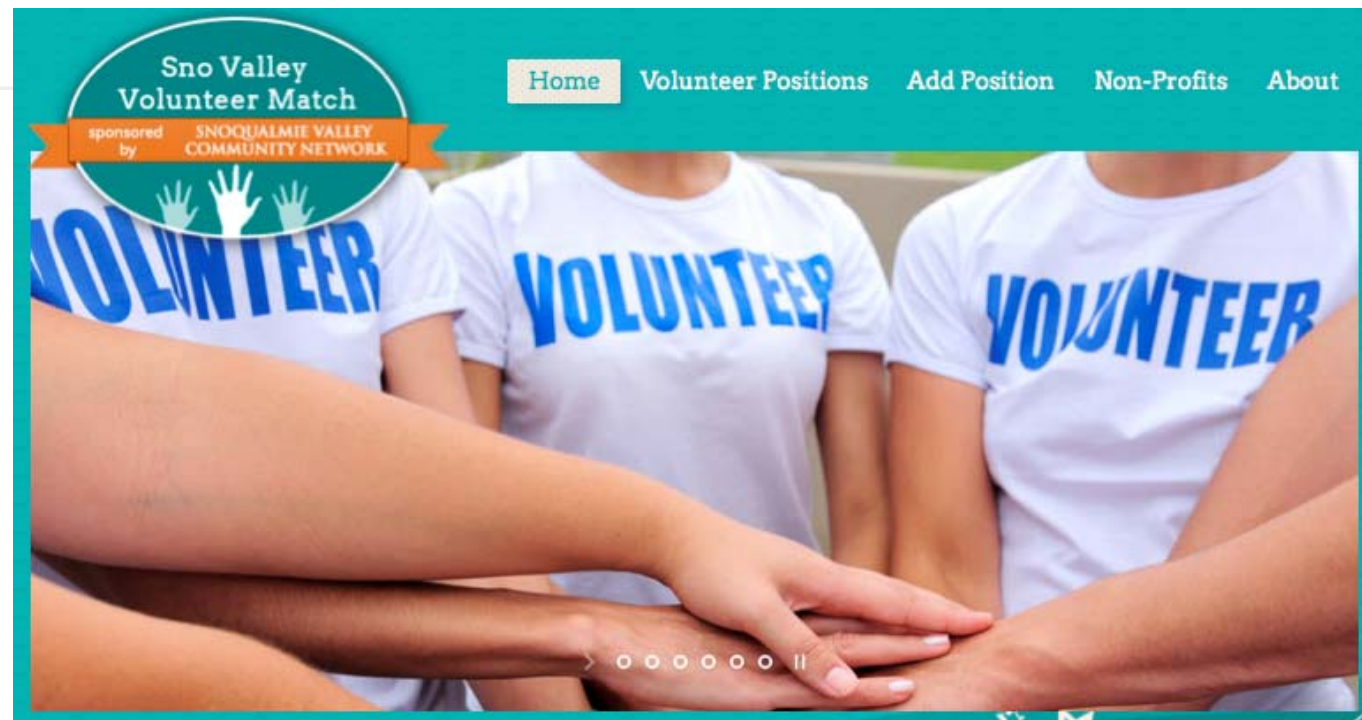


Volunteering is a great way to meet new people, connect with a cause, and contribute to the community!

There are over 100 organizations in the Snoqualmie Valley with volunteer opportunities. Rather than list out an ever-changing list of those opportunities here, we have centralized them in one website to make it easier to search. Check it out!

SnoValleyVolunteerMatch.org



AN ACTIVE LIFE

Snoqualmie Valley Activities Guide For the Over 50 Crowd

GENERAL INFORMATION & LOCAL RESOURCES

EMERGENCY NUMBERS

Fire, Police & Medical Emergency 911
 Poison Center 800-222-122
 Alcohol & Drug 24hr Help Line..... 206-722-3700
 24-Hour Crisis Line 866-4-CRISIS, 206-461-3222

GENERAL INFORMATION

Senior Services (M-F, 8am-6pm)..... 206-448-5757
 Senior Services is the most comprehensive non-profit agency serving older adults and their loved ones in Washington State. *Promoting the well-being of older adults.*
seniorservices.org

Sno-Valley Senior Center (M-F, 8am-3:30pm).. 425-333-4152
 We host a fun and welcoming community center to help our aging neighbors. Offers a range of services such as educational classes, arts and crafts, fitness classes, health and wellness, a community run thrift store, meals, and more.
SnovalleySenior.org

Mt Si Senior Center (M-F, 8:30am-4pm) 425-888-3434
 Dedicated to enhancing the quality of life for older adults in the Snoqualmie Valley by providing a comprehensive network of services including health, social, recreation, educational programs, housing and transportation.
mtsi-seniorcenter.org

Healthy Aging Partnership (M-F 9am-5pm).... 888-4ELDERS
 Information assistance for King County residents. Trained professional advocates from Senior Services.
4elders.org

Age Wise King County
 Monthly articles about aging associated with King County.
Agewisekingcounty.org

2-1-1
Washington Information Network (M-F, 8am-6pm) 211
 Provides comprehensive information and referral for health and human services in King County including senior services.
win211.org

HOSPITALS

Snoqualmie Valley Hospital (Snoqualmie)..... 425-831-2300
Snoqualmiehospital.org
Evergreen Health (Kirkland)..... 425-899-1000
Evergreenhealth.com
Overlake Medical Center (Bellevue) 425-688-5000
Overlakehospital.org

TRANSPORTATION

Volunteer Transportation 206-448-5740, 800-282-5815
 Transportation for seniors 60+ is available for medical or essential appointments, weekdays from 8:00am to 5:00pm. Call by Wednesday for rides the following week.
seniorservices.org/transportation/VolunteerTransportation.aspx

Hyde Shuttle 425-333-4009
 The service provides riders with an opportunity to socialize and stay active within their communities. It gives our van drivers an overwhelming sense of satisfaction and a chance to form many special friendships. **There is no charge for rides, but donations are welcome.**
seniorservices.org/transportation/HydeShuttles.aspx

Snoqualmie Valley Transportation 425-888-7001
 Snoqualmie Valley Transportation (SVT) is a non-profit Valley bus company that performs both demand response and fixed-route service to the people of the Snoqualmie Valley. All rides \$1.
svtbus.org

Regional Reduced Fare Permit 206-553-3000
 The Regional Reduced Fare Permit (RRFP) entitles senior riders (age 65 or older), riders with a disability and Medicare card holders to reduced fares to numerous public transportation systems in the Puget Sound region including, but not limited: to Metro, Sound, and WA state ferries.
metro.kingcounty.gov/tops/accessible/reduced-fare-permits.html

Metro Transit Instruction Program 206-749-4242
 Free Transit Instruction is available for individuals who may have difficulty utilizing public transportation, can learn how to independently and safely travel, to the destinations of their choice.

KING COUNTY PUBLIC LIBRARIES

Check library "Classes & Programs" pages for current events happening near you. kcls.org

North Bend Library 425-888-0554
Snoqualmie Library 425-888-1223
Fall City Library 425-222-5951
Carnation Library 425-333-4398
Duvall Library 425-788-1173

GENERAL INFORMATION & LOCAL RESOURCES

LEGAL SERVICES

Washington Law Help.....
 Find numerous resources about your legal rights in printable self-help packets with legal forms, videos and more.
Washingtonlawhelp.org

Senior Rights Assistance..... 206-448-5720, 800-972-9990
 Legal resource documents and 30-minute consultation with Elder Law attorney at no charge. Topics cover estate planning, powers of attorney probate, guardianship, financial and healthcare directives, and more.
seniorservices.org/financiallegalprograms/SeniorRightsAssistance.aspx

King County Bar Association 206-267-7010
 Provides attorney referral and legal assistance. Referral fee is \$45 and a ½ hour consultation with the lawyer that you are referred. You may receive up to 3 referrals.
Kcba.org

CLEAR*SR (Coordinated Legal Education, Advice, & Referral System for Seniors)..... 888-387-7111
 CLEAR*SR is Washington state's toll-free, centralized intake, advice and referral service for people 60+ seeking free legal assistance with civil legal problems.
nwjustice.org/node/15

TAX SERVICES

Tax-AIDE - Co-sponsored by AARP and the IRS
AARP (M-F, 7am – 11pm, ET)..... 888-687-2277
IRS (M-F, 7am – 10pm, PT)..... 800-829-1040
 Trained volunteers assist older adults with basic income tax returns and free electronic filing from Feb 1 to April 15. For Eastside numbers and locations, call the numbers listed above. AARP.org/taxaide

ASSISTED LIVING

Duvall Adult Family Home..... 425-765-3100
DuvallAdultFamilyHome.com
Dixon Company 425-749-1954
TheDixonCompany.com
Essential Living 425-761-6575
EssentialLivingMtSi.com
Red Oak Residence 425-888-7108
RedOakResidence.com
Regency North Bend..... 425-888-2129
Regencynorthbend.com
Snoqualmie Valley Eldercare 425-922-9938
SnoqualmieValleyElderCare.com

HOME CARE AGENCIES

Private home care agencies offer a broad range of paid non-medical services, such as light housework, small errands, and companionship.

A Helping Hand 206-686-1292, 877-281-7111
Ahelpinghandofwa.com
Andelcare..... 425-283-0408
Andelcare.com
Best Sitters 425-837-8200
Bestsittersinc.com
Capability Homecare..... 425-679-5770
Capabilityhomecare.com
Careforce 425-462-4222, 877-426-8800
Careforce.com
Companion Care 425-488-7575
Companioncareofwa.com
Eastside Friends of Seniors (Volunteer based) 425-369-9120
EastsidefriendsofSeniors.org
Eastside Visiting Angels 425-828-4500
Visitingangels.com/Kirkland
Elder Friends (Volunteer based) 206-224-3790
Elderfriends.org
Family Resource Home Care..... 425-455-2004
Familyresourcehomecare.com
Fedelta Home Care..... 425-454-4548
Fedeltahomecare.com
Health People 425-454-1947
Healthpeople.com
Homewell Senior Care 206-440-5500
HomewellSeniorcare.com
Home Instead Senior Care..... 425-454-9744
Homeinstead.com
Kin On (serving Asian elderly/disabled)..... 206-652-2330
Kinon.org
Mastercare 206-937-3251
Mastercareinhomeservices.com
Maxim Healthcare Services..... 425-643-0200
Maximhomecare.com
My New Friend..... 425-822-1072
Mynewfriend.com
Special Care Agency..... 425-333-4114
SpecialCareAgency.com
Synergy Homecare..... 425-988-3759
Synergyhomecare.com
With A Little Help 206-352-7399
Withalittlehelp.com

VETERINARY / PET SERVICES (HOUSE CALLS)

At Home Veterinary Services 425-222-5665
My Home Vet..... 425-766-8333

GROUPS / CLUBS / GAMES

GROUP / CLUB / GAME	ORG.	DESCRIPTION	PHONE/EMAIL URL/MORE INFO
Duvall Writing Group	-	Join us! We are a drop-in critique group and we meet once a month at Duvall Library. All genres welcome! Ages 18 up.	425-788-1173 More Info
Senior Potlucks	Snoqualmie YMCA	Bring your friends and classmates for these free events, open to all adult members and community. Food will be provided by the Y with an option to bring a dessert or side dish to share! Theme varies each quarter.	425-256-3157 seattleyymca.org
Aging Well Learning Community	-	Various topics: "conversations about aging well with consciousness, courage, and contribution", meetings held in Snoqualmie Library.	425-888-9609 n_waltonhouse@msn.com More Info
Duvall Reads	Duvall Reads	Community book group open to everyone. Grab your coffee or tea and come on down to meet new friends and discuss our monthly picks. We strive to be inclusive and all are welcome to join the discussion.	425-788-1173 duvallfol.org/duvall-reads
SnoValley Writes!	SnoValley Writes	Join other local writers for writing exercises, critique and lessons on voice, plot and point of view.	SnoValleyWrites@gmail.com snovalleywrites.org
Duvall Poetry	Duvall Poetry	Readings occur on the first Wednesday of the month at the Duvall Visitor Center at 15619 Main Street in Duvall, WA. Come to hear the featured reader and to say your piece out loud to an attentive and friendly audience.	duvallpoetrycontact@gmail.com duvallpoetry.weebly.com
Sno Valley Book Club	Snoqualmie Library	The Book Club meets on the fourth Thursday of each month in the Community Activity Room of the Snoqualmie Valley YMCA.	425-888-0554 More Info
Garden Club-Lilies of the Valley	Northwest Perennial Alliance	The Northwest Perennial Alliance is a community of friends, neighbors and experts who share a passion for gardening in the Pacific Northwest. Everyone is welcome. There is a Snoqualmie Valley group.	425-647-6004 northwestperennialalliance.org More Info
Snoqualmie Valley Garden Club	Snoqualmie Valley Garden Club	We are a group of people who meet monthly in North Bend, WA, to discuss gardening subjects and learn from each other. We also raise money from a once-a-year plant sale that supports a scholarship program for a graduating Mt. Si HS senior.	batter@msn.com More Info
Artist Open Studio	Sno-Valley Senior Center	The center hosts an open studio for artists. Bring your own project and get inspired by fellow artists.	425-333-4152 snovalleysenior.org More Info
Play Games / Meet new people	Sno-Valley Senior Center	Wii Bowling, Table Tennis Tournament, Hiking, Bridge Club, Bunco, Checkers, Cribbage, Dominoes, Scrabble & Upwords, and more.	425-333-4152 snovalleysenior.org More Info
Duvall Civic Club	Duvall Civic Club	The organization is dedicated to "supporting the endeavors that enhance the quality of life for citizens of the Snoqualmie Valley". Priorities include educational endeavors and social services.	duvallcivicclub@gmail.com duvallcivicclub.org
Duvall Historical Society	Duvall Historical Society	The Society hosts speakers on topics of interest to those living in Duvall and the surrounding area.	425-844-1976 duvallhistoricalsociety.org
Fall City Historical Society	Fall City Historical Society	The Fall City Historical Society is a nonprofit educational association formed to collect, preserve, interpret and share the history of the unincorporated town of Fall City and the surrounding area.	fallcityhistorical@juno.com fallcityhistorical.org
Duvall Rotary	Duvall Rotary	Members of the Rotary Club of Duvall live or work in Duvall, Carnation, or the surrounding valley. They are business professionals widely recognized for their service work both locally and globally.	archuletas@riverview.wednet.edu duvall.rotaryclub.pro
Snoqualmie Kiwanis	Snoqualmie Kiwanis	We are a community service organization primarily focusing on the needs of children in the Snoqualmie Valley and the world around us.	(425) 698-3180 kiwanis.org More Info
Snoqualmie Rotary	Snoqualmie Rotary	Serving the World Through Your Community.	charlotte.jacobs@awbank.net snoqualmievalleyrotary.org
Snoqualmie Valley Beekeepers	Snoqualmie Valley Beekeepers	Snoqualmie Valley Beekeepers is a non-profit organization in the Snoqualmie Valley, primarily serving the communities of North Bend, Snoqualmie, Fall City, Carnation, Duvall, and the greater east side.	info@snoqualmievalleybeekeeper.org snoqualmievalleybeekeepers.org

GROUPS / CLUBS / GAMES

GROUP / CLUB / GAME	ORG.	DESCRIPTION	PHONE/EMAIL URL/MORE INFO
Snoqualmie Valley Amateur Radio Club	Snoqualmie Valley Amateur Radio Club	Our Mission: "Through education and services, the Snoqualmie Valley Amateur Radio Club will enhance community emergency communications and promote amateur radio activities, thereby advancing the contribution of amateur radio in the Greater Snoqualmie Valley Area."	info@snovalleyarc.org snovalleyarc.org
Play Games / Meet new people	Mt Si Senior Center	Dominoes, Billiards, Crafters Corner, Wii Bowling	425-888-3434 mtsi-seniorcenter.org
Sno-Valley Quilters	Mt Si Senior Center	This is a great opportunity to be creative with fabric and spend time with fellow quilters!	425-888-3434 mtsi-seniorcenter.org
Fall City Community Association	Fall City Community Association	The Fall City Community Association was formed in 1998. Its purpose is to provide an opportunity for members to contribute to the community of Fall City.	membership@fallcity.org www.fallcity.org
Transition Snoqualmie Valley	Transition Snoqualmie Valley	Rebuilding community resilience and self-reliance inspired by the "Transition Towns" movement.	contact@transitionsnoqualmievalley.org transitionsnoqualmievalley.org
SnoValley Winds	SnoValley Winds	The SnoValley Winds is an adult community band serving the Snoqualmie Valley. The band consists of standard concert band wind and percussion instruments and is always looking for new members.	President@snovalleywinds.org snovalleywinds.org
Mt Si Artist Guild	Mt Si Artist Guild	Mt Si Artist Guild is a non-profit organization whose mission is to foster and promote the visual fine arts through encouragement, education and events.	artist@mtsiartistguild.org mtsiartistguild.org
Sno-Valley Tilth	Sno-Valley Tilth	Sno-Valley Tilth actively supports organic and sustainable food production practices throughout the Snoqualmie and Snohomish watersheds.	425-765-8764 snovalleytilth.org
Mt Si Fish & Game Club	Mt Si Fish & Game Club	Our goal is to spread the love of the outdoors to all people in our community. We aim to teach the importance of conservation and respect of the wilderness.	mountsifishandgameclub.com
Snoqualmie Valley Chess Club	Northwest Chess	Ongoing – All ages and skill levels welcome. Plays at North Bend Library.	425-888-0554 More Info
Snoqualmie Valley Trails Club	Snoqualmie Valley Trails Club	The Snoqualmie Valley Trails Club is a hiking club based in Issaquah, Washington, near the Seattle metro area. The club leads hikes, snowshoes and cross country ski trips primarily in the Snoqualmie Valley, I-90 corridor, Teanaway, Mt. Rainier, Stevens Pass, and Mountain Loop Highway areas.	tylerpawjesse@hotmail.com snoqualmievalleytrailsclub.org
Friends of the Trail	Friends of the Trail	Friends of the Trail is a not for profit organization, concerned with the clean up of illegal dumping and littering on public lands and waterways in Washington State.	425-831-5486 friendsot@comcast.net
Partnership for Rural King County	PRKC	<i>PRKC works within the Snoqualmie Valley and surrounding area in eastern King County to ensure the long-term sustainability of working forestland, farmland, outdoor recreation and biodiversity of our special region.</i>	info@PRKC.org prkc.org
Eastside Audubon	Eastside Audubon	Eastside Audubon serves east King County through birding activities, conservation, and nature education.	425-576-8805 office@eastsideaudubon.org eastsideaudubon.org
Snoqualmie Riders Club	Snoqualmie Riders Club	We are a family and community oriented club that offers shows, trail rides, parades, lessons, and clinics through out the season.	snoqualmievalleyridingclub@gmail.com
Raging River Club	Raging River Club	We welcome all ages and equine enthusiasts to join us. You don't even need to own a horse to participate in our group. If you are interested in seeing what we are all about, come to one of our general meeting and check us out!	info@rrriders.org rrriders.org
Snoqualmie Valley Cruisers	Snoqualmie Valley Cruisers	Snoqualmie Valley Cruisers is a free not for profit club. All vehicle makes/models welcome.	snovalley@live.com snovalley.weebly.com

CLASSES / WORKSHOPS

ACTIVITY	ORG.	DESCRIPTION	PHONE / URL/MORE INFO
Lunch n Learn	Snoqualmie Valley Hospital	Snoqualmie Valley Hospital District hosts educational speakers each month. This is a free event and is open to the community. Typically meets 1 st Thursday of each month, lunch provided for registered attendees.	425-831-2300 snoqualmiehospital.org More Info
Educational Seminars	Snoqualmie YMCA	Quarterly educational speakers about fitness/health related topics, such as healthy eating or preventing falls.	425-256-3157 seattleyymca.org
Talk Time	Duvall Library	A weekly casual class setting to practice English while making new friends.	425-788-1173
Watercolor painting workshops	Si View Metro Parks	This one-day seminar offered a few times per year introduces students to the basic elements of watercolor and rarely taught advanced techniques that separate the mundane from the spectacular.	425-831-1900
Computer & Device Mentoring	Mt Si Senior Center	Do you need some help with a laptop or computer, I-phone, I-pad, Kindle or Nook, android device or other? We have two people who are willing to help you.	425-888-3434
Food Preservation Classes	Summer in a Jar	Summer In A Jar provides the skills and confidence to safely preserve food at home, one-step-at -a-time. All classes cover safe canning techniques using approved recipes. Classes in Duvall.	425-788-5696 summerinajar.com
Trellis Community Vegetable Garden Forum	Trellis Forum	Sharing our knowledge of vegetable gardening in the Snoqualmie Valley area. Each 3rd Saturday of the month, we meet to share and discuss a topic of vegetable gardening relevant to the season and this area.	svgardens@centurylink.net trellis.ning.com
Meadowbrook Farm	Meadowbrook Farm	Completion of a new Interpretive Center building on-site provides an all-weather focal point for public enjoyment and use of the farm. Come walk across the meadows, explore the forests, enjoy a class, plan your special event, or simply admire the views of this beautiful place! See the website for upcoming events and classes.	425-831-1900 meadowbrookfarmpreserve.org

FITNESS / EXERCISE

ACTIVITY	ORG.	DESCRIPTION	PHONE / URL/MORE INFO
Enhance Fitness	Snoqualmie YMCA	This class is catered to the older population, those new to exercise, or with physical limitations. Class can be modified to be done in a chair or standing, and incorporates cardio, strength, balance, and stretching.	425-256-3157 seattleyymca.org More Info
Gentle Yoga	Snoqualmie YMCA	Focuses on a variety of postures to challenge the body at each individual's level and to focus the mind in a more gentle/introductory way. Must bring your own mat.	425-256-3157 seattleyymca.org More Info
Zumba Gold	Sno-Valley Senior Center	Zumba is a great fitness alternative and Zumba Gold takes different fitness levels into account. Instructor Karen Morod also provides a certain number of jingly coin belts so you can shake it in style in this adapted Salsa dance-like workout. Drop-ins are welcome.	425-333-4152 snovalleysenior.org More Info
Enhance Fitness	Sno-Valley Senior Center	A Center favorite! Start your day off with fun, music and movement! Fitness Expert Paige Denison leads you through a terrific program designed especially for seniors. Moves can be adapted for almost any activity level and may be covered by Group Health Insurance. Drop-ins ok.	425-333-4152 snovalleysenior.org More Info
Gentle Chair Yoga	Sno-Valley Senior Center	Yoga Instructor Kelley Rush will tailor the classes to the students who attend. Moves can be adapted to be performed while sitting or standing. Please bring your own yoga mat, though one can be provided for your first class. Drop-ins ok.	425-333-4152 snovalleysenior.org More Info
Water Aerobics	Si View Metro Parks	This class is a great cardiovascular workout. A no impact water exercise class, using buoyant and resistant equipment. Emphasis is on strength, range of motion and flexibility. It is a workout that can be adjusted to any participant level.	425-831-1900 siviewpark.org More Info
Tai Chi and Qigong	Si View Metro Parks	Wear loose clothing and comfortable shoes. New students are welcome and existing students will be continuing to build skills in the 24 form.	425-831-1900 siviewpark.org More Info
Tap Dancing	Si View Metro Parks	You are never too old to make some noise! Let yourself go in this beginning /intermediate tap class! Learn basic steps and rhythms, traveling time steps and tap combinations! Wear comfortable clothing and bring your tap shoes the first day!	425-831-1900 siviewpark.org More Info
Intro to Yoga	Si View Metro Parks	Yoga poses are broken down to give you the confidence and skills for alignment, breath work, strength and flexibility. Please bring a yoga mat (yoga block and strap encouraged).	425-831-1900 siviewpark.org More Info
Walking Maps	-	The Snoqualmie Valley Trail offers the opportunity to get out and explore one of the most beautiful agricultural valleys in the region. City of Duvall, Carnation, and Snoqualmie walking maps included as well.	S.V. Trail Map Duvall Map Carnation Map Snoqualmie Map
Carnation Parks & Trails	-	Carnation is a small city in a rich agricultural valley surrounded by forests, pastoral fields, rivers and mountains. An abundance of open space and recreational lands exists within and adjacent to the city limits.	More Info
Snoqualmie Parks & Trails	-	With 35 parks and more than 25 miles of trails, there is a wide range of recreation opportunities in Snoqualmie. Our parks highlight the scenic beauty and vitality of Snoqualmie and the Snoqualmie Valley.	More Info
North Bend Parks & Trails	-	The City of North Bend is blessed by outstanding outdoor recreation opportunities. Team sports, hiking, fishing, bicycling, climbing, river sports, wildlife observation, and the presence of scenic areas abound, and all within city limits.	More Info
Line Dancing	Mt Si Senior Center	Dance Like No One is Watching!! Deane will get you moving and kickin' up your heels! COME JOIN THE FUN!! No experience is needed! This is a really fun group and is growing all the time.	425-888-3434 mtsi-seniorcenter.org More Info
Tai Ji Quan	Mt Si Senior Center	Class will focus on the ultimate goal of improving performance of daily functional tasks and reducing incidence of falls among older adults. Shape-Up!! Try your first 2 classes free!	425-888-3434 mtsi-seniorcenter.org More Info
Stay Active and Independent for Life	Mt Si Senior Center	S.A.I.L is an exercise class with today's senior in mind. It is a combination of low impact and balance suited to the ability of the individual. The class is meant to provide a fun energetic work out and improve your overall health and wellbeing!	425-888-3434 mtsi-seniorcenter.org More Info
Huff and Puff	Mt Si Senior Center	Join a great group of seniors who float through a self-paced exercise program! Newcomers are always welcome!!	425-888-3434 mtsi-seniorcenter.org More Info

LOCAL THEATER / MUSIC

ACTIVITY	DESCRIPTION	PHONE / URL
Riverwinds Concert Band	A fully orchestrated symphonic band providing a concert experience to the Snoqualmie Valley.	riverwindsband.org
North Bend Theater	7\$ for seniors for all shows	425-888-1232
Camlann Medieval Village	Camlann Medieval Village is a living history project portraying rural England in the year 1376, featuring in-character interpreters who have taken on roles of medieval persons.	425-788-8624
Cascade Community Theater	Community Theater Organization, \$8 seniors tickets	cctplays.org
Valley Center Stage	Comedy, Variety, Music, Playhouse	425-831-5667 valleycenterstage.org
Boxley's	Boxley's is voted one of the Best Jazz Clubs in the world by Downbeat Magazine in 2010, 2011, 2012, 2013 & 2014. Located in North Bend.	425-292-9307 boxleysplace.com
Mt Si High School	Award winning jazz band, concert band, drama/choir, and sports. (discounts available for seniors)	mountsibands.org
Cedarcrest High School	Jazz band and choir. (discounts available for seniors)	cedarcrestbands.com
Summer Stage	Weekly summer concerts in McCormick park. (no charge)	425-788-1185 More Info
Snoqualmie Falls Forest Theater & Family Park	Outdoor theatrical performances during summer on 95 acres of preserved forests in Fall City.	425-736-7252 foresttheater.org