

Senior Messenger

CITY OF LYNNWOOD SENIOR CENTER

July / August / September 2015

19000 44th Ave W | PO Box 5008
Lynnwood, WA 98036
www.ci.lynnwood.wa.us/seniors

(425) 670-5050 Fax: (425) 712-9804
Monday - Friday 8:30am - 3:00pm
Tuesday 8:30am - 6:00pm



Teed Off Seniors Celebrates 10 years

Coordinated by volunteer Bob Hackney since 2006, Lynnwood Senior Center's Teed Off Seniors Golf has grown from a dedicated group of 11 players, to kicking off Season 10 with a roster including over 49 active participants!

Want to join? See page 11.

LSC offers a range of great outdoor recreation opportunities — check them out today!

Sign-up dates at a glance

July 8

- Skagit River Shakespeare Festival
- Village Theatre Backstage Tour
- Festival by the Bay at The Cruz
- Ballard Farmers' Market & a Shilshole Stroll
- Olympic Music Festival

July 17

- August Outdoor Recreation

August 12

- Diablo Lake Boat Tour & Lunch
- Bellingham Farmers' Market at Fairhaven
- An Afternoon at Emerald Downs
- *Moon Over Buffalo* at the Lynden Theatre
- Whidbey Island — Port Townsend Getaway

August 21

- September Outdoor Recreation

September 9

- MOHAI at South Lake Union
- Skagit Valley Festival of Family Farms
- Public Market Tour and Reserve Roastery Visit
- Oktoberfest in Leavenworth
- Ride Link Light Rail
- Casino — Angel of the Winds

September 18

- October Outdoor Recreation

July – September Events

July 10

- Acupuncture and Aging

July 31

- Dementia Screening and Virtual Tour

August 6

- Meet the Mayor
Root Beer Float Social

August 12

- Birthday Celebration Luncheon

August 14

- It's All About the Ears

September 4

- Senior Property Tax Exemptions

September 26

- National Public Lands Day
Trail Maintenance Party

September 30

- Bunco and Brats



Information



City of Lynnwood Staff

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Recreation & Cultural Arts
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Recreation Clerk
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Senior Center Membership; Age 62+
\$25 per person, 12 months

**Senior Center Associate Membership;
Age 61 & Under**
\$35 per person, 12 months

Appreciation Fund

The Appreciation Fund — Lynnwood Senior Center is an independent non-profit agency that partners with the City of Lynnwood to support Senior Center programs. Monthly meetings are open to the public and Senior Center members are invited to attend. Join us on First Fridays at 1:00pm in the Recreation Center Conference Room

2015 Members

- Alice Wikene
- Donna McKinney
- Dorothy Morehouse
- Eldon Johnson
- Grace King
- Jayne Ott
- Mel Marklein



Registration Information

Pre-Registration is required for all Lynnwood Senior Center programs. Payment is made at time of registration.

Registrations are non-transferable.

You may sign up for yourself and one additional person.

Registration for trips, hikes, and outdoor recreation is by lottery at the Lynnwood Senior Center on designated sign-up dates. Numbers may be picked up at the front desk between 8:30am and 9:00am, with registration starting at 9:00am. Numbers are allotted individually. You may register for yourself and one absent person. If you wish to travel with a companion that is present, one number will be given for both of you.

Persons arriving after 9:00am will be taken in list order. Telephone registration with credit card begins at 10:00am.

Lottery Registration for Trips

Activity, trip itinerary and times may change due to weather, traffic or other unforeseen events.

M = Member Fee
NM = Non-Member Fee

In Memoriam

Eleanor Schulz
March 2015

Joe Lebb
April 2015

Delores Sparks
June 2015



Cancellation Policies Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.

* Trips including pre-purchased items are non-refundable.

** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

Scholarship Program We want you to have a chance to experience and participate in classes, activities and trips that interest you. The City of Lynnwood offers a scholarship program at the Senior Center. Please do not let cost keep you from enjoying activities. All applications are confidential. For Lynnwood residents 62+.

Please see Mary-Anne Grafton or call 425-670-5051.

Non Discrimination Policy The Lynnwood Senior Center does not discriminate on the basis of race, color, gender, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. On request, people with disabilities will be provided with reasonable accommodations.

Inclement Weather Policy **Delays:** In the event Edmonds School District announces a delayed start time due to inclement weather, all Senior Center morning programs will be cancelled. All programs beginning after 12 noon will run as usual, however, we do recommend that you call to confirm. **Cancellations:** If Edmonds School District cancels for the day, all programs starting before 3pm will be cancelled. Call after 2pm for status of programs starting 3pm or later. Staff will make every attempt to open the Center unless the Mayor of Lynnwood closes City facilities. To be sure we are open, call us first.

Services & Discussion Groups

Chatterboxes

Join the girls! This social club is talking about whatever, doing whatever and enjoying the companionship of a great group of ladies. Keep your hands busy with your own project or just enjoy the conversation. Every third Friday the focus will shift to a beading craft, but all crafts are welcome on that day!

56976	Fri Jul 10 - 31	12:30pm - 2:30pm
56977	Fri Aug 7 - 21	12:30pm - 2:30pm
56978	Fri Sep 4 - 25	12:30pm - 2:30pm

Facilitator: Ginger Kemp

Free / \$5 NM

Bible Study

Join this small group offering biblical study with participation and discussion. The goal is to have an environment open to discussion and Biblical learning, with particular focus on understanding and life application.

56979	Mon Jul 6 - 27	9am - 10:30am
56980	Mon Aug 3 - 17	9am - 10:30am
56981	Mon Sep 14 - 28	9am - 10:30am

Facilitator: Ginger Kemp

Free / \$5 NM

Current Issues & "the Rest of the Story"

Join this forum to share questions, insight, guesses, and concerns about today's events. You are encouraged to bring articles, editorials, and subjects for discussion.

56985	Wed Jul 1 - 29	1:30pm - 2:30pm
56986	Wed Aug 5 - 19	1:30pm - 2:30pm
56987	Wed Sep 2 - 30	1:30pm - 2:30pm

Facilitator: Cathy Roper

Free / \$5 NM

Our Lives – Our Choices

In a discussion group format, explore ideas about 'constructive self-management.' Develop a better understanding of yourself and how to help others understand you better. Aspects of respect and courtesy as they apply both to yourself and others will be explored in a supportive environment.

57919	Tue Jul 7 - 28	12:15pm - 2pm
57920	Tue Aug 4 - 18	12:15pm - 2pm
57921	Tue Sep 1 - 29	12:15pm - 2pm

Facilitator: Rick Mottau

Free / \$5 NM



Acupuncture

Acupuncture is one of the oldest medical practices known for healing and pain relief. Register early to get your appointment.

Regular Appointments

Mondays 9am - 1:15pm

Provider: Cole Alexander

\$10 / \$15 NM

No acupuncture on August 24

Blood Pressure Screening

Lynnwood Fire Department Fire Corps volunteers are coming to the Senior Center to check Blood Pressure. Look for them in the lobby. Drop-in; no appointment necessary.

1st Mondays & 3rd Tuesdays 11:30am - 1:30pm

Provider: Lynnwood Fire Department

Free

Dental Hygiene for Seniors

Services by appointment include assessment, tooth and gum evaluation, oral cancer screening, cleaning, and fluoride treatment. Provider is a licensed hygienist. Additional fees may apply upon initial evaluation.

57738 Fri Jul 31 10am - 2pm

57739 Fri Aug 14 10am - 2pm

57740 Fri Sep 25 10am - 12pm

Provider: Deb Fredrikson

Initial exam & visit \$123 / \$128 NM

Routine cleaning & fluoride treatment \$83 / \$88 NM

Foot Care

Thirty minute appointments include a foot soak, nail trim and a foot massage. Please bring a clean towel.

57720 Fri Jul 10 9am - 2:30pm

57721 Fri Jul 24 9:30am - 2:30pm

57722 Fri Aug 7 9:30am - 2:30pm

57723 Fri Aug 21 9am - 2:30pm

57724 Fri Sep 4 9am - 2:30pm

57725 Fri Sep 18 9am - 2:30pm

Provider: Lori Gaubriel

\$30 / \$35 NM



Q & A with SHIBA

Statewide Health Insurance Benefits Advisors can help you with your questions about medical and prescription coverage and access, as well as provide information about long term care. Call for an appointment.

57775 Thu Jul 16 12pm - 2:30pm

57776 Thu Aug 20 12pm - 2:30pm

57777 Thu Sep 17 12pm - 2:30pm

Provider: Laura Ballard

Free

Seated Chair Massage

Our licensed massage therapist has been practicing for 15 years and knows how to work the kinks out of tired and tight muscles. Call the Senior Center and schedule a 15-minute appointment. No service on 5th Wednesdays.

Wednesdays 9am - 12pm

Provider: Sandra Nyitray

\$13 / \$18 NM

No massage on August 26

NEW Drop-In Volunteer

Would you like to give back to the community, but only have a few hours a month to spare? Each week we will be doing different projects to support our local communities, non-profits and those in need. Please join us and make a difference.

57349 Tue Jul 7 - 28 1pm - 2:30pm

58115 Tue Aug 4 - 18 1pm - 2:30pm

58116 Tue Sep 1 - 29 1pm - 2:30pm

Free

NEW

Advanced Care Planning

Learn what you need to make your living will. See page 6 for details.

Wellness Corner



Enhance Fitness Program

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified.

Lite Fitness

This is a gently-paced cardiovascular workout using resistance for strength. Exercise may be in seated or standing positions.

56988 Tue, Thu Jul 2 - 30 9:40am - 10:30am

56989 Tue, Thu Aug 4 - 20 9:40am - 10:30am

56990 Tue, Thu Sep 1 - 29 9:40am - 10:30am

Instructor: Sherry Herdrick

\$3 drop-in or \$24 for an 8-session pass

Intermediate Enhance Fitness

Engage in a moderate workout focused on cardio, flexibility, balance and strength. Instructors are certified. No class Sep 7-11.

56991 M, W, F Jul 1 - 31 8:30am - 9:20am

56992 M, W, F Aug 3 - 31 8:30am - 9:20am

56992 M, W, F Sep 2 - 30 8:30am - 9:20am

Instructor: Angela Dismuke Daily Fitness Pass : \$7

10 visit Fitness Pass : \$37 / \$41 Non-Resident

Location: Recreation Center, Fitness Studio

Advanced Enhance Fitness

Join this fun and energetic group for a challenging cardio exercise using a variety of fitness equipment. Balance work is included in this movin' class! No class Sep 7-11.

56994 M, W, F Jul 1 - 31 9:30am - 10:20am

56995 M, W, F Aug 3 - 31 9:30am - 10:20am

56996 M, W, F Sep 2 - 30 9:30am - 10:20am

Instructor: Angela Dismuke Daily Fitness Pass: \$7

10 visit Fitness Pass : \$37 / \$41 Non-Resident

Location: Recreation Center, Fitness Studio

Functional Fitness Check

Take three simple physical tests that measure mobility and strength and help you assess your risk of falling.

56997 Thu Jul 2 2:30pm - 3pm

56998 Thu Aug 6 2:30pm - 3pm

56999 Thu Sep 3 2:30pm - 3pm

Instructor: Debby Grant

Free / \$5 NM

SAIL

Exercises are designed for both seated and standing positions. This class is suitable for all fitness levels.

57265 Tue, Thu Jul 2 - 30 10:45am - 11:45am

57266 Tue, Thu Aug 4 - 20 10:45am - 11:45am

57267 Tue, Thu Sep 1 - 29 10:45am - 11:45am

Instructor: Debby Grant

\$3 drop-in or \$24 for an 8-session pass

62+ Yoga

Yoga increases balance, flexibility, and prevents falls. You will use a chair for balance and learn how to move and hold stretches to make you stronger and suppler. You will improve your posture, balance, and alignment through guided sessions. This class is suitable for all fitness levels.

57396 Tue, Thu Jul 2 - 30 8:35am - 9:25am

57397 Tue, Thu Aug 4 - 20 8:35am - 9:25am

57398 Tue, Thu Sep 1 - 29 8:35am - 9:25am

Instructor: Sherry Herdrick

\$6 drop-in rate

Three week sessions: \$30 / \$35 NM

Four week sessions: \$40 / \$45 NM

Five week sessions: \$45 / \$50 NM

Laughter Yoga

Invite balance, health, and joy into your life with a chair-based gentle yoga practice that emphasizes mindful awareness of body sensations. What's unique about this yoga style is that is combined with fun activities. It is a powerful, life-changing experience because laughter is the best medicine in the world.

57399 Tue, Thu Jul 7 - 28 12pm - 1pm

57400 Tue, Thu Aug 4 - 13 12pm - 1pm

57401 Tue, Thu Sep 1 - 29 12pm - 1pm

Instructor: Lida (Sungyeo) Kim

\$6 drop-in rate

Three week sessions: \$30 / \$35 NM

Four week sessions: \$40 / \$45 NM

Five week sessions: \$45 / \$50 NM

Zumba Gold

You've heard people rave about Zumba-a Latin Movement-based dance class that includes Salsa, Merengue, Cha Cha, Tango and more. Zumba Gold is especially adapted for adults 62+, for adults who are beginning to increase activity to improve wellness, and for people with physical limitations. You can learn the moves on your feet or in a chair. Don't miss out on this fun way to fitness! No class Sep 7-11.

57308 Mon Jul 6 - 27 10am - 10:50am

57309 Mon Aug 3 - 31 10am - 10:50am

57310 Mon Sep 14 - 28 10am - 10:50am

57302 Wed Jul 1 - 29 10am - 10:50am

57303 Wed Aug 5 - 26 10am - 10:50am

57304 Wed Sep 2 - 30 10am - 10:50am

Instructor: Ce Boehme

\$6 drop-in rate

Three week session \$15 / \$20NM

Four week sessions: \$20 / \$25 NM

Five week sessions: \$25 / \$30 NM

Location: Recreation Center, Rm 102



Line Dance

Don't sit out the next dance! Keep your mind and body healthy and have fun doing it. Join us to learn popular line dances such as the Cupid Shuffle, Electric Slide, Boot Scootin' Boogie and Achy Breaky Heart. We'll start with the basic patterns, and link them together into line dances. This class is for people of all experience and ability levels.

57305	Wed Jul 1 - 29 10am - 11am
57306	Wed Aug 5 - 19 10am - 11am
57307	Wed Sep 2 - 30 10am - 11am
57311	Fri Jul 10 - 31 10am - 11am
57312	Fri Aug 7 - 21 10am - 11am
57313	Fri Sep 4 - 25 10am - 11am

Instructor: Christa Quackenbush \$6 drop-in rate
 Three week session \$15 / \$20 NM
 Four week sessions: \$20 / \$25 NM
 Five week sessions: \$25 / \$30 NM

Intermediate Tap Dance

Learn dance routines and practice for performances scheduled at local venues. Tap Dance is excellent exercise and a whole lot of fun. Class instruction is on Tuesdays; Thursdays are practice and rehearsal. No class Sep 7-11.

57299	Thu Jul 2 - 30 12:30pm - 1:30pm
57300	Thu Aug 6 - 20 12:30pm - 1:30pm
57301	Tue, Thu Sep 1 - 29 12:30pm - 1:30pm

Instructor: Melissa Olson
 Three week sessions: \$23 / \$28 NM
 Four week sessions: \$30 / \$35 NM
 Five week sessions: \$37 / \$42 NM
 Location: Recreation Center, Rm 102

Tai Chi:

Moving for Better Balance

Looking for a class that will bring a spring into your step and steadiness to your balance, and have fun doing it? Regaining that confidence in your everyday movement is the first step in preventing falls. Staying upright is absolutely key to going where you want, when you want, and living independently on your own. This class is based on eight simple forms from the traditional yan style of tai chi; researched and developed by Dr. Fuzhong Li in conjunction with the CDC at the Oregon Research Institute in Eugene. No class Sep 7-11.

57381	Thu Jul 2 - 30 9am - 10:30am
57382	Thu Aug 6 - 27 9am - 10:30am
57383	Thu Sep 3 - 24 9am - 10:30am

Instructor: Barbara Gleisner
 Four week sessions: \$28 / \$33 NM
 Five week sessions: \$35 / \$40 NM
 Location: Recreation Center, Rm 102

Pilates for Core Strength and Flexibility

Stabilize your balance and strengthen your body's core to better prevent falls. Our experience instructor works with each individual at their level, which can be seated or on the floor. You'll realize added benefits of improved coordination and circulation safely and without stressing joints. Get started now and see how your body changes. Bring a towel and a Pilates/ yoga mat.

Gentle 62+ Pilates: An Introduction

Bring a towel and Pilates mat.

57393	Wed Jul 1 - 29 11:30am - 12:30pm
57394	Wed Aug 5 - 19 11:30am - 12:30pm
57395	Wed Sep 2 - 30 11:30am - 12:30pm

Instructor: Angela Dismuke
 Four week sessions: \$24 / \$29 NM
 Five week sessions: \$30 / \$35 NM

62+ Pilates for Core Strength and Flexibility Level 1

Improve your balance, coordination and circulation safely and effectively without building bulk or stressing joints. Work from a floor mat or a chair — the instructor will tailor exercises to student needs. Bring a towel and Pilates mat.

57390	Fri Jul 10 - 31 11am - 11:50am
57391	Fri Aug 7 - 21 11am - 11:50am
57392	Fri Sep 4 - 25 11am - 11:50am

Instructor: Angela Dismuke
 Three week sessions: \$18 / \$23 NM
 Four week sessions: \$24 / \$29 NM

62+ Pilates for Core Strength and Flexibility Level 2

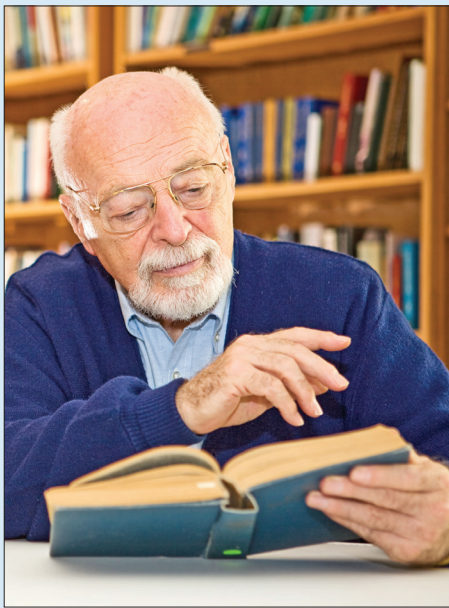
Stabilize your balance and strengthen your body's core to better prevent falls. Our experienced instructor works with each individual at their level, which can be seated or on the floor. You'll realize added benefits of improved coordination and circulation safely and without stressing joints. Get started now and see how your body changes. Bring a towel and Pilates mat. No class Sep 7-11.

57384	Fri Jul 10 - 31 12pm - 12:50pm
57385	Fri Aug 7 - 21 12pm - 12:50pm
57386	Fri Sep 4 - 25 12pm - 12:50pm

Instructor: Angela Dismuke
 Four week sessions: \$24 / \$29 NM
 Five week sessions: \$30 / \$35 NM
 Location: Recreation Center, Rm 102

Group Health members may qualify for **FREE Enhance Fitness classes.** Stop by the Senior Center or call for details.

Classes & Activities



Book Discussion Group

Set your literary sights on our monthly selections and join the group for lively discussion. Regular book selections may be checked out through the front desk at the Lynnwood Library.

July Selection

City of Illusions

by first-time author Judith Works

Judith Works will join us and discuss her debut novel. She'll talk about where her inspiration came from, the challenges she encountered and overcame, and some of the details that go into developing a story. Judith will read a few passages from City of Illusions and invite questions and discussion. A few copies of this book may be available at the library but it is not a discussion kit.

57731 Wed Jul 22 1:30pm - 2:45pm

August Selection

– Available August 3 –

Boys in the Boat

by Daniel James Brown

September Selection

– Available September 1 –

Olive Kitteridge: a Novel in Stories by Elizabeth Strout

Discussion for both August
& September selections

57733 Wed Sep 23 1:30pm - 2:45pm

Facilitator: Debby Grant

Free / \$5 NM



Genealogy Workshop

If you are interested in tracing your family, but aren't sure what's involved, here's how to get started. Learn and refine search techniques with public records and the internet. Start uncovering your heritage and forgotten family history today!

57000 Wed Jul 8 10:30am - 12pm

57001 Wed Aug 12 10:30am - 12pm

57002 Wed Sep 9 10:30am - 12pm

Facilitator: Margaret Summitt

Free / \$5 NM

Location: Recreation Center Conference Room

Knitting to Make a Difference

Do you have some time on your hands? Are you looking for something to do that will make a difference? Join us in making blankets, hats, and scarves for local newborns and homeless children. Our instructor is an experienced teacher and crafter. Experience is not necessary. All levels are welcome. Needles and yarn provided.

57033 Mon Jul 6 - 27 9:30am - 11am

57004 Mon Aug 3 - 17 9:30am - 11am

57005 Mon Sep 14 - 28 9:30am - 11am

Facilitator: Hazel Shaw

Free

Quilting

Try your hand at quilting! Share your work and learn from others. Projects range from traditional hand-quilting to wonderful artistic interpretations. Two weekly sessions are offered, each with a distinctive feel. All levels of experience welcome. Bring your project and your ideas.

57015 Wed Jul 1 - 29 10am - 11:45am

57016 Wed Aug 5 - 19 10am - 11:45am

57017 Wed Sep 2 - 30 10am - 11:45am

Facilitator: Virginia Lovitt

Free / \$5 NM

57018 Thu Jul 2 - 30 12pm - 2pm

57019 Thu Aug 6 - 20 12pm - 2pm

57020 Thu Sep 3 - 24 12pm - 2pm

Facilitator: Ruth Beckett

Free / \$5 NM



Red Hat Society

Ruby Royals

57259 Wed Jul 8 12pm - 1:30pm

57260 Wed Aug 12 12pm - 1:30pm

57261 Wed Sep 9 12pm - 1:30pm

Queen: Hazel Shaw

Free / \$5 NM

Crimson Cuties

57262 Wed Jul 1 12pm - 1:30pm

57263 Wed Aug 5 12pm - 1:30pm

57264 Wed Sep 2 12pm - 1:30pm

Facilitator: Phyllis Dyer

Free / \$5 NM

NEW

Advanced Care Planning

In this workshop you will learn how to determine your values as they pertain to your medical choices, choose the treatments you want, and make your choices known to your family and physician. This planning process is especially important to do in case you are unable to speak for yourself when seriously injured or ill. After the workshop, make an appointment for an individual follow-up session. Your family or support people are welcome if you like. Brought to you in partnership with the Snohomish County Health Leadership Coalition. Choose the date that works best for you.

57361 Wed Aug 5 1pm - 3pm

57360 Wed Sep 3 1pm - 3pm

Preregistration required

Free

Advanced Care Planning – individual follow-up

After completing the August 5th or September 3rd workshop, make an appointment for an individual follow-up session. Bring your family with you if they have questions. Brought to you in partnership with the Snohomish County Health Leadership Coalition.

57363 Wed Aug 19 1pm - 3pm

57364 Wed Sep 16 1pm - 3pm

Preregistration required

Free

Art Workshop – Drop-in

Do you have a project that you never seem to get to? Maybe a watercolor in the corner, a mosaic midway to completion, a collage in progress? Find the motivation to stay on track by joining this group. Just bring your creation and materials, and a promise to yourself to enjoy your art once a week with others doing likewise.

56961	Mon Jul 6 - 27	12:30pm - 2:30pm
56962	Mon Aug 3 - 17	12:30pm - 2:30pm
56963	Mon Sep 14 - 28	12:30pm - 2:30pm

Facilitator: Reginald Allen Free / \$5 NM

Crafty Card Club

See how creative you can be! Learn new techniques and exchange tips with other card makers each week. Come experiment with your own personal style. It's fun to use paper, stamps, glitter and glue. You'll be amazed at the results. \$5 material fee per week paid to instructor.

57354	Thu Jul 2 - 30	1:15pm - 2:45pm
57355	Thu Aug 6 - 20	1:15pm - 2:45pm
57356	Thu Sep 3 - 24	1:15pm - 2:45pm

Facilitator: Christie Anderson Free / \$5 NM

German Talk Time

Explore conversational German, Sprechen sie Deutsch?

57378	Mon Jul 6 - 27	10:30am - 11:50am
57379	Mon Aug 3 - 17, 31	10:30am - 11:50am
57380	Mon Sep 14 - 28	10:30am - 11:50am

Facilitator: Ida Fernandez Free / \$5 NM

Everything You Wanted to Know about Computers

Learn about hardware, software, and the internet. This course is tailored to the input of participants and is suitable for both beginners and those with some computer experience. Includes Windows 8.1.

57283	Tue Jul 7 - 28	11am - 12pm
57284	Tue Sep 1 - 29	11am - 12pm

Facilitator: William Benson

Four week sessions: \$20 / \$25 NM

Five week sessions: \$25 / \$30 NM

Computer Lab Tutoring

Make a 30 minute appointment for help in the lab with your computer questions.

Tuesdays 12:30pm - 2pm

Instructor: William Benson \$6 / \$11 NM

Introduction to Social Media & Facebook

Another hands-on class in the lab, this will get you familiar with social media--how to have fun and how to be safe. Learn the do's and don'ts of making friends online as you explore a number of fun social options.

57273 Thu Aug 10 1pm - 2:45pm

Instructor: Matt Laxton Free / \$5 NM

Navigate The Internet & Search Online

Meet in the computer lab for this hands-on class that will get you started searching the Internet. Learn to use the Sno-Isle / Lynnwood Library's premium databases for that special search.

57271 Thu Sep 10 1pm - 2:45pm

Instructor: Matt Laxton Free / \$5 NM

Popcorn Cinema

Movies and more! This film series includes old favorites, new movies, and everything in between. There's discussion following and popcorn provided! Tuesdays from 3pm to 6pm.

– July Selections –

Jul 7	The Black Swan (1935)
Jul 14	The Third Man (1949)
Jul 21	Showboat (1951)
Jul 28	The Americanization of Emily (1964)

– August Selections –

Aug 4	The Quiet Man (1952)
Aug 11	No Time for Sergeants
Aug 18	Camelot (1967)

– September Selections –

Sept 1	The Lion in Winter (1968)
Sept 15	A Funny Thing Happened... to the Forum (1966)
Sept 22	The African Queen (1951)
Sept 29	Galaxy Quest (1999)

Facilitator: Jim Armstrong Free / \$5 NM

Ongoing Games



Bingo

Mondays 12:30pm - 2:45pm

Facilitator: Claudette Martinez Free / \$5 NM

Pinochle

Tuesdays 9am - 12pm

Facilitator: Shanny Peer Free / \$5 NM

Duplicate Bridge

Tuesdays 1pm - 4pm

Facilitators: Beverly Perkins Free / \$5 NM

Mexican Train

Wednesdays 12:30pm - 2:30pm

Facilitator: Claudette Martinez Free / \$5 NM

Scrabble

Wednesdays & Fridays 9:30am - 11am

Facilitator: Edie Tye Free / \$5 NM

Party Bridge

Thursdays 11:30am - 2:30pm

Facilitator: Beverly Perkins Free / \$5 NM

Bunco

Fridays 10am - 11:30am

Facilitator: Ethel Conrad Free / \$5 NM



GAMES ARE FREE FOR MEMBERS

\$5.00 per month for non-members.

Events

Preregistration is required for all events.



Acupuncture and Aging: *Live Long and Prosper!*

Did you know that acupuncture was discovered by ancient people searching for the secret to immortality? What they learned became the roots of East Asian medicine and has been passed down to new generations for thousands of years. Come join Free Range Health's executive director, Dr. Cole Alexander, as he shares a bit of how acupuncture and East Asian medicine can make a big impact on your quality of life. If you've ever wondered about this ancient system of healing, drop-in to learn something new.

57779 Fri Jul 10 1pm - 2:15pm

Preregistration required

Free

MEET THE MAYOR ROOT BEER FLOAT SOCIAL



Join Lynnwood's Mayor Nicola Smith for an hour of conversation and root beer floats. Mayor Smith invites your compliments and concerns for the City. She wants to hear from you! There will be time for questions and answers at the end.

57458 Thu Aug 6 2pm - 3pm

Preregistration required

Free



Senior Property Tax Exemptions

If you are a senior and/or disabled with limited income (under \$35,000) you can have 20%-60% of your property value exempted from property tax. Michael Giles, a volunteer with the Property Tax Advocacy Group, will inform you about the Washington State Seniors & Disabled Property Tax Exemption program and help you fill out the application.

57461 Fri Sep 4 1pm - 2:15pm

Preregistration required

Free

BINGO BBQ

- A Fund Raising Committee Event -

Thursday, July 16

Doors Open 4:30pm

BBQ Dinner 5pm

Bingo Starts 6pm



Tickets are \$12 for Bingo and BBQ - includes 3 cards.

Buy additional cards at the event for \$1.

Buy your tickets from the Fund Raising Committee at the Senior Center starting Monday, July 1st. Limited Seating - get your tickets early!

Birthday Celebration Luncheon



July, August & September

Come join us for birthday lunch and some musical entertainment. If your birthday is in July, August or September and you're a Lynnwood Senior Center member you may register for free. Sponsored by Fairwinds Brighton Court.

57460 Wed August 12 12pm - 1:30pm

Preregistration required

\$5 / \$10 NM

Free for Birthday Members

NATIONAL PUBLIC LANDS DAY TRAIL MAINTENANCE PARTY



Join the country as we celebrate National Public Lands Day by volunteering. Many of the trails you enjoy would not be there if it wasn't for volunteers. Roll up your sleeves and help us maintain a local trail located in one of Lynnwood's parks. Snacks and water included. Lunch will be provided by Gencare Lifestyle of Lynnwood and Rosewood Courte Memory Care.

56606 Sat Sep 26 9am - 1:30pm

Preregistration required

Free

Dementia Screening & Virtual Tour



What is it like to have dementia? The Virtual Dementia Tour is designed to give you an up-close experience to help you understand the challenges faced by caregivers and those with dementia. Scott Ernst from Quail Park of Lynnwood is the facilitator of this tour. Memory screenings will be available during the day starting at 12pm. Please sign up at the front desk for an appointment for tour and screenings.

57462 Fri Jul 31 12pm - 2:30pm

Preregistration required

Free



It's all About the Ears #2



Learn how to get telephones for the hearing impaired for a sliding fee and free for those who qualify. Mike Sweeney from DSHS will demonstrate how to use the phones, answer questions and explain the application process. Connect Hearing will be here again to provide hearing screening, cleaning and small repairs for your hearing aids. You must sign up for an appointment time at the front desk for the hearing screening.

57459 Fri Aug 14 12:30pm - 2:30pm

Preregistration required

Free

Hearing Screening 12:30pm - 1:30pm

Presentation 1:30pm - 2:30pm



BUNCO AND BRATS

A fun way to celebrate Oktoberfest! Bunco is an exciting and delightful game. It's easy to learn, and I guarantee you'll be laughing. There will be great prizes to win. Before the game, a delicious German lunch will be provided - bring your yodel!

57736 Wed Sep 30 12pm - 2:30pm

Preregistration required

\$5 / \$10 NM

Summer Hikes

July Hikes

Sign-up ongoing. Ask about current registration availability.

- Jul 1** Poo Poo Point ♥♥♥♥♥♥
- Jul 7** Olympia Trails ♥♥ - ♥♥♥♥
- Jul 11** Hurricane Ridge ♥ - ♥♥♥♥
- Jul 13** San Juan Island Kayak Tour

- Jul 15** Guemes Island ♥♥♥♥♥♥
- Jul 21** Fort Flagler ♥♥ - ♥♥♥♥
- Jul 24** Sunset Hot Air Balloon Ride, Woodinville

Lodge Lake, Snoqualmie Pass ♥♥♥♥

Hike part of the Pacific Crest Trail. This trail starts at the bottom of the Summit Ski Resort and switch backs up past the ski lifts. At the top, you will enter a deep forest as you make your way down to the lake. Just a bit of trivia; Lodge Lake is named after the old Mountaineers Lodge that used to reside there. Don't forget to bring money for an ice cream stop on the way home.

- 3 mile round trip
- 500 foot elevation gain

56614 Wed Aug 5 9am - 5pm
Sign-up Date: Jul 17 \$26 / \$32 NM

Heart O' the Forest, Olympic National Park ♥♥♥♥

Take in the beauty of an old growth forest located in the Heart O' the Hills Campground. We'll hike through a dense ravine and leave civilization behind. The sounds of nature will greet you with melodic bird calls. Before the hike, there will be a stop in Port Angeles for lunch on your own and a stop at the Olympic National Park Visitor Center. Trip fee includes ferry and transportation. Bring a Golden Age, America the Beautiful Pass or \$7 for entrance fee.

- 5 mile round trip
- 500 foot elevation gain

56616 Tue Aug 11 8am - 6pm
Sign-up Date: Jul 17 \$39 / \$45 NM

Kitsap Kind of Day ♥ - ♥♥♥♥♥♥

It's a double header delight. The first stop is at Guillemot Cove Natural Reserve where you will get to explore a series of trails. Descending down to the beach, you will pass a stump house and view previous signs of the owners who once lived here. What goes down must go up; there is a continual climb back up to the bus. There is also a loop option. After the hike, enjoy your lunch at Scenic Beach State Park. The name says it all; you will be treated with a fabulous view of The Hood Canal. The last stop, you will get to walk off your lunch at the Clear Creek Trail in Silverdale. This is a nice urban walk through forests, parks and meadows. Top it off with ice cream on your own in Silverdale.

- **Guillemot Cove Natural Reserve:** 3 mile round trip; 360 foot elevation gain
- **Clear Creek Trail:** 3 mile round trip; 50 foot elevation gain

56617 Wed Aug 19 8am - 7pm
Sign-up Date: Jul 17 \$39 / \$45 NM

Barclay Lake, Hwy 2 ♥♥♥♥

Hike alongside Barclay Creek as it winds through an old growth forest filled with Salmon and Thimble berries. The trail includes a log bridge that goes over the creek with a single railing. The shore of Barclay Lake is where we will park for lunch. Sit back and enjoy viewing the lake that is tucked below the looming Baring Mountain. You might find some mushrooms along the way.

- 4.4 mile round trip
- 500 foot elevation gain

56618 Tue Aug 25 9am - 5pm
Sign-up Date: Jul 17 \$26 / \$32 NM

Before you go... some things to know

Pack what you need and leave valuables at home. Please don't bring anything of value to leave on the bus.

When you imagine yourself hiking a remote trail or on a pristine mountain, there are some things to keep in mind for the safest, most enjoyable trip.

For experienced walkers and flat trail hikers, remember that higher elevations mean more physical demands with less oxygen. For your first hike outing, think about choosing the Tuesday hiking trips. If you have lung or heart concerns, consult your doctor first.

For your safety you need to wear hiking boots for foot protection and ankle support. Athletic shoes are not permitted. Your boots should be broken-in before you go — don't plan to wear brand new shoes. You may need to use waterproof boots to keep feet warm and dry.

If you have any questions about the outdoor program please contact Janet Sigler at 425-670-5056. Leave a message for questions about equipment, trips, and which activity is right for you.



Please arrive **15 minutes** before departure time on all outdoor trips.

Hike Difficulty Key

♥ **Easy;**
flat trail paved or unpaved

♥♥ **Moderately easy;**
slight elevation gain with some hills

♥♥♥ **Moderate;** some difficult terrain & elevation gain; you must be steady on your feet

♥♥♥♥ **Moderately difficult;** steeper elevation gain with switch backs or steps; rocks, roots & challenging footing

♥♥♥♥♥ **Difficult;** challenging distance, elevation gain, and terrain
 *Hiking poles highly suggested

Outdoor Recreation



Hikes and Hot Springs, Harrison, B.C.**

Sore muscles after a hike? No problem – you are staying at a luxurious spa resort. Harrison Hot Springs has five mineral hot springs to soak your aches away. The other main highlight of this two night, three day trip are the hikes. Day one will be to the Great Blue Heron Nature Reserve in Chilliwack, B.C., to hike wonderful nature trails and to view the mighty heron and other wildlife. Next, you will take in the beauty of Bridal View Falls that drops down 200 feet. Day two includes a hike around Hicks Lake and a beaver pond. There will be some down time to enjoy the hot springs and explore trails around the resort. Day three includes a special hike. A local artist created a variety of clay masks placed on the trees throughout the Spirit Trail. On the first day on the way to Harrison we will make a pit stop at Tim Horton's for lunch. Trip fee includes transportation, two nights lodging, two breakfast buffets and one three course dinner in the Copper Room. Other purchases are on your own.

- **Great Blue Heron Nature Reserve:** 4 mile round trip; Mostly level
- **Hicks Lake:** 3 mile round trip; 75 foot elevation gain
- **Bridal Veil Falls:** .5 mile round trip; 50 foot elevation gain
- **Spirit Trail:** .5 mile round trip; Mostly level

57737 Tue - Thu Oct 20 - 22 10am - 6pm
 Sign-up Date: Sept 18 Double: \$265 / \$290 NM



Fall Hikes

Olallie State Park to Rattlesnake Lake, I-90



Start your hike by following along the Old Iron Horse John Wayne Trail in North Bend. Along the way, there will be a detour down to Upper Twin Falls. After viewing the falls, we'll head back up to the John Wayne Trail and follow it to Rattlesnake Lake. This lake offers a nice picnic area and a wonderful visitor's center. At the center, there are displays on the Cedar River Watershed, local history and nature. Did you know there is a ghost town under the lake?

- 7 mile round trip
- 900 foot elevation gain

56621 Wed Sep 2 9am - 5:30pm
 Sign-up Date: Aug 21 \$26 / \$32 NM

East Lake Sammamish Trail, Part 2



See how the rich live. This trail winds its way through the backyards of multi-million dollar homes that overlook Lake Sammamish. You will go a mile more than Part 1 to reach Lake Sammamish State Park. At the park, enjoy your sack lunch at the beach overlooking the lake.

- 6 mile round trip
- Mostly level

56622 Tue Sep 8 9am - 4:30pm
 Sign-up Date: Aug 21 \$26 / \$32 NM

Sunrise, Mt Rainier



Visit the quieter side of Mt Rainier. See wildlife such as mountain goats or picas. September is the perfect time for huckleberries at this high elevation. Don't forget your camera. There are several options for hiking depending on your ability. Bring your Golden Age/ America the Beautiful Pass or \$7 for park entry fee.

- **Sunrise Nature Trail:** 1.5 mile loop; 300 foot elevation gain
- **Silver Forest Trail:** 2 mile round trip; 150 foot elevation gain
- **Sourdough Ridge Trail:** 3 mile round trip; 500 foot elevation gain

56624 Sat Sep 12 8am - 7pm
 Sign-up Date: Aug 21 \$26 / \$32 NM

Soaring Eagle and Beaver Lake, Sammamish



This community trail has a lot of everything. There are 12 miles of trails that wander through mature forests, wetlands and meadows. You might spot a Black-Tailed Deer and or other wildlife that make this their home. Located next door, the trail will continue to Beaver Lake Preserve and Hazel Wolf Wetland. There is a picnic area to eat your sack lunch. Maybe Mr. Beaver will grace us with his appearance while you eat.

- 6-7 mile round trip
- Mostly level

56623 Wed Sep 16 9am - 5pm
 Sign-up Date: Aug 21 \$26 / \$32 NM



Fall Hikes

The Elwha River Walk with a Ranger ♥♥ - ♥♥♥♥

Since the removal of the Elwha Dam there has been significant changes along the Elwha River. Our ranger will point out the shifting sediments, both old and new vegetation, giant stumps logged a century ago and talk about the river reestablishing itself. You will get to see the breathtaking Madison Falls up-close. Enjoy lunch on your own at one of the many eateries in downtown Port Angeles.

- 1.5 mile round trip
- 50 foot elevation gain

56626 Tue Sep 22 8am - 7:30pm

Sign up date: Aug 21 \$36 / \$42 NM

North Cascades, Hwy 20 ♥♥ - ♥♥♥♥

Washington's answer to the Alps! October is when the glacier fed lakes are at their height of emerald green. Learn about this amazing National Park at the Newhalem Visitors Center. This center's highlight is a trail leading to a viewpoint showcasing a spectacular mountain range. Our journey starts from the visitor center and makes its way to the town of Newhalem. Of course we will make a pit stop at their store to try some fudge. The trail then continues to the Gorge Powerhouse and ends at the beautiful Ladder Creek Falls.

- 4 mile round trip
- 200 foot elevation gain

56629 Sat Oct 3 8am - 7:30pm

Sign-up Date: Sep 18 \$26 / \$32 NM

Suiattle River Trail, Darrington ♥♥♥♥♥

After 10 years, this trail is open again to hikers. We will be traveling a stretch of it. Trek through old growth forests that open to views of waterfalls, the powerful Suiattle River and Glacier Peak. There are some tricky crossings over creeks — bring extra socks in case your feet get wet.

- 9 mile round trip
- 900 foot elevation gain with some switchbacks

56630 Wed Oct 7 9am - 7:30pm

Sign-up Date: Sep 18 \$26 / \$32 NM

Hiking Essentials

- ✓ whistle
- ✓ a sit pad
- ✓ cell phone
- ✓ sack lunch
- ✓ extra socks
- ✓ bug repellent
- ✓ plenty of water
- ✓ layered clothes
- ✓ Golden Age Pass
- ✓ good hiking boots
- ✓ hat and rain jacket
- ✓ hiking or ski pole
- ✓ plastic bag for garbage
- ✓ money for bakery stops
- ✓ sunscreen & sunglasses
- ✓ tissue and/or mole skin

National Public Lands Day Trail Maintenance Party

Join the country as we celebrate National Public Lands Day by volunteering. Many of the trails you enjoy would not be there if it wasn't for volunteers. Roll up your selves and help us maintain a local trail located in one of Lynnwood's parks. Snacks and water included. Lunch will be provided by Gencare Lifestyle of Lynnwood and Rosewood Courte Memory Care. Pre-registration is required.

56606 Sat Sep 26 9am - 1:30pm

Free



Teed Off Senior Golf

Take your best swing with the Teed Off Seniors at the Nile Shrine Golf Course! Co-ed play is every other week, rain or shine, unless thunderstorms are imminent. Pay \$16.00 green fees at the course. You may rent pull carts, clubs and driving carts for additional cost. Meet at the golf course 30 minutes before tee time.

For scheduling, contact Bob Hackney at 425-355-9101.

» Nile Shrine Golf Course

6601 244th St SW,
Mountlake Terrace

Regular Play

Jul 9 & 23 | Aug 6 & 20 | Sep 3 & 17

Season Ending Field Day

September 24

Outdoor Recreation

Kayak Trips



* Sunset Paddle, Poulsbo

From your kayak, view the sun slowly setting over the Olympic Mountain Range. Eagles, Ospreys and resident Harbor Seals usually make an appearance as you paddle in the protected waters of Liberty Bay. On a clear day, you will have a great view of Mount Rainier. An expert guide will start you with safety instructions and lead you around the bay. Before the paddle, you will have time to enjoy an early dinner on your own in Poulsbo. Price includes guide, transportation, kayak and gear.

56639 Sat Aug 1 2:30pm - 10:30pm
Sign-up Date: Jul 17 \$70 / \$76 NM

Evening Fishing, Blackman's Lake, Snohomish

This lake is located in the city of Snohomish. Fishing can be done from the bank or disability-accessible pier. Rainbow trout are stocked and triploid, largemouth bass and yellow perch are sometimes caught. Bring your tackle, supplies, sack lunch and beverage, fishing license, folding chair or something to sit on. Bring your raincoat and change of clothes for weather changes. At dusk, the mosquitos come out. Make sure you bring your bug repellent.

56625 Mon Sep 14 3pm - 8:30pm
Sign-up Date: Aug 21 \$10 / \$16 NM

Fall Hikes

Learn About Mushrooms at Baker Lake, Hwy 20 ♥♥♥

Majestic mountains, old forests and beautiful Baker Lake are some of the views you get to enjoy on this hike — but the main attraction are the mushrooms. The climate and old forests on the southeast side of Baker Lake is a perfect environment for fungi to grow. A mushroom guide will lead us and point out the various fungi along the trail.

- 3-4 mile round trip
- 400 foot elevation gain

57780 Tue Oct 13 9am - 7:30pm
Sign-up Date: Sep 18 \$26 / \$32 NM

White Chuck Bench, Darrington ♥♥♥

Thanks to a crew of volunteers, this delightful trail is now cleared of the damage done by Mother Nature. The trail overlooks the White Chuck River and has an excellent view of the valley below. You will marvel at towering trees as you make your way through the forest. End at the river and enjoy views of the surrounding mountains.

- 5 mile round trip
- 200 foot elevation gain

57781 Tue Oct 27 9am - 6:30pm
Sign-up Date: Sep 18 \$26 / \$32 NM



* Camels and Segways, Bellingham

Overlook the beautiful foothills of Mt. Baker from the top of a friendly camel. An experienced Camel Safari handler will lead you for a ride of about a mile. You will get a tour of the farm and an opportunity to get up-close and personal with your camel before you embark on your ride. Camels not your thing? Try a Segway that will zip you through 40-acres of farmland. You will have a chance to visit with the camels. The Segway tour includes a mandatory safety lesson. After the ride, tickle your taste buds with wine tasting on your own at the Mt Baker Winery. The winery has picnic tables to enjoy your sack lunch. Dress for the farm. Please wear long pants and closed toe shoes. Don't forget sunscreen, hat and sunglasses. Bring your own sack lunch.

56620 Mon Aug 31 9am - 4:30pm
Sign-up Date: Jul 17 Camel Ride: \$89 / \$95 NM
Segway Ride: \$75 / \$81 NM



* Zip Line, Mt Springs Lodge, Plain

Mt Spring Lodge is set in a beautiful landscape near Lake Wenatchee. Get your adrenaline rush by zipping ridge to ridge above the autumn trees as you look at the valley below. You will get to do five lines and walk a suspension bridge. Before zipping, bring a sack lunch to enjoy while overlooking Lake Wenatchee.

- There will be a 20 minute hike up to the first platform

56628 Mon Sep 28 8:30am - 6:30pm
Sign up date: Aug 21 \$92 / \$98 NM

Pedal Pushers Bicycling



Join us on Wednesdays & Thursdays for 15 - 25 mile group bicycle rides. We ride on trails, on-street bike lanes and low-traffic roads to bakeries, parks and community centers. B.I.K.E.S. Club of Snohomish County partners with us and with help from club ride leaders we will ride every week. Thursdays are always trail rides. Helmets are required on all rides. Trips are free for B.I.K.E.S. Club and Senior Center Members; \$5 non-members. All rides begin at 10am. To find details about each ride visit our web site at www.ci.lynnwood.wa.us/seniors or call the Senior Center.

Log Boom to Gas Works Park

Meet at Log Boom Park for a 10am start. We'll ride on the Burke Gilman Trail to Gas Works Park. RT approximately 22 miles on level paved path with a food stop on Lake Union. Ride leaders Linda and Brent Hunter.

57430 Thu Jul 2 10am

South Whidbey Island Loop

Meet at the Mukilteo ferry dock to take the 10am ferry to Clinton. Allow enough time to buy your ticket at the auto ferry booth. We'll ride clockwise around the southern part of the island and have coffee or lunch in Langley at about the 15 mile mark. RT about 20 miles, hilly terrain, social pace. Ride leader Fred Koch.

57431 Wed Jul 8 10am

Seattle Wanderings

Meet at Gas Works Park for a 10am start. We'll ride mostly on bike trail with some road plus the Seattle Greenway and enjoy views of Ship Canal, Golden Gardens, Elliot Bay. RT 17 - 22 miles, depending upon the group. Few hills with a food stop. Ride leaders Dan & Elaine Scott.

57432 Thu Jul 16 10am

Gas Works Park to Alki Beach

Meet at Gas Works Park for a 10am start. Our route will take us through the Ballard Locks to Magnolia, past the north end of Myrtle Edwards Park and along the Seattle waterfront to the West Seattle water taxi dock. We'll take the water taxi and ride to Alki for a break before retracing our route. Bring cash for the water taxi. Ride leaders Marcia Stedman and Fred Koch.

57433 Wed Jul 22 10am

Everett Loop and a Concert

Meet at Thornton A. Sullivan Park for a 10am start. We'll ride north on the Interurban Trail and low traffic streets. There will be a stop for food and an outdoor noon time concert at the Courthouse Plaza in Everett. RT 20 miles, A-B terrain, social pace. Ride leader Mary Jo Gerst.

57434 Wed Jul 29 10am

Sammamish River Trail to Marymore Park

Meet at gravel parking lot "Chicken Park" at Sammamish River Park in Bothell for a 10am start. We'll ride to Marymore Park with a snack/lunch break at the turn around. RT 20 miles on level trail. Ride Leader: Bette-Ann Shroyer. Parking lot is located on the southwest corner of 102nd Ave. NE (overpass) & the Sammamish River.

57435 Thu Aug 6 10am

Conway to Mt Vernon Loop via Fir Island

Meet at the ball field parking lot next to the fire station in Conway for a 10am start. We'll ride from Conway to Mt Vernon via Fir Island along the west side of the Skagit River and return on the east side. RT 21 miles with little elevation gain. Ride leader Warren Bare.

57436 Wed Aug 12 10am

Surprise Trail Ride

Check on-line or call the Senior Center for details. We'll try to go somewhere different or not ridden recently. Ride leader TBD.

57437 Thu Aug 20 10am

Woodinville Kirkland Loop

Meet at Woodinville Gateway Park for a 10am start. We'll take the trail west to Wayne Golf Course then south on road to Kirkland. After a brief stop in Kirkland we will head east via Old Redmond Road to rejoin the Sammamish river trail in Redmond and head back to Woodinville. RT 21 miles. Ride leader Fred Koch.

57438 Wed Aug 26 10am

Sammamish River Trail to Marymore Park

Meet at gravel parking lot "Chicken Park" at Sammamish River Park in Bothell for a 10am start. We'll ride to Marymore Park with a snack/lunch break at the turn around. RT 20 miles on level trail. Ride Leader: Bette-Ann Shroyer. Parking lot is located on the southwest corner of 102nd Ave. NE (overpass) & the Sammamish River.

57439 Thu Sep 3 10am

Padilla Bay to Anacortes

Meet at Bay View State Park and pedal the Padilla Bay trail along the water and then on into Anacortes. RT 28 or 18 miles on level road and paved trail. Snack break at Gere-a-Deli in Anacortes. Ride leader Nancy Graham.

57440 Wed Sep 9 10am

Centennial Trail

Meet at the Centennial Trail at 2nd and Maple in Snohomish for a 10am start. We'll ride north to Lake Cassidy and return. Bring snack/lunch for break at turn around. RT 20+ miles on paved level trail. Ride leader: Bette-Ann Shroyer.

57441 Thu Sep 17 10am

Port Orchard Out and Back

Meet at the Fautleroy/Southworth ferry dock to take the 10:20am boat. We will ride to Port Orchard for lunch then reverse the route back to Southworth and board the ferry to return to Fautleroy. RT 25 miles with a few short rolling hills. Ride leader Fred Koch. Ride your bike past the cars to the head of the line and purchase your ticket inside the office.

57442 Wed Sep 23 10am

Trips & Excursions

July Trips – (search on-line for details)

Sign-up held June 10. Ask about current registration availability.

Jul 9	Concert by the Bay in Port Orchard	Jul 23	Angel of the Winds Casino
Jul 22	Concert in the Park in Olympia	Jul 26	The Taming of the Shrew /the Tamer Tamed*

Two Noble Kingmen at the Skagit River Shakespeare Festival * ☺☺–☺☺☺

You'll experience Shakespeare outdoors and under an open sky, the way it was meant to be. The Shakespeare Northwest company performs at the Rexville-Blackrock Amphitheatre on the grounds of the Rexville Grange in the beautiful Skagit Valley. Seating is 'festival' so bring a folding chair or a blanket. You may also rent a folding chair for a nominal charge. The performance is at 1pm and we'll eat our picnic lunch at the theatre. Trip fee includes performance. Chair rental, food, beverages and other purchases are on your own. We'll stop at the Skagit Co-Op where you may buy picnic food or bring your own.

56572 Sat Aug 1 11am - 4:30pm
Sign-up Date: Jul 8 \$28 / \$34 NM

Village Theatre Backstage Tour ☺☺–☺☺☺

Get a sneak peek behind the scenes! You'll be treated to a 90 minute tour of Issaquah's Village Theatre Mainstage building, which will showcase how the magic of performance is made. Tour includes the costume shop, wig studio, backstage area, orchestra pit, and rehearsal rooms. Afterwards we'll stop in at Gilman Village for lunch on your own at your choice of restaurants, and some time to browse around.

56568 Tue Aug 4 10am - 3:30pm
Sign-up Date: Jul 8 \$12 / \$18 NM

Difficulty Key

- ☺ **Minimal** walking
- ☺☺ **Minimal to Moderate** walking and/or some stairs
- ☺☺☺ **Moderate** walking and/or at least one flight of stairs
- ☺☺☺☺ **Moderately difficult;** lots of walking and/or many stairs or other challenges

Festival by the Bay at The Cruz – Port Orchard ☺☺–☺☺☺

You'll find a craft show, a food festival, and a classic car show all rolled into one when we head to Port Orchard for a Sunday afternoon in August. We'll take the Edmonds-Kingston ferry both directions. A stop in Poulsbo on the return is planned for some time on the waterfront. Food, beverage and other purchases are on your own.

56569 Sun Aug 9 8:30am - 6:30pm
Sign-up Date: Jul 8 \$31 / \$37 NM

Ballard Farmers' Market & a Shilshole Stroll ☺☺–☺☺☺

You might shop a little, eat a little, then shop a little more at the renowned Ballard Farmers' Market. You may put your fresh market produce in a cooler in the bus and explore a bit of Ballard. We'll stop for an afternoon stroll at Shilshole Bay and Golden Gardens Park on the way home. Food, beverage and other purchases are on your own.

56570 Sun Aug 16 10am - 3:30pm
Sign-up Date: Jul 8 \$12 / \$18 NM

Olympic Music Festival * ☺☺–☺☺☺

We have tickets for seats inside the barn for this year's chamber music performances. We'll arrive in time for a stroll around the grounds and a picnic lunch. Bring a lunch or we'll stop en route and you may purchase. Snacks and beverages are available for purchase at the festival. Trip fee includes concert admission. Food, beverage and other purchases are on your own.

56571 Sat Aug 22 9am - 6pm
Sign-up Date: Jul 8 \$59 / \$65 NM

Diablo Lake Boat Tour & Lunch * ☺☺–☺☺☺

On this spectacular cruise you'll learn how Seattle City Light has generated hydroelectric power on the Skagit River since 1918. The steep canyon of the upper Skagit River formed a natural barrier that kept fish from spawning further up-river, while also providing an ideal location for generating power. Join us for a cruise around the lake and an informative talk on the facility. A buffet lunch including dessert and beverages will be served before the lake cruise. Wear sturdy walking shoes and dress in layers to prepare for changing weather conditions. We'll stop at Tootsie's in Marblemount for no-host refreshments after leaving the lake. Trip fee includes boat cruise and buffet lunch. Other food and beverage purchases are on your own.

56573 Thu Sep 3 7:30am - 5:45pm
Sign-up Date: Aug 12 \$66 / \$72 NM

Bellingham Farmers' Market at Fairhaven ☺☺–☺☺☺

This is your opportunity to enjoy a lingering summer day in beautiful Fairhaven and pick up some summer produce at the market if you like. Live music plays for most of the afternoon on Village Green. Also enjoy a stroll around town and browse the shops if you like. Food, beverage and other purchases are on your own.

56574 Wed Sep 9 11:30am - 5:30pm
Sign-up Date: Aug 12 \$18 / \$24 NM

An Afternoon at Emerald Downs * ☺–☺☺☺

On your day at the track, Emerald Downs is honoring Washington bred horses and hosting a festival of Washington craft brews. You'll have a reserved club house seat, so feel free to venture outside. You can get close to the track, and return to your seat when you need a break. Trip fee includes admission and reserved inside seating. Food, beverage and other purchases are on your own.

56578 Sun Sep 13 12:30pm - 7pm
Sign-up Date: Aug 12 \$24 / \$30 NM

Moon Over Buffalo at the Lynden Theatre * 😊😊

Join us for this wild and wacky comedy and find out if, as the reviews say, you leave the theatre exhausted from laughter. We'll arrive in Lynden early enough to seek lunch and browse around town. Trip fee includes theatre admission. Food, beverage and other purchases are on your own.

56575 Sat Sep 19 9:30am - 6pm
Sign-up Date: Aug 12 \$33 / \$39 NM

Museum of History & Industry – MOHAI at South Lake Union 😊😊 – 😊😊😊😊

This is your day to stop at all the exhibits, watch the films, go back and reread something interesting, or take a second look at an interesting piece of Northwest history. Take a break when you want and enjoy lunch on your own at the Compass Cafe in the museum. At the end of the day, weather permitting, we'll take a little time to walk around South Lake Union Park and The Center for Wooden Boats.

56577 Thu Oct 1 10am - 3pm
Sign-up Date: Sep 9 \$12 / \$18 NM

Skagit Valley Festival of Family Farms

Skagit Valley farms open their doors this weekend and invite you to visit and partake. The farms on tour include creameries, berry farms, family farms and wholesale growers; an organic beef, pork, chicken and egg ranch, and a llama and goat farm. We'll take in as many as we can at a leisurely pace to allow time to explore. Many of the farms are offering demonstrations and taste samples. You may pick-up lunch when the need strikes, as many of the farms also offer lunch fare. Trip fee includes transportation and farm tour. Food and beverage purchases are on your own.

56582 Sun Oct 4 9am - 5pm
\$18 / \$24 NM

Whidbey Island – Port Townsend Getaway** 😊😊 – 😊😊😊😊

See back page for details.

Public Market Tour and Reserve Roastery Visit * 😊😊 – 😊😊😊😊

On your tour of the Pike Place Public Market you'll see the flying fish that the tourists come for, but you'll also descend into the depths of the market. There you'll find unique and interesting shops not always explored. There will be time after the tour to wander a bit on your own. You might find some lovely Fall produce to purchase, or have lunch before we head to the new Starbucks "Willy Wonka" store on Capitol Hill. You can watch coffee beans move through the roasting process, then order a cup brewed in your favorite style. Trip registration includes market tour. Food, beverage and other purchases are on your own.

56579 Tue Oct 6 9:30am - 3:30pm
Sign-up Date: Sep 9 \$36 / \$42 NM

Octoberfest in Leavenworth

You might say brats for sure, beer maybe, Bavarian music yes! There's lots to experience this Fall at Octoberfest, held in one of our most beautiful east-of-the-mountains communities. You'll have plenty of time to dip into all the nooks and crannies of Leavenworth. Relax and enjoy the entertainment and food at the festival. Food and beverage purchases are on your own.

56580 Fri Oct 9 9am - 6pm
Sign-up Date: Sep 9 \$22 / \$28 NM

Ride Light Link Rail

If you haven't yet explored the Link Light Rail that runs from downtown Seattle to SeaTac airport, come along and ride one of the latest additions to our region's transit system. We'll bus to downtown Seattle, ride the Link Light Rail to the SeaTac Airport station, return to Seattle for lunch, then bus back to Lynnwood. The cost of lunch, bus and train fare is on your own. Senior fare each way (over 65 with a reduced fare permit) is \$2 with an ORCA card or \$4 without. Adult fare is \$4.25 each way with an ORCA card. If you don't yet have one you may buy your ORCA card at the Lynnwood Transit Center before the trip.

56584 Mon Oct 12 9:30am - 3pm
Sign-up Date: Sep 9 \$9 / \$16 NM



Swinomish Casino, Anacortes

Travel north with us on the Senior Center bus to visit this popular casino. Tuesday is Senior Day and we'll check in at the Player's Club for some bennies.

56581 Tue Oct 20 9am - 5pm
Sign-up Date: Sep 9 \$12 / \$18 NM

Dine Out with Edmonds Senior Center

Join this group at 1pm on 2nd Saturdays. RSVP to Susan Titan at 425-774-2437 by the Wednesday before. Meet at the restaurant.

- Jul 11 **Applebee's** – 425-672-2626
4626 196th St SW, Lynnwood
- Aug 8 **Time Out** – 425-672-5144
5807 244th St SW, Mountlake Terrace
- Sep 12 **Todo Mexico** – 425-778-2180
4926 196th St SW, Lynnwood



Trip Registration is by Lottery!

Please refer to page 2 for lottery registration information.

- * Trips including pre-purchased items are non-refundable.
- ** Overnight trips may be withdrawn for credit up to 30 days prior to departure

Know Before You Go!

- All trip registration fees include sales tax, and a \$6 non-refundable deposit.
- Check-in is 15 minutes prior to the departure time. Park at the overflow lot on the corner of 44th and 188th, across from the Recreation Center.
- All Senior Center trips are fragrance – free. Please refrain from wearing perfumes or colognes.
- We regret that bus drivers are unable to accept tips.
- Don't bring anything of value on the bus. Pack only what you need.

City of Lynnwood
19100 44th Avenue West
PO Box 5008
Lynnwood, WA 98046-5008

Address Service Requested

PRSR STD
U.S. POSTAGE
PAID
LYNNWOOD, WA
PERMIT #119



*Whidbey Island - Port Townsend Getaway***



On day one of this in-your-backyard getaway you'll traverse Whidbey Island with a stop at Fort Casey and lunch en route before boarding the Keystone Ferry to Port Townsend. You'll arrive in Port Townsend with time to settle in the hotel before heading out for dinner at a local pub. You have day two to yourself to explore Port Townsend or hop aboard our bus for a morning tour of Marrowstone Island. On day three you'll have time in Poulsbo to enjoy lunch before indulging in a treat at Mora's Iced Creamery while we wait for the Kingston Ferry to return us to the mainland. Trip fee includes two night's lodging, two breakfasts, one dinner, and all transportation. Other purchases are on your own.

57457 *Wed - Fri Sep 23 - 25 8am - 6pm*
Sign-up Date: Aug 12 *Double: \$285 / \$310 NM*
Ask about a single supplement

MARK YOUR SUMMER CALENDARS!



JUL
03

City-wide closure in observance of July Fourth Holiday; all classes are cancelled.

AUG
24-28

Lynnwood Senior Center is closed for repairs; all classes in this location are cancelled. Most Rec Center classes continue without interruption; check your class schedule.

SEP
07

City-wide closure in observance of Labor Day Holiday; all classes are cancelled.

SEP
7-11

Rec Center is closed for maintenance; all classes in this location are cancelled. Senior Center classes continue without interruption.