THE LIVEWIRE

Foothills COMMUNITY CENTER

Volume 51, Issue 9
September 2026

ACTIVITY AND RESOURCE GUIDE FOR WENATCHEE VALLEY'S 'YOUNG AT HEART' COMMUNITY

1312 Maple Street, Wenatchee, WA 98801 | (509) 662-7036 | foothillscenter.com

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MEDICARE
ADVANTAGE PLANS

MEDIGAP
SUPPLEMENTAL PLANS

PART D
RX PLANS

Springwater INSURANCE GROUP

LOST MEDICARE COVERAGE?

PAYING TOO MUCH FOR YOUR MEDIGAP SUPPLEMENT?

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Jim Heinlein

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Foothills COMMUNITY CENTER

The Livewire is published monthly by Foothills Community Center, a 501(c)3 nonprofit organization, located at 1312 Maple Street, Wenatchee, WA 98801. This is a free publication.

Executive Director's Message

Well, here we are, saying goodbye to another summer and welcoming the beginning of fall. Typically, I would be thankful for the end of months of oppressive heat, but this summer has not been bad at all. Had it not been for the smoke in August, I would have declared this the best summer since I moved here — and that is a lot of summers! I hope all of you have enjoyed your summer as well, whether you spent it soaking up the sunshine, enjoying time with family and friends, or doing a little traveling.

We bid farewell to summer at our annual Summer's End BBQ a few weeks ago, and it turned out to be a wonderful and very enjoyable event. Indoor yard games were set up on the dance floor, and I do believe we had a little competition going with cornhole! Lance Tigner of the Easy Street Men's Choir entertained us throughout the evening with some of our favorite songs, and a few of his bandmates joined him for several numbers. The hamburgers were served in grand fashion by a group of members from the Applarians. We also had a generous number of our own Community Center volunteers share their Saturday afternoon and their many talents with us — from serving food and decorating the tables to cleaning the social hall and kitchen long after everyone had said their goodbyes. It truly was a great event, and I can guarantee we will do it again next year!

Applarians gilled hot dogs and hamburgers for our End of Summer BBQ.

The beginning of fall also brings the onset of flu season, but we will be ready this year with a flu vaccine clinic. Walgreens has agreed to host the clinic and will be offering COVID-19, Influenza High-Dose (65+), and standard Influenza vaccines. The clinic will be held on September 29 from 9:00 a.m. to 12:00 p.m. in Suite B. Free Trivalent Flu Shot Vouchers are available for those without insurance. Please bring all forms of insurance information with you, not just your Medicare card.

We are also being treated to music by The Wenatchee Big Band at a dance in the Social Hall on Saturday, September 19, at 7 p.m. This is a group of fantastic musicians, and we have had the honor of being entertained by them in the past. Come to dance and get your groove on or simply sit back and soak in the sounds of music from yesteryear. This group never fails to provide knock-out entertainment, so please put this on your calendar and plan to attend. The cost is $15.

We are also gearing up for our annual Gift Fair in early November. Kristen will be sending out information about signing up for booth space if you are interested in selling your handicrafts or small-business items. There are always lots of questions from potential booth renters, so please be patient as Kristen does her best to keep everyone updated as information becomes available. This will be Kristen's first year overseeing this large event, but I have complete confidence that it will come off without a hitch!

Lisa Blair
Executive Director

This would not be a complete update from me without letting you all know how we are doing with our building expansion project. We have topped the $450,000 mark, and our Building Committee is refreshing and gearing up for a new round of donation requests from our local businesses. The large BCF Commerce Grant has been submitted, and now we wait to see if we will be funded this year. I am always optimistic every time I submit a grant, but the waiting is hard. I am learning patience with this process!

I want to end this message with a giant thank-you to all the volunteers who make this place run so smoothly and who step up to give extra time when we have events or additional needs. I know I sound like a broken record, but we truly would not be open and functioning without all of you. Thank you from the bottom of my heart!

Have a wonderful fall!

~ Lisa

Vaccines Over 50 — What You Need To Know

by Russ Alman, Communications Director

With flu season right around the corner, I thought it would be helpful to share up-to-date information on immunizations. Particularly with our organization, since most of our members are over 50 years old, there are specific shots you should consider to prevent the likelihood of serious illness. I also wanted to clarify some of the misinformation that often circulates regarding vaccines.

Stephanie Snitily, Regional Immunization Coordinator with the Chelan-Douglas Health District, agreed to meet with me to answer these questions. Here is the transcript of our conversation, with some light editing for clarity. The inverview is available in its entirety on our podcast, *The Buzz*, available on YouTube as a video and as audio-only on Spotify, Amazon Music, Apple Podcasts and other major podcast networks:
f-cc.link/buzz

Russ: What are the recommended vaccines for older adults?

Stephanie: Starting at 50 years old, a couple of the vaccines that are currently recommended are pneumococcal and a shingles vaccine. And then also certain populations between 50 and 74 years old that can also get the RSV vaccine. And those are for people who have specific health conditions that put them, even though they're younger, at greater risk for complications if they were to become infected with that illness. Then we kind of jump up to RSV. That's recommended for healthy individuals 75-plus.

Then for all folks, really, getting your annual flu shot and COVID vaccine are also very important, and then every 10 years making sure that your tetanus booster is up to date.

Russ: So pneumococcal, just to make sure that we put it in layman's terms for people: that's pneumonia, right?

Stephanie: Correct, that's your pneumonia vaccination. And that protects you against bacterial pneumonia that can get in your lungs. Also, one of the complications from that is it can become what we call invasive, meaning it gets into areas of the body where it really doesn't belong, such as the bloodstream, or around the lining of your brain and spinal cord, which can cause meningitis.

Russ: Recently, I went to the pharmacy and they had recommended that I get the pneumococcal vaccine. And I told them, "Oh, I had one a few years ago." They said, "You really should get this one because some things have changed." So I thought maybe you could elaborate on that.

Stephanie: Sure. So there are a number of pneumococcal vaccines on the market. Some cover different serotypes [variations] of the pneumococcal bacteria. So some contain 15, some 20, some 21. They all have certain beneficial characteristics. So just because you started out with one of the pneumococcal vaccines, because some other ones have come out subsequently, you can gain even more protection from getting that additional vaccine taken care of.

Right now, what happens is children get vaccinated as infants because they do have higher risk for invasive disease if they do become infected with the pneumococcal bacteria. So they kind of get those base doses, and then as an adult, as we mentioned, when you turn 50, then you get that subsequent dose which covers a few more things and provides different levels of protection than the shots that the infants get.

Russ: When we talk about older people being at higher risk, the reason for that is as we age, our immune systems don't work as well. So just because you were healthy and weren't at risk when you were 50, it's different as you age. And I think that's what we're trying to do is extend people's immune system as they get older.

Stephanie: Right. And how vaccines work is they actually do work off of your immune system, because what it does is it stimulates your immune system to create the antibodies you would need to fight off the infection if you were to become exposed to it. So it's really important to get those doses of vaccine at the correct age where you're going to get the maximum effect from them, because as you do get older, you want to make sure you have as high protection as you can.

Russ: How often should you get the

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Listen to the podcast on our YouTube channel, *The Buzz*.

9/1 Bruce Bennett
Susan Peterson
Tammy Conner
Laine Lasker
Sherry Eddy
Maureen Mattox
Chris Jeffris
Loni Clifford

9/2 Irena Johnson
Rosalie Ivanich
Bobbi Pierce
Aida Ponce de Leon
Rin Brownlee
David Larson
Shari Tastad
Ann Fran Seidensticker
Brenda Kee
Darrell Myers
Kent Boothman
Joseph Rouleau

9/3 Betty Hartgrave
Ella Jane Payne
Becky Schwartz
Judy Stone
Flora Lancaster

9/4 Rusty Farmer
Horace Smith
Barbara Evans
Dave Lander
Phillip Roley

9/5 Ceceilia McFadden
Bertin Velazquez
Linda Ledbeter
Terri Redthunder
Jean Sherwood

9/6 Patti Arneson
Larry Glickfeld
Jodi Gullikson
Karen Crater

9/6 Lonnie Breckenridge
LeAnn Smith
Kim Shoemake
Amber Wiegand
Jose Darras
Anne Herkenrath

9/7 Bonnie Coppock
Susan Torrens
Margie Kerr
Rose Butler
Kenny Leishman
Tonya Dirk
Candise Manke
Vicki White

9/8 Jan Cripe
Ada Alcantara
Donele Bowden
Peggy Jo Lord

9/9 Marty Ford
Jean Towers
Jerry Miller
Jim Bearce
Jeff Heard
Jeanine Taylor
Elizabeth McNall
Brad Reynolds
Russ Alman

Did you know... September 9 is the most common birthday in the United States!

9/10 Barbara Congdon
Marti Lyttle
Charles Garvey
Charles Ferrel
Kevin Doll

9/11 Carl Buick
Mary Fran McClure
Kathy McGee

9/11 Loraine Hohnstein
George Peterson
Sue Nash
Connie Celustka

9/12 Kay Jelf
Eileen Ferguson
Joyce Burts
Kathryn Grant
Joanne Burke
Dorothy Garvey
Hal Hawley
Sammy Elser
Debbie Foltz

9/13 Dorothy Trethewy
Penny Petersen
Patty Getzin
Barbara Studnek
Sharon F. Erickson
Beverly Neher
Richard Anderson
Susan Lair

9/14 Verna Heinicke
Tye Sparks
Ken Keeler
Marilyn Covey
Robert Conner
Stan Langevin
Sam Penhallegon
Don Cox
Anita Vannice

9/15 Alan Kelso
Marlena Newman
John Barta
Kim LaVallie
Norman Jack
Kim Martin

9/16 Marcia Lortie
Ruth Slocum
Mardi Scott
Robert Kerr
Joy Castellente
Sue Robinson
Tami Howerton

9/17 Ray L. Barber
Wendy Allan
Micki Clugston
Georgia Richards
Catherine Pike

9/18 Donna Brown
Leona Mack
Joe Sackman
Quinton Saunders
James Clare
Scott White

9/19 Billie Lopushinsky
Betty Lee Taylor
Ralph Womack
Gay Auckland
David Harrison
Vickie Phillips
Cheryl Maher
Doris Ivey
Mary Ann Babbitt
Stan Smoke

9/20 Lee Barnhill
Greg Cackler
Norma Gallegos

9/21 Vicki Reister
Norma McCarver
Ann Raper
Kathleen Kulaas
Shaunna Reilly
Debbie Patterson

9/22 Patty Ostendorff
Carolyn Thayer
Patrick Simmons
Linda Jones
Jack Sullivan

9/23 Joanne Brennan
Janet Austin
John Diede
Don Boxford
Janice Palmer
Barbara Thompson
Betsy Metcalf

9/24 Pamela Dais
Lael Vickery
Sandy Koinzan
Shirley Clisby
Marti Elder
Vladimir Steblina
Linda Moye
Della Dulac
Marisela Manzo

9/25 Nona Haberman
Linda Barta
Simona Byrd
Ethel Bailey
Sally Monsey
William Taylor

9/26 Ed Corulli
Kris Paxman

9/27 Mary Carr
Marliss Jones
Nancy Ritter

9/28 Joan Lovitt
John Kester
Danna Bozick
Jeff Kerr
Janet Meinzer

9/29 Robert Ritter
L. Rosa Eilert
Robert Plumb
Linda K. Parker
Tami Woolsey

9/30 Noralee Flaget
Jerry Merrill
Kathy Durgan
Diana Carty

Vaccines — CONTINUED FROM PAGE 3

RSV vaccine?

Stephanie: Currently, that's a one-time dose.

Russ: And flu shots and COVID shots are...

Stephanie: Those are annually. It's really important to get that flu shot every year. And for folks that are 65 and over, they actually recommend two COVID shots given six months apart during the respiratory season.

Russ: So, one of the confusions that people sometimes have with vaccines is you have ones like measles, for example, that are lifetime vaccines, so you get it one time and you're good for life. Vaccines like COVID, flu, and influenza, however, are annual.

Even though you get them annually, the efficacy rates on them — or in other words, how effective they are against actually contracting the disease — are significantly lower. If you get a measles vaccine, you're pretty much not going to get measles. But if you get a flu vaccine, you could still get the flu.

I think sometimes people hear that and they're like, "Well, why would I get those if they don't work?" But they really do, and I think maybe you could explain that a bit more.

Stephanie: Sure. So with vaccines like measles, where again, that's a one-time — you get it as a child, two doses, and then you're done for a lifetime. And some of these other vaccines, like measles, mumps, rubella, hepatitis B, polio — those are what we call "stable." They don't mutate, they don't modify. So that's why if you have a really effective vaccine, all you need is those one or two doses, whatever the series is. Usually they're given during childhood, and then you're done.

Diseases like flu, you know, we always hear about, "What strains are going to be circulating this year?" It's a best-educated process that they use to determine what strains are going to be in each year's flu vaccine. And it varies a little bit from year to year. They look at what is going on globally. Of course, the Southern Hemisphere, our seasons are flipped, so they kind of look at what's going on down there before they decide what we're going to do here in the Northern Hemisphere. That's why it's a little bit harder to really dial it in as exact compared to some of these other vaccines.

So even though it may not be a perfect match, it's going to be close enough that you're going to get protection. And if you do get ill, the severity of your illness is going to be greatly reduced. And also any of the extra complications that can occur from those illnesses are also dramatically diminished because you do have at least some level of protection.

It's really important to get [annual flu shots] because, as we mentioned earlier, it works off your immune system. So let's say I get my flu shot — I'm a middle-aged woman — my response and my level of antibody is going to be much greater than, say, my elderly grandmother. That's why it's still important, even if you're young and healthy, to get that flu shot, because you could be around relatives, friends, whether they're older or sometimes smaller, too. Children under six months can't get the flu vaccine, so they're still susceptible to the flu. That's why it's really important to get these vaccines to provide protection across the lifespan.

Russ: I have personal anecdotes. I got influenza in 1997, when I was in my mid-20s, and was not vaccinated. I have asthma. And so when I got the flu, I was laid out on the couch and could not get up for two weeks. I was really sick.

I caught Influenza A last year while I was on vacation, but I was vaccinated. I actually didn't think I had the flu, because my symptoms were so mild that it didn't occur to me that it was the flu

CONTINUED, PAGE 20

Welcome NEW MEMBERS!

Wesley & Pat Bentz

Joanne Black

Edward Brandt

Constance Christensen

Lori Davis

Maggie Ellis

Diana Fine

Linda Evans Parlette

John Gill

Mona Lisa Olson

Carolyn Jackson

Richard & Janice Johnson

Donna Jornlin

Yvette Matson

Sandra McLeod

Sue Neff

Susan Rae Sampson

Tye Sparks

Donald & Gina Talbot

Dorothy Trethewy

Pat & Joe Turner

Mary Voskuil

Member Orientation is offered on the second Friday of every month at 10 a.m. in Suite B. Both new and existing members are invited to attend.

Angel Fund

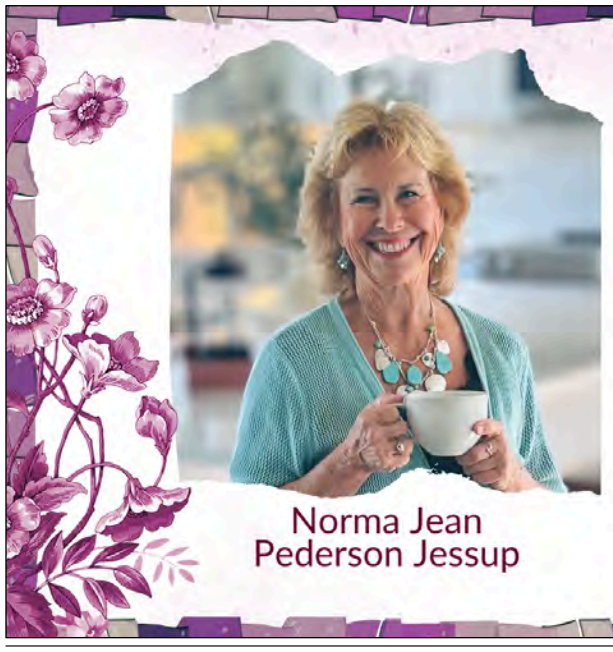
Enter Our Weekly Drawing!

What would you like to do at the Foothills Community Center if you had an extra $50 to spend???

The Angel Fund helps seniors enjoy the many activities and programs at our center. Enter the weekly drawing to earn a $50 gift certificate. It can be used for lunches, classes, dances, membership, and Thrift Shop purchases.

Just complete the form at the front desk!

***Must be present to win**. New entries taken for each week. Winner may not have won within the last three months, and must be over 60 years of age .*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Classes & Events – Social Hall

Dance Floor

Line Dancing

Mondays & Fridays
10am - 10:45am (high beginner)
10:45 - 11:30am (beginner), ***free for members***

Questions? Contact Frankie at frankief68@gmail.com

Learn synchronized dance routines to a variety of popular music in a relaxed, fun environment. Great for building and maintaining coordination and balance for all ages.

Tai Chi

Tuesdays & Thursdays
1pm - Beginners; 2pm - Intermediate/Advanced
free for members

Questions? Contact Pat Robbins at patarobbins@spectrum.net

Balance and strength training; great for stress relief, relaxation.

SAIL "Stay Active & Independent for Life"

Mondays, Wednesdays & Fridays, 1pm - 2pm
Tuesdays, Wednesdays & Thursdays, 9:30am - 10:30am
free for members

A class for those less active who need to start slow to regain flexibility and fitness.

Coffee Bar

Canasta

Mondays, Noon - 3:30pm, ***free for members***

Questions? Contact Mick Tyrell at (509) 662-2537

Join us for this classic game!

Coloring Group

Tuesdays, 1pm, ***free for members***

Relax and enjoy the fun of coloring together! Bring your own supplies.

Coffee & Pastries

Tuesday thru Friday, 9am - 10am, ***free for members***

We've expanded coffee and pastries to four days a week! Join us in the Social Hall for an unscripted time to meet up with friends and chat with our staff. Pastries are on us — coffee is by donation.

Friendship Bridge - Greeting Cards

1st & 3rd Thursday, 1pm - 3pm, free for members

Questions? Contact Kristen Tarzwell, Interim Program Director, or David, group leader, at (503) 997-2724 .

Do you like writing in and/or making greeting cards? Do you have any cards you wish to donate? Create cards to distribute to community members in need.

Knitting & Crochet Group

Tuesdays, 1pm - 2:30pm, free for members

Questions? Contact Margie Vincent through the FCC office.

Our projects are donated to meet the needs of the community; will teach beginners.

Mexican Train Dominoes

Fridays, 1pm, free for members

Everyone welcome. we're happy to teach beginners!

Poppies & Coffee

Wednesdays, 9am - 10am, free for members

We are working with American Legion Auxiliary Post 10 to make poppies to support Veterans Affairs and Rehabilitation programs.

Remembering Colleen Hall

Colleen Ann Hall
Born: January 31, 1940
Departed this life: July 7, 2026

Colleen Ann Hall, beloved sister, aunt, grandmother, companion, neighbor, friend and a lifelong Wenatchee Valley resident, passed peacefully July 7, 2026 surrounded by love.

Born to Dorothy (Dunnagan) and Ed Finnigan on January 31, 1940 into a family with long standing local roots, she spent her life in the greater Wenatchee area from Rock Island to Sunnyslope and many points between.

As a teen she had happy memories of working at the Vitaphone Theater in downtown Wenatchee. She earned money to buy clothes and the latest 45 records, and sometimes even got her little brother in for a show!

After marrying young (and gaining a lifelong sister in Judy Ford) Colleen spent time working at a number of local businesses (including packing fruit alongside her mother one summer to earn the money to buy her first car) before joining Sav-Mart in 1968. Working her way up to the Housewares Buyer and Manager, she deeply valued the trust the family-owned company placed in her - earned by her hard work, organization, level head, practicality and dedication.

She found love again and married Kennard Hall in 1982 before then enduring the devastation of his untimely loss in a car accident.

From her early years, she pitched in wherever family needed her - learning and then upholding the strong generational tradition of caring for family. She fondly remembered hours spent in companionship with her

grandmother Anna Dunnagan and aunt Mary Dunnagan - helping out with whatever was needed, from canning fruit to appointments and errands.

Colleen retired from Sav-Mart after 31 years in 1999, a bit early in order to have the flexibility to provide more care for her aging mother, Dorothy. Finding she still needed something to keep herself busy, she turned her energies and her care back to her community and began volunteering at the YWCA. She dedicated nearly 25 years to her extensive volunteer work with the organization. She especially enjoyed helping staff many estate sales over the years to benefit the organization.

Always moving and busy, Colleen was devoted to her daily walk. She loved seeing the seasons change along the canal, picking up litter in her neighborhood and keeping tabs on what was going on in the surrounding area every morning. In the 1990s her daily walks led to becoming friendly with a neighbor - who was, somehow, always out working in his yard or checking the mail as she walked past. Before too long Joseph Huebel became more than just a neighbor, he became family.

In her 50s, 60s, and 70s Colleen (and Joe) enjoyed cruises, traveling near and far, car shows, RV trips, daily walks, and gardening. She had a special fondness (and knack) for vegetable gardens and cacti. Her travels took her from Alaska, to Hawai'i, to Panama, Mexico, Europe and many points in between.

She made her last home at Bonaventure of East Wenatchee where she felt very well taken care of by the kind and attentive staff who were always especially happy to see her out walking when she felt well.

Colleen was preceded in death by her grandmother Anna Dunnagan, mother, Dorothy Derrick, husband Kennard Hall, brother Patrick Finnigan, and sister-in-law Karen Finnigan.

She was survived by her companion of 30+ years, Joseph Huebel Jr., of East Wenatchee; brother Tim (Connie Powell) Finnigan, of Spokane; nieces Maureen (Chris) Redfield, and Megan (Keefe Rayfield) Pardee, both of Portland; niece Tracy (Don) Wheeler, of Wenatchee; nephew Troy Owens, of Wenatchee; grandchildren Michael (Brittany) Huebel, Jordan (Pam) Stengrim and Amber Taylor, all of East Wenatchee; and many great-grandchildren, great-nieces and great-nephews.

Her family hosted a celebration of Colleen's life at Eastmont Community Church (783 4th St NE, East Wenatchee) on August 11.

Donations in her name to local organizations close to her heart would be appreciated: Wenatchee Valley Humane Society or Foothills Community Center (formerly the Wenatchee Senior Center)

Classes & Events – Suite A

Bridge (NEW!)

Thursdays, 10am - 12pm, free for members

Questions? Contact Jackie Weber at (509) 667-2181

Finally! Bridge is back! Looking for a weekly mental workout that is as social as it is strategic? Come play Bridge with us. Whether you're looking to sharpen your memory, master a legendary game, or simply make new friends over a deck of cards, our table has a spot for you.

Mindful Yoga

Mondays & Fridays, 9:30am - 10:30am
$3 per class (members only)

Questions? Contact Marjorie McIntosh at (509) 387-1170.

All are welcome. If you have not exercised for a long time and want to improve your quality of life, please join us. You may be surprised how quickly your body will respond to movement and so improving your quality of life.

Adaptive Yoga

Tuesdays, 9:30am - 10:30am
$3 per class (members only)

Questions? Contact Kerri Walker, 200YTT at (509) 433-8735.

Modified yoga practice making it safe and accessible for persons with varied abilities/needs. Adaptations and modifications provided standing, seated in chair or with support of chair. Benefits include increased flexibility, balance, strength, stress reduction and improved physical and mental well being.

Strength Training

Wednesdays, 9:30am - 10:15am
$3 per class (members only)

Questions? Contact Jennifer Jones at (509) 670-0332.

A vigorous class designed for seniors beginning cardio followed by weight training. Lots of fun.

Zumba

Tuesdays, 5:30pm (members only)

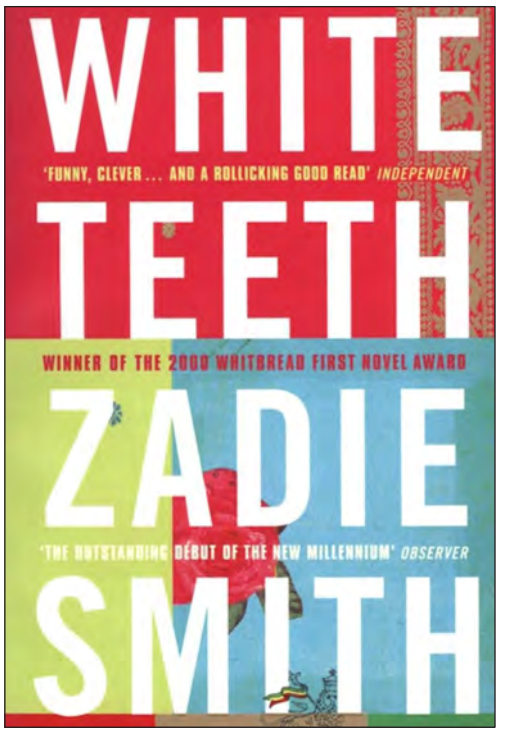
Questions? Contact Marsha Rosamond at (509) 683-3254.

Zumba is a fitness program that combines music with dance moves for improved cardiovascular fitness.

Book Club

4th Tuesday of each month, 1pm, free for members

Questions? Contact Virginia Kellogg via text at (509) 669-5590 or email vkelog@aol.com.



September Read:

White Teeth *by Zadie Smith*. On New Year's morning, 1975, Archie Jones sits in his car on a London road and waits for the exhaust fumes to fill his Cavalier Musketeer station wagon. When the owner of a nearby halal butcher shop (annoyed that Archie's car is blocking his delivery area) comes out and bangs on the window, he gives Archie another chance at life and sets in motion this richly imagined, uproariously funny novel.

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Classes & Events – Suite B

Cribbage

Wednesdays, 1pm - 3:30pm, free for members

Questions? Contact Mick Tyrrell at (509) 662-2537.

Join us for a fun afternoon!

Games & Puzzles Group (NEW!)

2nd & 4th Monday, 9am - 11am, free for members

Questions? Contact Kristen Tarzwell, Interim Program Director, at (509) 662-7036

Bring a game to play or puzzle to work on with others or learn a new one!

Mahjong

Wednesdays, 1pm, free for members

Questions? Contact Joan at (509) 886-3401

This ancient Chinese game is played with tiles instead of cards. All equipment is provided and we will be happy to teach you.

NAMI Support Group (National Alliance on Mental Illness)

1st Thursday of every month, 6pm - 8pm

For more info, contact Charlene at (509) 679-6966.

Visitors are welcome.

New Member Orientation

2nd Friday of each month, 10am

This class is designed for new members, but anyone who has questions or desires more information is welcome to attend. We hope to see you there!

Foothills Center Singers

Thursdays, 10am, free for members.

Questions? Contact Nancy McFall at (509) 669-0361.

Join our choral group and bring joy to the community! The Foothills Center Singers rehearse at the Community Center and perform throughout the Wenatchee Valley at retirement communities and other venues.

Writers Group

1st & 3rd Wednesday, 9:30am - 11:30am, free for members

Questions? Contact John Gallanis at jgallanis@hotmail.com.

Join this fun group! Get tips, encouragement and make new friends.

Smartphone Class

Friday, September 25, 9:30 a.m. - 11:30 a.m.

Questions? Contact Russ Alman at (509) 433-7824 or russ@foothillscenter.com

Basic smartphone instruction for both iPhone and Android owners. Learn the basics and then practice with your classmates. All skill levels welcome. Topics TBA.

September Topic: Smartphone Security, Passwords and Passkeys.

Whether you are just sending emails and browsing the web or accessing financial and medical information, it is crucial to take precautions to keep your personal information safe and secure.

In this month's smartphone class, you will learn how to:

- **Lock your device** so that only you can access it
- **Create unique, secure passwords** that you can remember
- **Use "multi-factor authentication"** to prevent account breaches
- **Use the password manager** built into your device to store and recall your passwords. Once you learn how to use this, you will never have to write down or remember another password!
- **Understand the concept of passkeys**, which will replace passwords in the near future

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Puzzle Page

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L Y E L B P U P Q S E L A W L U D M P
R L C A M O D G N I K D E T I N U Y R
N A E J U R P O L A N D N G A E S D O
R T E T D T Y A W R O N G L M T W N M
C I R B B U L G A R I A R Z P H Y A A
Z S G R C G Y E F C I E E D W E R L N
S O K J P A J I A L Z D E I O R A E I
J P R F D L H V A T W A N X C L G R A
C X A A G I H H I K I N L R A A N I Y
O T M I O C Q W N G V J A T N N U O H
Q T N Y N O S C O T L A N D O D H D Y
W H E I F N S G W W F B D L M S B M R
F U D P C B J E S W E D E N A A X A R
R B K D I E H R L X A N V L V T I B N
A Z U R Z S L M E I K U L O G N V W A
N P X Q A X M A L T A T D G O I C I G
C E T K M I W N N S G L F T F B U V A
E G Q I N D N Y L D O Y S X J P W M B
D N A L N I F E S M N E A U S T R I A

Look for the words in all directions, including backwards and diagonally. *Answers are on page 31.*

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Additional Groups & Activities

Walking Group

When: Tuesdays & Thursdays, 8am
Where: Pybus east parking lot
Cost: free to the public
Duration: Approx. one hour *Sturdy walking shoes a must!

This is a non-structured, fun walk along the Loop Trail for all abilities, observing nature along the way and the changing seasons. Average distance is around three miles round trip with a few short hills, but feel free to loop back at any point. The reward at the conclusion is a lively coffee/snack get together at one of the vendors at Pybus.

Bookmobile

NCW Libraries Bookmobile stops at Foothills Community Center on the first and third Fridays of each month from 11:30am - 1pm. Be sure to stop by and visit them at lunchtime — they have plenty of books and media for you to check out! They are happy to answer questions about library services and have a lift for people who have trouble with stairs.

Tech Help Table

Fridays, 12:30 - 2pm in the Social Hall
Cost: free for members

Foothills Community Center, in cooperation with the NCW Tech Alliance, hosts a Tech Help Table in the Social Hall on Fridays from 12:30pm to 2pm. If you have a question or problem with your smartphone, tablet or laptop, a Digital Navigator will be on hand. First come, first served.

Community Tech Tip

Passwords Are Passé... It's Time for Passkeys!

by Russ Alman, Communications Director

One of the biggest logistic and security issues people have with computer technology is creating and managing passwords. To be as secure as possible, you should use a unique password with every service and website, and those passwords should be 12 characters or more containing upper and lower case letter, numbers and special characters. Since it's impossible to remember all of these passwords, many people write them down in a book and then get frustrated trying to type them in accurately, especially on mobile devices. There are password managers built into Apple, Android and Windows devices that can create and save passwords, making this a lot more tolerable, so if you haven't tried one of these, I highly encourage you to do so.

However, the concept of passwords is inherently flawed. The problem is that in order for a password to work, it has to be stored with the service to which you are trying to connect. If the password server is hacked or compromised, malevolent actors can steal those passwords to try and access your personal information and accounts.

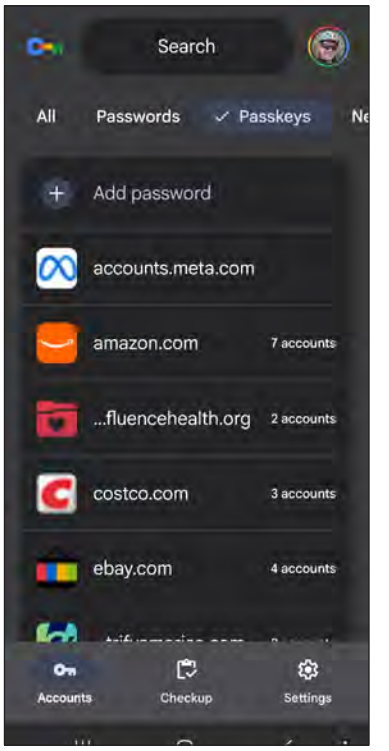
To combat this, many services have added multifactor verification. When a person tries to log into an account from a new device, the password server will issue a challenge requiring information from a second source like email or text verification. Unfortunately, as hackers have become more sophisticated, even multifactor verification is not safe. Phone numbers and email accounts can also be hacked, defeating this extra security measure.

Recognizing this issue needed a long-term solution, in 2012, big technology companies like Apple, Microsoft and Google formed an organization called FIDO (Fast IDentity Online) Alliance to come up with new ideas for "passwordless authentication" that would make existing password technology obsolete, replacing the shortfalls of passwords with something more secure and easier to use. It took over 10 years, but the concept ultimately evolved into what we now call passkeys.

What is a passkey? Put simply, a passkey allows you to use a device with which you have proven access to become a digital key to unlock other devices. For example, once you establish a PIN on your smartphone (which, by the way, Apple calls a passcode for some crazy reason), or a biometric login like a fingerprint or face ID, you can then use that device as a proven key to unlock access to websites and other services.

It works like this: You go to a website that has an option to create a passkey. The website will then ask you to unlock your proven device. Once you unlock it, this generates a passkey for that service on your device, which then unlocks the service. To use the service again, you'll simply be asked to unlock your device again with your PIN or biometric and the site will open — no complex passwords to remember and reset.

The beauty of this system is that there is no longer a password server to hack into. The passkey is stored on your personal device. Unless someone physically has your device and knows your PIN (or is able to steal your finger or your face!), the connection to the service cannot be unlocked. Even if the passkey was somehow intercepted in transit, it would be useless without physical access to the connecting device.



Passkeys are stored exclusively in your device and connected cloud account, eliminaing the security risk of passwords stored with the service to which you are connecting.

In addition, unlike passwords, which are established as single credential per account, it's possible to have multiple passkeys to access the same account. For example, once you've established a passkey with your phone, you can use that proof of access to confirm a passkey on your tablet. All of your passkeys are securely stored in the password manager you are using just like passwords, except that there is no visible password.

All of your passwords and passkeys are also backed up into your cloud account on your platform of choice and shared with your other devices that have access to that account. In layman's terms, once you've created a passkey on your phone, your tablet and your computer will also have access to that same service, as long as they are connected to the same Apple, Google or Microsoft account.

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You can also create more than one entirely unique passkey to access the same service. This means that potentially, a husband could have access to an account using a passkey, while the wife can also have a different passkey to the same account. No more unsecure password sharing with your family and friends! (This feature is not yet universal, but will become commonplace as more services support passkey technologies.)

If you get a new device and need to connect it to your online services, you simply log into your cloud account that contains your passkeys. As long as you still have at least one device with access to your cloud account, you just confirm your access on that device, and it will enable the new device.

Why should you care about passkeys? Frankly, in the imminent future, you won't have a choice. The large, before-mentioned companies have made it clear that they have had enough with old-school password technologies and plan to make passkeys mandatory. Microsoft is already notifying business customers that passkeys will be required later this fall. Apple, Google and other large companies are sure to follow.

Realistically, passwords are still going to be around for a while. Adding passkey support to all websites and online services will take time and resources. In the interim, even services that support passkeys still use passwords as a fallback, which somewhat defeats the purpose of passkeys. But in a decade or so, passwords will cease to exist, and all access will be done exclusively through passkeys.

It's understandable if you are resistant to adopting this new security technology. New is scary. But rest assured, the smartest minds in the tech industry got together for over a decade to develop this. It's simple, elegant, and much more secure than the technology it is replacing.

For more information on FIDO and passkeys, visit **passkeys.com**. In particular, there is a well-written article explaining the differences between passkeys and passwords written in plain English at **passkeys.com/passkey-vs-password**.

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SEPTEMBER

ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	1 8a Walking Grp (Pybus) 9a Coffee & Pastries 9:30a SAIL / Adaptive Yoga 11:30a Tubadours 1p Knitting / Coloring 1p Tai Chi Bg / 2p Int/Adv 5:30p Zumba 6p Bingo	**2** 9a Poppies & Coffee 9a Coffee & Pastries 9:30a SAIL 9:30a Strength Training 9:30a Writers Group 1p SAIL 1p Mahjong / Cribbage	**3** 8a Walking Grp (Pybus) 9a Coffee & Pastries 9:30a SAIL 10a Bridge 10a FC Singers 1p Tai Chi Bg / 2p Int/Adv 1p Friendship Bridge 6p NAMI	**4** 9a Coffee & Pastries 9:30a Mindful Yoga 10a Line Dancing Hi Bg 10:45a Line Dancing Bg 11:30a Bookmobile 12:30p Tech Help Table 1p Dominoes 1p SAIL	**5/6**
7 9:30a Mindful Yoga 10a Line Dancing Hi Bg 10:45a Line Dancing Bg 12p Canasta 1p SAIL	**8** 8a Walking Grp (Pybus) 9a Coffee & Pastries 9:30a SAIL / Adaptive Yoga 1p Knitting / Coloring 1p Tai Chi Bg / 2p Int/Adv 5:30p Zumba 6p Bingo	**9** 9a Poppies & Coffee 9a Coffee & Pastries 9:30a SAIL 9:30a Strength Training 1p SAIL 1p Mahjong / Cribbage	**10** 8a Walking Grp (Pybus) 9a Coffee & Pastries 9:30a SAIL 10a Bridge 10a FC Singers 1p Tai Chi Bg / 2p Int/Adv	**11** 9a Coffee & Pastries 9:30a Mindful Yoga 10a New Member Orient. 10a Line Dancing Hi Bg 10:45a Line Dancing Bg 12:30p Tech Help Table 1p Dominoes 1p SAIL	**12/13** Sept 13, 2-4p Sunday Dance Featuring Gary & Marv
14 9a Games & Puzzles 9:30a Mindful Yoga 10a Line Dancing Hi Bg 10:45a Line Dancing Bg 12p Canasta 1p SAIL	**15** 8a Walking Grp (Pybus) 9a Coffee & Pastries 9:30a SAIL / Adaptive Yoga 1p Knitting / Coloring 1p Tai Chi Bg / 2p Int/Adv 5:30p Zumba 6p Bingo	**16** 9a Poppies & Coffee 9a Coffee & Pastries 9:30a SAIL 9:30a Strength Training 9:30a Writers Group 1p SAIL 1p Mahjong / Cribbage	**17** 8a Walking Grp (Pybus) 9a Coffee & Pastries 9:30a SAIL 10a Bridge 10a FC Singers 1p Tai Chi Bg / 2p Int/Adv 1p Friendship Bridge	**18** 9a Coffee & Pastries 9:30a Mindful Yoga 10a Line Dancing Hi Bg 10:45a Line Dancing Bg 11:30a Bookmobile 12:30p Tech Help Table 1p Dominoes 1p SAIL	**19/20** Sept 19, 7-9p Wenatchee Big Band
21 9:30a Mindful Yoga 10a Line Dancing Hi Bg 10:45a Line Dancing Bg 12p Canasta 1p SAIL 1p Board Meeting	**22** 8a Walking Grp (Pybus) 9a Coffee & Pastries 9:30a SAIL / Adaptive Yoga 1p Knitting / Coloring 1p Tai Chi Bg / 2p Int/Adv 1p Book Club 5:30p Zumba 6p Bingo	**23** 9a Poppies & Coffee 9a Coffee & Pastries 9:30a SAIL 9:30a Strength Training 1p SAIL 1p Mahjong / Cribbage	**24** 8a Walking Grp (Pybus) 9a Coffee & Pastries 9:30a SAIL 10a Bridge 10a FC Singers 1p Tai Chi Bg / 2p Int/Adv	**25** 9a Coffee & Pastries 9:30a Mindful Yoga 9:30a Smartphone Security 10a Line Dancing Hi Bg 10:45a Line Dancing Bg 12:30p Tech Help Table 1p Dominoes 1p SAIL	**26/27** Sept 27, 2-4p Sunday Dance Featuring Gary & Marv
28 9a Games & Puzzles 9:30a Mindful Yoga 10a Line Dancing Hi Bg 10:45a Line Dancing Bg 12p Canasta 1p SAIL	**29** 8a Walking Grp (Pybus) 9a Coffee & Pastries 9a Vaccination Clinic 9:30a SAIL / Adaptive Yoga 1p Knitting / Coloring 1p Tai Chi Bg / 2p Int/Adv 5:30p Zumba 6p Bingo	**30** 9a Poppies & Coffee 9a Coffee & Pastries 9:30a SAIL 9:30a Strength Training 1p SAIL 1p Mahjong / Cribbage			**COLOR KEY** Social Hall (Red) Dance Floor (Blue) Coffee Bar (Green) Suite A (Purple) Suite B (Orange) Other (Black)

SEPTEMBER

LUNCH MENU

Only $5 for members!
$10 nonmembers, $5 kids under 12
$5 guests of members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Tuna Salad Sandwich Tomato Basil Soup *Tubadours Performance* 	**2** Sloppy Joes Jo Jo's	**3** Tacos Refried Beans Spanish Rice	**4** Baked Chicken Baked Beans Potato Salad *Volunteers with Name Badge Eat FREE!*
7	**8** Chicken Salad Sandwich Chicken Noodle Soup	**9** Meatloaf Mashed Potatoes & Gravy	**10** Ravioli Green Salad Breadsticks	**11** Chili Cornbread
14	**15** Ham & Cheese Sandwich Potato Soup	**16** Roast Beef Mashed Potatoes & Gravy *Sponsored by East Wenatchee Sr. Living* 	**17** Loaded Baked Potato Chili Side Salad	**18** French Dip Jo Jo's Birthday Cake *Members with September Birthdays East Free!*
21	**22** Egg Salad Sandwich Tomato Basil Soup	**23** Stuffed Peppers Brown Rice	**24** Chicken Alfredo Garlic Bread	**25** Cheeseburger Jo Jo's
28	**29** Turkey Sandwich Potato Soup Side Salad	**30** Beef & Broccoli Stir Fry Coleslaw Noodles	Lunch is served **Tues. - Fri. promptly at noon.** Reservations are required by 1pm on the prior business day so enough food can be prepared. Please call (509) 662-7036 or visit f-cc.link/lunch to RSVP. Meals may include additional sides and are subject to change.	

The "Near Death" Wood Cutting Experience of 1986

By Phyl Fulkerson

Fall was upon us and it was time to cut some additional wood for our wood burning stove, so I packed a lunch while Glen sharpened his chainsaw and gathered his gloves, eye protection and warm coat as the weather could change any minute from sunny and warm to cold and blustery.

We packed everything in the back of his blue 1976 Dodge, 1 ton with a 440-commando motor flatbed truck with side rails, that we used for everything from hunting, fishing, camping to wood gathering and helping neighbors with their projects as well.

We started out just before lunch as the climb up ol' Hell Roaring Road in Polson, Montana to the area, we knew from a previous trip, was not only the dead tree we planned to cut down, but a luscious Huckleberry patch as well and I came prepared to pick as many as I could to make the jelly, we both loved. Glen threw a couple of small buckets into the back along with a flat to spread the berries in so they wouldn't mush down in the pails, then we took off.

Arriving at our point of interest by the dead tree, just before lunch. . . Glen backed the truck as close as he could to the edge of the cliff because the tree, he planned cutting was about 10 feet lower than the road and to the left of where the cliff dropped sharply downward. He got out his saw and protective gear and carefully walked down the slope. He started his saw and made the cuts he needed to fell the tree in the direction easiest to cut into manageable lifting sizes for us to load onto the back of the truck after cutting. There were some live trees close by, but Glen thought his tree would fall just short of them. During our preparation time, the wind had come up a little so when he finally felled our tree, it hung up in the swaying branches of a near-by live tree and no amount of pushing on our tree's trunk would dislodge our tree.

I suggested to him that we drive the truck back up to the Huckleberry patch, pick as many as we could, have our lunch then maybe the wind would help our tree fall to the ground.

He agreed and we managed to pick enough berries to fill our flat then we sat down to eat our lunch. We had almost finished lunch and with the increasing wind, we heard a thud that made the ground shake under us so I said, "There went our tree."

We quickly put the berry flat on the front seat of the truck between us, hopped in the truck and drove back up to our felled tree. Sure enough, the wind knocked it loose from the other tree's branches, so it was laying there, ready to be cut up. Glen walked his saw down to the base of the tree and began sawing the dead tree in manageable sections. Then he decided to back his truck into a position making it easier for us to load the chunks. As he started backing up, I walked up the slope to take pictures of Glen and our tree when suddenly I heard a strange sound, turned and looked down, just in time to see the front end of our truck in the air, going backward over the cliff.

My heart stopped beating momentarily, in complete shock, and I was so scared I don't even remember running down to the edge of the cliff to see how far the truck and Glen had gone. I don't remember if I thanked God or not when I saw the back bumper of the truck had come to rest against an old tree stump from a formerly cut tree, and didn't roll any further down the steep cliff. I didn't know if Glen had jumped out or was still in the truck since I couldn't see him.

Just then I saw the driver's side door opening slowly and Glen sliding out of the seat onto the ground. I could tell he was scared to death as I was for him. He slowly made his way up the steep, rocky cliff on hands and knees until I could grab him and pull him over the top edge. I couldn't hug him hard enough as we sat on the ground shaking and clinging to one another. Both of us crying and holding each other for dear life. Even though we were 7 miles from Hwy 35 on the East shore of Flathead Lake, I guess God didn't want Glen yet.

Finally, we both calmed down enough to realize we were in the middle of "no man's land" up that

mountain and folks don't drive up there often so we would have to walk home, call the local Draggin' Wagon owner, Don Williams, to drive to our house, pick us up so we could continue back up Hell Roaring to pull our truck up onto the road again before dark.

Knowing the truck could not be seen from the road, we left the saw and other equipment, and started our 7-mile hike on foot, all downhill to our house. It took us an hour and horrible shin splints later, but Don picked us up and we headed back up Hell Roaring Road.

When we got there, Don was totally dumbfounded and asked Glen why he drove so close to the edge. Glen told him, while backing up, there was a bush in the way and he couldn't see the edge through the rear-view mirror or just how close he was to the edge until his rear tires went over so he decided to ride it out while he stepped hard on the brakes.

Don shook his head and hitched up his big tow truck to ours but could not pull our truck up over the top edge of the cliff so there the three of us sat. . . wondering what to do next.

God stepped in again. . . a big 4-wheel drive pickup with a winch on the back came driving down the hill toward us and stopped to see if he could help. Oh yes, and we were so thankful he could. He hitched up his winch to the tow truck and between the two of them, they managed to pull our 1-ton flatbed back over the top of the cliff. There was laughing and hugging all over the place.

Would you believe, with all that bouncing around in the truck, only a handful of berries spilled out of the flat and there was absolutely "no damage" to our truck at all?

When we finally arrived home, Glen sat down and wrote a "For Sale" ad for the local paper to get his truck and chainsaw. After his shakes subsided, he thought more about it, crumpled the ad and threw it in the trash. My shin splints lasted another week but that was a small price to pay. . . . at least my husband didn't meet his maker on Hell Roaring Road.

Autumn Leaves

By Steven Thomas

We stop and look up into a leaf shower!
The wind has been blowing briskly for at least an hour.

Maple and alder leaves spinning and fluttering in their fall,
Some a good long drop, as the trees here are skinny and tall.

The morning sun highlights their drop
There are so many it will be a long time before it can stop.

The first snow of each season we see as a beautiful sight
However, multicolored leaves this day too feels just right.

Dry leaves under my feet
The crunch and rustle as I scuff through, an annual treat.

There are wind sounds coming from the trees,
It puts my heart and spirit at ease.

I watch leaves collide in mid-air
At the moment, not enough space to share.

I listen to their clicking sound, leaf chatter
Soon to be mulch, a different kind of 'matter'.

The fall tide of leaves comes in on wind waves
They settle happily in earths welcoming soil graves.

In the spring, a new generation leaves will wave their welcoming 'hiker hello'
All summer long this greeting until their tree limbs again let them go.

The shower has turned to a leaf squall
Oh how fun to watch nature's seasonal call.

Each month, we feature literary work in The Livewire from past or present members of our Writers Group.

If you are interested in developing your writing skills and learning how to self-publish your work, join the Writers Group on the 1st and 3rd Wednesdays of every month at 9:30 a.m. in Suite B.

until my daughter, who's a nurse... and being prepared as a nurse, she had a test kit with her for COVID and flu. I tested positive for Flu A. Unfortunately, I got everybody else sick. And there were people that were around me that caught it that got pretty sick because they had not gotten the vaccine. I felt really badly about that.

So, it's not definitive that the flu shot that I got kept me from getting sicker, but it's pretty likely.

The two times that I tested positive for COVID during the pandemic — I got all the shots — both times that I got COVID, I was so mildly ill that I thought it was allergies. But I was infectious, and so I still quarantined.

My point is that those vaccines, like flu and COVID, are designed to *prevent* serious illness. There's not really a guarantee that you're not going to get sick, because the efficacy rates can be actually fairly low. With the flu, it can be as low as 40 percent. So you could still get sick, but hopefully you're not going to get *as* sick. And by not getting as sick, hopefully you'll not get other people as sick as well.

Stephanie: Right. Also, looking at severe complications — trying to prevent ER and urgent care visits, trying to prevent hospitalizations. When you look at the statistics from the '24-'25 COVID vaccine, they found that they could reduce the risk of hospitalization by 45 to 46 percent in adults 65 and over. So that's pretty significant. If you can stay out of the hospital, I think that's a big goal for all of us.

Russ: So, the shingles vaccine... For those of you that aren't aware, if you had chickenpox as a kid, or were immunized against chickenpox, you already have the virus in your system that creates shingles.

Stephanie: What happens is the virus that causes chickenpox — even when you get vaccinated — because you get a little amount of that virus, that's what stimulates your immune system to create the antibodies against it. If someone has the natural disease... even though you get over the illness, some of that virus remains in our body and attaches to our nerve ganglia. That's a big fancy word for just where our nerves come together in our body.

What can happen as we get older, or we go through a significant health issue and our immune system drops, that's when the virus takes advantage of that. It's very opportunistic, and it'll reactivate and then manifest itself in what we call shingles. And if you've ever had shingles or seen someone with shingles, you'll notice how it runs along your nerve lines, your nerve tracks — so around your face, your neck, certain parts of your torso also. And yes, they can be rather painful outbreaks and can be quite severe. So getting the vaccine, it just keeps a lid on the virus that is still present in your body so it can't re-manifest.

Russ: Most insurance covers shingles when you turn 50. On my 50th birthday, it was my birthday present to myself!

My dad had shingles and it was pretty bad. He told me just how painful it was. It got up into his eye. It's not fun. So the fact that we have that vaccine available now — once you turn 50, get your shingles vaccine because you can prevent a lot of discomfort.

Russ: Most health insurance covers immunizations, right?

Stephanie: Yes, many do, but if you ever have any questions, you should always just call your insurance carrier to get clarification on that. But of course, if someone has Medicare or Medicaid, those vaccines will be covered.

Russ: And it's an ounce of prevention type of thing. It's a lot less cost and effort to get a vaccine than to deal with the consequences of getting the disease.

Stephanie: Right. And what's so convenient now is there's so many places that — you know, you're not just locked into going to your doctor's office anymore for a vaccination and making an appointment, and all of those things that are involved with that. You can go to basically any pharmacy and get these vaccinations done, and they'll bill your private insurance, Medicaid, Medicare, whatever you have. It makes it a convenient for folks to be able to just pop into their local pharmacy where they maybe already pick up other prescriptions. They're already on file, and they can just get that vaccination done by the pharmacist.

Russ: So let's talk a bit about vaccine safety, because there's a lot of misinformation out there. And you know, it's — anything to do with medicine is typically, is the benefit greater than the consequences of not doing something? And it's actually very, very clear with vaccines. There's 75 years worth of research with vaccines that shows how safe they are. You might hear of somebody getting seriously ill, or somebody who says that they know someone who died because of a vaccine — it's very, very rare.

Stephanie: Nothing's 100 percent, and unfortunately we do hear of cases where people have a severe reaction to a vaccination they may have been given. However, one thing we need to keep in mind is millions of people in the United States get vaccinated every year, from infants on through older adults. And it's very, again, very not

common, I'll say, for people to have any kind of reaction.

And also, before a vaccine comes out on the market, usually they go through years and years of product development, research, testing, before they even try it on human subjects. So when we get a new vaccine introduced into the market, it's gone through a lot of rigorous testing and research to make sure that any potential side effects of the shot are outweighed by the value and the health protection measures that it's going to provide.

Russ: Statistically, I looked it up: you are more likely to get struck by lightning than to become seriously ill from a vaccination. It's that rare.

Stephanie: And there are systems in place with the CDC and the FDA that if a provider feels that one of their patients may have suffered a severe reaction from a vaccine, there's a mechanism to report that so that it can get looked into.

Russ: You still might have some mild symptoms after receiving a vaccine. The whole point of a vaccine is it triggers your immune system. So it's not uncommon to feel a little off the next day. For example, when I got that pneumonia shot this summer, I didn't really think much of it until the next day, and I was like, "Man, I feel really tired today." And then I remembered that I got the vaccine. It actually took me about 36 hours to be 100 percent afterwards.

Stephanie: Yeah, so most people, when they do get a vaccine, the most common typical side effects are some soreness, redness at the injection site. And then again, for the next 24 to 48 hours, feeling a little tired, a little sluggish. And again, that's just your body working, your immune system working to create those antibodies that it needs to keep you protected.

Russ: When do you recommend getting flu and COVID shots for the winter? Because these diseases do tend to spread more when the weather gets cold and people are indoors more.

Stephanie: Congregating more, yes. And typically in Washington State, historically, our peak flu season has been in January. The flu vaccine is good for about six months. That's its peak window of highest protection. Also, remember: it takes about two weeks for that vaccine to kick in. So even though it's in your arm, it takes about two weeks to get the full amount of protection. So you kind of want to plan ahead for that.

Typically, most people start getting their flu shot around the end of September, going into October, so that they do have that protection through the winter months, and then right before we do start coming indoors more, being more congregate, and sharing air space with folks.

Russ: One last thing. So, there's always this conspiracy theory out there about vaccines causing autism. And I keep hearing it come up, and I cringe every time I hear it. Maybe you can talk a little bit about this from a medical perspective. There's basically one study ever that found a link, right?

Stephanie: Well, there was the Wakefield study, which has since been debunked, and the physician that conducted that study actually lost his medical license to practice in the UK because they found a lot of flaws with his study.

Every 5 to 10 years, the autism question does come up. And this is probably one of the most frequently studied issues around vaccines, is around "do vaccines cause autism?" And at this point, there's no 100 percent causal link that that is what happens.

Ater the Wakefield study came out, they saw a really dramatic drop in the number of MMR vaccines that were being administered to children. So then they did a longitudinal study. And if you have your baseline — this is your baseline of how many kids are being diagnosed with autism in the UK — well, after they stopped giving the MMR vaccine, the rate of MMR went up, and the autism stayed flat. So you would have thought it would have been the other way, right? So that again, just an anecdotal study to show that if that would have been the cause, you would have seen the autism rates drop.

Russ: The other thing is that nothing happens in a vacuum. And there are infinite numbers of other environmental factors that could be causing the marked increase in diagnoses of autism in the last 20 years.

Stephanie: Well, and I think too, as we've learned more about the illness itself, they're finding children who may not have originally been diagnosed because they're learning more and more about it and what that actually entails for a child to have that diagnosis.

Russ: Same goes for other neurodivergencies like ADHD. Because there's more awareness about those disorders now, more people are being diagnosed.

Stephanie: Yes. It's just — you can liken it to when we got better tests for cancer, you know? When you can find it better, you are able to identify those people and get them whatever help they need, which is great.

Russ: Anything else that you wanted to mention that we didn't cover?

Stephanie: No, I think we covered everything really well. Just want to remind people, if you ever have any questions or concerns, your provider is a great person to talk to to get all the correct information to find out what vaccines are the best for you.

Travel Corner — My Favorite Season Is Here!

by Kristen Tarzwell, Interim Program Director

Kristen Tarzwell
Interim Program Director

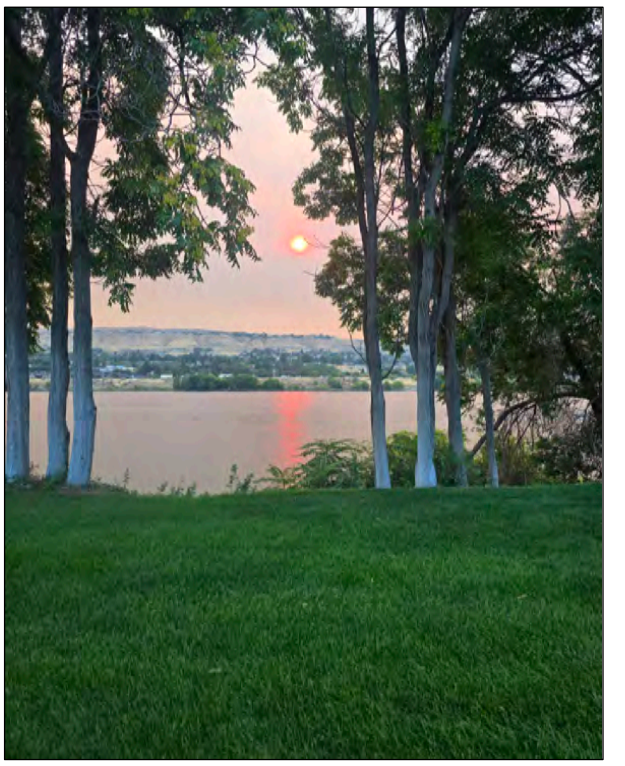
September is here, and summer is giving way to my favorite season: fall. I'm looking forward to cooler days, cozy evenings with a blanket, and a warm mug in hand. I also hope the cooler weather helps ease the fires in our region, so the only smoke we see comes from fireplaces and bonfires.

Later this month, we'll begin to see

Fall at Lake Chelan Park.

This is a wonderful time to get outside and enjoy all our little valley has to offer. When the air quality is healthy, consider joining our walking group. They meet Mondays at 8 a.m. at Pybus Market to walk the Loop Trail. It's a great way to get active and enjoy one of Wenatchee's many benefits.

Thank you to all the wonderful volunteers who shared their time and talents to make our End of Summer BBQ a success. The Applarians—Don and Debbie Gurnard, Jeff and Heather Hampton, and Melanie Salter — grilled delicious burgers and hot dogs. Debbie Schwarberow made her delicious potato salad, and her kitchen staff prepared the toppings and condiments. Margie Vincent and Margie Wilson scooped ice cream for sundaes and helped serve. A big thank-you also goes to Keith, Nick, Jim, Harriett, Marian, Karen and Barbara for helping with setup, serving and cleanup.



From the Apple Capital Loop Trail... I'm looking forward to a return to these views this season.

Our volunteers are the lifeblood of the Center, and events like these would not be possible without them. If you are interested in joining our volunteer team, please reach out to me at kristen@foothillscenter.com. We will need all hands on deck for our next big event, the Holiday Gift Fair, on Nov. 7!

Save 25%
on your utility bill

The Chelan PUD Customer Bill Assistance Program is here

If you have a residential Chelan PUD utility account and your household income qualifies, you could receive a 25% discount on your monthly bill.

Official program from Chelan PUD in partnership with Promise

P.U.D.
CHELAN COUNTY

collette

Scan the QRcode or visit
f-cc.link/spain2027

Accommodations

2 Nights - Radisson Blue 1882, Barcelona
2 Nights - SH Valencia Palace, Valencia
1 Night - Barcelo Carmen Granada, Granada
2 Nights - NH Sevilla Plaza de Armas, Seville
2 Nights - Radisson RED Madrid, Madrid
1 Night - Vila Gale Collection Elvas, Elvas
2 Nights Iberostar Selection Lisboa, Lisbon

Inclusions

Roundtrip Airfare - SEA
20 Meals
13 Breakfasts, 1 Lunches, 6 Dinners
Professional Tour Director
Air Taxes & Fees/Surcharges
Hotel Transfers
Motor Transportation

Tour Highlights

Barcelona | La Sagrada Familia
Valencia | Paella Experience
Granada | The Alhambra
Seville | Flamenco Show
Cordoba | Madrid
The Prado Museum
Winery Tasting
Alentejo | Lisbon
Belém & Jerónimos Monastery
Obidos | Fado Dinner Show

BOOKING DISCOUNT!
Book Now & Save
$150 Per Person!

February 13 - 27, 2027 — 15 days

Foothills Community Center Presents...

Discover Spain's Classics & Portugal

For more information contact
Kristen Tarzwell, Interim Prog. Director
(509) 662-7036

Tour Rates (per person)

Single Traveler 7,049 / ~~$,7,199~~
Double Traveler 5,849 / ~~$5,999~~

Price and availability subject to change after Aug. 14 , 2026

PREMIER
WORLD DISCOVERY

Scan the QR code or visit
f-cc.link/nc2027

Accommodations

1 Night - Embassy Suites Brier Creek or Courtyard Raleigh Cary, Raleigh, NC
2 Nights - Doubletree Oceanfront, Atlantic Beach, NC
3 Nights - Ramada Plaza Oceanfront, Nags Head, NC
1 Night - Embassy Suites Brier Creek or Courtyard Raleigh Cary, Raleigh, NC

Inclusions

Roundtrip Airfare
12 Meals: 7 Breakfasts, 1 Lunch & 4 Dinners
Professional Tour Director
Motorcoach Transportation
Admissions per Itinerary
Sightseeing per Itinerary
Baggage Handling at Hotels
Hotel Transfers

Tour Highlights

5 Nights on the Outer Banks | Raleigh City Tryon Palace in New Bern
Birthplace of Pepsi-Cola
Inner Banks Lunch Cruise
Beaufort & Beaufort Historic Site | Ferry Rides
Ocracoke Is. & Cape Hatteras Lighthouse
Roanoke Is. & Fort Raleigh
Wright Bros National Memorial
Corolla & Whalehead Club
Currituck Beach Lighthouse
Off-Road Nature Safari
Edenton & Edenton Cotton Mill Village North Carolina Executive Mansion

BOOKING DISCOUNT!
Save $100 Per Person
$200 Per Couple*

May 13 - 22, 2027 — 8 days

Foothills Community Center Presents...

North Carolina & the Outer Banks

For more information contact
Kristen Tarzwell, Interim Prog. Director
(509) 662-7036

Tour Rates (per person)

Booking Discount $4,479 ~~$4,579~~ pp double
Single Supplement: +$1,150

Price and availability subject to change after June 6 , 2026

PREMIER
WORLD DISCOVERY

Scan the QR code or visit f-cc.link/eng2027

Foothills
COMMUNITY CENTER

presents

Highlights of England, Scotland & Wales

ACCOMMODATIONS

- 2 Nights - Mercure Haymarket Hotel, Courtyard by Marriott or Mount Royal Hotel, Edinburgh
- 1 Night - Hilton York Hotel or DoubleTree by Hilton or Radisson Hotel, York
- 2 Nights - Leonardo Hotel or DoubleTree by Hilton or Clayton Hotel, Bristol
- 2 Nights - Holiday Inn Kensington High Street or Mercure, London

* On some dates alternative hotels may be used

INCLUSIONS

- Roundtrip Airfare - SEA
- Int'l Air Departure Taxes/Fuel
- 7 Nights First Class Hotel Accommodations
- 10 Meals: 7 Breakfasts & 3 Dinners
- Professional Tour Director
- Deluxe Motorcoach
- Admissions per Itinerary
- Sightseeing per Itinerary
- Baggage Handling at Hotels
- Hotel Transfer

TOUR HIGHLIGHTS

- Edinburgh City Tour
- London City Tour
- Buckingham Palace Changing of the Guard
- Edinburgh Castle
- Cardiff City Tour & Cardiff Castle
- Scotch Whiskey Experience & Tasting
- York Tour & York Minster
- Stratford-Upon-Avon
- Shakespeare's Birthplace
- Anne Hathaway's Cottage
- Stonehenge
- Bristol & Bath
- Roman Baths Museum

BOOKING DISCOUNT!
Save $100 Per Person
$200 Per Couple*

October 27, 2027 — 9 Days

For more information contact
Kristen Tarzwell, Interim Prog. Director
(509) 662-7036

Tour Rates (per person)
Booking Discount*: **$5,449** pp double
Regular Rate: $5,549 pp double
Single Supplement: +$1,200
*See reservation info for booking discount details

PREMIER
WORLD DISCOVERY

Scan the QR code or
visit f-cc.link/fl2027

Foothills
COMMUNITY CENTER
presents

Fantastic Florida & the Keys

ACCOMMODATIONS

- 3 Nights - Hilton Ft. Lauderdale Marina, Ft. Lauderdale
- 1 Night - Hampton Inn, Hilton Garden Inn or
- Courtyard by Marriott , Homestead
- 2 Nights - Hilton Garden Inn, Key West
- 1 Night - AC Hotel, Miami

* On some dates alternative hotels may be used

INCLUSIONS

- Roundtrip Airfare - SEA
- 11 Meals: 7 Breakfasts, 1 Lunch & 3 Dinners
- Sightseeing & Admissions per Itinerary
- Hotel Transfers
- Professional Tour Director
- Motorcoach Transportation
- Baggage Handling at Hotels

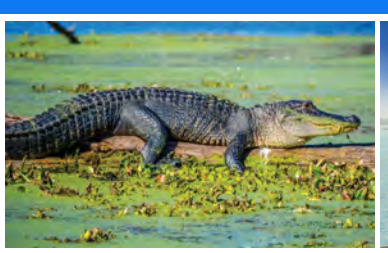
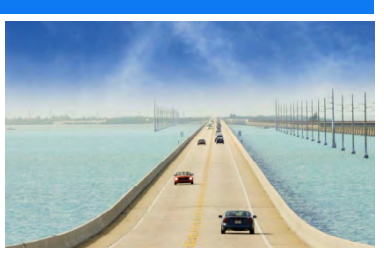
TOUR HIGHLIGHTS

- 3 Nights - Ft. Lauderdale
- 2 Nights - Key West
- Miami City Tour, Ft. Lauderdale Cruise
- 2 Days - Everglades National Park
- Shark Valley Visitor Center, Tram Tour
- Everglades Airboat Ride
- Biscayne National Park & Visitor Center
- Lunch in Flamingo
- Overseas Highway Islamorada
- Key West Old Town Trolley Tour
- Ernest Hemingway Home
- Turtle Hospital on Marathon Key
- Day at Leisure in Key West

BOOKING DISCOUNT!
Save $100 Per Person
$200 Per Couple*

March 11, 2027

8 Days

For more information contact
Kristen Tarzwell, Interim Prog. Director
(509) 662-7036

Tour Rates (per person)
Booking Discount*: **$5,098** pp double
Regular Rate: $5,198 pp double
Single Supplement: +$1,650
*See reeservation info for booking discount details

Foothills Community Center Travel Policies

In order to insure the safety, and enjoyment of all passengers on our trips, all guests must observe the following travel program rules and policies:

1. All trips must be paid in full by the deadline indicated before we can confirm your space.
2. You must be able to board the bus via the steps, which can be high.
3. If you are dependent on a walker, you must be able to step onto the bus one foot at a time and support yourself going up. (Walkers and other large assistive devices are stored under the bus.)
4. A $50 Travel Program fee (equal to one year's membership dues) will be assessed for all NON-MEMBERS who purchase travel from Foothills Community Center. If an annual membership is paid before or at the time of travel purchase, no non-member fee assessment will apply.
5. The bus will leave the Community Center at the Departure times listed! If you are not at the Center and on the bus by the stated departure time, the bus will have to leave without you. It is always a good idea to be at the Center early and in plenty of time. Return times listed are approximate and are not a guarantee of exact return times.
6. The driver and/or host oversees the passengers and vehicle on each trip and has full authority to deny access to, or removal of, any passenger at any time, on any trip.
7. Refunds are issued to all travelers per individual tour guidelines.
8. Refunds will be issued to all travelers by vendors and based on vendor guidelines.
9. No refunds will be issued if tickets or other series have been purchased in advance unless tickets (etc.) can be sold.
10. Any physically or mentally challenged person(s) must be accompanied by a caregiver at all times. The caregiver will be fully responsible for their care. (Physically or mentally challenged persons are defined as unable to fully function on their own at all times.)

Any questions concerning these policies should be directed to Kristen Tarzwell, Interim Program Director.

Walgreens

Vaccination clinic

Walgreens pharmacy staff will administer the following vaccines:

COVID 19 - (Comirnaty) 12+
Influenza - High Dose (65+)
Influenza - Trivalent

Please bring all forms of Insurance

FREE Trivalent FLU Shot Vouchers available if not insured

September 29th at 9am-12pm

Foothills Community Center 1312 Maple St. Wenatchee, WA 98801

Vaccines subject to availability. State-, age- and health-related restrictions may apply.

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Powerful Tools for Caregivers

Attend this 6-week class.
Learn to:

- Take care of yourself.
- Reduce personal stress.
- Communicate in challenging situations and express needs.
- Deal with changes and tough decisions.

Tuesdays, July 1 to August 5, 2025
1:30 p.m. to 3:30 p.m.
Wenatchee, WA
Call (509) 713-3390 to register and for updated course dates
Presented free of charge

Are you stressed by caregiving?

This evidence-based, award-winning program will help you learn strategies to reduce stress, communicate well, and navigate family dynamics when making tough decisions. Build confidence in your decisions as you learn effective problem-solving skills. Learn to give yourself credit, not guilt.
Connect with helpful resources. You don't have to do it alone.

Registration is mandatory, class size is limited.
Other dates and respite care may be available.

For more information or
to register contact Joan Acres at
(509) 713-3390 or
joanacres1@gmail.com

Confluence HEALTH

Aging & Adult Care OF CENTRAL WASHINGTON

Senior Community Resource Guide

Do you manage or operate a community resource that serves the 50+ population? Send us your information and we will include a listing for your organization at no cost. Display ads are also available at a reduced rate.

Alzheimer's Caregiver Support Groups

1st & 3rd Saturday of every month, 10am

Foothills Community Center, 1312 Maple St., Wenatchee

1st & 3rd Thursday of every month, 2pm

The Henry Building, 120 Cottage Ave., Cashmere

For more info, contact Carmen Gamble, (509) 393-0789.

Building Bridges Changing Lives

2nd & 4th Tuesday of every month, 10:30am

Blossom Valley Assisted Living, 1701 Orchard Avenue, Wenatchee

For more info, contact Courtney Benson at (509) 667-0990 or cbenson@cogirusa.com.

A dementia support group for caregivers, family and friends of a loved one in the midst of their dementia journey.

Family Caregiver Support Group

2nd Wednesday of every month, 1:30pm - 3pm

Aging & Adult Care, 270 9th St NE, Suite 100, E. Wenatchee.

For more info, contact Aging & Adult Care at (509) 886-0700 ext. 225.

Greater Wenatchee Mended Hearts Support Group

1st Monday of every month, 11:30am - 1pm
Confluence Health Hospital, 1201 S. Miller, Wenatchee, Conference Room B

For more info, contact Gracie Helm (509) 293-1603.

Greater Wenatchee Mended Hearts is inviting heart patients and their families in Chelan, Douglas, Grant and Okanogan counties to attend chapter meetings.

Prostate Cancer Support Group

2nd Wednesday of every month, 10am
Springwater Insurance, 1108 Springwater Ave., Wenatchee

Questions? Call Blake Gregory, (509) 860-5710 & John Shull (co-chairman), (509) 679-8121.

Both men & women are invited to come and share and gain valuable information about prostate cancer. This is an open discussion and topics include types of treatments, guest speakers and other information. You are not alone on your journey.

TOPS (Take Off Pounds Sensibly)

When: Wednesdays
Weigh In: 8:30am - 9:30am | Meeting: 9:30am - 10:30am
Where: 690 Baker Ave. (Basement), East Wenatchee.

Enrollment Fee: $76.02; 1st month free, then $5/month

Questions? Call (509) 670-6080.

Wenatchee Valley Parkinson's Support Groups

There are two Parkinson's support groups in Wenatchee that meet monthly, September through May.

In-person meetings take place on the 3rd Tuesday of every month from 1:30 - 2:45pm at Aging & Adult Care, 270 9th Ave NE, Ste. 100, East Wenatchee. This is an opportunity to connect with one another, along with occasional guest speakers and special presentations. Anyone who is living with Parkinson's, or cares for someone with the disease is welcome. Contact Diane Shannon at ddshannon@frontier.com or (509) 264-4378.

Caregiver virtual meetings take place on the 2nd Wednesday of every month at 9:30am via Zoom. Sharing and support for anyone caring for someone with Parkinson's with others who understand the challenges of caregiving. Contact: Leigh Pobst: leighpobst@gmail.com (509) 670-2874.

Wenatchee Valley Dispute Resolution Center

To determine if mediation is a good fit for your situation, call us at (509) 888-0957 or email info@wvdrc.org. Our Intake Call Center hours are Monday - Thursday from 8:30am - 5:30pm and Friday from 8:30am - 12:30pm. More info available at www.wvdrc.org.

Mediation is a process where people in dispute meet with mediators who guide them through a structured, voluntary, and confidential process to resolve conflicts. Mediators are unbiased, impartial third parties who provide a safe, neutral environment and promote effective communication. They assist the parties in reaching their own mutually agreeable solution.

AARP	(800) 424-3410
Alzheimer's Caregiver Support Groups	(509) 303-0789
Aging & Adult Care	(509) 886-0700
American Cancer Society	(800) 227-2345
Arthritis Foundation	(800) 542-0295
Autoimmune Advocacy Alliance	(509) 630-5344
Cancer Care of NCW – Our House	(509) 663-6964
CLEAR* Senior Legal Helpline	(888) 387-1111
Columbia Legal Service	(800) 572-9615
Grief Support Groups	(509) 860-3620
Consumer Credit Counseling	(509) 662-0936
Deaf & Hard of Hearing	(800) 833-6388
Dementia Support Group (Blossom Valley)	(509) 667-0990
Do Not Call Registry	(888) 382-1222
Elder Abuse Hotline	(800) 459-0421
Eldercare Locator	(800) 677-1116
Home Delivered Meals Chelan & Douglas Co.	(509) 470-0522
Home Care & Hospice, Confluence Health	(509) 433-3700
Housing Authority of Chelan Co./Wenatchee	(509) 663-7421
IRS Taxpayer Assistance	(800) 829-1040
Knights of Columbus Med. Equip.	(509) 888-3050
Lilac Services for the Blind	(800) 422-7893
LINK Plus Reservations	(509) 662-3569
Link Transit Guest Services	(509) 662-1155
Medicare Info	(800) 663-4227
Mobile Meals	(509) 665-6254
Salvation Army	(509) 662-8864
Serve Wenatchee Valley	(509) 663-4673
SHIBA Insurance Help	(888) 452-0731
Social Security Administration	(800) 772-1213
Suicide & Crisis Lifeline	988
VA Clinic (in Olds Station)	(509) 663-7615
VA Spokane Med. Center	(509) 328-4521
Veterans Affairs	(800) 562-2308
Volunteer Chore Services	(509) 662-6761
WA Insurance Commissioner	(800) 562-6900
Wellness Place	(509) 888-9933
Wenatchee Housing Authority	(509) 663-7421
Wenatchee Community Food Bank	(509) 662-8864
Women Surviving Cancer	(509) 888-9933
Women's Resource Center	(509) 662-0121

Thank you to our building fund contributors!

As our local population continues to grow, Foothills Community Center needs to expand to keep up with demand. We have been raising money through community donations to build a new 6,500 sq. ft. addition to our building and renovate the existing structure. We have raised over $450K of the $1M in local money we need to qualify for matching grants to meet our estimated budget of $4 million. All donations are saved to an interest-bearing account, so your contributions accrue as we continue to save toward our goal.

The Sapling Circle
($10,000+)

Audrey Harper
Glenn & Miriam Kelly
Mary Fran McClure
Bonita McLean
Earl & Barbara Tilly

The Sprout Circle
($5,000-$9,999)

Rita Cortese
Steve Kaster & Morrisa Baskin
Shayne Magdoff
Dave & Louanne Tosch

The Seed Circle
($100-$4,999)

Colleen Adamek
Jim & Carol Adamson
Lois Adamson
Irene Aiken
Robert Aldridge
Charlotte Allen
John Alley
Patricia Anderson
Richard Anderson
Tom Andrewjeski
Colleen Angel
Gay & Marc Auckland
Minerva Balcom
Audrey Barklind
Kevin Baskin
Gary & Donna Bates
Sally Bauer
Ann Baye
Lyla Becker
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Mary Laine Francis
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Maurine Golliher
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Denise Teagle
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Jane VanSickle
Marjorie Vincent
Wagner Family Trust
Mary Walker
Kevin& Alison
Shirley Wadsworth
Mary Wangen
David & Mary Weldy
Dorothy Whitson
Mary Wickert
Keith Wiggins
Gaylen Willett
Carol Williams
Gladys Williams
Shirley Williams
Thelma Wolfe
Ralph Womack
Charlene Woodward
Henry Yaple
Ken & Susan Young

Foothills COMMUNITY CENTER

MEMBERSHIP APPLICATION/RENEWAL/UPDATE FORM

Complete and sign this form and return to: Foothills Community Center, 1312 Maple St. , Wenatchee, WA 98801
Want to pay by credit card? Call us at (509) 662-7036, visit us in person or online at f-cc.link/membership

PRIMARY MEMBER INFO

Name _____ **DOB** ____-____-____

Address _____

City _____ **ST** _____ **Zip** _____

Mobile Phone _____ **Primary Phone** _____

Email _____

Emergency Contact Name _____

Relationship _____ **Contact Phone** _____

PARTNER INFO (Must be domestic partners residing at same address)

Name _____ **DOB** ____-____-____

Mobile Phone _____ **Email** _____

Emergency Contact Name _____

VOLUNTEER OPPORTUNITIES

Would you consider volunteering? ❑ **Yes** ❑ **No**

What areas of expertise or interests do you have?

_____

_____

DEMOGRAPHICS

We collect this information solely for the purpose of applying for grants and other funding. Your specific details are never shared outside of Foothills Community Center.

HOUSEHOLD INCOME

❑< 10,000 ❑$10k-$14,999
❑$15k-$24,999 ❑$25k-$34,999
❑$35k-$49,999 ❑$50k-$74,999
❑75k-$99,999 ❑$100k-$149,999
❑$150k-$199,999 ❑$200k +

RACE (check all that apply)

❑American Indian/ Alaska Native
❑Asian/Asian American
❑Black/African American
❑Native Hawaiian/ Pacific Islander
❑White
Other: _____

ETHNICITY

❑Hispanic/Latino
❑Not Hispanic Latino
Other: _____

Release of Liability: I agree to the following: The Wenatchee Valley Senior Activity Center, its officers, directors, agents and employees are not responsible or liable for any injury, loss, illness, litigation, or damage arising from any/all programs. Any photos or videos taken may be used in the WVSAC marketing and promotion without compensation or liability. All members are subject to the by-laws, rules and regulations of the Wenatchee Valley Senior Activity Center.

CHECK ALL THAT APPLY: ❑ **New Membership** ❑ **Renewal** ❑ **Info Update Only (no payment)**

❑ **Individual - $50** ❑ **Couple - $75** ❑ **Lifetime (per person) - $500**

❑ **Please automatically renew my membership annually (credit card & email required)**

In addition, I would like make a tax-deductible donation of $_____

for ❑ **Angel Fund** ❑ **Operations** ❑ **Building Improvements**

THANK YOU

Signature _____ **Date** _____

Rev. 12/24/25

Paid: ❑ **Check #** _____ ❑ **Cash** ❑ **Visa** ❑ **MasterCard**

VISA MasterCard

Organizations

The Columbia Basin Foundation
Elder Law of Wenatchee
East Wenatchee Rotary
The Lakeboys
P.M. SAIL Class
Prestige Care
Retired Public Employees
Springwater Insurance Group
St. James Episcopal Church
Wenatchee Valley Medical Group
WHS Class of 1954
WHS Class of 1968

Word Search Answers

Foothills COMMUNITY CENTER

(Formerly Wenatchee Valley Senior Activity Center)

1312 Maple Street, Wenatchee, WA 98801

Office Hours:	Monday - Friday, 9am - 4pm
Thrift Shop:	Monday - Friday, 9am - 4pm Saturday, 10am - 3pm
Phone:	(509) 662-7036
Website:	foothillscenter.com
	@foothillsctr

Foothills Community Center (FCC) does not endorse any advertiser, speaker, program or product that is represented in any class, advertisement or function in our facility. It is the responsibility of participants to make informed decisions concerning these issues. FCC is not responsible for injury, loss, or illness to anyone participating in any activity, program or class on the premises.

Board of Directors

Jim Tarbert	Board Chairman
Jeff Gomes	1st Vice Chair
Marco Martinez	2nd Vice Chair, Secretary/Treasurer
Jay Larson	Director B
Keith Kirkpatrick	Director C

Members-at-Large

Steve Kaster
Michael Norton
Nick Davis

Next Board Meeting:

Monday, September 21, 2026 at 1pm

Our Mission Statement: *A self-supporting nonprofit organization to promote the wellbeing of our region's adult population through programs, services, and activities which provide a safe, fun, educational, and healthful environment where all are welcomed and treated with dignity and respect.*

Foothills Community Center Staff

Lisa Blair	Executive Director
Lydia Agidius	Program Director
Russ Alman	Director of Communications & Development
Shannon Port	Thrift Shop Manager

Part-Time Staff

Jennifer Scott	*Livewire*, Membership
Barbara McCardle	Receptionist
Kristen Tarzwell	Administrative & Program Support; Interim Program Director
Debbie Schwaberow	Kitchen
Sharon Braun	Bingo Manager

Thrift Shop Part-Time Staff

Sandy Anderson	Cathy Perry
Jessica Balcom	Mia Port
Sharon Braun	Rebecca Reynerson
Trecia Breckenridge	Madelyn Reynolds
Dennis Cruz	Lily Robertson
Preston Dillard	Gayle Sharratt
Julia Monsey	Penny Treider