

July



2025

ENUMCLAW SENIOR CENTER NEWSLETTER

Where Strangers Become Friends



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



Fourth Of July

CELEBRATION

Good Food ★ Live Music ★ Good Times

Music by
Randy Litch

Wednesday, July 2nd
10:30am

A poster for a Fourth of July Celebration. It features a banner at the top with small American flags. The main title 'Fourth Of July' is in large red letters. Below it is a blue banner with the word 'CELEBRATION' in white. The text 'Good Food ★ Live Music ★ Good Times' is in red. 'Music by Randy Litch' is in red. A dark blue box at the bottom contains the date and time: 'Wednesday, July 2nd' and '10:30am'.



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



A poster for a Senior Self-Defense Class. The title 'Senior Self-Defense Class!' is in white on a grey starburst. The phone number '(360) 825-4741' is in white. The location 'Where: The Evergreen Club 1214 Stevenson Ave.' is in white. The date 'When: Wednesday, July 16th' is in white. The time 'Time: 2:30-3:30pm' is in white. A yellow banner at the bottom says 'SIGN UP! SPACES ARE LIMITED'. Below the text is an illustration of a woman in a pink dress kicking a man's head.



BIRTHDAY PARTY &
ICE CREAM
SOCIAL

Thursday, July 17th at 10:30am

MUSIC BY PATTY & THE TRAVELIN' 4

Celebrate Ice Cream Day with us!

Treats provided by the
King-Pierce County Dairy Women



A poster for a Birthday Party & Ice Cream Social. The title 'BIRTHDAY PARTY & ICE CREAM SOCIAL' is in white. The date 'Thursday, July 17th at 10:30am' is in white. 'MUSIC BY PATTY & THE TRAVELIN' 4' is in white. 'Celebrate Ice Cream Day with us!' is in white. 'Treats provided by the King-Pierce County Dairy Women' is in white. Below the text are two illustrations of ice cream cones with various toppings.



SENIOR CENTER
MOVIE DAY



JULY 24TH

MOVIE STARTS @1PM

SIGN UP! 360-825-4741

POPcorn AND SNACKS PROVIDED

A poster for Senior Center Movie Day. The title 'SENIOR CENTER MOVIE DAY' is in white. The date 'JULY 24TH' is in white. 'MOVIE STARTS @1PM' is in white. 'SIGN UP! 360-825-4741' is in white. 'POPcorn AND SNACKS PROVIDED' is in white. The background is dark blue with yellow stars.

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?



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



SENIORS,

DON'T OVERPAY ON PROPERTY TAXES!

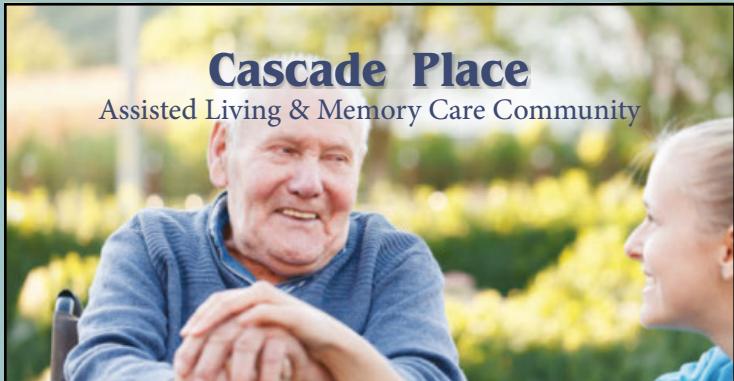
Did you know you could be saving BIG on your property taxes? Don't miss out on valuable senior exemptions that could lower your tax bill!

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

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

 A Caring Places Management Community

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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 **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



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

City of Enumclaw Senior Center, Enumclaw, WA

B 4C 05-1056

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.

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WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers



Enumclaw

HEALTH AND REHABILITATION CENTER

BECAUSE EVERY SECOND COUNTS

Your Journey to Recovery
Begins With Us

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- ✓ 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

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 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



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Dale J. Holland – Attorney at Law



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(360) 825-3757

www.dalejholland.com



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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!



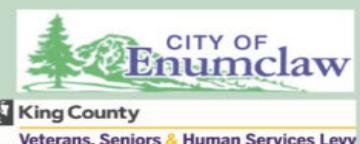
FITNESS CLASSES

**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	
<h1>July 2025 Activities Calendar</h1>	VAN SERVICE 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 1 8:00 Morning Coffee 8:30 Yoga 10:00 Pickleball 10:00 SAIL 10:00 Resource Navigator 10:30 4 th of July Party w/Randy Litch 11:45 Lunch 12:30 Bridge 1:00 Memory Class 9-2 Rural Van Rides	VAN SERVICE 2 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	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	CLOSED! 4 th of July
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 7 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 8 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 9-2 Rural Van Rides	VAN SERVICE 9 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	VAN SERVICE 10 8:00 Morning Coffee 8:30 Yoga 9:30 Hand & Foot 10:00 Billiards 10:30 Breakfast	11
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 14 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 15 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 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
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 21 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 22 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 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
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 28 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 29 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 30 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	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	I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible with liberty and justice for all.

Monday	Tuesday	Wednesday	Thursday	Friday
July 2025 MENU IS SUBJECT TO CHANGE	1 Hot Dog Macaroni Salad Baked Beans Dessert	2 4 th of July Party Creamy Broccoli Soup ½ Turkey Sandwich Tossed Salad	3 Spaghetti & Meatballs Garlic Bread Caesar Salad	4 CLOSED! 4 th of July 
7 Grilled Cheese w/Apple, Fig, & Smoked Gouda Caesar Salad Fruit	8 Meatball Sub Sandwich Watermelon & Feta Salad Dessert	9 Lasagna Caesar Salad Garlic Bread	10 Chicken Enchilada Casserole Mexican Corn Black Beans Garden Salad Fruit	11 Continental Breakfast Sponsored by LJ Hutson Insurance Specializing in Medicare Plans
14 Stuffed Peppers Vegetables Dessert	15 Pizza Pinwheels Salad Dessert	16 BBQ Pulled Pork Coleslaw Chips	17 Birthday Party & Ice Cream Day Chicken Pot Pie w/Peas, Carrots, Onions, and Bell Peppers Garden Salad Fruit	18 Hot Breakfast Avocado Toast Grilled Tomatoes Scrambled Eggs w/Ham
21 Beef Taco Salad Fruit	22 BLT Sandwich German Potato Salad Dessert	23 Front Porch Band Meatloaf Mashed Potatoes & Gravy Tossed Salad	24 Corned Beef & Cabbage Roasted Potatoes Fruit	25 Continental Breakfast Sponsored by AccentCare
28 Creamy Shrimp & Broccoli Tortellini Green Salad Cheesy Breadsticks	29 Italian Sandwich Orzo Pasta Salad Dessert	30 Teriyaki Chicken Rice Tossed Salad	31 Chili Cornbread Garden Salad Fruit	Monday- Thursday Lunch @11:45am Friday Breakfast @10:30am

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)

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!

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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

\$1

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.



King County
Veterans, Seniors & Human Services Levy



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Debbie Woodall

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

