



Contact us
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News & views – October 2023

Join us at the lodge!



Sammamish Senior Program - October 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 10/2/2023	Sign in; coffee, tea, chai and chat.	Yoga	Knitting/Card Games/Board Games	International Food	Post lunch walk and talk
Wednesday 10/4/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity - Lantern	International Food	1pm - Wisdom Café – Topic: If you could change one thing in the world, what would it be?
Friday 10/6/2023	Sign in; coffee, tea, chai and chat.	Strength Training	TBD	International Food	Post lunch walk and talk
Monday 10/9/2023	Sign in; coffee, tea, chai and chat.	Strength Training	Knitting/Card Games/Board Games	International Food	Post lunch walk and talk
Wednesday 10/11/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity	International Food	Post lunch walk and talk
Friday 10/13/2023	Sign in; coffee, tea, chai and chat.	Yoga	TBD	International Food	Post lunch walk and talk
Monday 10/16/2023	Sign in; coffee, tea, chai and chat.	Yoga	Knitting/Card Games /Board Games	International Food	Post lunch walk and talk
Wednesday 10/18/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity – Bracelet/Necklace art	International Food	Post lunch walk and talk
Friday 10/20/2023	Sign in; coffee, tea, chai and chat.	Strength Training	Doc Talk – Dr. Lahari Deepak : Discussion on Common Allergic and Immune Disorders .	International Food	Bingo
Monday 10/23/2023	Sign in; coffee, tea, chai and chat.	Yoga	Knitting/Card games/Board Games	International Food	Post lunch walk and talk
Wednesday 10/25/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity- floor or Wall decorations	International Food	Post lunch walk and talk
Friday 10/27/2023	Sign in; coffee, tea, chai and chat.	Strength Training	Malika - Mental Health Counselor Talk	International Food October Birthday Celebration	Post lunch walk and talk
Monday 10/30/2023	Sign in; coffee, tea, chai and chat.	Yoga	Holiday Celebration	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](#).

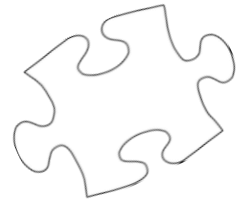
We look forward to connecting in person!



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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)

[October newsletter](#)

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

[October newsletter](#)

Redmond Senior Center (425-556-2300)

[October 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 October's activities!

Eastside
Friends
♥ f 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!





Grandparents who are raising their grandchildren are invited to join our Encompass Kinship Care group meetings to find support, connect to resources and enjoy a meal with similar families:

- 5pm, Tues, Oct. 3, at the Encompass clinic, 9050 384th Ave SE, Snoqualmie
- Noon, Wed, Oct. 18 at Mt. Si Senior Center
- 10:30am, Thurs, Oct. 26, at Sno-Valley Senior Center
- There is also a weekly meeting online, from 1 to 2 pm every Wednesday.

For more information or to register, Laura Lewis at 425-888-3347 or send email to laura.lewis@encompassnw.org.

What is a micro-aggression?

Discover what they are and their hidden impact in a **free** community event.

**7pm to 9pm
Thursday, Nov. 16
Miller's in Carnation.**

This free workshop is co-hosted by SnoValley Pride and the Greater Seattle Business Alliance, to help us learn how stereotypes and common expressions can be deeply harmful, and to ask questions in a safe space.

Join us to learn about "Micro Aggressions, Macro Impact."





In case of an emergency, are you prepared?



Come to our
Disaster Preparedness workshop

11 am

Wednesday, Oct. 25

Sno-Valley Senior Center

to learn about preparedness strategies, and try some useful devices for keeping informed and maintaining communications during emergencies.

We will also discuss what supplies and materials to set aside for emergency use. The session is part of the Washington Assistive Technology Act Program (WATAP) which educates consumers about useful tools that can help people do everyday tasks more easily.

This one-hour program is free.

Celebrate the Indian Festival of Light, called Diwali, with Indian American Community Services, starting at 11 am Friday, Oct. 27 at Mt. Si Senior Center. The day will feature activities and music from the East Indian culture, plus a delicious vegetarian lunch and Chai & Chat in the afternoon. All activities are free, and everyone is welcome.

