



Contact us

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News & views – April 2023

Join us at the lodge!

Cross-cultural senior programming is brought to you by the Indian American Community Services and the City of Sammamish.

SAMMAMISH CROSS CULTURAL SENIORS PROGRAM



**Regular Program Schedule: Monday, Wednesday, Friday: 10 am - 2 pm
Starting March 15th, 2023**



**Venue: Beaver Lake
Lodge 25201 SE
24th St, Sammamish,
WA 98075**

Note: Beaver Lake Lodge has a maximum occupancy for 75 people. When you register for a date, you may drop in during the day for your activities of interest.

Register for the great programs offered [HERE](#).

We look forward to connecting in-person!

SCHEDULE

- Join us to discover programming such as fitness sessions, informational talks, fun activities, & resources to enrich your days.
- Learn about opportunities to participate in knitting, bridge, crochet, book club, games, & meditative walks.
- Drop-in to learn from our digital literacy desk, & access/dart transportation from your phone.
- Enjoy a nutritious cross-cultural lunch.
- Participate in field trips, learn about different cultures, discover new friends, & strengthen connections.

For more information, contact:
seniorcoord@iaww.org 253.234.9989; extension #3



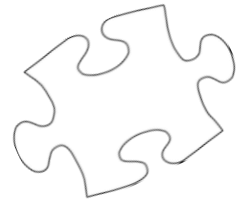
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Neighboring Senior Activities

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

What is happening in our community?



King County Library system offers in-person and online activities. Follow the link [HERE](#) to find out more on April's activities!



For more information, please click the link [HERE](#).





JOIN US FOR THE Y'S BIGGEST SPRING EVENT
EGGSTRAVAGANZA
Saturday, April 8, 10:00am–12:00pm
Sammamish City Plaza, 801 228th Ave SE, 98075
Hop on over for egg hunts, community booths and much more!
Park at Skyline HS or Mary Queen of Peace (after 10am)
FREE & OPEN TO THE COMMUNITY



**Earth Day
Celebration**
Saturday, April 22, 2023
11am - 2pm
Beaver Lake Lodge
This event will feature crafts, activities, info booths, prizes, food trucks, performances,
petting zoo, scavenger hunt & many more!
All ages welcome!





POCAAN MOBILE (Sage) MEDICAL VAN
1st & 3rd Mondays at Mt. Si Senior Center
1st & 3rd Thursdays at Sno-Valley Center

Appointments are now available with the service providers from POCAAN's Mobile, (Sage) Medical Van. Get free access to a Registered Nurse and Certified Nurses Assistants. From treating chronic health conditions, to wound care, health screening and diabetes care. Get answers to your pressing Social Security, Medicare and Health Insurance questions as well as advice on your medical directives, food insecurity challenges and access to resources, information and senior advocacy services. The best part of POCAAN's services are that they are mobile and they can come to you! To make an appt. with a POCAAN Healthcare Provider, please contact Mt. Si Senior Center at: 425 888-3434 or call Sno-Valley Senior Center at 425 333-4152 to get more information or to make an appointment at Sno-Valley Senior Center.

2023 HOLI FESTIVAL
Fri Apr 28, Begins at 12:00 PM

IACS and MSSC are set to co-host this year's **HOLI FESTIVAL**. This is where you will find traditional dancing, singing, crafts, art, delicious food, tasty Indian treats and Chai! We are setting aside this day to mark the end of winter & beginning of spring with our East Indian community members. Come enjoy a day of fun for the whole family! Chef John is working with staff and volunteers from IACS to prepare a scrumptious vegetarian lunch for you. After lunch please enjoy activities in the multi-purpose room and these will be followed by Chai & Treats served in the dining room at about 3:00 PM. For more info call us at 425-888-3434.



**FREE JIGSAW
PUZZLE LIBRARY**

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

