



**Contact us**  
 SammamishSeniors@gmail.com  
 Joyce Bottenberg 425-444-1892  
 Tom Ehlers 206-734-5836  
[Facebook](#)  
[Website](#)

News & views – November 2023


**Join us at the lodge!**

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




**Sammamish Senior Program - November 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 11/1/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Wisdom Café – Taking risks can lead to self discovery and personal growth.	International Food	Post lunch walk and talk
Friday 11/3/2023	Sign in; coffee, tea, chai and chat.	Yoga	Bingo	International Food	Post lunch walk and talk
Monday 11/6/2023	Sign in; coffee, tea, chai and chat.	Gentle Dance and Movement	Knitting/Card Games/Board Games	International Food	Post lunch walk and talk
Wednesday 11/8/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity-- Nature Journaling	International Food	Post lunch walk and talk
Friday 11/10/2023	Sign in; coffee, tea, chai and chat.	Yoga	ARNP Lidia – Health Topic Discussion	International Food	Post lunch walk and talk
Monday 11/13/2023	Sign in; coffee, tea, chai and chat.	Gentle Dance and Movement	Indian Classical Musical Performance- Suchita Lyer Knitting/Coloring	International Food	Book Club
Wednesday 11/15/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity –Fall Vibes	International Food	Post lunch walk and talk
Friday 11/17/2023	Sign in; coffee, tea, chai and chat.	Yoga	Talk by the mental health therapist	International Food	Post lunch walk and talk
Monday 11/20/2023	Sign in; coffee, tea, chai and chat.	Gentle Dance and Movement	Knitting/Card games/Board Games	International Food	Post lunch walk and talk
Wednesday 11/22/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity- TBD	International Food	Post lunch walk and talk
Friday 11/24/2023	<b>Thanksgiving holiday - no programming</b>				
Monday 11/27/2023	Sign in; coffee, tea, chai and chat.	Gentle Dance and Movement	Knitting/Card Games /Board Games	International Food	Post lunch walk and talk
Wednesday 11/29/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity-Flowers	International Food	Post lunch walk and talk

 **Beaver Lake Lodge**  
10am – 2pm MWF



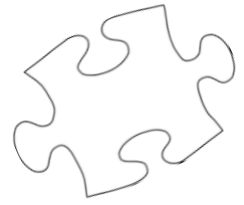
**Beaver Lake Lodge**  
10am – 2pm MWF 

**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)

[November newsletter](#)

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

[November newsletter](#)

**Redmond Senior Center** (425-556-2300)

[November newsletter](#)

**SnoValley Senior Center** (425-333-4152)

[November newsletter](#)

**Indian American Community Services** (253-234-9989 - ext. 3)

[Indian American Community Services website](#)

To register: [admincoord@iaww.org](mailto: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 November'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!





# THANK YOU VETERANS

NOVEMBER 11 2023



# COMMUNITY COOKBOOK SALE



Proceeds benefit Eastside Friends of Seniors

This cookbook is a compilation of recipes gathered from Seniors in the Eastside Seattle community. Its purpose is to not only preserve the delicious dishes of the older generations, but also to share the wonderful little stories behind each of the recipes. Each cookbook costs \$20.

Physical Cookbook Preorder  
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For questions, contact:  
[ngvolfbeyn@gmail.com](mailto:ngvolfbeyn@gmail.com)



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