

SENIORS

Senior Community Resources

For information about services and programs for adults 60 and over in Snohomish County, call Senior Information and Assistance 425.513.1900 or 1.800.422.2024, www.sssc.org.

Senior Lunch and Guest Speaker

The Mukilteo Senior Association meets once a month and features lunch and a guest speaker. The City of Mukilteo's Recreation Division co-sponsors the lunch. The fee is \$3 for Association members and \$4 for non-members. Bring your own potluck dish to share such as salad, veggies, casserole. Main dish and dessert will be provided.

Time: 11:00am-1:00pm

Dates:

Wed., Sept. 22 - tbd

Wed., Oct. 27 - tbd

Wed., Nov. 17 – Singing Group from Everett Chorale

Location: Rosehill Comm. Ctr., Lower Level

Hearing Aid Screening and Cleaning

No charge and no appointment needed
Sonus Hearing Care Center will have free hearing screening certificates available, clean your equipment, and check your batteries.

1:00pm-2:00pm, Rosehill Comm. Ctr., Lower Level

September 22, October 27, November 17

AARP Driving Refresher Course

This defensive driving class is open to anyone, however you must be 50+ to receive a discount on your auto insurance. The course reviews safe driving techniques. You must attend both days to earn certificate of completion. Bring a lunch/snack/beverage. Call 425.263.8180 to reserve your spot. (Min 2/Max 20)

Age: Adult

Day: Wednesday

Date: September 29

Time: 9:00am-5:00pm

Fee: \$14.00 member; \$15 non-member

Location: Rosehill Comm. Ctr., Room 109

Instructor: Pat Ward

Foot and Hand Nail Care

Pamper yourself with a 20-minute pedicure, manicure, or both services



by an experienced, licensed, and bonded pedicurist. Pedicure: the nails are softened with an herbal solution, trimmed, smoothed, lotion applied. Manicure: the nails are cleaned, trimmed, and filed. Call the Recreation Division office to make your appointment, 425.263.8180.

Age: Adult

Day: Tuesday – once a month

Date: September 21, October 19, November 16

Time: Appointments available every 30 minutes, 9:00am-2:30pm

Fee: Pedicure-\$17; Manicure-\$17; Pedicure & Manicure-\$30. Payment is made by check or cash directly to Vonnie Crawford.

Location: Rosehill Community Center, Room 103

Special Instructions: Bring your own towel.

Pedicurist: Vonnie Crawford has been working in podiatry as a medical assistant since 1984; her services include clients with low risk diabetics, thick nails and calluses. She uses the utmost care to sterilize and disinfect all instruments. She currently also provides this service at the Marysville Senior Center.

