



Contact us
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News & views – June 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 - June 2023

Date	Welcome 10:00 AM	Fitness 10:30 AM	Activity 11:30 AM	Lunch 12:30 PM	Post lunch Activity 1.15 PM
Friday 6/2/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	BINGO	Mexican food, fruit	Post lunch walk and talk
Monday 6/5/2023	Sign in; Enjoy tea, chai, coffee and chat	Yoga	Knitting/Card games/Board Games	Sandwiches, soup with Chips, fruit	Traveling Armchair
Wednesday 6/7/2023	Sign in; Enjoy tea, chai, coffee and chat	Gentle Movement	Eastside Friends of Seniors- Ride signup	Indian Food, fruit	1 PM- Wisdom Café
Friday 6/9/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	Documentary	Pizza, salad, fruit	Post Lunch Walk & Talk
Monday 6/12/2023	Sign in; Enjoy tea, chai, coffee and chat	Yoga	Knitting/Card games/Board Games	Sandwiches, soup with chips, fruit	Traveling Armchair
Wednesday 6/14/2023	Sign in; Enjoy tea, chai, coffee and chat	Tai Chi	Art Activity	Indian Food, fruit	Post lunch walk and talk
Friday 6/16/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	BINGO	Mexican food, fruit	Post lunch walk and talk
Monday 6/19/2023	Sign in; Enjoy tea, chai, coffee and chat	Yoga	Knitting/Card games/Board Games	Sandwiches, soup with chips, fruit	Traveling Armchair
Wednesday 6/21/2023	Sign in; Enjoy tea, chai, coffee and chat	Gentle Movement	Art Activity	Indian Food, fruit	Post lunch walk and talk
Friday 6/23/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	Watch a Documentary	Pizza, salad, fruit	1 PM – Hula Dance Performance
Monday 6/26/2023	Sign in; Enjoy tea, chai, coffee and chat	Yoga	Knitting/Card games/Board Games	Sandwiches, soup with chips, fruit	Traveling Armchair
Wednesday 6/28/2023	Sign in; Enjoy tea, chai, coffee and chat	Tai Chi	Art Activity	Indian Food, fruit	Post lunch walk and talk
Friday 6/30/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	Mental Health Counselor Talk	Pizza, salad, fruit	June Birthday Celebration

Beaver Lake Lodge
 10am – 2pm MWF



Beaver Lake Lodge
 10am – 2pm MWF



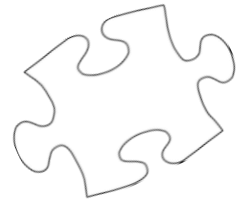
Register for the great programs offered [HERE](#).

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.



North Bellevue Senior Center (425-452-7681) Programs
Issaquah Senior Center (425-837-3339) June newsletter
Mt. Si Senior Center (425-888-3434) June newsletter
Redmond Senior Center (425-556-2300) June newsletter
SnoValley Senior Center (425-333-4152) June 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 June's activities!

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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? [Complete the King County Metro Driver Application form.](#)

Community Van

Share the ride with neighbors to destinations throughout the region.

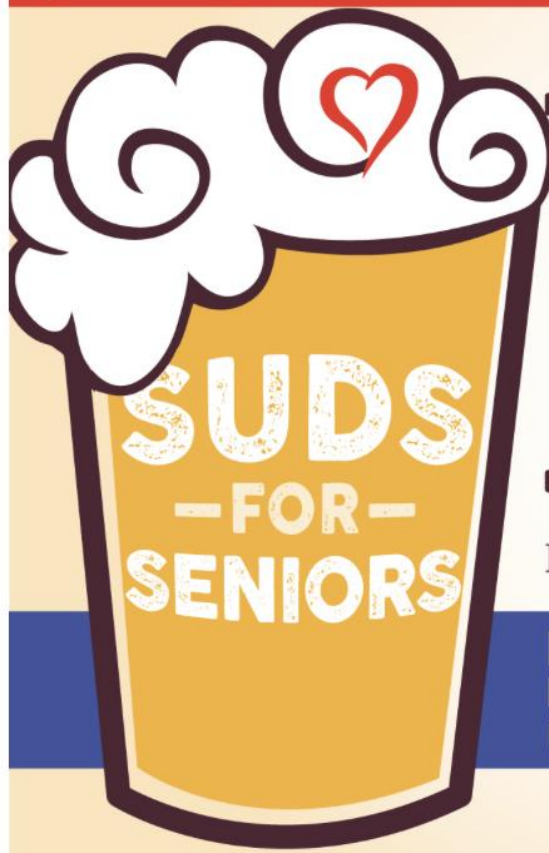


King County
METRO



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SAVE THE DATE! 6.19.23



FOOD & BEER TASTING

SUPPORTING
Eastside Friends  Seniors

MONDAY, JUNE 19
BIG BLOCK BREWING
FUN STARTS AT 4:30PM

FRIDAY FUN AT THE Y!

JOIN US EVERY FRIDAY NOON - 3PM



THE SAMMAMISH
YMCA IN THE
ROTARY MEETING ROOM

ALL ADULTS
WELCOME!



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