

Best Wishes for a happy and healthy 2024!

“Senior Programming” at Beaver Lake Lodge will resume the January 15th week

Monday, Wednesday, Friday, 10am to 2pm

Brought to you by Indian American Community Services and the City of Sammamish

Each day at Beaver Lake Lodge begins with sign-in and chat at 10am with a light lunch at 12:30pm. Fitness begins at 10:30am, art and board games at 11:30, and an afternoon activity at 1:30pm. Special speakers and topics are also scheduled.

We will share the lodge schedule when we receive it from IACS. Be sure to register for days you wish to participate as there is a space-occupancy limitation in the lodge for activities.

Opportunities!

Book Club discussion at Beaver Lake Lodge: “Designing Your Life – how to build a well-lived, joyful life” – will be on Monday, Jan. 22, at Beaver Lake Lodge. In this book, authors 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.

Sammamish YMCA:

- **“Drop in” Fridays** in the Rotary meeting room for conversation, board games, your craft projects, puzzles, and more - noon to 3pm – all adults welcome! Coffee and tea are available in the lobby.
- **Online Community Cafés with the Y:** For more info, follow the link [HERE](#). Active Older Adult (AOA) Community Cafés bring together those who are 55+ to build health in spirit, mind, and body so we thrive with greater purpose, connection, and well-being. Each café includes time for a resource person to share, pose, and answer questions in a discussion space facilitated for support and encouragement. Let your emotional and intellectual responses guide your exploration of each chosen topic. AOA Community Cafés are free, brought to you by the Washington State Alliance of Y’s.

Sammamish Library: [Sammamish | King County Library System \(kcls.org\)](#)

- **Tech Help** Wednesday, January 3, from 4-6pm. Tech-savvy volunteers will provide one-on-one help for Windows, Mac, Android, and iOS. Bring your

smartphone, iPad, or laptop, and your questions. No need to register. (Next dates: February 14, 21, and 28.)

- **Wisdom Café at the library**, Tuesday, January 16th, 1pm. Connect with others, build community, and enjoy our shared wisdom. Come monthly for a small group conversation facilitated by a King County librarian. (Next dates: February 20, March 19.) Register:
<https://kcls.bibliocommons.com/events/6564f256eb28943d00798640>

King County warming shelters & resources for severe weather - click [HERE](#).

Sammamish Friends (*Protecting Our Environment ~ Enriching Our Community*): offers many volunteer opportunities including marketing, events, program delivery, leadership, finance, fundraising, website, and more.

- Learn about our varied programs on our [website](#) and/or visit our [Facebook page](#).
- Please submit your interest and experience (resume helpful) to sally@sammamishfriends.org.

Eastside Friends of Seniors: We help seniors remain living in their own home for as long as possible by mobilizing community volunteers to provide transportation, household help and friendly visiting. We are often the only reason some seniors can continue living independently.

All services are provided free of charge. <https://www.eastsidefriendsofseniors.org/>

2-1-1 Community Information Line: Phone 2-1-1 to reach information and referral services to health, human, and social service organizations. If you are unsure where to go for help, visit [King County 2-1-1](#) or call 2-1-1

(<https://www.crisisconnections.org/>). This service will refer you to local health and human services, including:

- housing
- food and clothing
- volunteering
- caregiver resources
- legal help
- utility assistance
- health care
- disability services in King County

If your cell phone does not connect, dial 1-800-621-4636. TDD 206-461-3610.

Neighboring Senior/Community Centers - links to activities:

- North Bellevue Senior Center - <https://bellevuewa.gov/city-government/departments/parks/community-centers/north-bellevue-community-center-programs>
- Issaquah Senior Center - <https://www.issaquahwa.gov/ArchiveCenter/ViewFile/Item/939>
- Mt. Si Senior Center - <https://mycommunityonline.com/organization/mount-si-senior-center>
- Redmond Senior Center - <https://www.redmond.gov/1741/Encore-Newsletter>
- SnoValley Senior Center - <https://snovalleysenior.org/wp-content/uploads/sites/9/January-Newsletter.pdf>
- Indian American Community - <https://iacswa.org/services/seniors/>

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For more info about Sammamish Seniors, be sure to visit our [website](#).

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Please reach out if you need help in any way.

Joyce Bottenberg 425-444-1892 & Tom Ehlers 206-734-5836

SammamishSeniors@gmail.com

Find us on [Facebook!](#)