



Contact us
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News & views – May 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 Senior Program - May 2023

Date	Welcome 10:00 AM	Fitness 10:30 AM	Activity 11:30 AM	Lunch 12:30 PM	Post lunch Activity 1:15 PM
Monday 5/1/2023	Sign in; Enjoy tea, chai, coffee and chat	Yoga	Knitting Club/Card games/Board Games	Sandwiches, soup with Chips, fruit	Traveling Armchair
Wednesday 5/3/2023	Sign in; Enjoy tea, chai, coffee and chat	Tai Chi	Art Journaling	Indian Food, fruit	Wisdom Café
Friday 5/5/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	BINGO	Mexican food, fruit	Post lunch walk and talk
Monday 5/8/2023	Sign in; Enjoy tea, chai, coffee and chat	Yoga	Book Club OR Knitting/Card games/Board Games	Sandwiches, soup with Chips, fruit	Traveling Armchair
Wednesday 5/10/2023	Sign in; Enjoy tea, chai, coffee and chat	Gentle Movement	Meditative Art	Indian Food, fruit	Show and Tell- bring one special from your heritage or travels And share the story connected with that
Friday 5/12/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	Documentary	Salad, pizza, fruit	Post Lunch Walk & Talk
Monday 5/15/2023	Sign in; Enjoy tea, chai, coffee and chat	Yoga	Knitting/Card games/Board Games	Sandwiches, soup with Chips, fruit	Traveling Armchair
Wednesday 5/17/2023	Sign in; Enjoy tea, chai, coffee and chat	Tai Chi	Art Activity	Indian Food, fruit	Post lunch walk and talk
Friday 5/19/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	BINGO	Mexican food, fruit	Post lunch walk and talk
Monday 5/22/2023	Sign in; Enjoy tea, chai, coffee and chat	Yoga	Knitting/Card games/Board Games	Sandwiches, soup with Chips, fruit	Traveling Armchair
Wednesday 5/24/2023	Sign in; Enjoy tea, chai, coffee and chat	Gentle Movement	Art Activity	Indian Food, fruit	Post lunch walk and talk
Friday 5/26/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	Watch a Documentary	Pizza, salad, fruit	Post lunch walk and talk
Wednesday 5/31/2023	Sign in; Enjoy tea, chai, coffee and chat	Tai Chi	Art Activity	Indian Food, Fruit	Post lunch walk and talk



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.

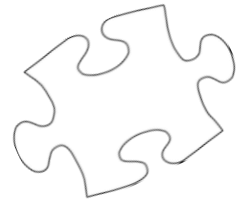
Register for the great programs offered [HERE](#).

We look forward to connecting in-person!



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.



<p><u>North Bellevue Senior Center</u> (425-452-7681) Programs</p>
<p><u>Issaquah Senior Center</u> (425-837-3339) May newsletter</p>
<p><u>Mt. Si Senior Center</u> (425-888-3434) May newsletter</p>
<p><u>Redmond Senior Center</u> (425-556-2300) Programs</p>
<p><u>SnoValley Senior Center</u> (425-333-4152) Programs</p>
<p><u>Indian American Community Services</u> (253-234-9989 - ext. 3) Indian American Community Services website To register: admincoord@iaww.org or 253-234-9989 ext. 3</p>

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 May's activities!

For more info click [HERE](#).





2023 Walks

Evans Creek Preserve
Saturday, May 20
10:00 AM

Nature Journaling/Lower Commons Park
Saturday July 15
10:00 AM

Ebright Creek Park
Saturday, September 16
10:00 AM



Saturday, May 20, Evans Creek Preserve 10:00 AM-11:30 AM. A mostly flat, loop walk on gravel trails and boardwalks through forest and former farm fields. We will also learn about the native plant restoration efforts in this park. Meet in the parking lot near Highway 202; 4001 224th Ave NE

Saturday, July 15, Lower Commons Park 10:00 AM-11:30 AM. Try nature journaling through art and words in a park that is full of interesting areas if you look closely. Supplies and ideas provided for this family-friendly, easy walk and activity! Meet in the parking lot near the community garden; 550 222nd PI SE

Saturday, September 16 Ebright Creek Park 10:00 AM-11:30 AM. Learn from an interesting guest speaker about efforts to recover the native kokanee salmon population in Lake Sammamish and the role of the waters in this park. A short walk through the park will also explore native trees and wetland areas. This program is a great way to introduce kids to nature and Northwest salmon!

Meet in the parking lot for the park; 1317 212th Ave SE

For more info, click [HERE](#).



5th Annual
FOOD BANK CONCERT



Please bring
non-perishable
food items
to donate

FREE PUBLIC CONCERT

Supporting the Issaquah Food Bank

Monday, May 22nd 7:30pm

Eastridge Church

24205 SE Issaquah-Fall City Road, Issaquah, WA

Sponsored by 4 Culture and Issaquah Arts Commission



Find the Issaquah Philharmonic Orchestra at:
<http://iphil.org> and on Facebook



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/>

City of Sammamish [Community Van](#) Recruiting Drivers! How do I become an approved driver? Support your neighbors, and your community and help the environment by becoming a Community Van volunteer driver. You can choose which trips you drive and how many times you drive a week. [Complete the King County Metro Driver Application form.](#)

Community Van

Share the ride with neighbors to destinations throughout the region.



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FRIDAY FUN AT THE Y!

JOIN US EVERY FRIDAY NOON - 3PM



THE SAMMAMISH
YMCA IN THE
ROTARY MEETING ROOM

ALL ADULTS
WELCOME!



**JOIN
SAMMAMISH
FRIENDS**
For Board Game
Night

2nd & 4th
Sunday of the
month
3:30pm - 6pm | **FREE**

Metropolitan
Market Room,
Sammamish Y

Bring games from your own
collection to play & teach!

The poster features a dark background with colorful shapes: a teal and purple pin, a green shape, and an orange shape. There are also illustrations of dice and string lights.