



Contact us
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News & views – August 2023

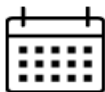
Join us at the lodge!

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



Sammamish Cross Cultural Senior Program - August 2023

Date	Welcome 10:00 AM	Fitness 10:30 AM	Activity 11:30 AM	Lunch 12:30 PM	Post lunch Activity 1.15 PM
Wednesday 8/2/2023	Sign in & chat	Tai Chi	Town Center Update- Matthew Samwick	International Food	1:00pm – Wisdom Cafe
Friday 8/4/2023		Strength Training	Quilting Discussion	International Food	Post lunch walk and talk
Monday 8/7/2023		Yoga	Knitting/Card Games/Board Games	International Food	Post lunch walk and talk
Wednesday 8/9/2023		Tai Chi	Art Activity	International Food	Post lunch walk and talk
Friday 8/11/2023		Strength Training	Bingo	International Food	Post lunch walk and talk
Monday 8/14/2023		Yoga	Knitting/Card Games/Board Games	International Food	Post lunch walk and talk
Wednesday 8/16/2023		Tai Chi	Art Activity	International Food	12:45pm – Advice on Gut Health;GI Specialist
Friday 8/18/2023		Strength Training	Pass the Ball	International Food	Post lunch walk and talk
Monday 8/21/2023		Yoga	Knitting/Card Games /Board Games	International Food	Post lunch walk and talk
Wednesday 8/23/2023		Tai Chi	Art Activity	International Food	Post lunch walk and talk
Friday 8/25/2023		Strength Training	Mental Health Counselor Talk	International Food/ August Birthday Celebration	Post lunch walk and talk
Monday 8/28/2023		Yoga	Knitting/Card games/Board Games Book Club – The Rain Dance	International Food	Post lunch walk and talk
Wednesday 8/30/2023		Tai Chi	Art Activity	International Food	Post lunch walk and talk



Beaver Lake Lodge
10am – 2pm MWF



Beaver Lake Lodge
10am – 2pm MWF



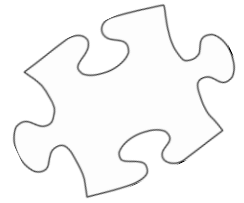
Register for the great programs offered [HERE](#).
We look forward to connecting in person!



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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) August newsletter
Mt. Si Senior Center (425-888-3434) August newsletter
Redmond Senior Center (425-556-2300) August newsletter
SnoValley Senior Center (425-333-4152) August 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 August's activities!



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/>

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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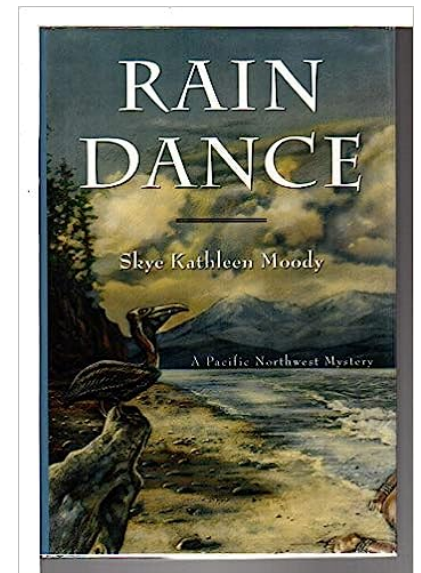
Sammamish Parks and Recreation



**Join us for book club at Beaver Lake Lodge:
Whether you have read the book or not! Our next
book for discussion is August 28th at 11.30 am:
Rain Dance by Skye Kathleen Moody, widow of author G.M.
Ford.**

About the author, Skye Kathleen Moody is the creator of the "Venus Diamond" mystery series, a collection of novels which characteristically educate readers on environmental topics and perspectives while leading them through a mystery.

Rain Dance, the series debut, introduces the series' heroine, Department of Interior agent Venus Diamond. In **Rain Dance** the short, motorcycle-riding, daughter-of-a-movie-star sleuth returns from Singapore to determine the relationship between a violent murder and the altered pelican habits on Seattle's Ozone Beach. Calling the story "utterly captivating," *Booklist* contributor Emily Melton praised **Rain Dance** for its "fresh-as-a-breeze style, in-your-face humor, offbeat plot, and delightfully sassy heroine." A *Kirkus Reviews* critic maintained that Moody's "spirit and sophistication ... smooth any number of rough edges".



Private Phone Calls with a social worker
can help you navigate resources and
tackle a wide variety of issues or
obstacles you may be facing.

How to get started:

Please email, text, or call to connect!
Erin Longchari, Director of Operations
& Programs
Cell phone (call or text): 206-569-8560
erin@issaquahfoodbank.org

