesday of each month from 6:30pm - 8:00pm.

Build a support system with people who understand.

Alzheimer's Association support groups conducted by trained facilitators, are a safe place for the care partners of people living with Dementia.

To register call Lionel Wang at 206-854-4776 or email at [lionel.s.wang@gmail.com](mailto:lionel.s.wang@gmail.com)



This free and confidential service helps people across the U.S. find the local resources they need 24/7 day to help with food, health, housing, utilities, jobs & employment, and more. Phone 211 or find more info at link: <https://www.211.org/>

A flyer for 'FREE JIGSAW PUZZLE LIBRARY' with a background of white puzzle pieces on a dark wood surface. The text is centered and provides contact information.

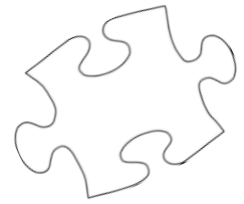
**FREE JIGSAW  
PUZZLE LIBRARY**

TEXT OR CALL:  
MARGARET ROSENOW  
425-442-7698.



## 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.*



<b><u>North Bellevue Senior Center</u></b> (425-452-7681) <a href="#">Programs</a>
<b><u>Issaquah Senior Center</u></b> (425-837-3339) <a href="#">February newsletter</a>
<b><u>Mt. Si Senior Center</u></b> (425-888-3434) <a href="#">February newsletter</a>
<b><u>Redmond Senior Center</u></b> (425-556-2300) <a href="#">Encore</a> – keep an eye out for their February newsletter
<b><u>SnoValley Senior Center</u></b> (425-333-4152) <a href="#">February newsletter</a>
<b><u>Indian American Community Services</u></b> (253-234-9989 - ext. 3) <a href="#">Indian American Community Services website</a> To register: <a href="mailto:admincoord@iaww.org">admincoord@iaww.org</a> or 253-234-9989 ext. 3

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## Community Van

Community Van is a flexible rideshare option that provides Sammamish residents with a way to use public transportation by offering trips to local destinations in and outside Sammamish (up to 2 hours away). Community Van accommodates trips throughout the day, evening, and weekends. Trips can be a whatever you need- such as going to a play or concert with friends or going to the grocery store every week with a group. Community Vans are driven by volunteer drivers who are screened and approved through King County Metro's Commuter Van program. Riders pay a standard metro fare for a round trip while the volunteer driver can ride for free. We want YOU to use Community Van to get where you need to go. If you are interested in taking a trip with Community Van, please email [communityvan@sammamish.us](mailto:communityvan@sammamish.us) or call (425) 295-0646.

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# Community Van

*Share the ride with neighbors to destinations throughout the region.*

