

SAMMAMISH SENIORS COMMUNITY CONVERSATION
January 4, 2023

Guest Speaker: Zlatina Encheva, Sammamish Librarian

“What was the single best thing that happened to you this past year (2022)?

- Survive COVID
- Social gathering again
- Vaccinations, boosters
- Graduations, retirement
- New job
- Family births, marriages
- College family legacy
- Sammamish library
- 25th wedding anniversary
- Camping with kids/grands
- Life and good health
- Overseas travel
- Family reunion overseas
- Experiences vs. stuff
- Library programs
- Meet seniors in person
- Meet police officers
- Toastmaster speeches
- Got U.S. passport
- Ability, resources to travel
- Children married

What good habits did you develop in 2022?

- Built confidence
- Learned origami skills
- Learned more about self
- Met with others again
- Daily exercise/walking
- Do it now, not later
- Getting back into sports
- Learned better nutrition
- Lost weight
- Mindfulness, using all senses
- Experienced life more deeply
- Joined the YMCA
- Wrote letters/thank you's
- Exercise with You tube
- Exercise with AARP
- Chair yoga
- Seven-minute exercise app