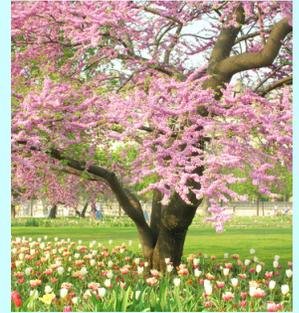




# Senior Newsletter

January-April 2026



Start the new year with a season full of movement, creativity, learning, and community! The January–April schedule is packed with exciting opportunities to stay active, build friendships, and explore new interests. Whether you're looking to strengthen your wellness routine, express your artistic side, or enjoy meaningful time with others, this season brings fun, fresh experiences for our 55+ community.

Stay energized with **Yoga Hatha, Strength & Stability, Pilates, Tai Chi for Life, Zumba Gold, Chair Yoga, and the Senior Walking Group**, offering great ways to support health and stay moving throughout the winter months. Creative minds can dive into **Drawing & Watercolor Painting, Mixed Media Art, Diamond Dot Art, Gourd Art, Woodcarving**, and other hands-on workshops designed to inspire and engage.

This season also features a strong lineup of **one-time special events** and workshops you won't want to miss. Join us for **Chakra Sound Bath sessions**, attend a **Disaster Planning Workshop**, or explore new skills like **Kraut & Pickle Fermentation**, and other fun classes. Enjoy a variety of **Ceramic Design Workshops**, including the **January Frozen Pond Stoneware Plate, February Northern Lights Vase, March Watercolor Bunny Platter, and April Fused Glass Garden Stake classes**.

You can also take part in **Senior Social Outings**, educational presentations like **Ducks in a Row** and **Navigating Social Security, Outsmart the Scammers**, and **monthly Foot Care Clinics** for comfort and wellness. Whether it's learning, creating, or connecting, there's a special event for every interest this season. **Registration Open Now!**

Kick off 2026 with energy, curiosity, and community. We look forward to sharing a lively, enriching winter and spring with you!

# Ongoing Classes

Registration Open Now!

## Monday

10:00 am Coffee Chat\*  
10:00 am Yoga Hatha \$  
11:30 am Strength & Stability \$  
1:00 pm American Mahjong\*  
1:00 pm Watercolor Painting \$  
5:00 pm Zumba Toning \$  
6:30 pm Belly Dance \$  
7:30 pm Guitar Beg \$

## Tuesday

9:00 am Gourd Art \$  
10:00 am Senior Walking\*  
1:00 pm Party Bridge/Cribbage\*  
1:30 pm Tai Chi for Life \$  
1:30 pm Knitting & Crochet\*  
5:30 pm Pilates for everybody \$  
6:45 pm Tai Chi \$

## Wednesday

9:00 am Foot Care 3<sup>rd</sup> Wed \$  
10:00 am Family Caregiver Support Group \* 1<sup>st</sup> & 3<sup>rd</sup> Wed  
2:30 pm Yoga Seniors \$  
3:00 pm Drawing & Watercolor \$  
6:00 pm Line Dance Beg \$  
6:30 pm Yoga Yin \$  
6:30 pm Crochet \$  
7:15 pm Line Dance Adv Beg \$

## Thursday

9:00 am Line Dance Adv Beg \$  
10:45 am Line Dance Beg \$  
12:00 pm Senior Lunch  
1 per month\*  
12:15 pm Line Dance New Beg \$  
12:30 pm SHIBA Appointment  
2 per month  
1:00 pm Canasta Cards\*  
3:15 pm Kupuna Hula \$  
5:45 pm Hula/Tahitian \$  
6:00 pm Sew Together Beg \$  
6:45 pm Ukulele \$  
7:00 pm Chakra \$ 3<sup>rd</sup> Thu

## Friday

9:00 am Woodcarving \$  
10:00 am Chair Yoga \$  
11:30 am Strength & Stability \$  
1:00 pm Pinochle\*  
1:30 pm Zumba Gold \$  
2:00 pm Diamond Dot Art\*  
6:00 pm Sew Together \$  
6:30 pm Ceramics and Glass \$  
1 per month

## Saturday

8:30 am Pilates \$  
10:00 am Indoor Pickleball \$  
(Dates Vary)

\*The Marysville Community Center will be **CLOSED** on **Jan 19, 2026** in honor of Martin Luther King Jr. Day and on **February 16, 2026** in honor of Presidents' Day. There will be **no classes, activities, or programs on these dates.**

**\*Free Program**

**\$ Fee for Program**

**Space is limited, be sure to pre-register for activities.**

**Phone: 360-363-8400 | Online: [www.marysvillewa.gov/parks](http://www.marysvillewa.gov/parks)**

*These programs are partially funded by the Snohomish County Department of Human Services grant.*

# One-Time Classes & Events

Registration Open Now!

## January

- Jan 8, 12:00 pm Senior Hot Lunch\*
- Jan 10, 10:00 am Marysville Wedding Show \*
- Jan 12, 11:30 am Wellness Weekday: Bowling\*
- Jan 14, 10:30 am Lunch & Tour of Local Senior Facilities\*
- Jan 20, 10:00 am Coffee at the Creamery Co.\*
- Jan 20 & 27, 6:00 pm Photography Basics with DSLR \$
- Jan 22, 1:30 pm Outsmart the Scammers Seminar\*
- Jan 23, 6:30 pm Ceramic- Frozen Pond Stoneware Plate\$
- Jan 24, 10:00 am Self-Defense for Women \$
- Jan 25, 10:00 am Usui / Holy Fire Reiki – Level 1 \$
- Jan 28, 9:30 am Bus Outing: Shack Art Center & Lunch \*
- Jan 29, 6:30 pm Kraut & Pickle Fermentation Workshop \$

## February

- Feb 4, 1:00 pm Sweetheart Trivia \*
- Feb 5, 12:00 pm Sweetheart Lunch & Dance \$
- Feb 10, 1:00 pm Pottery Nook Art Studio\$
- Feb 11, 10:00 am Bus Outing: Light Rail to SeaTac \*
- Feb 14, 9:00 am Cupid Shuffle 5K Fun Run \$
- Feb 14, 6:30 pm Valentine's Dueling Pianos \$
- Feb 18, 1:00 pm Disaster Preparedness Workshop\*
- Feb 20, 6:30 pm Ceramic - Northern Lights Vase\$
- Feb 24, 2:30 pm Senior Social Outing: Movie \*
- Feb 25, 1:30 pm Ducks in a Row: Senior Living & Estate Planning \*
- Feb 26, 6:30 pm Kraut & Pickle Fermentation Workshop \$

## March

- Mar 5, 12:00 pm Senior Hot Lunch\*
- Mar 6, 6:30 pm Ceramic - Watercolor Bunny Platter \$
- Mar 7, 10:00 am Treat Yourself Women's Expo\*
- Mar 11, 10:00 am Shamrock Bingo \*
- Mar 17, 6:00 pm Photography with Your Cell Phone \$
- Mar 17, 7:00 pm An Irish Celebration \$
- Mar 19, 1:00 pm Senior Social Outing: Bowling\*
- Mar 25, 1:30 pm Cooking Demo\*
- Mar 27, 7:00 pm Marysville Talent Show (Audience Night) \$
- Mar 31, 9:25 am Bus Outing: Thrift & Lunch (Arlington) \*

## April

- Apr 7, 10:00 am Community Transit Bus Training\*
- Apr 9, 12:00 pm Senior Hot Lunch\*
- Apr 19, 10:00 am Usui / Holy Fire Reiki – Level 1 \$
- Apr 21, 6:00 pm Navigating the Social Security\*
- Apr 24, 6:30 pm Fused Glass - garden Stake \$
- Apr 29, 11:00 am Senior Social Outing: Sunnyside Nursery Tour & Lunch \*
- Apr 30, 10:00 am Line Dance Soiree \*

### Sweetheart Trivia

Ages  
55+

Free



Wed, Feb. 4 at 1 p.m.

Sponsored by EDEN HEALTH

### Shamrock Bingo

Ages  
55+

Free



Wed, March 11 | 10 a.m.

Sponsored by HUMANA

### Sweetheart Dance

Ages  
55+

\$5



Thurs, Feb. 5 at 12 p.m.  
Opera House

Sponsored by Grandview Village & Right at Home

\*Free Program

\$ Fee for Program

Space is limited, be sure to pre-register for activities.  
Phone: 360-363-8400 | Online: [www.marysvillewa.gov/parks](http://www.marysvillewa.gov/parks)

These programs are partially funded by the Snohomish County Department of Human Services grant.

# Special Events

Registration Open Now!

## Marysville Wedding Show all ages

Browse vendors and meet experts in the wedding business that will help you start planning your special day. Swag bags will be given to the first 100 attendees. Sponsored by Chiro One Wellness Center

**Opera House**

Sat Jan 10 10am-2pm Free



## Cupid Shuffle 5k Fun Run all ages

Dress up in your Valentine's attire to run/walk in this Fun Run. Proceeds to go Lakewood High School Cross Country Team. Leave your furry friends at home. Sponsored by Chick-fil-A (Marysville on 88th)

**Ebey Waterfront Park**

Sat Feb 14 9am \$25 (pre-register)

## Valentine's Dueling Pianos ages 18+

This one-of-a-kind all request show will have you singing, laughing and cheering all night long!

**Opera House**

**Catered Dinner and Show**

Sat Feb 14 6:30pm \$70 (pre-register)

**Show**

Sat Feb 14 7:15pm \$40 (pre-register)



## Treat Your Self Women's Expo all ages

Make it a girls day out! Local vendors will pamper and indulge you with their wares and services.

Sponsored by Humana and Chiro One Wellness Center

**Opera House**

Sat Mar 7 10am-3pm FREE

## An Irish Celebration Ockhams's Razor all ages

This full throttle celebration of sound, spirit, and connection with Celtic roots and a fusion of rock, bluegrass, gypsy, classical, pop, and punk this ensemble delivers a genre defying experience

**Opera House**

Tue Mar 17 7pm \$20



## Marysville's Talent Show all ages

From singing to dancing, and everything in between, this talent show has it all! Winner receives \$1,000. Beer/wine for purchase from Marysville Soroptomist. Sponsored by Abbey Van Dam Carpet & More

**Opera House**

**Auditions**

Th Mar 5 4pm \$20

**Audience**

Fri Mar 27 7pm \$15



# Feeling Lonely or Socially Isolated?



Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.

## Are You at Risk?

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- Live alone
- Can't leave home
- Are a caregiver
- Have trouble hearing
- Had a major loss or life change, such as the death of a partner
- Live in a rural and/or unsafe neighborhood
- Feel a lack of purpose

**If you are feeling lonely or isolated, talk with your doctor about your concerns.**

## Tips for Staying Connected

You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:

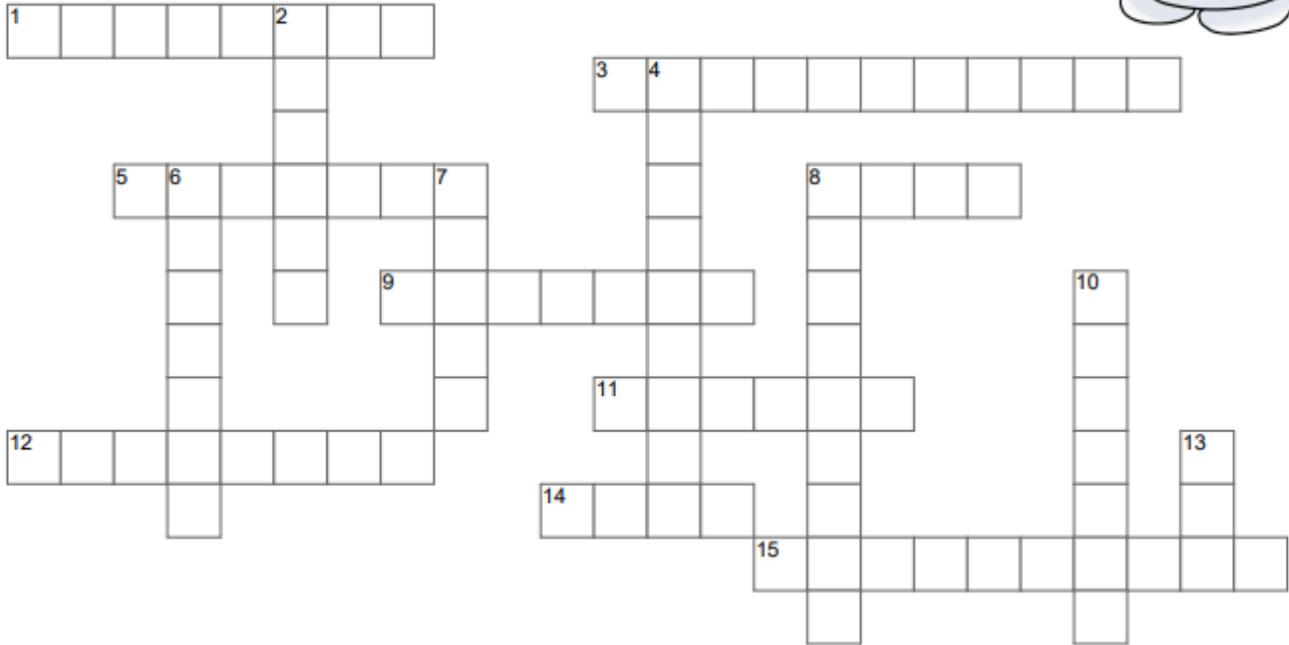
- Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- Restart an old hobby.
- Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- Volunteer to help others in your community.
- Adopt a pet if you are able to care for them.

## For More Information

Find tips and resources at [www.nia.nih.gov/CommitToConnect](http://www.nia.nih.gov/CommitToConnect), or call the Eldercare Locator at **800-677-1116** to connect with resources and services in your community.



# WINTER CROSSWORD



## ACROSS

1. Severe snowstorm
3. It tells how cold is outside
5. These keeps your hands warm
8. The ground is covered by this every Winter
9. Winter month
11. A garment for the upper body
12. Month that winter starts
14. For coasting down snow-covered hills
15. A feathery ice crystal that falls from the sky

## DOWN

2. Regions around the North Pole
4. Spending the winter in a dormant state
6. Hanging piece of ice formed by the freezing of dripping water.
7. Keeps your neck warm
8. Shake from being in the cold
10. Have a carrot for a nose
13. Covers ponds and lakes

SLED  
ARCTIC  
MITTENS  
SNOWFLAKES

THERMOMETER  
SNOWMAN  
SCARF  
HIBERNATE

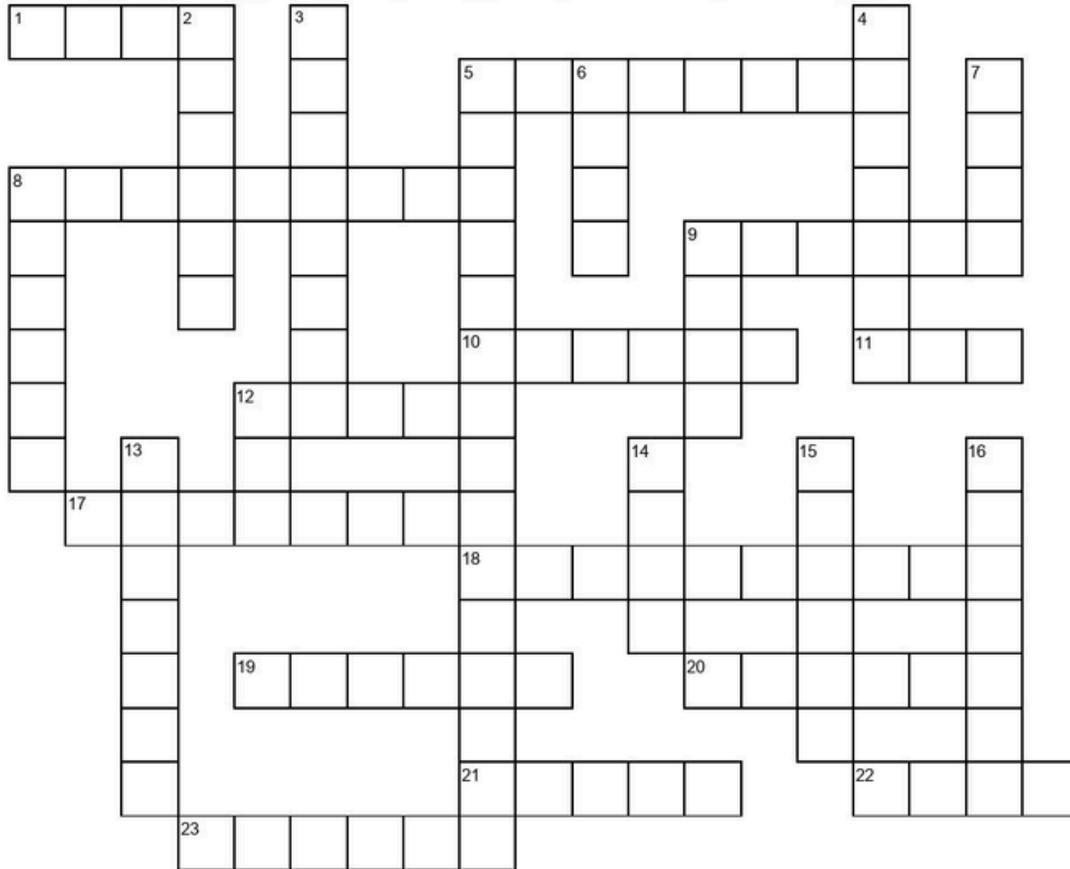
SHIVERING  
ICICLES  
BLIZZARD  
JACKET

JANUARY  
ICE  
DECEMBER  
SNOW





c r o s s w o r d p u z z l e



- WORD BANK:**  
 APRIL FOOLS  
 BEES  
 BLOOM  
 BLUE  
 BREEZE  
 BUTTERFLY  
 CHICKS  
 CLOUDS  
 DAFFODIL  
 DAYLIGHT SAVINGS  
 EASTER  
 FLOWERS  
 FROG  
 GARDEN  
 GRASS  
 KITE  
 LADYBUGS  
 MARCH  
 MAY  
 NEST  
 PASTELS  
 PICNIC  
 PUDDLE  
 RAIN  
 RAINBOW  
 SUN  
 UMBRELLA

**ACROSS:**

1. Toy that flies in the wind, attached to a string.
5. Yellow spring flower.
8. Winged insect that emerges from a chrysalis.
9. A gentle wind.
10. A place where people grow flowers or vegetables.
11. Star that provides light and warmth.
12. The first month of spring.
17. Lucky red beetles with black dots.
18. Holiday when people pull pranks and make jokes.
19. A meal you have outside on the grass.
20. Small pool of water.
21. A green lawn covering.
22. Home for birds.
23. A name for baby birds.

**DOWN:**

2. A spring holiday when you might hunt for eggs.
3. Item that shelters you from the rain.
4. Plants with petals.
5. What it's called when the clocks "spring forward".
6. It's what a tadpole turns into when it grows up.
7. The color of the sky.
8. Another name for flowers.
9. Insects that pollinate flowers and make honey.
12. Spring month containing Mother's Day.
13. Multi-colored arc caused when light is refracted through water droplets.
14. When water droplets fall from the sky.
15. Sometimes these hide the sun.
16. Colors that are soft and muted.

## Senior Community Resources in Snohomish County

### Utility Providers and Assistance Programs

- **PUD Discounts:** Offers 25%-50% rate discounts for income-qualified households. 425-783-1000 or apply [www.snopud.com/account/financial-assistance/bill-assistance/](http://www.snopud.com/account/financial-assistance/bill-assistance/)
- **PSE Bill Discount:** Apply [www.pse.com/en/account-and-billing/assistance-programs/bill-discount-rate](http://www.pse.com/en/account-and-billing/assistance-programs/bill-discount-rate).

### Transportation Resources

- **Care-E-Me:** Non-emergency medical transport services. 360-755-3239 or [www.careeme.com](http://www.careeme.com)
- **TAP Transportation:** For older adults and people with disabilities. 425-423-8517.
- **Dart Transportation:** On demand ride sharing service for those with a disability. 425-347-5912.

### Additional Energy and Utility Resources

- **Federal LIHEAP Program:** Heating bill assistance with grants based on eligibility. 425-388-3880 for Snohomish County, or 360-629-5257 for Camano Island.
- **St. Vincent de Paul:** PUD Community Energy Fund- one-time grant for low-income families. 425-374-1243.
- **Snohomish County Weatherization Program:** Provides repairs, sealing, and insulation work for eligible households. 425-388-7205 for Snohomish County, or 1-800-317-5427 for Camano Island.

### Food Assistance Programs

- **Arlington Food Bank:** View schedule at [www.arlingtonfoodbank.org](http://www.arlingtonfoodbank.org) or call 360-435-1631.
- **Bethlehem Lutheran Church:** Hot meal (3pm), shower (2-6pm), laundry (2-6pm) Sundays. 360-659-2022.
- **Marysville Community Food Bank:** Schedule an appointment to pick up a box of food on Mondays, Tuesdays or Fridays for food pick-up. 360-658-1054.
- **Meals on Wheels:** Home delivered meals. 800-824-2183.
- **Salvation Army:** Hot meals, laundry, rental/utility assistance, case management, resume help [www.marysville.salvationarmy.org](http://www.marysville.salvationarmy.org)

### Housing and In-Home Care Services

- **Eden Health:** Home health, home care, palliative care and hospice services. 360-746-9065.
- **Right at Home Services:** In-home care, transportation assistance, and more. 253-448-8053.
- **Happier at Home Services:** In-home care, specialized Alzheimer & overnight care. 360-326-1181.
- **Snohomish County Human Services:** Services for older and disabled adults in their own home or in a community setting. Resources include Veterans Housing and Assistance, long term care and aging services, family caregivers. 425-388-7200 or [www.snohomishcountywa.gov/191/Human-Services](http://www.snohomishcountywa.gov/191/Human-Services).

### Other Services

- **Adult Protective Services:** Report concerns involving Vulnerable adults. 877-734-6277.
- **Beck's Place Foster Boarding Program:** Temporary pet care for families. 425-419-8992.
- **Catholic Community Services:** Housing help, addiction recovery, mental health services. 425-257-2111.
- **Crisis Line:** Free and confidential support for those in crisis. 800-584-3578.
- **Goodwill:** Education classes, computer classes, food, housing, transportation, utility, legal and domestic violence support. 360-653-4337.
- **Homage:** Services for older adults and people with disabilities in Sno. Co. including mental health, food & nutrition services, care coordination, transportation, and minor home repair. 425-355-1112.
- **LINC NW:** Clothing and toiletries. [www.lincnw.org](http://www.lincnw.org).
- **Stilly Valley Center in Arlington:** Medical equipment loan program, incontinent products. 360-653-4551
- **WA Resource Directory:** Call 2-1-1: Confidential service for needs i.e. rent, utilities, food, emergency shelter/housing, medical or dental resources, health insurance, clothing, social services, and more.