

# Redmond 50+ Encore Monthly News

December 2019



Redmond  
Parks and  
Recreation



2019 Senior Advisory Committee, L to R, back row: Sadru Kachra, Marie-Anne Johnson, George Innis, Glen Gearhart, Linda Timmins, Sandy Marion; front row: Patti Trepanier, Sue Smith, Margie Meyer, Linda Clark

## Good Work Advisory Committee

### 2019 Garden Donations

The garden season has come to a close. An awesome 247 lbs of fresh produce was donated to the Hopelink Food Bank this season. Despite a variety of challenges, such as bunnies and the building closure, our dedicated gardeners grew potatoes, tomatoes, tomatillos, radishes, lettuce, sage, chard, kale, beets, beans, carrots and more.

The gardener will be back to work early in the new year and are already plotting out their plans. Look for information on the group's 2020 meetings in upcoming newsletters.

### Holiday Giving Opportunity

The Senior Advisory Committee once again has chosen to donate to the School Break Food Box program and they invite senior interest groups and individual members to participate, as well.

The Food Box Program works with school counselors in selected Redmond schools to provide boxes of supplemental food to food-insecure families over the school breaks.

Continued inside.



Everyone is invited to

**A Holiday Social**

**Wed, Dec 4**

**1-3 pm**

**Redmond City Hall**

Come gather with your friends and staff in the Council Chambers to kick off our celebration.

Plan to enjoy a variety of activities such as:

Holiday Trivia & Games

Make a Wish on the Wishing Tree

Write a Letter to a Soldier

Crafts & Treat Making

And Pumpkin Pie!!!

Please sign up by calling 425-556-2314 or stop at the desk in the City Hall.

**Redmond  
Lights  
Weekend**

**December 7 & 8**

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

# Come Visit with Friends and Staff!

## Daily Drop-In Options:

The following locations are available on a drop-in basis. Enjoy friendly staff, comfy seating, coffee, games, and puzzles for your enjoyment.

### City Hall Bytes Cafe

15670 NE 85 Street Redmond, WA 98052  
Monday-Friday, 8:30 a.m. - 5 p.m.

### Redmond Community Center at Marymoor Village

6505 176 Ave NE Redmond, WA 98052  
Monday - Friday, 6 a.m. - 9 p.m.  
Saturday, 7:30 a.m. - 3:30 p.m.  
Sunday, 8 a.m. - 1 p.m.

## Lunch Program:

Redmond Senior Center is unable to provide a daily hot lunch program at this time. Information on the Thursday Lunch is on the last page. Other options available in this area include:

- Peter Kirk Community Center  
352 Kirkland Avenue Kirkland, WA 98033  
Please call 425-587-3336 for more information.
- North Bellevue Community Center  
4063 148 Ave NE, Bellevue  
Please call 425-452-7681 for more information

## Fee Based Activities:

Take place at the Redmond City Hall, the Redmond Community Center at Marymoor Village (addresses listed above), and:

The Art Studio at Grass Lawn Park  
7031 48th Ave NE, Redmond WA 98052

Adair Cabin at Anderson Park  
7802 168th Ave NE, Redmond WA 98052

For more information on fee based-programs go to [www.Redmond.gov/register](http://www.Redmond.gov/register)

## How to Sign Up

Call—425-556-2314

Click—[www.redmond.gov/register](http://www.redmond.gov/register)

Come in—in person registration is available at:

- Redmond Community Center at Marymoor Village
- Customer Service Desk at City Hall

Please see the hours and addresses listed above.

# Living Well Workshops

## Writing Personal Stories

*Presented by Susan Urban*

In this ninety-minute workshop, we'll look at the work of Joan Didion and David Sedaris and other memory adventurers as a way to begin telling our own stories. Using short and evocative prompts, we'll explore writing personal stories in our own voices, the way we'd tell them to a friend. No writing experience necessary, just a lived life.

*Tue, Dec 3, 1 - 2:30 pm, City Hall*

## Below the Belt, a Men's Health Forum

*Presented by Boston Scientific*

To inform men of treatment options for various diseases and conditions. Led by a representative from Boston Scientific along with a patient advocate who share their journey on finding the right treatment. Refreshments will be provided.

*Tue, Dec 10, 1 - 2:30 pm, City Hall*

## Holiday Cooking: Quick & Delicious

*Presented by EvergreenHealth*

Class includes recipes and tips to make delicious and nutritious holiday meals. Have fun while learning the typical diet affects health.

*Wed, Dec 11, 10 - 11:15am, City Hall*

*Call 425.899.3000 to register*

## Superbugs: Myths vs. Facts

*Presented by Overlake Medical Center*

An Overlake provider will separate myths from facts around medication-resistant bacteria, and will share ways you can protect yourself from infection.

*Wed, Dec 18, 10 - 11:30 am, City Hall*

*Register at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) or call 425.688.5259*

## Creating a Legacy

*Presented by EvergreenHealth*

This life-affirming session will review fun, creative ways we can create and share our legacy for years to come.

*Wed, Jan 8, 10 - 11:30 am, City Hall*

*Call 425.899.3000 to register*

## 50+ Trips and Tours

### Join us for a Fall Trip!

Please see [www.Redmond.gov/RSC](http://www.Redmond.gov/RSC) for a complete list of trip and tours and more details.

### Discerning Diners

Our apologies, all the December Discerning Diners trips are sold out.

### Day Trips

#### The Outlet Collection

Tue, Dec 3, 9 a.m. – 3 p.m., \$20

#### Seymour Botanical Conservatory & Karpeles Manuscript Library

Thu, Dec 12, 9:30am – 4pm, \$25

#### Holiday Lights Scenic Drive

Tue, Dec 17, 3:45 – 9pm, \$20

#### Taproot Theater – The Bishop's Wife

Wed, Dec 18, 11am – 5 pm, \$32

#### Skagit River Eagle Float Trip

Thu, Jan 2, 2020, 7 am- 4:30 pm, \$110

## Community Partner Highlight

### Meals on Wheels

There are many circumstances that can make shopping or preparing food difficult for older adults. That's where Meals on Wheels can help by delivering nutritious frozen meals directly to the homes of qualifying seniors.

Clients can order up to 14 meals each week and choose from 30 menu items for a suggested donation of \$5 per meal. Meals are ordered and delivered every two weeks.

Apply on line at:  
[soundgenerations.org/get-help/food/meals-on-wheels/](http://soundgenerations.org/get-help/food/meals-on-wheels/)

Or call 425-556-2388 to get the application process started.

*Volunteers, Sue Smith, Linda Clark & Joan Schnebele help pack meals for delivery.*



## Free 7 Day Flex Fit Pass

### Come Sweat With Us!

Bring this newsletter to the Redmond Community Center at Marymoor Village for access to the drop-in studio and any of our group exercise classes! This pass is for new customers ONLY and is good for 7 non-consecutive days that must be used by 12/31/2019. Check in at Guest Services.

#### Drop-In Fitness Hours

Monday-Friday,  
6:00am-9:00pm

Saturday, 7:30am-3:00pm

Sunday, 8:00am-1:00pm

Call 425.556.2300  
for more information.



## Advisory Committee

Continued from cover.

The cost for one box is approximately \$70-\$85. Delivery will be Thursday, Dec.19th.

The United States Department of Agriculture defines food-insecure as a lack of consistent access for enough food for an active, healthy life. When these children are not in school, they don't receive free lunches through the National School Lunch Program.

Donors may also opt to donate cleaning products, including dishwashing or laundry detergent, or personal care items, paper products, toothbrushes and toothpaste or feminine hygiene products.

When families pick up their food box(es), they also have the opportunity to "shop" for these household or personal care items.

These non-food items cannot be purchased on SNAP and aren't always available at the Food Bank.

Anyone wishing to donate a food box individually, as a family project, or with another group can find a shopping list, sign up and delivery information at <https://www.signupgenius.com/go/30EOC4FAEA72CA2F49-food14>

Persons wishing additional information can contact LouAnn Ballew at (425) 463-6308 or Margie Meyer at (425) 883-0409.



## Senior Lunch Every Thursday

**December 5, 12 & 19, 2019**

**12 p.m.**

### Senior Programs in Redmond City Hall

\$4 suggested donation, collected at door

Space is limited - Reservations Recommended!

**Make Your Reservation today - it's easy!**

Call: 425-556-2314

Click: [www.redmond.gov/rsc](http://www.redmond.gov/rsc)

Come in: City Hall Customer Service Desk or

Redmond Community Center at Marymoor Village

### Holiday Closure Dates

City Hall and all Parks and Recreation Facilities are closed:

November 28 & 29, December 24 & 25, January 1

Fee based programs end December 20; resume January 6

The Bytes Café at City Hall will be open for drop-in activities  
December 23, 26, 27, 30 & 31, January 2 & 3.

### Inclement Weather Info

Extremely cold weather? Snow? Power outage?  
Wondering if we are open?

Call 425-556-2314 to hear recorded information  
about additional hours, program cancellations or  
changes.

**Fitness activities, classes, interest groups, lectures,  
and events are at new locations.**

**Please visit [www.Redmond.gov/RSC](http://www.Redmond.gov/RSC) for details.**

## Info Update!

### Tidbits of news about Redmond Senior Programs

- ◆ **Table Tennis is Back!**  
Beginning Tue, Dec 3, 1-4 pm, Table Tennis will be available in room 202 at the Redmond Community Center at Marymoor Village. Free for the month of December.
- ◆ **After Lunch Movie**  
Enjoy a free special holiday movie following the lunch on Thu, Dec 19.
- ◆ **Drop-in Driftwood Now Available**  
Evening Drop-in Driftwood is now meeting at the Redmond Community Center at Marymoor Village on Monday evenings, 6:30-8:30pm, room 124.
- ◆ **Marty's Monday Morning Men's Meeting**  
Join Marty Boggs, Redmond Senior Program's Administrator, for conversation, camaraderie and treats. First Monday of the Month - Dec 2 & Jan 6, 10-11:30 am, City Hall
- ◆ **Senior From India Monthly Lunch**  
On the second Thursday of each month the Seniors from India lunch and program is now being held at St. Jukes Catholic Church, 10526 166th Ave NE, Redmond) 12-2 pm.

## First Friday Coffee Chats

**10 am • Council Chambers**

**Fri, Dec 6**

Carrie Hite, Parks and Recreation Director

**Fri, Jan 3**

Kent Hay, Outreach Program Administrator

Refreshments provided

