

Senior Lifestyles



**Spring / Summer
2026**

FREE

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How you can remain physically and mentally active



Growing older is often equated with slowing down. Aging may be characterized as a period of decline marked by an inability to do the things you once did, but recent data indicates otherwise.

According to a report in the journal *Geriatrics*, a far more optimistic reality awaits seniors. Nearly 45 percent of people age 65 and older show measurable improvements in brain health, physical function

or both over time when they take certain steps to promote physical and mental wellness. **Physical activity** The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic activity per week, supplemented by at least two days of muscle-strengthening exercises. Brisk walking or swimming can improve cardiovascular health and reduce the risk of stroke and hypertension, says the Massachusetts Council on Aging. Incorporating yoga or Tai Chi is vital for fall prevention, as it targets balance and flexibility. The CDC says improving joint mobility and balance can significantly extend the amount of

time seniors can live independently. In addition, lifting light weights or using resistance bands helps combat age-related muscle loss, which is essential for maintaining metabolic health.

Cognitive advantages

Mental fitness is just as vital to seniors as physical fitness. According to the World Health Organization, routine cognitive stimulation enhances “brain capital,” delaying the onset of dementia and Alzheimer’s. Strategies for effective mental engagement include:

- **Learning:** Lifelong learning techniques include picking up a new language or learning an instrument. This helps strengthen neural pathways that allows the brain to reorganize itself even in later decades.

- **Play games:** Play isn’t just for kids; games like chess or complex

puzzles improve problem-solving and memory retention, according to Nixon Adult Daycare in Houston.

- **Socialize:** Isolation is a leading risk factor for cognitive decline, says the National Institutes of Health. Group activities like book clubs or community volunteering can offer emotional fulfillment and mental stimulation.

Power of positivity

Findings from a recent Yale University study indicated seniors with a positive outlook on aging were significantly more likely to show physical and mental improvements compared to those with negative perspectives. Psychological resilience is an important tool for seniors to stay healthy.

Movement, social interaction, stimulating activities, and a positive attitude can help seniors maintain overall health.

How seniors can build their social networks

Social isolation and loneliness can have a notably adverse effect on a person's overall health. According to the World Health Organization, roughly 12 percent of older individuals experience loneliness, which can have a negative impact on their physical and mental health, quality of life, and even their life expectancy.

Seniors have much to gain when they take successful steps to avoid

social isolation. Seniors who are concerned about the prospect of social isolation or loneliness or those already experiencing such feelings can try these strategies to build their social networks in retirement.

- Reconnect with old friends. It's easy for adults to lose touch with old friends. By the time many adults reach middle age, professional and personal obligations

can leave little time for a thriving social life. Successful professionals may be preoccupied with work projects, and while parents may be juggling their own hectic sched-

ules with their children's obligations. Come retirement, much of those responsibilities have ended, making this a perfect time to reconnect with old friends who also might have extra free time on their hands. Reach out through social media, text message or even a phone call, and let the situation unfold organically from there.

- Take advantage of community offerings. Many communities sponsor events for seniors, like bus trips to local museums or stadiums, in an effort to encourage seniors to get out of the house. Retirees can take advantage of these opportunities, which tend to attract like-minded individuals with the same interests. A bus trip to a theater production will attract fellow arts lovers, and shared interests are a solid foundation for friendship.

- Start a local club or group. Starting a local club based on a particular activity is another great way for seniors to build a social network in retirement. Take to social media and express your interest in starting a local book club or



walking group. Like community-sponsored bus trips, clubs and groups tend to attract like-minded individuals, providing a built-in pathway to friendship.

- Reconnect with your faith. Houses of worship also offer a great way to meet locals and build relationships based on a shared identity. Faith-based communities provide a sense of belonging that can help retirees overcome social isolation and loneliness.

- Open yourself to new experiences. Trying something new is another great way to make new friends. Many local agencies like parks departments or community recreation offices offer seniors in-person workshops covering a wide range of activities. These offerings are a great way to discover a new pastime and meet new people along the way.

Social isolation and loneliness poses a significant threat to millions of seniors. But there are many ways for seniors to build their social networks in retirement.

To place your ad in the Fall / Winter edition of
Senior Lifestyles, please call 360-568-4121

Seniors can emphasize balance when caregiving

Spending time with grandchildren can make seniors feel young and valued. Grandparents are often asked to step in as caregivers to the youngsters they love. The U.S. Department of Labor reports 2.74 million children in the United States were being raised by a grandparent in 2021, the most recent year for data. Census data from 2021 also shows one in five Canadian grandparents regularly helps with grandchild care.

Chasing around a toddler or school-aged child can affect seniors differently than it affects parents in their 20s or 30s. Effectively and safely managing the physical and emotional toll of caring for grandchildren may come down to emphasizing balance.

- Protect your body. Grandparents should rely on strollers, high chairs

and step stools to minimize heavy lifting. When a child wants to be held, a senior can sit on the couch or a chair and have the child climb up to them.

- Incorporate downtime. Seniors should schedule quiet time so they can get a physical and mental break. Whether this time involves reading books or engaging in easy crafts, ensuring there are blocks of time for rest is essential.

- Conduct a safety check. It's important for a home to be safe for kids and seniors alike. Removing breakable items and covering up sharp edges on furniture and other hard surfaces can protect grandparents and grandkids.

- Establish some boundaries. Grandparents should establish clear communication with their own children regarding their ex-

pectations. It's important to define a schedule that works for the senior, and he or she should be honest about how much they can manage.

- Know the rules. Grandparents should discuss what parents expect regarding screen time, naps, food, and more. A united front from parents and grandparents can reduce the need to negotiate with headstrong children.

- Make a backup plan. Seniors should emphasize to their children that they need to have a backup caregiver available for when they are not able to watch the grandchild-



dren. Seniors deserve days off.

Grandparents frequently are called upon to pitch in and help their children with caregiving needs. Bonding with grandchildren can be rewarding, but seniors must balance their own needs with the needs of their children and grandchildren.

Seniors and the dating scene

Dating in one's golden years is a common experience for many seniors. Whether it's the result of a loss of a spouse or other life events, many people find themselves looking for love in their golden years.

According to statistics from The Senior List and the Pew Research Center, roughly one-third of adults 65 and older in the United States reported being single in 2022, a percentage exceeded only by people between the ages of 18 and 29. Many older singles are not looking for a committed relationship; some just want to have fun exploring the dating scene. With that in mind, here's how seniors can explore dating, which may look and feel a little different than the last time seniors were dating.

- Identify your reason for dating

Seniors should establish the reasons they are ready to get back into the mix. Identifying the motivation for mingling can help set the right course for finding a partner. Sometimes it boils down to wanting someone to share hobbies, go to dinner or travel with. Some seniors

like the idea of having a relationship with someone, but living apart with their own homes and sense of independence. Others are looking for the next Mr. or Mrs. Right, and want a partner to share their life with in all ways.

- Going digital

While meeting people in person is possible, particularly when those with similar interests are pulled together through clubs or social events, the dating world has increasingly moved online. Online dating is a popular and modern way to meet new people. Apps like OurTime and SilverSingles are geared specifically to the older demographic, while Bumble is women-led. Meetup is not a dating app, but one for meeting people with an interest in sharing specific experiences.

- Be open and honest

Great relationships are rooted in honesty. Individuals should skip the "glory days" photos of their youth or even 10 years ago and use current photos for dating apps. People should be specific with what

they are looking for, like a travel companion to go to Europe or someone who enjoys trying the local culinary scene. Being honest and specific increases the chances of finding a good match.

- Be safe

Seniors are often the targets of scams, and by tugging at the heartstrings, scammers can exploit vulnerabilities.

AARP® says nearly 60,000 people reported romance scams to the Federal Trade Commission in 2024, when victims reported losing \$2.95 billion. Wanting to move conversations off of dating apps and directly to texts or other messaging platforms where they can't be monitored is a red flag. Scammers often indicate they live far away and can't meet in person and will give excuses to that effect. Others will promise the world and be



in constant contact. It's a cause for concern anytime a person mentions needing money or having an investment opportunity.

If and when a senior meets with a date, the interaction should take place in a public location for the first several dates. Double-dating with a friend also can be a safe approach.

Dating in one's golden years requires some adjustments and an emphasis on safety.

Different ways seniors can embrace AI

Keeping up with technology has become a full-time job for many people. The devices individuals

rely on continue to evolve at a rapid pace. While younger generations who were raised on technology can

adapt with ease, seniors may have a slightly more lengthy learning curve, particularly when it comes to artificial intelligence (AI).

AI is no longer a sci-fi concept; it's a component of daily life. AI can do everything from summarize emails to turn images into quirky cartoons to answer health-related questions. According to the 2026 AARP Tech Trends Report, AI usage among people ages 50 and older has nearly doubled in the last two years. Thirty percent of seniors are navigating the AI frontier, and there are many ways AI can be put to good use.

- Aging in place: AI technology can be used to ensure seniors can enjoy their independence longer than they otherwise might. AI-powered homes can do a lot of the work for most seniors, and safeguards can help protect them. For example, radar-based sensors can detect a fall without the use of cameras and alert emergency services. AI can automatically adjust environments by illuminating hallways or shutting off a stove if it has been left unattended, according to Age Safe® America.

See AI on page 7

Did you know?

A significant percentage of American children are being raised by a grandparent. According to data from the U.S. Census Bureau, 2.74 million children in the United States were being raised by a grandparent in 2021. The USCB notes that such children were living with at least one grandparent who was responsible for most of their basic needs. Grandparents also play a notable caregiving role in Canada, where Statistics Canada reports one in five unpaid caregivers in 2022 reported providing roughly 15 hours of care each week to a grandchild or

grandchildren over the previous 12 months. Though the figures from the USCB suggest a growing number of grandparents have taken on caregiving roles in recent years, data indicates that such increases are generally applicable only to older grandparent caregivers. Indeed, the USCB reports that the number of grandparent caregivers between the ages of 30 and 59 declined between 2009 and 2021, while the number of grandparent caregivers ages 60 and older increased during that 12-year period.

AI *Continued from page 6*



- Health monitoring: A primary driver for AI adoption, health is something that can be managed and even improved with the use of AI. The University of Michigan National Poll on Healthy Aging found that more than half of seniors like AI devices for aging in place. AI can summarize complex medical reports or produce meal plans according to nutritional guidance. Smart pill dispensers use AI to track adherence and can help keep a person safe.

- Companionship: Loneliness and

social isolation is a real concern for seniors. AI conversational partners can initiate conversations, suggest activities or tell jokes. The National Institutes of Health says AI-driven interventions using social robots or digital human facilitators have led to significant reductions in loneliness among adults ages 55 and over

Artificial intelligence is being integrated into many facets of daily life. Seniors can benefit from AI in many unique and useful ways.

Can cataracts be prevented?

Vision should be cherished at every stage in life. However, as one ages and vision changes become more profound, it is even more important to stay abreast of what can be done to care for the eyes in the hopes of preventing certain conditions, including cataracts.

Cataracts are the clouding of the eye's natural lenses. The World Health Organization estimates that

cataracts affect more than 94 million people globally. Cataracts also account for nearly 45 percent of all blindness cases.

Even though cataracts are considered an unavoidable part of the aging process, some people wonder if they can be prevented. Reedsburg Area Medical Center says that, while one cannot entirely stop the biological aging of the lens, delayed

onset and reduced severity of cataracts is possible through targeted lifestyle choices.

According to Eye-Health Northwest, by age 80, more than 90 percent of adults will either have a cataract or have already undergone surgery for them. Technically cataracts cannot be prevented, but these steps can help push cataract development further into later life.

- Wear sunglasses with UV protection. The consensus among experts is that prolonged exposure to ultraviolet B rays accelerates the breakdown of lens proteins. Consistent use of sunglasses that offer 100 percent UV protection can greatly slow this protein degradation. Wraparound frames will also block light from the periphery.

- Lower oxidative stress. Preventing oxidative stress, a primary driver of lens opacification, can be achieved through diets rich in antioxidants, says Premier Eye Care of Eastern Idaho. Lutein, zeaxanthin and vitamin C act as shields for the eye. Eye Physicians of Long Beach says the risk of age-related cataracts reduces by around 26 percent for every additional 10 mg of carot-



enoids added to a person's diet.

- Manage diabetes. The National Institutes of Health says individuals with diabetes face a 63 percent higher likelihood of requiring cataract surgery. Managing high blood sugar will prevent sorbitol from depositing in the lenses and causing cloudiness earlier in life.

- Quit smoking: Smoking is a key factor in cataract development, says Optometrists.org. Smokers have a 1.66 times greater risk of developing cataracts than non-smokers because the toxins in tobacco smoke can deplete the body's natural antioxidant stores.

Although it may not be possible to turn off aging and prevent cataracts entirely, cataracts can be delayed and made less impactful through lifestyle changes.

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3					9	5		
	9	7			8	6		
2	6				4			3
				9	2			
				4		7		1
		3				9		
5			1	3				
	7							4
		9						5

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Sudoku solution on page 10

Community Breakfast and Bingo Bash!

Everyone is welcome to the Community Breakfast at the Snohomish Senior Center the first Saturday of each month from 8:30-10:30 a.m. Menu includes pancakes or French toast, scrambled eggs, sausage links, biscuits and gravy, coffee or tea and juice... all

for only \$7 per person!

Bingo Bash is also the first Saturday of each month. Doors open at 4 p.m.; Early Bird at 5:15 p.m.; first game at 5:30 p.m. The cafe will be open!

The Center is located at 506 Fourth St. in Snohomish.

Hobbies to get seniors out and about

The threat posed by social isolation has been known to medical researchers and health care professionals for years, but the issue gained wider attention during the pandemic. Restrictions on social gatherings during the pandemic opened millions of people's eyes to the ill effects of social isolation, and while that threat proved temporary



for the majority of people across the globe, many seniors continue to live largely isolated lives.

According to the Mayo Clinic, depression, anxiety, increased risk of suicide, and various chronic health problems are some of the outcomes associated with loneliness. That's a troubling assessment that becomes even more disconcerting when considering a general decline in socialization as evidenced by the 2021 American Perspectives Survey. Survey participants indicated they have fewer close friendships than they once did, speak with their friends less often and rely less on friends for personal support. That's challenging for adults of all ages, but it can be especially difficult for aging adults, who may be dealing with the loss of a spouse or other close confidantes they would otherwise rely on when confronting personal problems. Hobbies that promote socialization can help aging adults reestablish friendships and build new ones, paying dividends that can have a profound impact on their overall health. With that in mind, adults who feel as though their social circles are shrinking in mid-life or in retirement can look to these activities as means to rebuilding their social lives.

- **Book club:** Book clubs are inherently social and tend to bring like-minded individuals together,

which can help build new and lasting friendships that extend beyond weekly discussions. A 2021 study published in the journal *Neurology* also linked regular reading to a lower risk of developing dementia.

- **Sports:** Sports provide another avenue to socialize with like-minded individuals. Golf is not a team sport, but it is typically played in groups of two or four, making it an ideal activity for adults with free time on their hands to get out and about and meet other people. Leagues for softball, bowling and pickleball also provide opportunities to socialize, and many adults are participating in such leagues for that very reason. A CivicScience study released in 2025 found that 49 percent of adults who planned to participate in adult recreational sports leagues were doing so for social interaction and the chance to make friends.

- **Travel:** Group tours to foreign countries, day trips to local attractions or even overseas trips can be a great means to build new friendships and reinvigorate old ones, all the while getting you out of the house.

These are just some ways for men and women to get out of the house and socialize with others their age, a worthy endeavor that can be highly beneficial to adults' overall health.

Welcome to The Suites - Your Premier Assisted Living Destination

At The Suites we believe in creating a vibrant, supportive community where residents can enjoy comfort, independence, and peace of mind. Our 65-bed licensed assisted living facility is thoughtfully designed to meet the unique needs of each resident, offering a warm, welcoming environment with personalized care.

Choose from a variety of spacious accommodations including studio, one-bedroom, and two-bedroom apartments -- each featuring a private bathroom, kitchenette, and plenty of natural light to make it feel like home. Whether you prefer a cozy retreat or room to host family and friends, we have the perfect space for you.

Our residents enjoy three meals a day served in our beautifully appointed dining room.

From nutritious classics to resi-

dent favorites, every meal is crafted with care and attention to dietary needs.

Life at The Suites is about more than just comfort -- it's about connection and fulfillment.

Our robust Life Enrichment Program is designed to inspire joy, engagement and social interaction. Daily activities include fitness classes, games, arts and crafts, and live entertainment. We also organize regular outings aboard our private bus, giving residents the opportunity to explore local attractions, attend special events, or enjoy scenic drives.

At The Suites, we're more than just a place to live -- we're a community that feels like family. Our compassionate, highly trained staff is available 24/7 to provide assistance with daily activities, medication management, and personal-



ized support whenever it's needed.

Discover the difference at The Suites where independence is celebrated, care is individualized, and every day is filled with purpose.

Schedule your tour today and experience assisted living the way it should be.

-- Sheila Wright, Administrator,
Sheilaw@josephinecc.com

SOLUTION for page 8 Sudoku

3	1	8	2	6	9	5	4	7
4	9	7	3	5	8	6	1	2
2	6	5	7	1	4	8	9	3
7	5	1	6	9	2	4	3	8
9	2	6	8	4	3	7	5	1
8	4	3	5	7	1	9	2	6
5	8	4	1	3	6	2	7	9
1	7	2	9	8	5	3	6	4
6	3	9	4	2	7	1	8	5

Find a suitable volunteering opportunity

Volunteering is a rewarding experience that engages people from all walks of life. While young adults and adults in middle age may find it hard to squeeze volunteering into their schedules, retirees are free of many of the professional and personal obligations that prevent younger adults from volunteering.

Retirees can reap some unique benefits from volunteering. Volunteering can provide retirees new opportunities to socialize, which can help them avoid feelings of social isolation and loneliness that many seniors confront after retiring. Volunteering also can provide an opportunity for seniors to utilize their professional expertise to the benefit of others.

With so much to gain from volunteering, retirees can start looking for opportunities in their com-

munities. Many such opportunities exist, and the following tips can help retirees find the most suitable one for them.

- Identify your motivation to volunteer. Identifying why you want to volunteer can be a great first step. Many retirees who had long and distinguished careers in the professional arena aspire to give back by employing their expertise in new ways. For example, retired attorneys may want to volunteer with a nonprofit organization that provides free legal advice to those who cannot afford to hire their own legal representatives. Once retirees have identified why they want to volunteer, they can then look for opportunities that align with that motivation.

- Consider any potential limitations you have. Some volunteering opportunities are physically de-

manding, which makes them difficult for retirees. Seniors may not be able to handle a volunteering opportunity that requires heavy lifting or one that asks volunteers to spend hours on their feet. Be honest about any physical limitations, and discuss any uncertainty you might have with your health care provider before committing to a volunteering gig.

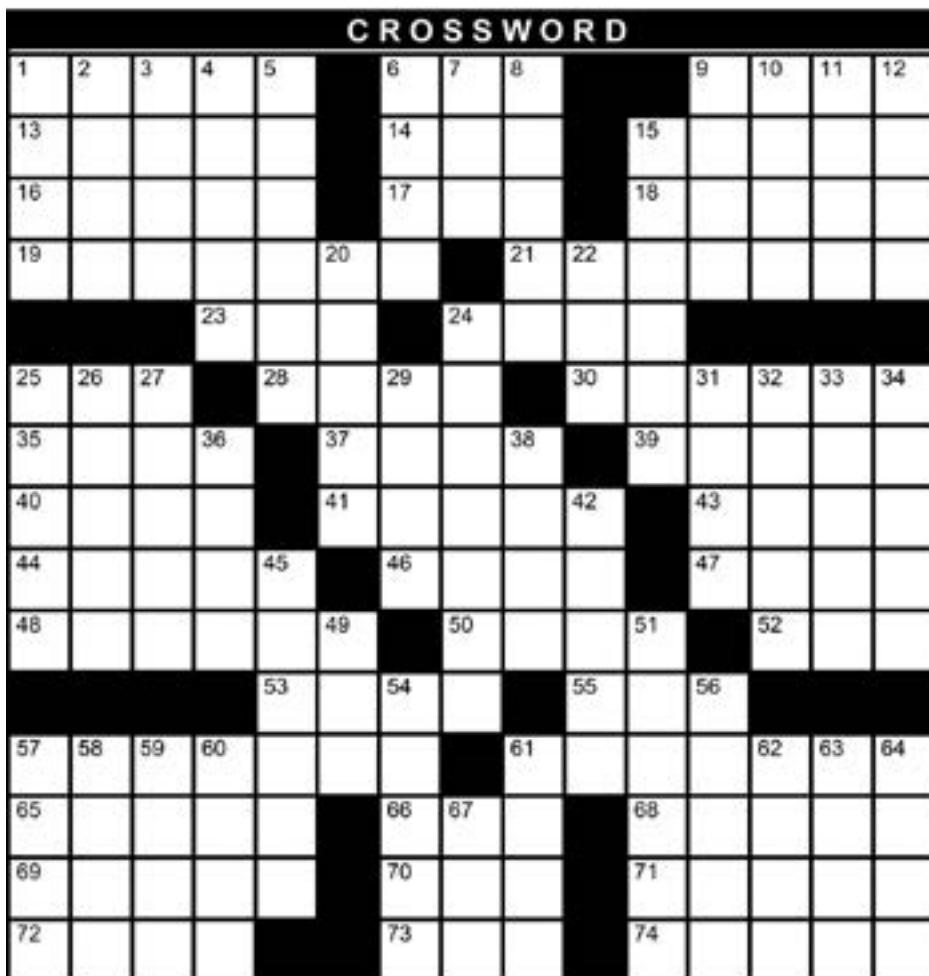
- Decide how much time you can volunteer. Volunteering is often characterized as a rewarding experience that offers homebound seniors a chance to get up and go. But some retirees already have active social lives, so it's imperative that prospective volunteers identify how much time they have to volunteer. Many organizations allow volunteers to determine how much time they spend volunteering, but others may ask more of



volunteers in regard to a time commitment. For example, volunteering to organize community events may require a significant time commitment that some retirees do not necessarily want to make.

There are many great reasons to volunteer. Retirees considering volunteering can give the prospect ample consideration before they begin searching for the right opportunity to give back.

Crossword Puzzle Theme: TV MOMS



23. Possessive pronoun
 24. Gumbo pod
 25. Protrude
 28. Catcher's catcher
 30. *Marvelous Midge Maisel's first name
 3. 5
 "Metamorphoses" poet
 37. Chows down
 39. Millionaire maker
 40. Time for eggnog
 41. Sure sign of fire
 43. "Frasier" actress Gilpin
 44. TSA PreCheck alternative
 46. Mosque V.I.P.
 47. Arabian bigwig
 48. Received salary
 50. At the apex
 52. Masseuse's office
 53. "Where the Red ___ Grows"
 55. Likewise
 57. * "Arrested Development" mom
 61. * "Fresh off the Boat" mom
 65. Circumvent
 66. French vineyard
 68. Open disrespect
 69. Dewey Decimal System, e.g.
 70. 252-gallon cask
 71. Cause anxiety (2 words)
2. Traditional October birthstone
 3. Puerto follower
 4. Opening, colloquially
 5. #55 on periodic table
 6. Part of an eye
 7. * "Married with Children" mom
 8. Investor's asset
 9. Hold as a conviction
 10. Unit of land often featuring a home
 11. Load sixteen tons, e.g.
 12. Geometry calculation
 15. Divert from course
 20. Between washes and styles
 22. Casino's pull
 24. Foot rest
 25. * "Stranger Things" mom
 26. Throat dangler
 27. Mosaic artist
 29. * "Friday Night Lights" mom
 31. Tug-of-War gear
 32. List entries
 33. Like anchor weigh
 34. * "Schitt's Creek" mom
 36. Martin of Rat Pack
 38. 3-handed card game
 42. Bring character to life
 45. Response to stimulus
 49. Ctrl+Alt+____
 51. Lemony cream dessert
 54. Right-hand page
 56. Academy Award
 57. Orchid garlands
 58. Forearm bone
 59. Cow chow, pl.
 60. "Beware the ___ of March"
 61. * "The Handmaid's Tale" mom
 62. Letter before kappa
 63. Nile dweller, for short
 64. Writer Rice
 67. ___ -D.M.C.

ACROSS

1. Ionic and Corinthian predecessor
 6. Good times
 9. AI fodder
 13. Offer two cents

14. Doctor Dolittle, e.g.
 15. Interior designer's concern
 16. Not fiction, pl.
 17. Big head
 18. Fear-inspiring
 19. * "Good Times" mom
 21. * "The Sopranos" mom

DOWN

1. Take of a hat, e.g.

See SOLUTION on page 14

Briefs

Rainbow Bingo

The Snohomish Senior Center is hosting PRIDE Bingo Saturday, June 6. Doors open at 4 p.m., first Bingo game at 5:30 p.m.

Prizes and giveaways!

The Center is located at 506 Fourth St. in Snohomish. 360-568-0934

USA 250th Birthday BINGO

Come celebrate Saturday, July 11, doors open at 5 p.m. \$25 admission includes Chili Dog Dinner. Win cash or prizes, 50/50 raffle. Beer, wine and margaritas available for purchase.

The center is located at 276 Sky River Parkway in Monroe. Purchase tickets at www.mcsc.org

Bingo at the Carl Gipson

Everyone is welcome to come play Bingo at the Carl Gipson Senior Center on the first and third Mondays of the month at 1 p.m. Games are \$6. Specials are \$2. The Center is located at 3025 Lombard Ave. in Everett. 425-818-2744

Walking group

Free to join! Just drop in at the Monroe Community Center, 276 Sky River Parkway in Monroe on Tuesdays at 11 a.m.

Enjoy some fresh air and a brisk walk together!

Lower your property taxes

Did you know many senior homeowners qualify for property tax exemptions or reductions?

Join this class to learn who qualifies, income limits and eligibility rules, how to apply through the county assessor, and what docu-

ment you need to get approved.

Spots are limited so reserve yours today by calling 360-794-6359. Monroe Community Senior Center, 276 Sky River Parkway in Monroe on Monday, June 8 at 1 p.m.

MedShed calls for equipment donors

The MedShed of Snohomish is in need of durable medical equipment that is in good condition, especially wheelchairs, rolling or front wheel walkers, canes, raised toilet seats, pull-ups of all sizes (unopened), shower chairs and bedside commodes.

Tuesday, Wednesday and Thursday from 10 a.m. to 1 p.m. MedShed is located at 210 Ave. B, in the parking lot of the Snohomish Evangelical Church. 360-213-1600.

Day trip to Leavenworth

Leavenworth is a charming Bavarian-style village that feels like a trip to Europe, without leaving Washington. Enjoy a scenic mountain drive, charming shops and delicious food. Bus departs Monroe Community Senior Center, 276 Sky River Parkway in Monroe, on June 17 at 9 a.m. \$25 members, \$35 non-members. Reserve your spot today, 360-794-6359.

Learn to Line Dance

Learn to line dance at the Carl Gipson Senior Center, 3025 Lombard Ave. in Everett.

PUD Discounts

Do you qualify for a PUD discount? The PUD offers income-qualified rate discounts of 25-30%. visit www.SnoPud.com/dicsounts to see if you qualify. Sign up is streamlined for those with Department of Social and Health Service Benefits.

Mahjongg Event

Come play Mahjongg Wednesday, July 8 from 1-3 p.m. (check in at 12:30 p.m.). American Mahjongg League modified rules, card required www.mahjongg.org/mahjongg-rules/

Cash prizes: First \$100, Second \$50, Third \$25. Door prizes and refreshments. \$20 pre-registration and payment or \$25 at the door. Call 360-794-6359 to register or stop by the front desk, Monroe Community Senior Center, 276 Sky River Parkway in Monroe.

Reiki sessions

Reiki is a gentle, non-invasive energy practice that promotes relaxation, stress relief and overall well-being.

30 minute sessions are offered the second and fourth Tuesday of the month, \$20 members, \$25 non-members.

Call the Monroe Community Senior Center, 360-794-6359 and ask to be added to Yvonne's Reiki schedule. The center is located at 276 Sky River Parkway in Monroe.

Chair Yoga

Chair Yoga is a gentle form of yoga seated or using a chair for balance. In chair yoga it's possible to explore poses like cat, cow, war-

rior, sun salutations and forward folds, all while seated. This is a gentle yet effective form of exercise for all fitness levels.

Class is every Monday at 10 a.m. at the Monroe Community Senior Center, 276 Sky River Parkway in Monroe. \$3 for members, guests \$5 per class. 360-794-6359.

Ping Pong

A fabulous and fun way to get exercise. Come make friends and get fit. Every Friday from 9:00 a.m. to 11:30 a.m. at the Snohomish Senior Center, 506 Fourth St. in Snohomish. 360-568-0934.

Learn some basic first aid tips. We will go over different options for making your own first aid kits, what to include in them, and demonstrate how to use some of the items. No certification will be given at this event. Informational only.

Basic First Aid

Monroe-area nurse Roxanne Burns Vatter has worked in Operating and Emergency rooms for over 40 years. And for over 30 years she has shared her skills with the Girl Scouts as a camp nurse. Class will be Tuesday, June 30 from 1-2 p.m. at the Monroe Library, 1070 Village Way in Monroe.

More BRIEFS on page 14

Briefs

Live in Full Color Support Group

Monroe Community Senior Center is partnering with Stories of Hope to offer group therapy sessions to share stories and make friendly connections with others dealing with chronic illness, loss, or other difficult adjustments that occur throughout our lives as we age.

Join this free support group to learn about various mental health topics through diverse art and body movement forms, empowering all involved to be a part of a positive change. Stop by the center, 276 Sky River Parkway in Monroe the first and third Fridays of each month at 10 a.m. 360-794-6359.

Red, White & Blue BBQ and Bingo

Come to the Carl Gipson Center on Wednesday, June 24 from 11 a.m. to 1 p.m. for a wonderful BBQ of brats, potato salad, baked beans, iced tea, lemonade, strawberry shortcake and Kona Shaved Ice.

Please RSVP by June 20.

Carl Gipson Center's North Courtyard, 3025 Lombard Ave. in Everett.

Health & Resource Fair

Free Health Fair June 10 from 10 a.m.-1 p.m. at Stilly Valley Center, 18308 Smokey Pt. Blvd., Arlington. Resources for aging adults includ-

ing balance and mobility, fall prevention, mental health and memory support, Medicare and Disability. For more information call 360-653-4551

Grief Support Group: Living With Change

The members of the Living with Change group offer comfort and support, helping each other through our painful journeys of losing a loved one-whether a family member or other loss, whether recent, anticipated or in the past. Dealing with sorrow is a difficult experience, and sharing our stories eases our grief. New attendees are welcomed with sympathy and understanding. Everyone is free to participate or just listen.

Meet the 2nd and 4th Wednesday of each month from 1:00 p.m. to 2:30 p.m. at the Snohomish Senior Center 506 Fourth St. in Snohomish. 360-568-0934.

Busy Bee Quilters

Busy Bee Quilters are a local guild that meets at the South Lake Stevens Grange on the 3rd Thursday of each month.

A day meeting from Noon to 3 p.m. ends with a Quilt Show and Tell. Open sew starts at 10 a.m. and continues through the day with a night meeting starting at 6:30 p.m.

Visitors are always welcome. The Grange is located at 2109 103rd Ave. SE in Lake Stevens.

For more information on the guild, visit www.BusyBeeQuilters.com or call Diane Coombs at 425-334-3341.

Plant Share

Come share houseplants and garden plants with one another! The sharing of all kinds of plants including seeds, houseplants, divided perennials, flowers, and plant starts are welcome.

Give a seedling a new home, or share your extra plants or clippings with others.

Labels and small pots provided.

Plant Share will be at the Lake Stevens Library, 2211 Grade Rd. in Lake Stevens on Tuesday, July 14

from 4-6 p.m.

Repair Cafe

Got broken stuff? Toss it? No way! Bring it to the Repair Café!

Bring your vacuums, lamps, bikes, jewelry... almost anything you might have and one of our volunteer fixers will diagnose the issue and do their best to make it usable again. They will show you their process, identify any necessary parts, and if possible, help you learn how you can do it on your own with videos or one-on-one instruction.

First come, first served. Two item limit per visit.

Saturday, Aug. 15 from 10 a.m.-2 p.m. at the Snohomish Library, 311 Maple Ave. in Snohomish. Questions? Email kellee.byard@wsu.edu

SOLUTION for page 12 Crossword

D	O	R	I	C		U	P	S		D	A	T	A	
O	P	I	N	E		V	E	T		D	E	C	O	R
F	A	C	T	S		E	G	O		E	E	R	I	E
F	L	O	R	I	D	A		C	A	R	M	E	L	A
			O	U	R		O	K	R	A				
J	U	T		M	I	T	T		M	I	R	I	A	M
O	V	I	D		E	A	T	S		L	O	T	T	O
Y	U	L	E		S	M	O	K	E		P	E	R	I
C	L	E	A	R		I	M	A	M		E	M	I	R
E	A	R	N	E	D		A	T	O	P		S	P	A
						F	E	R	N		T	O	O	
L	U	C	I	L	L	E		J	E	S	S	I	C	A
E	L	U	D	E		C	R	U		S	C	O	R	N
I	N	D	E	X		T	U	N		E	A	T	O	N
S	A	S	S			O	N	E		T	R	A	C	E

Caregiver Program

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

Six week series begins in Oc-

tober at the Stilly Valley Center, 18308 Smokey Pt. Blvd. in Arlington.

For more information call Rebecca McIntosh at 425-248-1539.

