

July



2025

# ENUMCLAW SENIOR CENTER NEWSLETTER

*Where Strangers Become Friends*



## **LOCATION**

1350 Cole St.  
Enumclaw, WA 98022  
360.825.4741  
[www.cityofenumclaw.net](http://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](mailto:mholt@ci.enumclaw.wa.us)

### **Recreation Coordinator**

Rochelle Rogers

[rrogers@ci.enumclaw.wa.us](mailto:rrogers@ci.enumclaw.wa.us)

### **Office Assistant**

Shaun Wilmot

[swilmot@ci.enumclaw.wa.us](mailto:swilmot@ci.enumclaw.wa.us)

### **Bus Driver**

Sonja Fryberger

[sfryberger@ci.enumclaw.wa.us](mailto: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

# Fourth Of July

CELEBRATION

Good Food ★ Live Music ★ Good Times

Music by  
**Randy Litch**

Wednesday, July 2<sup>nd</sup>  
10:30am

  
**Enumelaw**  
SENIOR ACTIVITY CENTER

Senior  
Self-Defense  
Class!



(360) 825-4741

**Where: The Evergreen Club  
1214 Stevenson Ave.**

**When: Wednesday, July 16th**

**Time: 2:30-3:30pm**

**SIGN UP! SPACES ARE LIMITED**



# BIRTHDAY PARTY & ICE CREAM SOCIAL

**Thursday, July 17<sup>th</sup> at 10:30am**

**MUSIC BY PATTY & THE TRAVELIN' 4**

**Celebrate Ice Cream Day with us!**

Treats provided by the  
King-Pierce County Dairy Women



# SENIOR CENTER MOVIE DAY



\*\*\* **JULY 24TH** \*\*\*

MOVIE  
STARTS  
@1PM

SIGN UP!  
360-825-4741

POPCORN  
AND  
SNACKS  
PROVIDED



# EVENTS



**King County**

Do you own the home you live in?

Were you at least age 61 or disabled  
by Dec 31st of last year?

Is your max household income of  
less than \$84,000?



## SENIORS, DON'T OVERPAY ON PROPERTY TAXES!

Did you know you could be saving BIG on your property taxes? Don't miss out on valuable senior exemptions that could lower your tax bill!

The Assessor will be here to explain how the Senior Exemption Program works and how you might be able to save on your property taxes.

### What we'll Discuss

- Eligibility Requirements
- Application Process
- Benefit Levels
- Q&A with Assessor

**JULY 8, 2025 - ENUMCLAW SENIOR ACTIVITY CENTER**

1:00pm – 2:00pm



## Rainier Respite

TUESDAYS & FRIDAYS  
10 AM - 1 PM

A respite program providing purpose and  
belonging for those living with dementia,  
their caregivers, and volunteers

1725 Porter St.  
Enumclaw WA  
rainierrespite.org  
(360) 825 3820



## Cascade Place

Assisted Living & Memory Care Community



Drop in for a tour and see if  
This Caring Place feels like home

Located in Enumclaw, WA  
Call 360-802-0177 | Visit [CaringPlaces.com](https://www.CaringPlaces.com)

A Caring Places Management Community

# SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • [www.lpcommunities.com](https://www.lpcommunities.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 Cribbage: Tuesdays @10am**

**Hand, Foot, & Toe Card Game: Fridays @9:30am** **We need 1 more player, please join us.**

**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: Sky Fall Thursday, July 24th @1pm** **SIGN UP!**

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

*When James Bond's (Daniel Craig) latest assignment goes terribly wrong, it leads to a disastrous turn of events. Undercover agents around the world are exposed, and MI6 is attacked, forcing M (Judi Dench) to relocate the agency. Bond takes to the shadows and follows a trail to Silva (Javier Bardem), a man from M's past who wants to settle an old score.*

**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](mailto:cynthia.sable@yahoo.com)



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**DANIEL ZUKERAN**  
OWNER

**808-295-5150**

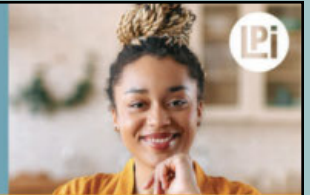
[RONINFRAMINGANDCONSTRUCTION@GMAIL.COM](mailto:RONINFRAMINGANDCONSTRUCTION@GMAIL.COM)

## WE'RE HIRING!

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- Full-Time with benefits
- Serve your community



Contact us at  
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[www.4lpi.com/careers](http://www.4lpi.com/careers)



**Enumclaw**  
HEALTH AND REHABILITATION CENTER

## BECAUSE EVERY SECOND COUNTS

Your Journey to Recovery Begins With Us

- ✓ Individualized Rehabilitation Plans
- ✓ Family-Focused Approach
- ✓ Caring and Experienced Professionals
- ✓ 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](http://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"

4th of July Party: Wednesday, July 2nd @10:30am

### *Patty and the Travelin' 4*

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

Ice Cream Day & Birthday Party: Thursday, July 17th @10:30am

### *Front Porch Band*

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

Wednesday, July 23rd @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](http://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

**Book Club: Tuesday, July 22nd @2pm** Meet at the Evergreen Club.

"Solito" by Javier Zamora

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

**Card Making Class: Wednesday, July 9th @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, July 28th @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.

**Memory Class: Wednesdays @1pm**

Come stimulate your brain and boost your memory!

**Painting Class: Tuesday, July 15th @1pm**

**SPACES ARE LIMITED, SIGN UP by 7/8/25! COST: \$35 Fee paid directly to instructor**

Come have some fun and paint a pretty picture using acrylics. All supplies are included.

**Property Tax Presentation with the King County Assessor: Tuesday, July 8th @1pm SIGN UP!**

Did you know you could be saving BIG on your property taxes?

Don't miss out on valuable senior exemptions that could lower your tax bill!

**Senior Self Defense Class: Wednesday, July 16th @2:30-3:30pm FREE! SIGN UP!**

**SPACES ARE LIMITED!** Meet at the Evergreen Club.

**Spanish Conversation Group: Thursday, July 3rd & 17th @1pm**

This group will meet 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!

For more information contact Cheri Jackson @360-825-2386



*Where dignity & compassion meet*

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**Dale J. Holland – Attorney at Law**



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• **PERSONAL INJURY**

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**CREATIV LAB**

Este programa también se realiza en español

**University of Washington Do More, Feel Better program**

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



## 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**



960 Roosevelt Ave,  
Enumclaw, WA 98022

## 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!**

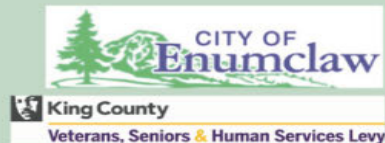
## FITNESS CLASSES

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.	9:00 AM PILATES	10:00 AM S.A.I.L.	9:00 AM PILATES	
	10:00 AM SILVERSNEAKERS CLASSIC	5:00 PM TOPS MEETING	10:00 AM SILVERSNEAKERS CLASSIC	
	11:30 AM LINE DANCING			

Evergreen Club: 1214 Stevenson Ave. 360-825-4741 \*MEET THERE\*



Monday

Tuesday

Wednesday

Thursday

Friday



**VAN SERVICE 1**  
 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

**VAN SERVICE 2**  
 8:00 Morning Coffee  
 8:30 Yoga  
 10:00 Pickleball  
 10:00 SAIL  
 10:00 Resource Navigator  
 10:30 4<sup>th</sup> of July Party w/Randy Litch  
 11:45 Lunch  
 12:30 Bridge  
 1:00 Memory Class  
 9-2 Rural Van Rides

**VAN SERVICE 3**  
 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 Knitting Group  
 1:00 Spanish Group  
 9-2 Rural Van Rides



**7**  
 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  
 10:00 Walking Club  
 11:00 BP Checks  
 11:45 Lunch  
 1:00 Bingo  
 9-2 Rural Van Rides

**VAN SERVICE 8**  
 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 Property Tax Presentation

**VAN SERVICE 9**  
 8:00 Morning Coffee  
 8:30 Yoga  
 9:00 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  
 9-2 Rural Van Rides

**VAN SERVICE 10**  
 8:00 Morning Coffee  
 8:00 Stretch & Strength  
 8:00 Suncadia  
 9:00 Pilates  
 9:00 Hike-Black Diamond  
 10:00 Program Assistance  
 10:00 SilverSneakers Classic  
 11:45 Lunch  
 12:30 Pinochle  
 1:00 Knitting Group  
 1:00 Premier Trip Predeparture Meeting  
 1:00 SHIBA-Medicare Counseling  
 9-2 Rural Van Rides

**11**  
 8:00 Morning Coffee  
 8:30 Yoga  
 9:30 Hand & Foot  
 10:00 Billiards  
 10:30 Breakfast

**14**  
 8:00 Morning Coffee  
 8:30 Yoga  
 10:00 SAIL  
 10:00 Mah Jongg  
 10:00 Resource Navigator  
 10:00 Senior Larks  
 10:00 Walking Club  
 11:45 Lunch  
 1:00 Bingo  
 9-2 Rural Van Rides

**VAN SERVICE 15**  
 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 Painting Class

**VAN SERVICE 16**  
 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  
 2:30 Self Defense Class  
 4:00 Mystery Dinner  
 9-2 Rural Van Rides

**VAN SERVICE 17**  
 8:00 Morning Coffee  
 8:00 Stretch & Strength  
 9:00 Pilates  
 9:45 King County Fair  
 10:00 SilverSneakers Classic  
 10:30 Birthday Party w/Patty & The Travelin' 4  
 11:45 Lunch  
 12:30 Pinochle  
 1:00 Knitting Group  
 1:00 Spanish Group  
 9-2 Rural Van Rides

**18**  
 8:00 Morning Coffee  
 8:30 Yoga  
 9:30 Hand & Foot  
 10:00 Billiards  
 10:30 Hot Breakfast

**21**  
 8:00 Morning Coffee  
 8:30 Yoga  
 9:30 Emerald Queen Casino  
 10:00 SAIL  
 10:00 Mah Jongg  
 10:00 Resource Navigator  
 10:00 Walking Club  
 10:00 Senior Larks  
 11:45 Lunch & Fortune  
 Cookie Day  
 1:00 Bingo  
 9-2 Rural Van Rides

**VAN SERVICE 22**  
 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  
 2:00 Book Club

**VAN SERVICE 23**  
 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

**VAN SERVICE 24**  
 8:00 Morning Coffee  
 8:00 Stretch & Strength  
 9:00 Pilates  
 9:00 Hike-Gunther Park Trail  
 10:00 SilverSneakers Classic  
 11:45 Lunch  
 12:30 Pinochle  
 1:00 Knitting Group  
 1:00 Movie Day  
 9-2 Rural Van Rides

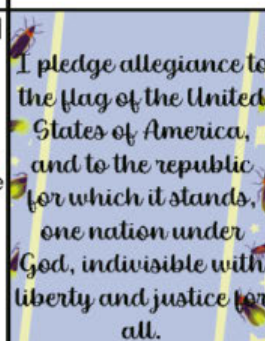
**25**  
 8:00 Morning Coffee  
 8:30 Yoga  
 9:30 Hand & Foot  
 10:00 Billiards  
 10:00 Gig Harbor Gondola  
 10:30 Breakfast

**28**  
 8:00 Morning Coffee  
 8:30 Yoga  
 9:30 Bonney Lake Shop  
 10:00 SAIL  
 10:00 Mah Jongg  
 10:00 Resource Navigator  
 10:00 Senior Larks  
 10:00 Walking Club  
 11:45 Lunch  
 1:00 Bingo  
 2:00 Caregiver Support  
 9-2 Rural Van Rides

**VAN SERVICE 29**  
 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

**VAN SERVICE 30**  
 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

**VAN SERVICE 31**  
 8:00 Morning Coffee  
 8:00 Stretch & Strength  
 8:30 Board Meeting  
 9:00 Pilates  
 10:00 SilverSneakers Classic  
 10:00 Program Assistance  
 11:45 Lunch  
 12:30 Pinochle  
 1:00 Knitting Group  
 9-2 Rural Van Rides





Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Hot Dog Macaroni Salad Baked Beans Dessert	<b>2</b> <b>4<sup>th</sup> of July Party</b> Creamy Broccoli Soup ½ Turkey Sandwich Tossed Salad	<b>3</b> Spaghetti & Meatballs Garlic Bread Caesar Salad	<b>4</b> <b>CLOSED!</b> <b>4<sup>th</sup> of July</b> 
<b>7</b> Grilled Cheese w/Apple, Fig, & Smoked Gouda Caesar Salad Fruit	<b>8</b> Meatball Sub Sandwich Watermelon & Feta Salad Dessert	<b>9</b> Lasagna Caesar Salad Garlic Bread	<b>10</b> Chicken Enchilada Casserole Mexican Corn Black Beans Garden Salad Fruit	<b>11</b> Continental Breakfast  Sponsored by LJ Hutson Insurance Specializing in Medicare Plans
<b>14</b> Stuffed Peppers Vegetables Dessert	<b>15</b> Pizza Pinwheels Salad Dessert	<b>16</b> BBQ Pulled Pork Coleslaw Chips	<b>17</b> <b>Birthday Party</b> <b>&amp; Ice Cream Day</b> Chicken Pot Pie w/Peas, Carrots, Onions, and Bell Peppers Garden Salad Fruit	<b>18</b> <b>Hot Breakfast</b> Avocado Toast Grilled Tomatoes Scrambled Eggs w/Ham
<b>21</b> Beef Taco Salad Fruit	<b>22</b> BLT Sandwich German Potato Salad Dessert	<b>23</b> <b>Front Porch Band</b> Meatloaf Mashed Potatoes & Gravy Tossed Salad	<b>24</b> Corned Beef & Cabbage Roasted Potatoes Fruit	<b>25</b> Continental Breakfast  Sponsored by AccentCare
<b>28</b> Creamy Shrimp & Broccoli Tortellini Green Salad Cheesy Breadsticks	<b>29</b> Italian Sandwich Orzo Pasta Salad Dessert	<b>30</b> Teriyaki Chicken Rice Tossed Salad	<b>31</b> Chili Cornbread Garden Salad Fruit	

**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, July 7th & 28th @9:30am  
**Suncadia Day Trip**  
 Thursday, July 10th @8am-4pm (approx. return time)  
**ACTIVITY LEVEL is DIFFICULT**  
 NO wheelchairs, walkers, or canes  
 \*Bike rentals available on your own  
**Cost: \$20, bring cash for lunch \$**  
**Mystery Dinner**  
 Wednesday, July 16th @4:00pm  
**Cost: \$5, bring cash for dinner \$-\$-\$**  
**King County Fair**  
 Thursday, July 17th @9:45am  
**Cost: \$1, bring \$ for admission**  
**Emerald Queen Casino**  
 Monday, July 21st @9:30am  
**Cost: \$5 PHOTO ID REQUIRED**  
**Gig Harbor Gondola & Lunch at Tides Tavern**  
 Friday, July 25th @10am  
**Cost: \$55, bring cash for lunch \$**  
**Waterways Sunday Supper Cruise-Lake Union**  
 Sunday, August 17th @3pm  
**Cost: \$145 (includes ticket & transportation)**

Provided by the Enumclaw Senior Center

## Enumclaw Senior Center Van Service Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
TRIPS	Senior Center Safeway Grocery Outlet Food Bank Pennies from Heaven	Senior Center QFC Dollar Tree Walgreens	Senior Center Safeway Grocery Outlet Library Use it Again Store

\*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



We believe that every moment counts and every experience matters. Live with meaning and thrive with joy at our community.

Contact our team today!

[WhiteRiverAL.com](http://WhiteRiverAL.com)



**WHITE RIVER**  
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**John L. Scott**  
 REAL ESTATE



## YOUR NEXT CHAPTER STARTS HERE

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*Debbie Woodall*



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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, July 7th @11:00am Cost: Free**

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

**Ciera's Chair Massage** **\*On summer break-no appointments in June, July, or August**

**By appointment only** 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** **\*On summer break-no appointments in July or August**

**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, July 7th 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, August 6th 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, July 9th & 23rd 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, July 3rd & 10th 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, July 3rd 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 Thursday, July 10th Cost: Free**

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



take  
a hike



## ENUMCLAW TRAILBLAZERS

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

### JULY HIKES

July 10<sup>th</sup>: Black Diamond  
July 24<sup>th</sup>: Gunther Park Trail  
MEET AT ESC @9AM  
Cost: \$3.00

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

