



Contact us
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[Facebook](#)
[Website](#)

News & views – December 2023

Join us at the lodge!

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



Sammamish Senior Program - December 2023

<i>Date</i>	<i>Welcome 10:00 AM</i>	<i>Fitness 10:30 AM</i>	<i>Activity 11:30 AM</i>	<i>Lunch 12:30 PM</i> 	<i>Post lunch Activity 1.15 PM</i>
Friday 12/1/23	Sign in; coffee, tea, chai and chat.	Yoga	TBD	International Food	Post lunch walk and talk
Monday 12/4/2023	Sign in; coffee, tea, chai and chat.	Gentle Dance and Movement 	Knitting/Card games/Board Games	International Food	Post lunch walk and talk 
Wednesday 12/6/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Wisdom Café – topic is Karma	International Food	Post lunch walk and talk
Friday 12/8/2023	Sign in; coffee, tea, chai and chat.	Yoga	Mental Health talk with Malika	International Food	Post lunch walk and talk
Monday 12/11/2023	Sign in; coffee, tea, chai and chat.	Gentle Dance and Movement 	Knitting/Card Games/Board Games	International Food	Post lunch walk and talk 
Wednesday 12/13/2023	Sign in; coffee, tea, chai and chat.	Tai Chi	Art Activity—Origami 1000 Cranes	International Food	Post lunch walk and talk
Friday 12/15/2023	Sign in; coffee, tea, chai and chat.	Yoga	Bingo	International Food	Post lunch walk and talk

Senior programming at Beaver Lake Lodge will be closed for the holidays from December 16 and reopening January 15.



**Beaver Lake Lodge
10am – 2pm MWF**



**Beaver Lake Lodge
10am – 2pm MWF**



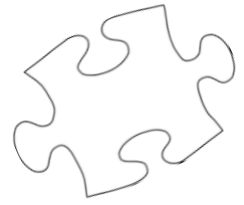
We look forward to connecting in person!



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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)

[December newsletter](#)

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

[December newsletter](#)

Redmond Senior Center (425-556-2300)

[December newsletter](#)

SnoValley Senior Center (425-333-4152)

[December 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 about December's activities!

Free senior interest groups for ages 50+ in Redmond!
Click the link [HERE](#) to find out more.

Sew & Share: Make an ornament plushie at the Sammamish Library:

Saturday, Dec 9 & 23, 1-3pm

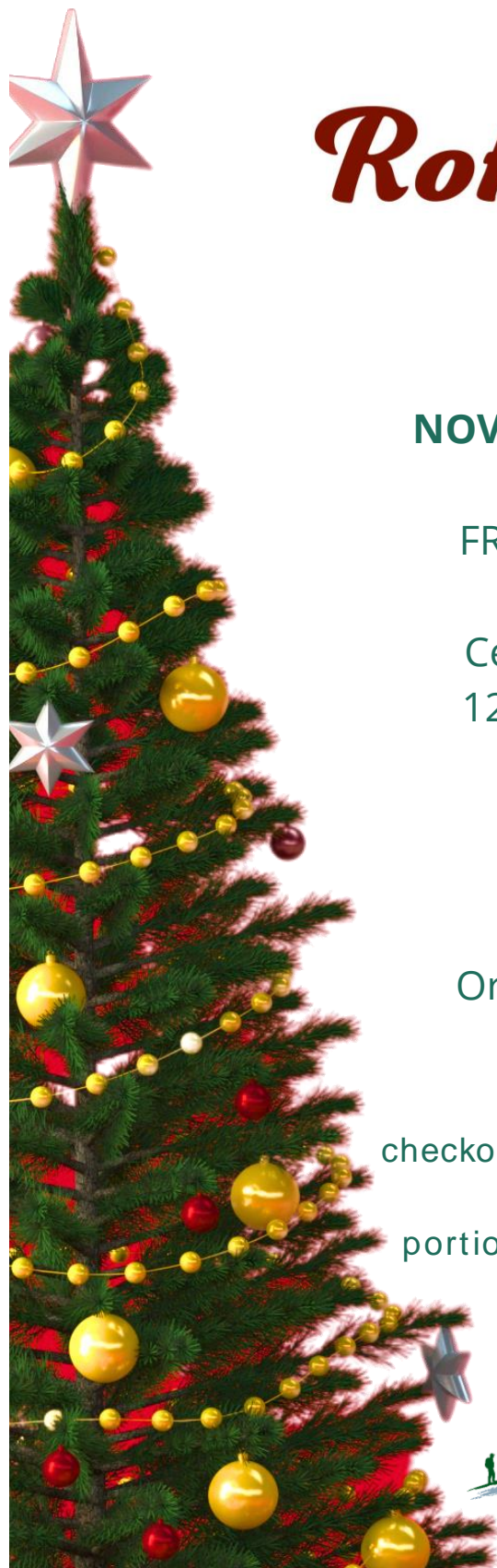
Adults and teens only. 13+

Use basic stitching as you create a charming polar bear, cat, heart or star with others in a relaxed and friendly environment.

Sponsored by Friends of the Sammamish Library.

Patterns compliments ofkatagolda.com.





RotaryTrees.org

A PROJECT OF SAMMAMISH ROTARY

Christmas Trees

Wreaths & Garland

NOVEMBER 17-DECEMBER 17, 2023

FRESH CUT & LOCALLY GROWN

Located at

Central Washington University
120 228th Ave NE, Sammamish

HOURS: Monday-Friday

3 PM - 6 PM

Saturday-Sunday

10 AM - 5 PM

Order online at RotaryTrees.org

Be sure to select **Sammamish Friends** at checkout if ordering from RotaryTrees.org or let the cashier know we sent you. We earn a portion of each sale where we are mentioned.



**SAMMAMISH
FRIENDS**

Sammamish
Rotary



SammamishSeniors@gmail.com



Foodie Fellowship

A COOKBOOK CLUB AT
SAMMAMISH LIBRARY

COOKIES

Wed, Dec 13 6:30pm



**FROSTY
FEST**

15 December, 2023
TREATS | LIVE REINDEER | GAMES
COME DRESSED IN YOUR COZY PJ'S

4pm-8pm
Free Event at Central Washington University
120 228th Ave NE, Sammamish
WA 98074

OVERFLOW PARKING AT
EASTLAKE HIGH

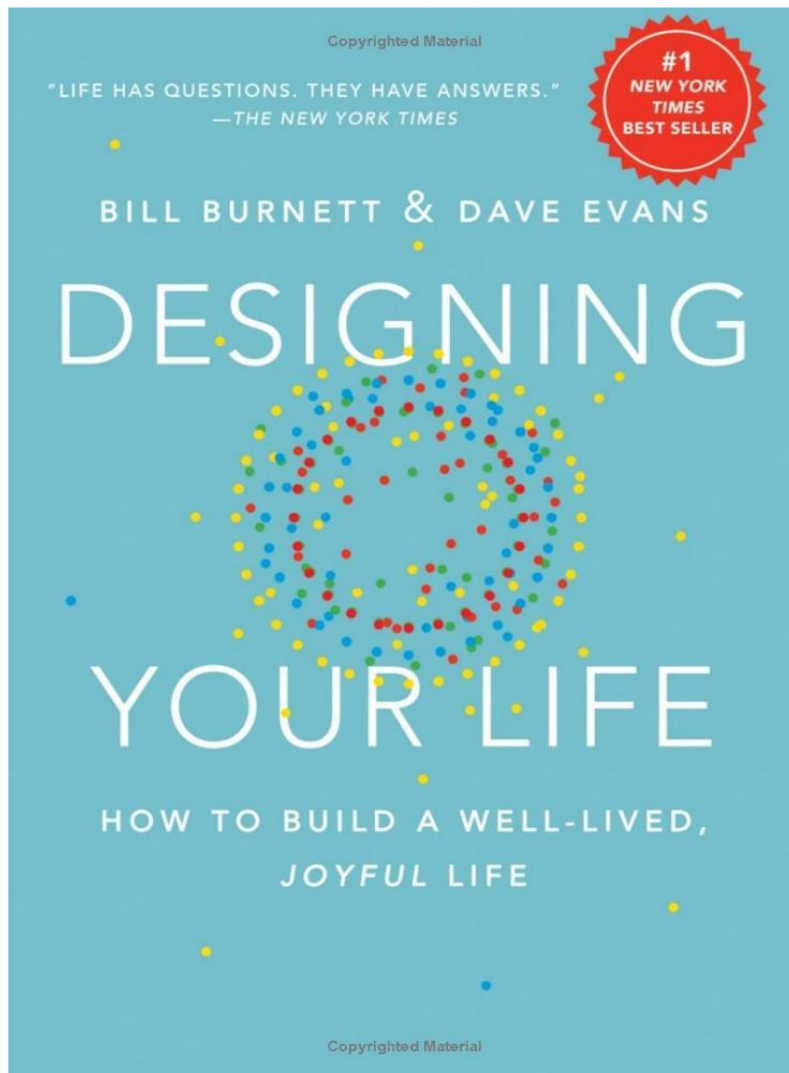
For more information visit our Facebook page
<https://www.facebook.com/SammamishParks/>








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**BOOK CLUB DISCUSSION
RESCHEDULED TO THE NEW YEAR**

Designing Your Life *How to build a well-lived, joyful life*

“In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are.”

The book has much to ponder about and act upon. We are looking for more time to digest it.

Let's have a few more readers for this discussion!

Don has an extra book available: don@gerend.com



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!

NEED TECH HELP?



Tech Help every Wednesday at the
Sammamish Library from 4-6pm. Tech-savvy
volunteers will provide one-on-one help for
Windows, Mac, Android, iOS. Bring your
smart phone, iPad or laptop, and your
questions.

