



Contact us
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News & views – July 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 - July 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 7/3/2023	<i>Closed in observance of Independence Day & staff self-care</i>				
Wednesday 7/5/2023					
Friday 7/7/2023					
Monday 7/10/2023	Sign in; chat.	Yoga	Knitting/Card Games/Board Games	International Menu	Traveling Armchair
Wednesday 7/12/2023	Sign in; chat.	 Tai Chi	Art Activity- Nature Journaling	International Menu	Post lunch walk and talk
Friday 7/14/2023	Sign in; chat.	Strength Training	Manju Deo- Talk on understanding fall risks and balance issues in seniors	International Menu	 Post lunch walk and talk
Monday 7/17/2023	Sign in; chat.	Yoga	Knitting/Card Games /Board Games July Book Club	International Menu	Traveling Armchair
Wednesday 7/19/2023	Sign in; chat.	Tai Chi	Art Activity- Origami	International Menu	Post lunch walk and talk
Friday 7/21/2023	Sign in; chat.	Strength Training	Bingo 	International Menu	Pollinator gardening talk
Monday 7/24/2023	Sign in; chat.	Yoga	Knitting/Card games/Board Games	International Menu	Traveling Armchair
Wednesday 7/26/2023	Sign in; chat.	Tai Chi	Art Activity- Aboriginal Art from Australia 	International Menu	Post lunch walk and talk
Friday 7/28/2023	Sign in; chat.	Strength Training	Mental Health Counselor Discussion 	International Menu	July Birthday Celebration 
Monday 7/31/2023	Sign in; chat.	 Yoga	Knitting/Card games/Board Games	International Menu	Traveling Armchair

 **Beaver Lake Lodge**
10am – 2pm MWF



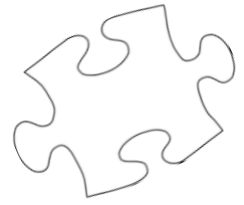
Beaver Lake Lodge
10am – 2pm MWF 

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)

[July newsletter](#)

Mt. Si Senior Center (425-888-3434)

[July newsletter](#)

Redmond Senior Center (425-556-2300)

[July newsletter](#)

SnoValley Senior Center (425-333-4152)

[Programs](#)

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 July'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/>

Join us for some Red, White, and Blue family fun at Fourth on the Plateau, presented by the City of Sammamish and sponsored by Sammamish Martial arts: World Tae Kwon Do Center! This year, we have a fantastic event with food trucks, kids' activities, an outdoor yard games area, and giveaways. This event is FREE and open to the public.

The event starts at 5 pm, with the fireworks show happening at 10 pm.

No personal fireworks, drugs, alcohol, or barbecues are allowed in Sammamish Commons. Due to crowd and noise concerns, please consider leaving the family pet at home.



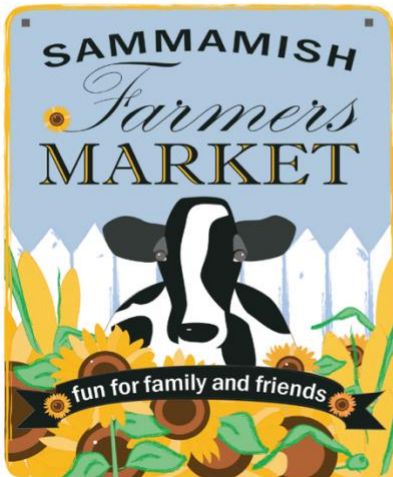
Senior Day AT SAMMAMISH Farmers MARKET

**July 12 4-8pm
at
Sammamish Commons**

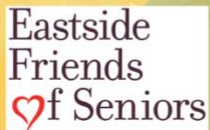
 **801 228th Ave SE,
Sammamish**

Come to the Farmers Market to learn more about senior opportunities in Sammamish.
Find ways to stay connected with Sammamish Seniors
How to find help when you need extra support from Eastside Friends of Seniors.

Other senior services and senior based businesses will be represented.



Sponsored by



Sammamish Concerts in the Park

Thursdays 6:30-8 PM, Pine Lake Park

 July 6th Laurel	 July 13th FarmStrong	 July 20th Santa Poco	 July 27th Eden	 Aug 3rd Cloud Cover	 Aug 10th The Jewel Tones	 Aug 17th The ABBAGraphs	 Aug 24th Taylor Made
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FRIDAY FUN AT THE Y!



JOIN US EVERY
FRIDAY NOON - 3PM

THE SAMMAMISH
YMCA IN THE
ROTARY MEETING ROOM

CONVERSATION,
BOARD GAMES, YOUR
CRAFT PROJECTS,
PUZZLES, AND MORE!



• ALL ADULTS WELCOME!

