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News & views – September 2023

Join us at the lodge!



Sammamish Senior Program - September 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 9/1/2023	Sign in; coffee, tea, chai and chat.	Strength Training	Card Games/Board Games	International Food	Post lunch walk and talk
Monday 9/4/2023	Labor Day No Programming				
Wednesday 9/6/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity	International Food	1:00pm - Wisdom Café – Topic: Mindfulness
Friday 9/8/2023	Sign in; coffee, tea, chai and chat.	Strength Training	Salads In a Jar demo – Sally Farrell	International Food	Post lunch walk and talk
Monday 9/11/2023	Sign in; coffee, tea, chai and chat.	Yoga	Knitting/Card Games/Board Games	International Food	Post lunch walk and talk
Wednesday 9/13/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity	International Food	Post lunch walk and talk
Friday 9/15/2023	Sign in; coffee, tea, chai and chat.	Strength Training	CM Sarah Perry	International Food	Post lunch walk and talk
Monday 9/18/2023	Sign in; coffee, tea, chai and chat.	Yoga	Knitting/Card Games /Board Games	International Food	Post lunch walk and talk
Wednesday 9/20/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity	International Food	Post lunch walk and talk
Friday 9/22/2023	Sign in; coffee, tea, chai and chat.	Strength Training	Sergeant Christine – Security and Safety	International Food/ September Birthday Celebration	Post lunch walk and talk
Monday 9/25/2023	Sign in; coffee, tea, chai and chat.	Yoga	Knitting/Card games/Board Games	International Food	Post lunch walk and talk
Wednesday 9/27/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity	International Food	Post lunch walk and talk
Friday 9/29/2023	Sign in; coffee, tea, chai and chat.	Strength Training	Malika - Mental Health Counselor Talk	International Food	Post lunch walk and talk

Beaver Lake Lodge
10am – 2pm MWF



Beaver Lake Lodge
10am – 2pm MWF

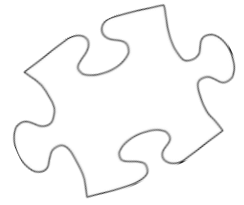
Register for the great programs offered [HERE](#).

We look forward to connecting in person!



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) September newsletter
Mt. Si Senior Center (425-888-3434) September newsletter
Redmond Senior Center (425-556-2300) September 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

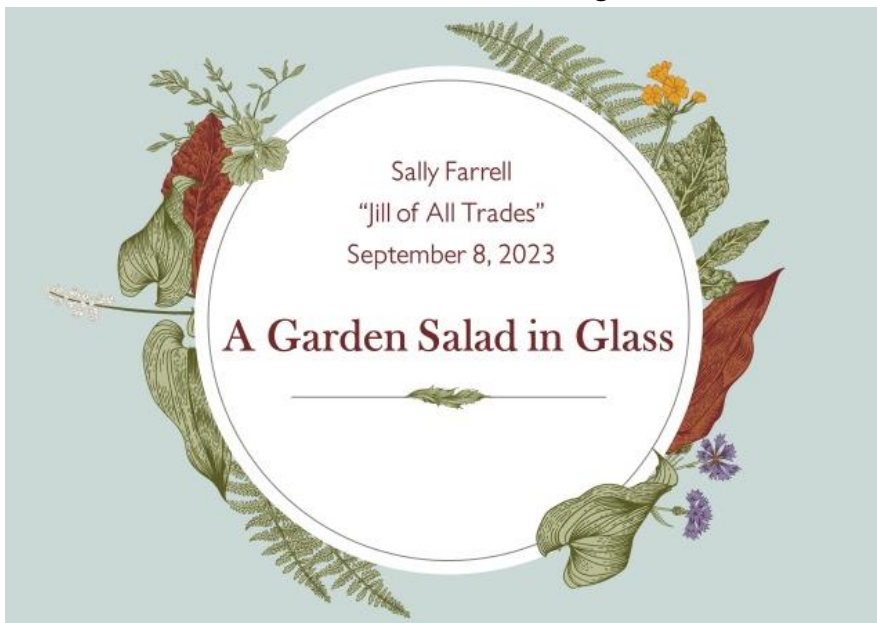
What is happening in our community?



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

Friday, September 8, 11:30 am, Beaver Lake Lodge

A GARDEN SALAD IN GLASS: Science and history of glass; plastic vs. glass; ways to reuse, repurpose glass jars; salad-in-a-jar recipes and hints. Register [HERE](#) to reserve your seat.



Through a partnership with **Bellevue College's TELOS program**, Mt. Si Senior Center will host in-person classes for older adults, starting this September! You can learn more about the offerings and sign up for classes at

<https://www.bellevuecollege.edu/ce/retiree-programs/>.

There will also be an **in-person orientation** on Tuesday morning, Sept. 12 on the Bellevue College campus.



Eastside Friends of Seniors

Eastside Friends of Seniors is well known for our volunteer-based transportation services that allow seniors who are aging in place and unable to drive to get to medical appointments, grocery stores, and more. But did you know that our volunteers can also assist with minor repairs, light housework, home organization, yard work help, and companionship? Call us at 425-369-9120 for more information or to get signed up!

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, easy walk through the park will also explore native trees and wetland areas. This program is family-friendly and a great way to introduce kids to nature and Northwest salmon!

Sammamish Walks are volunteer-led, guided walks that showcase the interesting nature, history, and other features of Sammamish Parks. Please click on the "Interested" or "Going" button to [HERE](#), then meet at 10:00 AM at the parking lot - 1317 212th Ave SE.





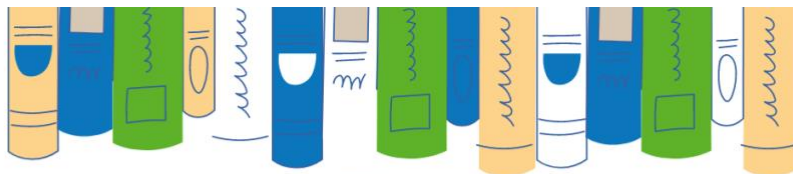
Pollinator talks

JOIN SAMMAMISH STEWARD, STEVE MARPLE AT THE BEAUTIFUL POLLINATOR GARDEN AT BIG ROCK CENTRAL PARK TO LEARN ABOUT LOCAL POLLINATORS AND BENEFICIAL NATIVE PLANTS. THERE ARE TWO 45-MINUTE SESSIONS, 11:00 AM AND 12:15 PM SIGN-UP IS REQUIRED: SEE LINK IN POST!

Sept 2 - 11am OR 12.15pm

Join Sammamish Steward, Steve Marple, at Big Rock Central Park on Sept 2nd to learn about local pollinators.

To sign up click [HERE](#). Enter your name and, the number of people in your group, and select the day and timeslot you want.



Join us for Wisdom Café at
The Lodge
Wednesday, Sept 6th at 1 pm

Topic: Mindfulness

It is a time of chatting with fellow community members, reflecting on questions and learning about one another!



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A colorful poster for a 'Sammamish Block Party Party'. The top features the word 'Sammamish' in white on a blue background. Below it, two banners spell out 'BLOCK PARTY' in white letters on red and purple pennants. The background shows a stylized landscape with green mountains, blue clouds, and a red boat on a blue lake. A purple banner with 'Free Event!' is positioned above the boat. The bottom section is a dark blue box containing event details in white and yellow text.

Sammamish

B L O C K

P A R T Y

Free Event!

Join us for food trucks, free face painting & games, and to learn about the City's big planning projects!

Saturday, September 30th
11 AM - 2 PM

Central Washington University - Sammamish
120 228th Ave NE, Sammamish, WA 98074
See below for more details!

City of Sammamish

