

May



2025

ENUMCLAW SENIOR CENTER NEWSLETTER

Where Strangers Become Friends



LITTLE DROPS OF WATER,
LITTLE GRAINS OF SAND,
MAKE THE MIGHTY OCEAN
AND THE PLEASANT LAND.
THUS THE LITTLE MINUTES,
HUMBLE THOUGH THEY BE,
MAKE THE MIGHTY AGES
of eternity. ♡ Julia A. Fletcher

LOCATION

1350 Cole St.
Enumclaw, WA 98022
360.825.4741
www.cityofenumclaw.net

HOURS OF OPERATION

Monday-Thursday 8am-4pm

Friday 7:30am-12pm

Senior Advisory Board

Chairman

Darlene DeGroot

Vice Chairman/Treasurer

Cynthia Sable

Secretary

Brenda Sexton

Members

Donna Raymond

Yolanda Nelson

Alternate

Ngara Tackenberg

Next Board Meeting: 7/31/25

STAFF

Manager

Melissa Holt

mholt@ci.enumclaw.wa.us

Recreation Coordinator

Rochelle Rogers

rrogers@ci.enumclaw.wa.us

Office Assistant

Shaun Wilmot

swilmot@ci.enumclaw.wa.us

Bus Driver

Sonja Fryberger

sfryberger@ci.enumclaw.wa.us

Emme Calderon-Latinx Coordinator

Janine Carpenter-Resource Navigator

Tami Ward-Senior Center Cook

Trina Huebler-Evergreen Club Manager

Zoie Raum-Rural Van Driver

King County VSHS Levy Consultant

Brenda Sexton-Aging Mastery Program
Coordinator

SPECIAL EVENTS



**IT IS
TIME TO
TRAVEL**

**PREMIER TRIP
PRESENTATION**

FRIDAY, MAY 2ND @11AM

2026 TRIPS:
**FEBRUARY-
COLORFUL COSTA RICA**
**MAY-NASHVILLE & THE SMOKY
MOUNTAINS**
**OCTOBER-UTAH'S MIGHTY
NATIONAL PARKS**
**DECEMBER-NEW ORLEANS
HOLIDAY**
SIGN UP! 360-825-4741



JOIN US FOR
Mother's Day
LUNCHEON

**WEDNESDAY, MAY 7TH
10:30 AM**

Music by Randy Litch
RSVP by 5/5/25
360-825-4741



Join us for our Birthday Party
Entertainment by
Patty & The Travelin' 4
Thursday, May 15th at 10:30am

A big thank you to Humana
for the birthday treats!

Everyone is welcome! Come
celebrate your birthday with us.
Enjoy some dessert and spin the
wheel for a gift.



FLY TYING DEMO
with Jerry Metcalf

FRIDAY, MAY 30TH @10AM

Join us for a freeform
discussion and demonstration
around the topic of fly tying
and fishing. Bring your
questions and fish stories!

SIGN UP! 360-825-4741

EVENTS

The Trailblazers Hiking Club is headed back to the woods!

- Hikes will be on the 2nd and 4th Thursdays from May–September
- ALL hikes will leave from the Senior Center at 9am
- We will generally return to the center by noon
- If the hike includes bringing a lunch it will be indicated and the return time is 2pm

Hikes will accommodate 9 participants

You must be generally fit and able to hike at least three or four miles.

**Wear sturdy shoes
Dress in layers
Bring a snack and plenty of water**

Note: Adverse weather conditions will cause cancellation

take
a hike



ENUMCLAW TRAILBLAZERS

JOIN THE ENUMCLAW SENIOR ACTIVITY
CENTER FOR INTERMEDIATE HIKING
CALL TO REGISTER 360-825-4741

MAY HIKES

May 8th: Federation Forest

May 22nd: Kanaskat-Palmer

MEET AT ESC @9AM

Cost: \$3.00

**BRING WATER, A SNACK, &
DRESS FOR NORTHWEST WEATHER
9 SPOTS AVAILABLE**

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

bclough@4lpi.com

(800) 950-9952 x2635

Cascade Place

Assisted Living & Memory Care Community



**Drop in for a tour and see if
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

City of Enumclaw Senior Center, Enumclaw, WA

A 4C 05-1056

ACTIVITIES

Bingo: Mondays @1pm Bring your quarters and have some fun! Bring your own dauber or buy one for \$1. **THANK YOU** to More Pennies from Heaven for our blackout prize!

Billiards: Fridays @10am (or stop in anytime, the table's open)

Calling all Pool Sharks! Come and play on our table, it's over 100 years old.

Book Barn: Bring a book, take a book, keep a book. Come in anytime.

Bridge: Wednesdays @12:30pm **We need 3 more players to start another table.**

Call the center if you are interested in joining us.

Coffee with the Enumclaw Scholl District: May 2nd @9am (last one for this school year)

Come have coffee with the ESD officials and stay on top of what's going on!

Cribbage: Tuesdays @10am

Hand, Foot, & Toe Card Game: Fridays @9:30am A version of Canasta.

Knitting Group: Thursdays @1pm Please join us, all are welcome! Bring a project to work on.

Mah Jongg: Mondays @10am

Mexican Train Dominoes: Tuesdays @12:30pm

Movie Day: October Sky Thursday, May 22nd @1pm **SIGN UP!**

Join us for a fun afternoon, snacks and drinks provided.

The true story of Homer Hickman, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.

Pinochle: Thursdays @12:30pm

Puzzle Table: Available every day! Work a puzzle and exercise your brain.

Do you know what Enumclaw's legacy is? Check out the binder in the front room and see what our local middle schoolers have to say about it. Don't forget to leave your comments. Any questions? Reach out to Cynthia Sable at (925)305-8784 or cynthia.sable@yahoo.com



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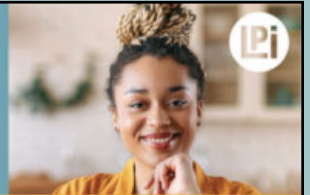
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- ✓ Family-Focused Approach
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- ✓ Your Health and Well-Being Are Our Top Priority



YOUR COMEBACK STORY BEGINS NOW

To Schedule a Tour or Visit Us, Give Us a Call or Stop By!

2323 Jensen Street, Enumclaw, WA 98002 | <https://www.enumclawhealthandrehab.com>
360-869-2337



For ad info. call 1-800-950-9952 • www.lpicommunities.com

City of Enumclaw Senior Center, Enumclaw, WA

B 4C 05-1056

MUSIC & DANCING

Senior Larks Glee Club

Every Monday @10:00am

Join us for a fun filled hour of singing, no experience needed. After practice we visit local assisted living and nursing facilities to share the joy of music.

Randy Litch

"One Man Variety Dance Show Band from Glenn Miller to Carlos Santana"

Wednesday, May 7th @10:30am

Patty and the Travelin' 4

Get out your dancing shoes and listen to hand clapping, toe tapping music!

Birthday Party: Thursday, May 15th @10:30am

Front Porch Band

Enjoy a mix of country, rock, and folk music.

Wednesday, May 28th @10:30am

MEAL PROGRAMS

CONGREGATE LUNCH PROGRAM

Lunch is a hot meal served Monday-Thursday @11:45am. Friday we serve a light breakfast @10:30am. The suggested donation is \$5.00 for seniors. **(360)825-4741**

NEIGHBORS FEEDING NEIGHBORS

Senior Hot Meal Delivery Program

Provided by the Rainier Foothills Wellness Foundation. Receive a hot meal plus a cold boxed lunch delivered to your home Monday, Wednesday and Friday for seniors 60 and older. The suggested donation is \$5.00 per meal. Call for information and apply for the program. **(360)802-3206**

MEALS ON WHEELS

Sound Generations offers a variety of low fat, low sodium, vegetarian and meat dishes. If you are an older adult 60+ and homebound, you are eligible for these meals. The suggested donation is \$6.00 per meal.

Call **(360)825-4741** or go to www.soundgenerations.org to apply.

COMMUNITY DINNER FREE

Come to the Enumclaw Nazarene Church on Fridays @5:30pm. All are welcome!
2501 Warner Ave. **(360)825-5578**

FULL BELLIES FREE

Gather at The Foundation-by Rainier Foothills Wellness. Parking is available in the rear.
1st, 2nd, 3rd, & 4th Thursday @5:30pm. Everyone is welcome!
1304 Griffin Ave. **(360)802-3206**

CLASSES/PRESENTATIONS/CLUBS

Aging Mastery Program **FREE! SIGN UP!**

Tuesdays @1pm April 8th –June 10th 10 WEEK SERIES

This class provides a comprehensive and fun approach to positive aging by focusing on key aspects of health, finances, relationships, personal growth, and community involvement.

Book Club: Tuesday, May 27th @2pm Meet at the Evergreen Club

"My Antonia" by Willa Cather

For more info contact Cynthia Sable @925-305-8784 or cynthia.sable@yahoo.com

Card Making Class: Wednesday, May 14th @1pm Meet at the Evergreen Club

SPACES ARE LIMITED, SIGN UP! COST: \$15 Fee paid directly to instructor

Make three exquisite greeting cards with Roxann. All supplies are included.

Caregiver Support Group: Monday, May 19th @2pm Meet at the Evergreen Club

Connect with others and get help from our Resource Navigator.

Family History Help: Tuesdays with Anna by appointment SIGN UP!

Trace your family tree and find out more about your ancestry.

Fly Tying Demo with Jerry Metcalf: Friday, May 30th @10am SIGN UP!

Ever wondered how a fishing fly is actually tied? Want to know how a fly is used to catch a fish? have an interest in a specific fly? Would you like some information on local fly fishing opportunities? Come join us for a freeform discussion and demonstration around the topic of fly tying and fishing. Jerry is a lifetime fly fisher, fly tying instructor and knows the local opportunities. He will tie flies, tell fish stories and answer your questions.

Memory Class: Wednesdays @1pm

Come stimulate your brain and boost your memory!

Premier Trip Presentation: Friday, May 2nd @11am SIGN UP!

Come find out about upcoming 2026 trips-

New Orleans Holiday (December), Colorful Costa Rica (February), Nashville & the Smoky Mountains (May), and Utah's Mighty National Parks (October)

Spanish Conversation Group: Thursday, May 1st & 15th @1pm

This group will meets for conversation and planned activities. Come and join us!

TOPS Club: Wednesdays @5pm Meet at the Evergreen Club

Join us for affordable, effective weight-loss support! First visit is free!



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Dale J. Holland – Attorney at Law



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www.dalejholland.com

W



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For individuals age 60 and older facing depression

Earn up to \$130 for participating

For more information contact the study team at

206-616-2129 or dmfb@uw.edu

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City of Enumclaw Senior Center, Enumclaw, WA

C 4C 05-1056

Dance & Tone Class

Evergreen Club
(Senior Center Fitness Studio)
1214 Stevenson Ave.

MARY SAUNDERS CLASS INSTRUCTOR

THURSDAYS AT 1:00 PM

FREE

THIS MONTH THE CLASS IS SPONSORED BY THE WR ASSISTED LIVING & WR MEMORY CARE. THANK YOU!



If you love to dance and like music of all flavors and styles, this is your class!



SENIOR PICKLEBALL CLUB



**Enumclaw Senior Activity Center
Pickleball Club**

Wednesdays 10:00am-Noon
Meet at MacFarland Park

One court format/Co-Ed. Open play!
Players will rotate each game.



Bring your own paddle!

FITNESS CLASSES

**Drop in
Class Fee
\$4**



RENEW • REFRESH • REVITALIZE
POSITIVE AGING & FITNESS FOR THOSE 55 AND BETTER

ENUMCLAW SENIOR ACTIVITY CENTER FITNESS CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM YOGA	8:00 AM STRETCH & STRENGTH	8:30 AM YOGA	8:00 AM STRETCH & STRENGTH	8:30 AM YOGA
10:00 AM S.A.I.L. NEW TIME!	9:00 AM PILATES	10:00 AM S.A.I.L. NEW TIME!	9:00 AM PILATES	
	10:00 AM SILVERSNEAKERS CLASSIC	5:00 PM TOPS MEETING	10:00 AM SILVERSNEAKERS CLASSIC	
	11:30 AM LINE DANCING		1:00 PM DANCE & TONE	

Monday

Tuesday

Wednesday

Thursday

Friday

May 2025

Activities Calendar

<div>May 2025</div> <div>Activities Calendar</div>					<div>VAN SERVICE 1</div> <div>8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 9:00 Sherry's Facials 10:00 SilverSneakers Classic 10:00 Program Assistance 11:45 Lunch 12:30 Pinochle 1:00 Dance & Tone 1:00 Knitting Group 1:00 Spanish Group 9-2 Rural Van Rides</div>	<div>VAN SERVICE 2</div> <div>8:00 Morning Coffee 8:30 Yoga 9:00 Coffee with the School District 9:30 Hand & Foot 10:00 Billiards 10:30 Breakfast 10:30 SHIBA 11:00 Trip Presentation *4/4 Trip @3pm Bells of the Sound Handbell Concert</div>
<div>8:00 Morning Coffee 8:30 Yoga 9:00 Haircuts w/Char 9:30 Bonney Lake Shop 10:00 SAIL 10:00 Mah Jongg 10:00 Resource Navigator 10:00 Senior Larks 11:00 BP Checks 11:45 Lunch 1:00 Bingo 9-2 Rural Van Rides</div>	<div>VAN SERVICE 5</div> <div>8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 9:00 Computer Tutoring 10:00 SilverSneakers Classic 10:00 Cribbage 11:45 Lunch 11:30 Line Dancing 12:30 Mexican Dominoes 1:00 Aging Mastery 1:00 Counseling</div>	<div>VAN SERVICE 6</div> <div>8:00 Morning Coffee 8:30 Yoga 10:00 Pickleball 10:00 SAIL 10:00 Resource Navigator 10:30 Mother's Day w/Randy Litch 11:45 Lunch 12:30 Bridge 1:00 Memory Class 9-2 Rural Van Rides</div>	<div>VAN SERVICE 7</div> <div>8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 SilverSneakers Classic 10:00 Hike-Federation Forest 10:00 Program Assistance 11:45 Lunch 12:30 Pinochle 1:00 Dance & Tone 1:00 Knitting Group 9-2 Rural Van Rides</div>	<div>VAN SERVICE 8</div> <div>8:00 Morning Coffee 8:30 Yoga 9:30 Hand & Foot 10:00 Billiards 10:30 Hot Breakfast</div>		
<div>8:00 Morning Coffee 8:30 Yoga 11:00 Mystery Lunch 10:00 SAIL 10:00 Mah Jongg 10:00 Resource Navigator 10:00 Senior Larks 11:45 Lunch 1:00 Bingo 9-2 Rural Van Rides</div>	<div>VAN SERVICE 12</div> <div>8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 9:00 Computer Tutoring 10:00 SilverSneakers Classic 10:00 Cribbage 11:45 Lunch 11:30 Line Dancing 12:30 Mexican Dominoes 1:00 Aging Mastery</div>	<div>VAN SERVICE 13</div> <div>8:00 Morning Coffee 8:30 Yoga 10:00 Pickleball 10:00 SAIL 10:00 Foot Care 10:00 Resource Navigator 11:45 Lunch 12:30 Bridge 1:00 Card Class 1:00 Memory Class 4:00 Mystery Dinner 9-2 Rural Van Rides</div>	<div>VAN SERVICE 14</div> <div>8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 SilverSneakers Classic 10:30 Birthday Party w/Patty & The Travelin' 4 11:45 Lunch 12:30 Pinochle 1:00 Dance & Tone 1:00 Knitting Group 1:00 Spanish Group 9-2 Rural Van Rides</div>	<div>VAN SERVICE 15</div> <div>8:00 Morning Coffee 8:30 Yoga 9:30 Bonney Lake Shop 9:30 Hand & Foot 10:00 Billiards 10:30 Breakfast</div>		
<div>8:00 Morning Coffee 8:30 Yoga 9:30 Red Wind Casino 10:00 SAIL 10:00 Mah Jongg 10:00 Resource Navigator 10:00 Senior Larks 11:45 Lunch 1:00 Bingo 2:00 Caregiver Support 9-2 Rural Van Rides</div>	<div>VAN SERVICE 19</div> <div>8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 9:00 Computer Tutoring 10:00 SilverSneakers Classic 10:00 Cribbage 11:45 Lunch 11:30 Line Dancing 12:30 Mexican Dominoes 1:00 Aging Mastery 1:00 Counseling</div>	<div>VAN SERVICE 20</div> <div>8:00 Morning Coffee 8:30 Yoga 10:00 Pickleball 10:00 SAIL 10:00 Resource Navigator 11:45 Lunch 12:30 Bridge 1:00 Memory Class 9-2 Rural Van Rides</div>	<div>VAN SERVICE 21</div> <div>8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 SilverSneakers Classic 10:00 Hike-Kanaskat-Palmer 11:45 Lunch 12:30 Pinochle 1:00 Dance & Tone 1:00 Knitting Group 1:00 Movie Day 9-2 Rural Van Rides</div>	<div>VAN SERVICE 22</div> <div>8:00 Morning Coffee 8:30 Yoga 9:30 Rhododendron Garden 9:30 Hand & Foot 10:00 Billiards 10:30 Breakfast 10:30 Ciera's Chair Massage</div>		
<div>CLOSED Memorial Day</div> <div></div>	<div>VAN SERVICE 27</div> <div>8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 9:00 Computer Tutoring 10:00 SilverSneakers Classic 10:00 Cribbage 11:45 Lunch 11:30 Line Dancing 12:30 Mexican Dominoes 1:00 Aging Mastery 1:00 Counseling</div>	<div>VAN SERVICE 28</div> <div>8:00 Morning Coffee 8:30 Yoga 10:00 Pickleball 10:00 SAIL 10:00 Foot Care 10:00 Resource Navigator 10:30 Front Porch Band 11:45 Lunch 12:30 Bridge 1:00 Memory Class 9-2 Rural Van Rides</div>	<div>VAN SERVICE 29</div> <div>8:00 Morning Coffee 8:00 Stretch & Strength 9:00 Pilates 10:00 SilverSneakers Classic 11:45 Lunch 12:30 Pinochle 1:00 Dance & Tone 1:00 Knitting Group 9-2 Rural Van Rides</div>	<div>VAN SERVICE 30</div> <div>8:00 Morning Coffee 8:30 Yoga 9:30 Hand & Foot 10:00 Billiards 10:00 Fly Tying Demo & Discussion 10:30 Breakfast</div>		

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change  May 2025 Monday-Thursday Lunch @11:45am Friday Breakfast @10:30am			1 Chicken Caesar Salad Garlic Bread Fruit	2 Continental Breakfast Sponsored by Cascade Place
5 Philly Cheesesteak Sandwich Asparagus Dessert	6 Tomato Soup Grilled Cheese Dessert	Mother's Day 7 Beef Stew Pasta Salad Sourdough Bread	8 Fish & Chips Coleslaw Pickle Spear Fruit	9 Hot Breakfast Biscuits w/Bacon Gravy Warm Cinnamon Apples
12 Baked Pork Loin Loaded Baked Potato Vegetables	13 Italian Wedding Soup w/Meatballs ½ Sandwich Dessert	14 Sub Sandwich Tossed Salad Chips	Birthday Party 15 Baked Ziti w/Beef Side Salad Garlic Bread Fruit	16 Continental Breakfast Sponsored by LJ Hutson Insurance Specializing in Medicare Plans
19 Reuben Sandwich Pickle Cottage Cheese w/Fruit	20 Tater Tot Casserole w/Beef Salad Roll Dessert	21 Chicken Fettuccine Caesar Salad Garlic Bread	22 Chicken Sandwich French Fries Salad Fruit	23 Continental Breakfast Sponsored by AccentCare
CLOSED 26 Memorial Day 	27 Vegetable Soup Chicken Salad Sandwich Dessert	Front Porch Band 28 Minestrone Soup ½ Ham Sandwich Potato Salad	29 Pork Chop w/Gravy & Rice Garden Salad Fruit	30 Continental Breakfast Sponsored by Enumclaw Senior Center

Suggested Donation \$5.00

Monthly Birthday Party sponsored by Humana and ESC.

TRIPS & TRANSPORTATION

Bonney Lake Shopping \$3 bus fee
Fred Meyer, Target, Walmart, or WinCo
Monday, May 5th & Friday, May 16th @9:30am

Bells of the Sound: Sounds of Nature Handbell Concert

Sunday, May 4th @3:00pm

Cost: \$15 (includes ticket), bring cash for a late dinner

Mystery Dinner

Wednesday, May 14th @4:00pm

Cost: \$5, bring cash for dinner \$\$-\$\$\$

Red Wind Casino

Monday, May 19th @9:30am

Cost: \$7 PHOTO ID REQUIRED

Mystery Lunch

Monday, May 12th @11:00am

Cost: \$5, bring cash for lunch \$

Rhododendron Garden-Federal Way & Lunch at Brown Bear Diner

Friday, May 23rd @9:30am

Cost: \$15 (includes ticket), bring cash for lunch

Provided by the Enumclaw Senior Center

Enumclaw Senior Center Van Service Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Senior Center TRIPS	Senior Center Safeway Grocery Outlet	Senior Center Food Bank QFC Dollar Tree Walgreens	Senior Center Safeway Grocery Outlet Library

CHECK THE CALENDAR FOR AVAILABLE DATES

10AM-2PM



Do you need a ride to the Senior Center, the store, the bank, or the post office? Our van runs Monday-Thursday.

\$1 VAN FEE PAID TO DRIVER ON DAY OF SERVICE

**Call the Senior Center to schedule
360-825-4741**

Rural Rides

Do you live out of town and need a ride to the center?
 Call to schedule Monday, Wednesday, and Thursday.



**Embrace
Purposeful
Living**

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City of Enumclaw Senior Center, Enumclaw, WA

D 4C 05-1056

SERVICES:

Resource Navigator

Mondays and Wednesdays-HERE AT THE CENTER

Janine is here to help! Do you have questions about resources, need help with advanced planning and placement options or help with applications, etc.?

Call the center to make an appointment. 360-825-4741

Athena's Notary

By appointment only Cost: \$5

Call the center to make an appointment. 360-825-4741

Blood Pressure Checks with Diane

Monday, May 5th @11:00am Cost: Free

Drop in and make sure your heart is in the right place.

Ciera's Chair Massage

By appointment only Friday, May 23rd Call the Senior Center to schedule. 360-825-4741

\$15/15 minute massage **Wear comfortable clothing!**

\$30/30 minute massage

Payment is cash, card, or Venmo made directly to Ciera.

Computer Tutoring with Ed

By appointment Tuesdays Cost: FREE

Do you have computer questions or need help with your cell phone?

Call the Senior Center to make an appointment. 360-825-4741

Counseling with Susan

Tuesdays 1-4pm by appointment only Cost: Free

Do you feel stressed, anxious, depressed, or overwhelmed and need to talk?

Make an appointment with Susan Thode, an experienced licensed mental health counselor.

Call the Senior Center to schedule. 360-825-4741

Haircuts by Char

Monday, May 5th Cost: \$5

Call the Senior Center to schedule your appointment. 360-825-4741

Pacific Professional Foot Care with a Registered Nurse

By appointment only Tuesday, June 3rd Cost: \$40

Payment is cash or check made out to Pacific Professional Foot Care.

Call the Senior Center to schedule your appointment. 360-825-4741

PediCares Foot Care with a Licensed Nail Technician

By appointment only Wednesday, May 14th & 28th Cost: \$40 (cash or check) \$42 (card)

Payment is cash, card, or check made out to Calah Webb-Young

***Bring a towel.** Call the Senior Center to schedule your appointment. 360-825-4741

Program Assistance

By appointment Thursday, May 1st & 8th Cost: Free

Do you have questions about property tax exemption forms, assistance programs, bills, etc.?

Call the Senior Center to schedule. 360-825-4741

Resource Lending Library

We have a wide variety of resource and educational books available for checkout.

Sherry's Facials & Scalp Treatments

By appointment only Thursday, May 1st Cost: \$35/30 minutes or \$70/1 hour

Relax and enjoy a fabulous 30 minute or 1 hour treatment by a licensed esthetician.

***Bring a hat to wear after your scalp treatment. You will leave with wet hair.**

Call the Senior Center to schedule. 360-825-4741

SHIBA-Statewide Health Insurance Benefits Advisor

Medicare Questions? By appointment only Cost: Free

Limited in person monthly appointments are available at the Senior Center. 360-825-4741

Enumclaw
SENIOR ACTIVITY CENTER

MOVIE DAY

AT THE SENIOR CENTER



MAY 22
THURSDAY
1:00PM

RSVP AT:
360-825-4741
Senior Center Multi-Purpose Room

POPCORN AND SNACKS PROVIDED

Enumclaw
SENIOR ACTIVITY CENTER

WALKING CLUB



MONDAYS

10AM **STARTING IN JUNE**
MEET AT GROCERY OUTLET PARKING LOT

COME WALK WITH NEW FRIENDS ON THE ENUMCLAW TRAIL
► BRING A WATER BOTTLE



SIGN UP!
360-825-4741

**960 Roosevelt Ave,
Enumclaw, WA 98022**

