

Redmond 50+ Encore Monthly News

February 2020



Redmond
Parks and
Recreation



Feb 21, 28 & Mar 6

Reception 6-7 p.m.

Show 7-8 p.m.

Tickets: \$5 in advance

\$8 at the door

Tasty sweet and savory bites with
wine and soft beverages.

Redmond City Hall

15670 NE 85th St

Redmond, WA 98052

425-556-2343

**Presented by Redmond Senior
Programs in partnership with:**

Áegis Living

Assisted Living & Memory Care

Áegis of Marymoor Áegis of Redmond

Come Join the Fun

We are very excited to present our third Winter Whimsy series. Come see the City Hall Lobby transformed into a fun performance space.

Our sponsors Aegis Living of Redmond and Marymoor will once again start the evening with excellent tasty treats.

Feb 21

Matt Baker - Comedy- Stunts- Odd Skills

A unique combination of hilarious stand-up comedy and amazing stunts. Matt's diverse skill set has landed him 5 Guinness World Records.

Steve Hamilton - Magic & Comedy

The "Steve the Pretty Good" show takes the classics of magic and gives them a unique and funny twist and then transforms his audience into hilarious magical assistants.

Feb 28

Trevor & Lorena Watters - Comedy & Magic Show

Enjoy a roller coaster of comedy and magic. Packed with cutting edge illusions, amazing sleight of hand effects and lots of audience participation.

Joe Stoddard - Music & Comedy Experience

A great sense of humor and a deep rich baritone voice make for a wonderful combination of Music and Comedy.

March 6

Nate Jester - Magic and Mind Reading

Nate seeks to entertain, mystify and intrigue his audiences. Never settling for second-best, he continuously fine tunes his craft and challenges himself to raise the bar.

Henrik Bothe - Physical Comedy

Danish born Henrik Bothe has entertained around the world. His show spans from plate spinning a la the *Ed Sullivan Show* to comedy magic and juggling such as escaping a straight jacket while riding a unicycle.

Tickets are available now and can be purchased online, (www.redmond.gov/register) over the phone (425-556-2343) or in person at City Hall or the Community Center.

Come Visit with Friends and Staff!

Daily Drop-In Options:

Enjoy friendly staff, comfy seating, coffee, games, and puzzles when you drop in to the following locations.

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 p.m.
Sunday, 8 a.m. - 1 p.m.

Lunch Program:

Redmond Senior Programs serves a hot lunch Thursday. Please see the back page for more information. 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, WA 98007
Please call 425-452-7681 for more information

Fee Based Activities:

Activities take place at Redmond City Hall, 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

Learn More and Sign Up

Call—425-556-2343

Click—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

All workshops take place at City Hall.

Overcoming the Overwhelm of Stuff

Get motivated to conquer your clutter! Certified Professional Organizer Denise Allan will share her clutter clearing system and give advice on how to navigate the challenging stumbling blocks of gifts, heirlooms, and keepsakes.

Tue, Feb 4, 1-2:30 p.m., City Hall

Call 425.556.2343 to register

Layman's CPR/AED Training

Presented by Redmond Medic One

Learn the recognition of cardiac arrest and incorporate the hands-only CPR method with the delivery of a life-saving electric shock upon the arrival of a Public Access Defibrillator. Sign up today to reserve a space, limited to eight participants.

Tue, Feb 11, 1-2:30 p.m., City Hall

Call 425.556.2343 to register

Laughter Yoga

Presented by EvergreenHealth.

Safe stretching exercises for seniors of all activity levels. Help maintain your strength and flexibility, improve your balance and increase your circulation.

Wed, Feb 12, 10-11:30 a.m., City Hall

Call 425-899-3000 to register.

Understanding Alzheimer's and Dementia

Sponsored by Overlake Medical Center.

Alzheimer's is a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, differences between Alzheimer's and dementia, disease stages and risk factors, research and treatments available to address some symptoms.

Wed, Feb 19, 10-11:30 a.m., City Hall

To register sign up online: www.overlakehospital.org/classes or call 425.688.5259.

Improve Your Hearing

Presented by EvergreenHealth.

Explore techniques for improving communications skills and how to maximize hearing. Discover new hearing aid technologies and learn how to enhance hearing in noisy environments.

Tue, Feb 26, 10-11:30 a.m., City Hall

Call 425-899-3000 to register.

Self Defense for Seniors

Presented by EvergreenHealth.

Gain confidence and peace of mind by learning some simple techniques that will help to protect ourselves and ensure our personal safety.

Wed, Mar 11, 10-11:30 a.m., City Hall

Call 425-899-3000 to register.

50+ Trips and Tours

Join us for a Winter Trip!

Please see www.Redmond.gov/RSC for a complete list of trip and tours and more details.

Discerning Diners

Scott's Bar and Grill

Wed, Feb 5, 10:30 a.m.- 1:30 p.m., \$15

Bistro at Hollywood Hills School House

Wed, Feb 19, 10:15 a.m.- 1:15 p.m., Fee: \$15

Day Trips

Amazon Spheres

Sat, Feb 1, 9:15 a.m. - 12 p.m., \$15

Gosanko Chocolate

Tue, Feb 4, 9 a.m. - 3 p.m., \$40

Stimson-Green Mansion

Tue, Feb 11, 9 a.m. - 2:30 p.m., \$25

ECA Film Cabaret: Some Like It Hot

Thu, Feb 13, 4-11 p.m., \$18

Washington State History Museum

Tue, Feb 25, 9 a.m. - 3 p.m., \$35

NW Flower and Garden Show

Thu, Feb 27, 9 a.m.- 4 p.m., \$35

Closure Dates

No Fee based programs :

Mon, Feb 17 - President's Day

Inclement Weather Info

Extremely cold weather? Snow? Power outage?

Wondering if we are open?

Call 425-556-2314 to hear recorded information about cancellations or changes.

Help choose the Outstanding Senior Volunteers for 2020

Have you ever noticed all the wonderful volunteers that help with Senior Programs?

We value and appreciate all of our volunteers; however there are always some people who give even more of themselves.

The Outstanding Senior Volunteer of the Year award is our special way to acknowledge these people and the contribution they make to Senior Programs and our community. The award is given in honor of Older Americans Month at the first Redmond City Council meeting in May when the Mayor proclaims May to be Older Americans Month.

The Advisory Committee chooses up to two outstanding volunteers and one business or agency to be honored each year.

At the Council meeting, the Mayor reads a proclamation and presents the honorees with a certificate. This special night is a way for the community to see the contributions Older Americans make.

Please help the Advisory Committee choose the award recipients by nominating someone you feel has given exceptional service to seniors. Nomination forms are available at the Bytes Café Desk.

Community Partner Highlight

Senior Rights Assistance

Utilize your legal and consumer rights with expert advice free of charge. Topics we help with include Estate Planning, Power of Attorney, Probate, and Guardianship. Call 206.448.5720 to seek advice from one of our highly-trained specialists.

Or schedule a free, 30-minute appointment through the Elder Law Clinic - a partnership between Sound Generations and the King County Bar Association. Attorneys at the Elder Law Clinic are available to discuss Power of Attorney, Guardianship, Wills, and Estate Planning. Appointments are available in Seattle or Kent.

Also available toll free 1-888.435.3377 or email info@soundgenerations.org.

Business hours are Monday - Friday, 9 a.m. - 4 p.m.

Redmond Senior Programs Info Update!

- ◆ **A Change on the Horizon**
Teri Burke recently announced her plans to retire this spring. Her last day will be Friday, April 10. Farewell details are in the works.
- ◆ **Celebrate Valentine’s Day with a Rom-Com**
Following lunch on February 13 at 1 p.m. we will show a favorite Romantic Comedy movie in the Bytes Café. Free, pop corn included.
- ◆ **Marty’s Monday Morning Men’s Meeting**
Join Marty Boggs, Redmond Senior Program’s Administrator, for conversation, camaraderie and treats. First Mon, Feb 3, Mar 2, 10-11:30 a.m., City Hall.
- ◆ **Seniors From India Monthly Lunch Reminder**
The lunch is now on the second Wednesday of each month and held at St. Jude Catholic Church, (10526 166th Ave NE, Redmond) 12–2 p.m. Call 425-556-2345 to reserve your seat.
- ◆ **CHAT Assistance and Referral**
Experiencing difficulties – emotional, mental, physical, legal, or financial? CHAT can connect you to helpful programs and services. First Wednesdays - Feb 5, Mar 4, appointments available 10 a.m.-1:30 p.m., City Hall.

Senior Shuttle Schedule

Departure Time	Departure Location	Destination
9 a.m.	CH	RCC
9:30 a.m.	RCC	CH
10 a.m.	CH	RCC
10:30 a.m.	RCC	CH
11 a.m.	CH	NBCC
11:30 a.m.	RCC	NBCC then CH
1 p.m.	NBCC	CH
2 p.m.	CH	RCC
3:30 p.m.	RCC	CH

CH = City Hall, RCC = Redmond Community Center,
NBCC = North Bellevue Community Center

Thursday Lunch

February 6, 13, 20 & 27
12 p.m.
City Hall, Bytes Café

\$5 suggested donation,
collected at the door

Open to adults age 50 or better. Space is limited.
Reservations recommended!

Make Your Reservation Today - it’s easy!

Call: 425-556-2343

Click: www.redmond.gov/register

Come in: City Hall Customer Service Desk or
Redmond Community Center at Marymoor Village

First Friday Coffee Chats

10 a.m. • Public Safety Training Room

Fri, Feb 7

RPD Canine Unit, Officer Dan Smith & Remy

Fri, Mar 6

Kent Hay, Outreach Program Administrator

Refreshments provided