Senior Lifestyles



Fall / Winter
2026

FREE

Supplement to the Tribune
Pacific Publishing Company
605 Second St., #224
Snohomish, WA 98290

What are the warning signs of social isolation?

Human beings are wired for social connection, but millions of people confront isolation every day. Many of those people are seniors who lose contact with loved ones as time goes by. While temporary loneliness can be tolerated, prolonged isolation can be very harmful.

Research by the National Academies of Sciences, Engineering and Medicine found roughly one-quarter of American adults age 65 and older live in isolation. Identifying the early warning signs of isolation may help to prevent the physiological and psychological toll isolation can take.

Here are some signs of social isolation to watch for.

• Withdrawal from events: An early indicator of social isolation, according to Healthline, is a pattern of canceling plans, not answering phone calls, and withdrawing from established social circles or hobbies.

• Self-care is not prioritized: Another sign of social isolation is personal hygiene and other self-care habits like eating nutritious meals becomes neglected. It can signal that a person's routine has changed due to a lack of social accountability.

• Home upkeep falters: A person who is withdrawing from social connections may feel it's no longer necessary to keep a home clean and tidy since they don't anticipate visitors.

• Irritability and low mood: Persistent isolation can trigger a sense of hopelessness. Individuals may become defensive or experience dramatic shifts in mood and sleep patterns, according to Healthline.



• Reliance on social media or television: Socially isolated individuals may turn to television or non-interactive social media scrolling as a proxy for human interaction, offers HealthDirect.

Social isolation can take its toll on anyone, particularly seniors. Individuals are urged to check in with friends, family or neighbors they suspect may be isolating to provide the companionship and help they may need.

CALL TODAY FOR OUR
NEW MOVE-IN OFFERS!

Offering Elevated Senior Living in Washington

cogir BOTHELL MEMORY CARE

Cogir of Bothell
Memory Care
10605 NE 185th St, Bothell, WA 98011
CogirofBothell.com | (425) 510-0125

cogir EDMONDS ASSISTED LIVING & MEMORY CARE

Cogir of Edmonds
Assisted Living & Memory Care
21500 72nd Ave W Edmonds, WA 98026
CogirofEdmonds.com | (425) 310-1987

cogir MILL CREEK SENIOR LIVING

Cogir of Mill Creek
Independent living & Assisted Living
14905 Bothell Everett Hwy, Mill Creek, WA 98012
CogirofMillCreek.com | (425) 475-4925



How volunteering benefits seniors' mental health



Seniors are vulnerable to mental health issues. The World Health Organization says around one in five older adults experience psychiatric disorders like depression, anxiety, and dementia-related mood changes. While various therapies can help, seniors may discover volunteering can be a surprising antidote to mental health concerns.

Volunteering offers seniors many benefits, including a renewed sense of purpose. It also helps combat social isolation, which can lower rates of depression and anxiety. According to Voices for National Service, older adults who volunteer have reduced risk of mortality, more optimism and feel less depressed and lonely. People who were once working full time and are now in retirement may find they have hours to spare. Those hours can be directed toward volunteer efforts, which can boost seniors' mental health in myriad ways.

• Lowers depression and anxiety: The National Institutes of Health says research indicates consistent volunteering can help to reduce risk of depressive symptoms. Staying engaged and active combats feelings of hopelessness.

• Decreased social isolation: Points of Light says regular time spent with peers and the people being helped can mitigate loneliness. Having a strong support network can make stress more tolerable and increase feelings of belonging.

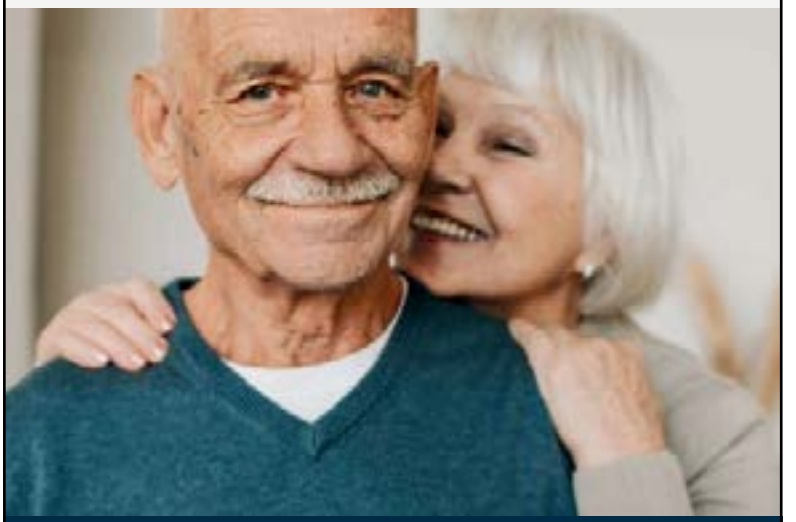
• Restores sense of purpose: When work ends, many seniors lose the structure that governed their working life. Volunteering gives the opportunity to wake up, follow a schedule and achieve goals. It can be rewarding to play a valuable role in the community again, according to Voices for National Service.

• Mental stimulation: Volunteering may lead to learning new skills and interacting with others, and that can keep the mind sharp.

• Physical activity: Older adults may lead sedentary lifestyles if they have nothing to keep them busy. Volunteering helps a person engage in some sort of physical activity. A 2025 study published in the journal Social Science & Medicine found volunteering is associated with lower levels of hypertension and chronic inflammation. Staying active can lower blood pressure, risk of heart disease and eight types of cancer.

Volunteering is a tool older adults can use to stay healthy both physically and mentally.

Château
PACIFIC - LYNNWOOD



WHERE EVERY DAY FEELS LIKE HOME.

Locally family-owned and operated. Compassionate senior living in Lynnwood.

Proudly Serving Lynnwood for Over 25 Years

INDEPENDENT | ASSISTED LIVING
MEMORY CARE | RESPITE CARE

SCHEDULE YOUR VISIT TODAY!

425-787-9693
CHATEAURETIREMENT.COM

Travel can facilitate healthy aging

The adage, "an apple a day keeps the doctor away," may be true, but for seniors, enjoying that apple at a hotel or on a cruise may be even more healthy than having it at home.

Travel can be an important component of healthy aging. Travel provides many benefits across multiple areas of life. According to The Senior List, around 70 percent of seniors (adults age 50 and up) travel regularly. Seniors are a target demographic for the travel industry, accounting for roughly one-third of all travelers. Seniors spend almost one month each year traveling.

Here are a few of the many health-related rewards seniors can reap from travel.

• Morale boost: Booking a trip, making it to a destination and checking out new sights creates a strong sense of purpose that can elevate self-confidence.

• Meet new people: Travel offers lots of opportunities to meet fellow travelers and engage with locals at various destinations.

• Get physical activity: Exploring sights and landmarks engages the body. According to Claren-dale Clayton Senior Residences, studies show that older adults who regularly vacation experience lower rates of high blood pres-sure, stroke and heart disease.

• Reduces stress: Getting away from the daily grind and house-hold routines or responsibilities can lower feelings of stress.



• Improves cognitive health: According to research by the Global Coalition on Aging, regular cultural travel can reduce Alzheimer's risk by up to 47 percent.

• Foster cultural understanding: Travel takes people outside of their typical circles and can expose individuals to new cultures. Learning about these cultures and interacting with local populations can foster a greater sense of cultural understanding.

Travel can be a key component of healthy living for seniors that boosts their physical and mental well-being.

Fieldstone Memory Care of Marysville offers joyful and vibrant living for seniors

Fieldstone Memory Care of Marysville is dedicated to providing quality memory care services to the community, ensuring their residents receive the compassionate and expert care they deserve.

Fieldstone's commitment to excellence is reflected in the longevity of their staff, many of whom have been with them for years. This stability not only provides continuity of care for the residents but also fosters a warm, family-like atmosphere within their community. The experienced and devoted team members form lasting relationships with residents and their families, creating a supportive and nurturing environment where everyone feels valued and cared for.

Beyond their devotion to exceptional care, they take pride in actively participating in local initiatives and events that benefit the residents and the broader community. Each year, they enthusiastically join the Alzheimer's Walk fundraiser in Everett to help raise awareness and support for Alzheimer's disease research and care. They believe in fostering a supportive and engaged environment where residents, families, and staff come together to create meaningful connections and contribute to causes that matter.

Fieldstone Memory Care founders sought to create a senior living community that reflects their own values and vision for their loved ones. This commitment is at the heart of Fieldstone



Memory Care of Marysville's approach to senior care. They aim to provide personalized experiences that foster meaningful moments among residents, their families, and staff. By cultivating a supportive and engaging environment, Fieldstone ensures that each day is filled with opportunities for joy, fulfillment, and growth.

Fieldstone Memory Care of Marysville is located at 11015 State Avenue in Marysville. For more information visit https://fieldstonecommunities.com/marysvillememorycare/
You can also reach them by phone at 360-495-1544.

FIELDSTONE®
MEMORY CARE
MARYSVILLE

CREATING
MEANINGFUL
MOMENTS
FOR THOSE WITH
DEMENTIA



Joyful & Vibrant Living for Seniors!

CALL TODAY TO DISCOVER YOUR
LOVED ONES' PERFECT MOMENT!

Schedule a tour today!

11015 State Avenue • Marysville • 360-244-4180

www.fieldstonemarysville.com

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 a $9!

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.

Wintertide Festival

The Carl Gipson Center invites you to their annual Wintertide Festival on Saturday, December 12.

The Wintertide Festival will be from 9 a.m. to 1 p.m. and will feature live music, crafts, activities, espresso stand and so much more.

Please bring an instrument to donate to public school students and get a chance to win a prize.

Musical performances: Eisenhower Middle School Impressions Jazz Ensemble at 9 a.m.; North Middle School Choir at 10 a.m.; Heatherwood Middle School at 11 a.m.; and Evergreen Middle School at 12 p.m.

The Carl Gipson Center is located at 3025 Lombard Avenue in Everett. For more information call 425-818-2784

WINTER WEATHER WORD SEARCH

W	S	R	Y	H	R	L	M	K	S	E	D	W	K	U	G	R	O	N	V
P	B	G	M	H	N	Z	B	K	Z	R	R	W	S	D	P	K	P	O	A
D	V	H	E	V	E	R	G	R	E	E	N	R	Z	E	E	L	T	S	F
D	I	C	I	C	L	E	Y	S	E	K	A	L	F	W	O	N	S	L	S
O	Y	U	C	I	H	S	I	O	F	R	V	S	T	T	N	K	H	E	C
E	M	O	F	F	Z	H	Y	L	A	B	A	W	M	S	L	B	Y	E	A
N	M	Y	G	K	N	D	E	V	R	C	F	S	O	O	U	B	U	T	R
P	C	Z	Y	L	N	V	A	W	H	A	C	I	A	R	D	N	U	T	F
M	G	O	M	I	A	L	D	I	L	U	K	S	R	F	W	E	Z	D	D
S	K	C	W	L	A	C	L	R	S	C	N	R	M	E	C	Y	B	V	L
N	Y	T	F	N	O	L	I	L	A	O	B	P	A	I	P	D	T	I	F
P	K	P	C	K	D	S	E	E	W	Z	M	L	T	P	D	L	E	W	T
M	E	H	F	H	M	D	T	D	R	W	Z	S	A	B	S	T	A	O	K
I	E	A	M	R	D	C	R	O	T	G	L	I	E	C	A	I	P	C	P
T	I	S	B	I	E	I	I	H	N	O	Y	H	L	N	K	S	W	F	E
T	N	E	N	I	F	E	A	C	S	I	I	L	R	B	R	I	V	G	M
E	R	G	C	T	H	W	Z	C	K	R	R	E	I	I	Y	F	C	P	S
N	T	S	Z	T	L	S	D	I	I	H	B	M	S	E	L	P	F	E	Z
S	H	O	F	L	U	R	R	Y	N	I	A	L	W	M	V	N	Z	E	Z
M	R	M	R	C	L	O	H	H	H	G	Z	R	K	Y	A	A	W	M	G

Find the words hidden vertically, horizontally, diagonally, and backwards.

AVALANCHE
BLACK ICE
BLIZZARD
CHILI
EVERGREEN
FIREPLACE
FLURRY
FREEEZING
FROST
GLACIER
HIBERNATE
ICICLE
MITTENS
PARKA
SCARF
SLEDDING
SLEET
SNOWDRIFT
SNOWFLAKES
SOSLTICE
THAW
TUNDRA
WINDY

Karaoke Wednesdays

Join the Mill Creek Senior Center for a fun Karaoke Party! Whether you want a turn at the microphone or just enjoy being a spectator, the Karaoke Party is a rowdy delight for everyone!

Every Wednesday from 1-3 p.m. The Center is located at 4111 133rd St. SE in Mill Creek. 425-948-7170

Senior Lifestyles

Publisher:
Becky Reed

Advertising:
Michelle Ewing
Becky Reed

The Tribune
605 Second St., #224
Snohomish, WA 98290
360-568-4121

Senior Lifestyles is published by Pacific Publishing
605 Second Street, #224
Snohomish, WA 98290

Supplement to the Tribune Newspapers

The Heroes Café



The concept of bringing Snohomish County veterans together to enjoy camaraderie with their brother and sister veterans is how the Heroes Café evolved. The monthly gathering is where the focus is to let veterans, their family members and veteran supporters come together and see that they're not alone. Any veteran, of any age, in any branch of service is welcome, with or without combat experience.

The organization also provides temporary hotel lodging, gift cards, ORCA cards, hygiene services and transportation to local doctor and hospital visits for veterans.

Monthly meetings are listed below. For more information call 425-599-9592 or email info@heroescafe-wa.org

- New Life Church, 6519 188th St. SW in Lynnwood, the fourth Tuesday of each month from 9 a.m. to 1:30 p.m. offering breakfast and a three course meal.
- American Legion Post 127, 21910 SR 9 in Woodinville, the third Tuesday of each month from 9:30 a.m. to 12:30 p.m.
- American Legion Post 178, 119 Cedar Ave. in Marysville, the first Tuesday of every month from 9 a.m. to 1 p.m.

Who's really on the other end?

How to Recognize Impersonation and AI-Driven Scams

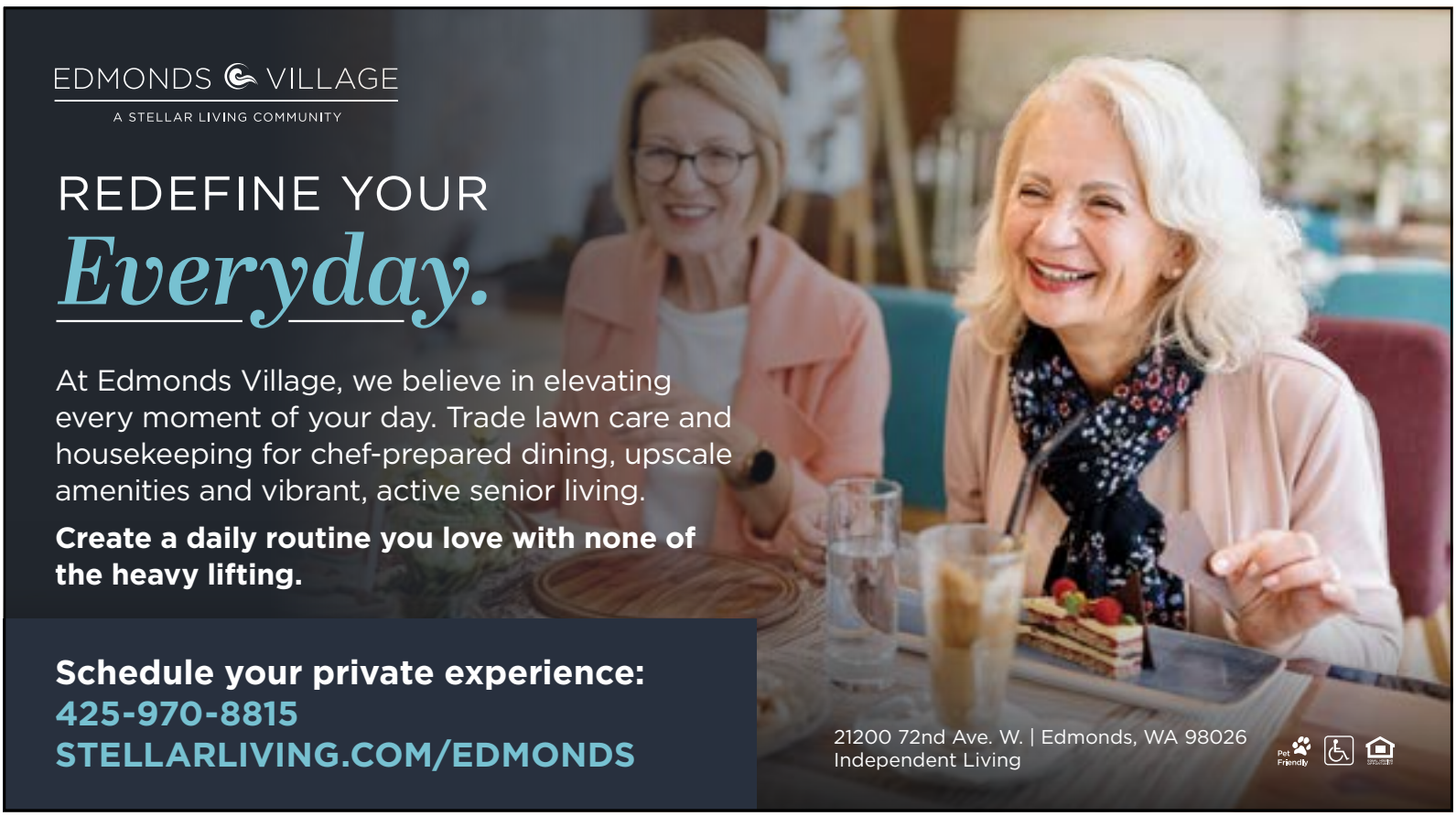
(StatePoint) Scammers are finding new ways to impersonate people and organizations you trust.

In some cases, criminals now use AI to generate realistic messages, real-time videos or even mimic a person's voice. These tactics can make a scam feel more urgent and personal, increasing the likelihood that someone will respond without verifying.

What to Know About Impersonation and AI-Driven Scams

- Scammers may pose as familiar or authoritative sources. Common examples include calls claiming to be from a bank, government agency or relative in distress.
- Contact can happen in multiple ways. Calls, texts, email and social media messages may all be used together.
- Technology is making scams more convincing. Messages may be more polished and personalized, and timed to feel legitimate.
- Pressure is a key tactic. Scammers often push for immediate action or ask you not to involve others. For example, people impersonating law enforcement or bank employees often tell people to mention nothing to the bank employees during a withdrawal transaction because they are "compromised."

See SCAMS on page 9



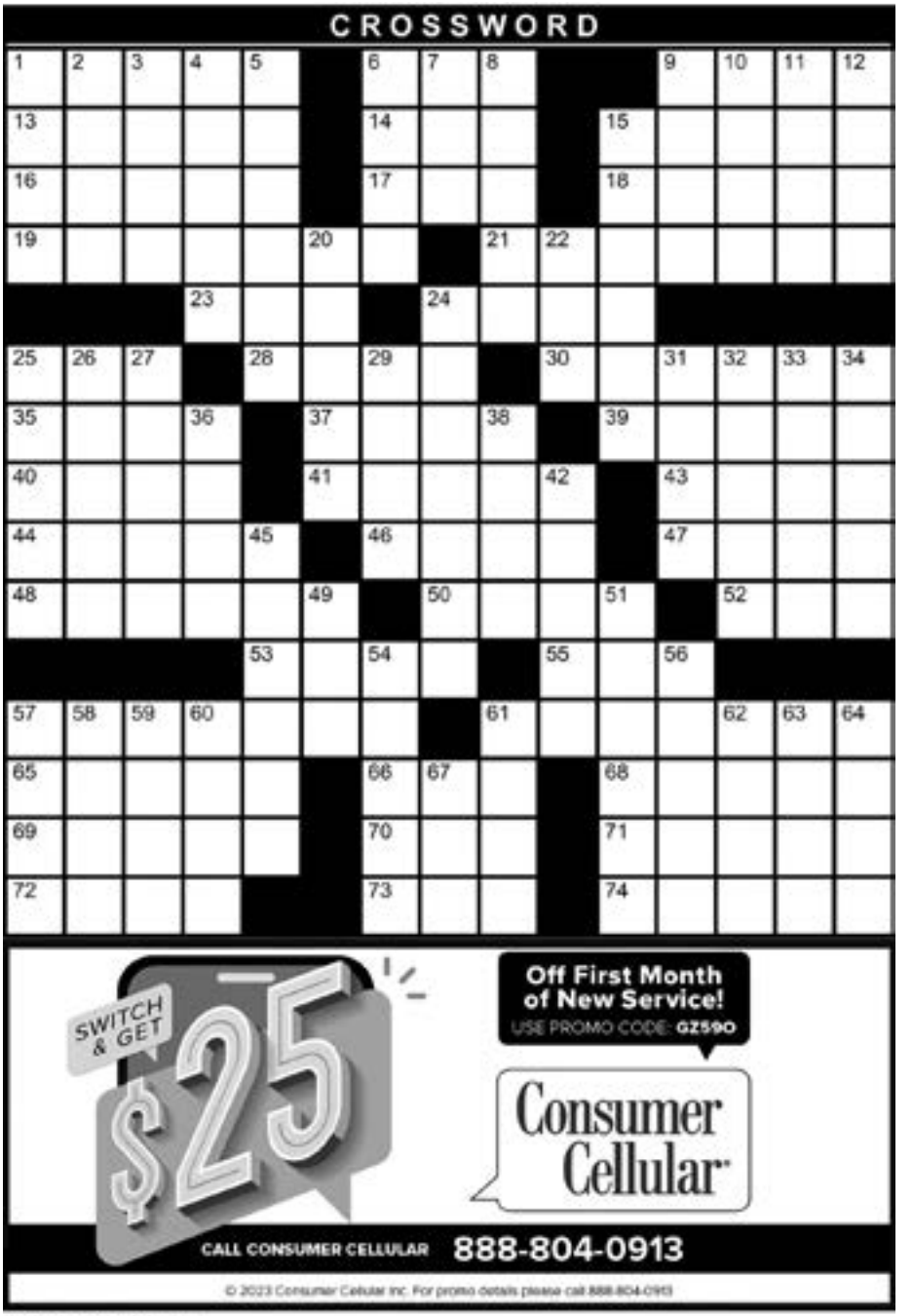
Crossword Theme: MOVIE QUOTES

ACROSS

1. Give benediction
6. World's oldest broadcasting company, acr.
9. Hoodwink
13. H, spelled out
14. Have a cold, e.g.
15. Dogma
16. Raja's wife
17. Shel Silverstein's constrictor
18. Extreme, prefix
19. *"_____, my dear, I don't give a damn"
21. *"Why so _____?"
23. "High" beverage
24. Fairytale's second word
25. "Swan Lake" step, e.g.
28. Potassium hydroxide solution, pl.
30. Nincompoop
35. Month of Purim
37. At any time
39. Coastal town in southern England
40. Flick part
41. 4 x 4 race
43. Like most Brothers Grimm stories
44. "Peer Gynt" playwright
46. Actress Campbell
47. Please do not delay, acr.
48. Experienced sailor (2 words)
50. Dispatched
52. a.k.a. Tokyo
53. Window guards
55. Beer faucet
57. *"I'm mad as hell, and I'm not going to take it _____"
61. *"What we've got here is _____ to communicate"
65. Like United States Capitol
66. Food safety org.
68. Ritual basin
69. Tooth trouble
70. Husk of corn
71. Sharks' domain
72. Fence board
73. Pastrami partner
74. Paper quantities

DOWN

1. Vomit
2. The one with pants on fire
3. Volcano in Sicily
4. *"I can smell the _____ of a woman... Honey oil, lavender, soap"
5. Israeli monetary unit
6. *"Hasta la vista, _____"
7. Life story, for short
8. Fastener
9. Hero shop
10. "Do _____ others..."
11. Paddington Bear's homeland
12. Airport postings, acr.
15. Rutabaga cousin
20. Extra sweatshirt, e.g.
22. Long period of time
24. No-good
25. *"We'll always have _____"
26. Hacienda brick
27. Mexican cuisine staple
29. *"She doesn't _____ go here"
31. Party garb?
32. Not better
33. Homer's famous poem, with The
34. *"Not quite my _____"
36. Donna or Lou
38. Techno dance party
42. Busybody, in Yiddish
45. *"_____ puts Baby in a corner"
49. Toothy fish
51. Alterations specialist
54. Mention something
56. *"There's no _____ like home"
57. Contributes
58. Season to be jolly
59. Village People hit
60. Source of protein
61. Cab payment
62. Eye layer
63. #74 Across, sing.
64. Sea eagles
67. *"Go ahead, make my _____"



© StatePoint Media

Puzzle Solution on Page 11

Scams

Continued from page 7

The Anatomy of a Scam

1. Contact: You receive a call, text or message from someone claiming to be a trusted source.
2. Trust: The message sounds believable, familiar or authoritative.
3. Urgency: You are told there is a problem or emergency that needs immediate action.
4. Request: You are asked to send money or share information.
5. Extraction: Money or sensitive information is handed over, often before you can verify the request.

Five Ways to Protect Yourself

1. Verify the request using a trusted contact method. Reach out using a known phone number or official website, not the information provided in the message.
2. Do not rely on caller ID or voice alone. Phone numbers and messages can be altered, faked or manipulated. Sometimes it will show the name of the institution, but it is not real. Verify and confirm with additional sources.
3. Slow down and ask questions. A person or organization with a legitimate request will not rush you into immediate action.
4. Be cautious about sharing personal information. Avoid providing sensitive data in response to unexpected requests.
5. Talk to someone you trust before acting. A second opinion can help spot red flags.

For more information on best practices to help prevent fraud, visit PNC's Security and Privacy Center.

Did you know?

The Alzheimer's Association says roughly one in nine people age 65 and older have Alzheimer's disease. More than seven million Americans are living with the disease. Around the world, Alzheimer's Disease International indicates there are more than 55 million people living with dementia. Alzheimer's disease gradually damages and destroys neurons in the brain. These changes can begin 20 years or more before memory loss and other symptoms develop. Unfortunately, Alzheimer's disease is ultimately fatal, although several modifiable risk factors exist for dementia that, if addressed, may delay the onset of symptoms.

Elder Law Check-Up ✓

— My Will or Trust is up to date
— My Powers of Attorney are current
— My long term care plan is complete

Call to schedule your check up

Paul S McConnell Esq.
Attorney at Law
www.thirdstreetlaw.com

Third Street Law
1636 3rd St. · Marysville · 360-658-6580
Member: Nat'l Academy Elder Law Attorneys

Plan a vacation!

• Music Cities - New Orleans, Memphis & Nashville ~ May 10, 2027 (8 Days)~

French Quarter Tour, relaxing Mississippi River Cruise on the Paddlewheeler Steamboat, New Orleans City Tour, Graceland, Memphis City Tour, Grand Ole Opry Show, Nashville City Tour and more! $4,199 per person double occupancy with booking discount. Airfare and airport transportation included.

• Montana Explorer~Big Sky Country ~ July 16, 2027 (8 Days)~

Featuring Glacier Peak National Park, the Gates of the Mountains Cruise (a 2-hour narrated boat ride up the Missouri River) and the Lewis & Clark Center, and more! $4399 per person double occupancy with booking discount. Airfare and airport transportation included.

• West Virginia Rails & Williamsburg~ Oct. 7, 2027 (8 Days)~

Washington D.C., Potomac Scenic Eagle Rail, New Tygart Flyer Train, Greenbrier, Monticello, Jamestown, Yorktown, and more. $4420 per person based on double occupancy with booking discount. Airfare and airport transportation included.

• Normandy, Paris & the Seine River Cruise~ October 12, 2027 (9 Days)~

7 nights aboard the Amadeus Diamond. Paris, Conflans, Rouen, LeHavre, Historic Normandy Tour, Les Andelys and more! Many cost options for you!

• French Riviera Explorer ~ Oct. 20, 2027 (9 Days)~

Nice France City Tour, Monte Carlo, and more! Optional cruise into Italy. $4,624 per person double occupancy with booking discount. Airfare and airport transportation included.

• Fantastic Florida & The Keys ~ ~ Nov. 11, 2027 (8 Days)~

$4,299 per person double occupancy with booking discount. Airfare and airport transportation included.

Ask about the Single Supplement Rates! Contact Candace Ranz, Monroe Community Senior Center Program Manager for more details, 360-794-6351 or programs@mcsc.org

(Trips presented by Premier World Tours)



Briefs

Silver Screeners Cinema Club

Silver Screeners Cinema Club is a free senior outreach program presented by Scarecrow Video, convening the elder community with movies. In addition to providing access to its vast film library, Scarecrow's movie experts lead post-film discussions with Silver Screeners program audiences.

The films are presented at the Mukilteo Library, 4675 Harbour Pt. Blvd. from 10 a.m. to Noon.

The Jan. 7 film will be Knives Out (2019).

The Feb. 4 film will be A New Leaf (1971).

The March 4 film will be Hidden Figures (2016).

Coffee, tea and popcorn will be provided. Feel free to bring other snacks, a cushion, or a blanket to make your movie experience most comfortable!

PUD Discounts

Do you qualify for a PUD discount? The PUD offers income-qualified rate discounts of 25-50%. Visit www.SnoPud.com/discounts to see if you qualify. Sign up is streamlined for those with Department of Social and Health Service Benefits.

Free Movie Mondays

Join the Mill Creek Senior Center for a free movie showing the fourth Monday of each month! Movies will be from 10 a.m. to Noon.

The Center is located at 4111 133rd St. SE in Mill Creek. 425-948-717

Fall prevention

Fall Prevention and balance are so important as we age. Falling is the number one 911 call and can lead to hospitalization and broken bones. Look at the reasons we lose strength and balance and how simple everyday exercises can build back balance and confidence.

Presented by SilverSneakers & PacMed 65+. Dec. 1 from 1-2 p.m. at the Mill Creek Library, 15249 Bothell-Everett Hwy.

Busy Bee Quilters

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

A day meeting is from Noon to 2 p.m.-ish with a night meeting at 6:30 p.m.

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

For more information call Diane Coombs at 425-334-3341.

Stained Glass Painting

The Monroe Community Senior Center is offering a Stained Glass Painting class Monday, Dec. 14 at 10:30 a.m. Supplies and instructions provided. $14 members, $19 nonmembers. The center is located at 276 Sky River Parkway. Please register by calling 360-794-6359. Space is limited.

Snowman Crafts

The Monroe Community Senior Center is offering a Snowman Crafts event on Tuesday, Dec. 29 at 10:30 a.m. Supplies and instructions provided. $14 members, $19 nonmembers. The center is located at 276 Sky River Parkway. Please register by calling 360-794-6359. Space is limited.

Coping with Holiday Grief

The Holidays can feel very different when someone you love is no longer here. Traditions, gatherings, memories and expectations can bring both comfort and heartache. This supportive session offers a gentle acknowledgement to the reality of grief while exploring ways to care for yourself through the holiday season.

Whether your loss is recent or years past, everyone is welcome to come and find comfort, hope and strength to get through the season.

Dec. 14 from 1-2 p.m. at the Mill Creek Library, 15429 Bothell-Everett Hwy.

Insect Safari

Be wowed by entomologist Don Ehlen as he shares his stories of collecting expeditions and arthropod classifications. See over 2,000 specimens of preserved insects, including beautiful butterflies, giant beetles, and creepy spiders from all around the world. Also meet some amazing live bugs close up!

Tuesday, Dec. 29 from 2-3 p.m. at the Mukilteo Library, 4675 Harbour Pt. Blvd.

Mardi Gras Bingo Night

Monroe Community Senior Center will host a special Bingo Night Saturday, February 6 at 5 p.m. featuring Drag Personality Gina Touche.

$25 includes admission and dinner. Beer, wine and margaritas will be available for purchase. $5 bingo packets will be sold at the door. Prizes and $50/50 raffle.

This is an over 21 event.

Reserve your spot at www.mcsc.org or call 360-794-6359. The center is located at 276 Sky River Parkway.

Kitchen Safety

Love spending time in the kitchen but want to make cooking a little safer and less exhausting? This Kitchen Safety class presented by Snohomish Regional Fire & Rescue will be Tuesday, Dec. 15 at 1 p.m. at the Monroe Community Senior Center, 276 Sky River Parkway. RSVP by calling 360-794-6359. (This is a free class open to everyone!)

The Healing Journey

This grief support group offers a safe place to share, heal and remember. This is open to any Snohomish County resident age 55 and over. You'll receive support and resources, social connections and light refreshments.

Register today by emailing mentalhealth@homage.org or call 425-740-3808.

The group meets at the Marysville Community Center, 1015 State Ave. from 10-11:30 a.m. on Wednesday, Dec. 2nd and 9th.

Write Your Obituary

Go beyond the traditional obituary and write your own! Learn techniques to capture your voice, personality and life story.

Tuesdays, Dec. 1, 8 and 15 from 2-3:30 p.m. at the Carl Gipson Senior Center, 3025 Lombard Ave. in Everett. $25 Members, $40 Non-members.

Chair Yoga

Modified for the chair, this instructor led class was created for those with limited mobility. Chair Yoga incorporates all the benefits of Yoga such as: healthier, stronger, more relaxed you; improved flexibility; great sense of calm and well-being; and increased oxygen intake.

Monroe Community Senior Center, 276 Sky River Parkway every Monday at 10 a.m. Fee is $4 per class. Wear comfortable clothes, no perfumes or colognes please.

For more information call 360-794-6359.

More BRIEFS on next page

Briefs

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.

Lake Stevens Bingo

The Lake Stevens Senor Center hosts Bingo every Thursday at 1 p.m, doors open at noon. $8 Buy-in, plus Progressive Black-outs, One of Everything, and Four Percentage Game options. Daubers and glue sticks available for $2 each. Everyone is welcome! 2302 Soper Hill Rd. 425-335-0345

Drive-thru Christmas Dinner

Christmas Dinner will be ham and all the fixins'! This drive-thru pick-up dinner will be Friday, Dec. 18 from 5 p.m. to 6 p.m. and is $10 per person, all ages welcome. To reserve your dinners, call 360-794-6359.

Monroe Community Senior Center, 276 Sky River Parkway in Monroe.

Homage Open House

You are invited to Homage Senior Services' Open House the third Thursday of every month from 10 a.m. to 12 p.m. All older adults of all backgrounds, cultures and abilities are welcome.

Homage is located at 1715 100th Pl. SE in Everett. 425-513-1900. www.homage.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.

Line Dancing Lessons

Come to the Lake Stevens Senior Center for fun Line Dancing Lessons every Tuesday rom 3:30-4:30 p.m. Fee is $3 to instructor and $1 to the Center. Newcomers are welcome at 3 p.m. for a little help catching up. The Center is located at 2302 Soper Hill Rd. 425-335-0345.

Make Beaded Snowflakes

Design your own glass-beaded snowflake suncatchers! Drop in anytime Wed., Dec. 16 from 3:30-5:15 p.m. at the Everett Library's Evergreen Branch 9512 Evergreen Way or Friday, Dec. 18 at the Main Branch, 2702 Hoyt from 2-4 p.m. This free event lets you create up to three snowflakes! 425-257-8250.

Craft Night

Community Craft Night at the Everett Library, 2702 Hoyt, is Dec. 10 from 6-7:30 p.m. Bring your own project, but please - No Glitter! 425-257-8250.

Crossword Puzzle Solution
for page 8

B	L	E	S	S	■	B	B	C	■	■	D	U	P	E
A	I	T	C	H	■	A	I	L	■	T	E	N	E	T
R	A	N	E	E	■	B	O	A	■	U	L	T	R	A
F	R	A	N	K	L	Y	■	S	E	R	I	O	U	S
■	■	■	T	E	A	■	U	P	O	N	■	■	■	■
P	A	S	■	L	Y	E	S	■	N	I	T	W	I	T
A	D	A	R	■	E	V	E	R	■	P	O	O	L	E
R	O	L	E	■	R	E	L	A	Y	■	G	R	I	M
I	B	S	E	N	■	N	E	V	E	■	A	S	A	P
S	E	A	D	O	G	■	S	E	N	T	■	E	D	O
■	■	■	■	B	A	R	S	■	T	A	P	■	■	■
A	N	Y	M	O	R	E	■	F	A	I	L	U	R	E
D	O	M	E	D	■	F	D	A	■	L	A	V	E	R
D	E	C	A	Y	■	E	A	R	■	O	C	E	A	N
S	L	A	T	■	■	R	Y	E	■	R	E	A	M	S

The Geras Group
COMPLETE GUIDANCE & SUPPORT FOR CONFIDENT AGING

We're Here to Help You!

LOCAL, TRUSTED SUPPORT FOR SENIORS & FAMILIES

The Geras Group is locally owned and operated, delivering comprehensive elder care, planning, and placement services for seniors and their families, helping them organize, plan and navigate life's transitions with confidence and compassion.

Call today to learn how we can help you or your loved one live with comfort, confidence, ease and Peace of Mind.


Lindsay Petrick


Lisa Tuckman

www.thegerasgroup.com
Lindsayp@thegerasgroup.com 425-760-8830
Lisat@thegerasgroup.com 425-765-7151

Josephine at Home
The Josephine Caring Community

Live **your life.**



Personal care solutions for independence and wellness at home

- In Home Licensed Nursing Care
- Post-Hospitalization Recovery
- Companionship & Lifestyle Assistance Service



Josephine Transitional Rehab
The Josephine Caring Community

Your *pathway* home.

Comprehensive care with the trusted team at the Josephine Caring Community

- Post-Hospital / Surgical Care
- Physical, Occupational, Speech and Swallowing Therapy
- Regain Life Skills and Independence

The Suites Senior Living
The Josephine Caring Community

Inspired **for life.**



Active Living in the Heart of your Community

- Assisted Living
- Private Studio, One, and Two Bedroom Apartment Homes
- Community Dining, Outings, and Intergenerational Activities

Apartments Available - Contact us for a tour

The Josephine Caring Community Difference

For over 100 years, the **Josephine Caring Community** has been a respected & award-winning regional partner in caring for all generations & nurturing fullness of life.

Josephine Caring Community
One Heart. Many Hands.

Fullness of *life.*

BEST NURSING HOMES U.S. NEWS

19th Annual Best of 2022 Stanwood & Camano

CONTACT US TODAY!
360.629.2126

9901 272nd Place NW · Stanwood, WA 98292

www.josephinecc.com

Evangelical Lutheran Church in America
God's work. Our hands.