

Sound Connection

for edmonds senior center programs

MAY / JUNE 2022 ISSUE

MESSAGE FROM THE CEO

RECIPROCITY IS THE LIFE BLOOD OF A THRIVING COMMUNITY

The Coast Salish tribes served as stewards of the land and sea in this region for more than 10,000 years. Their culture of care and respect for all living things sustained them allowing their communities to thrive. We can learn from them.

The principle of reciprocity in nature and in life is the practice of exchanging things with others for mutual benefit. The principal of a virtuous cycle in business and science is a related concept where an upward spiral of potential is created when with each success you garner more resources which, in turn, allow



you to achieve greater and greater successes. This relationship is perhaps most evident in nature. The trees and gardens we plant can restore habitat, heal damage to the land, purify the air and water, detoxify environmental pollutants, and help mitigate climate change. The earth will provide for us - if we nurture it.

Author Robin Wall Kimmerer eloquently writes about the circle of reciprocity in her book Braiding Sweetgrass, "In the Potawatomi way, it is the honored one who gives the gifts, who pile the blankets high to share good fortune with everyone in the circle. The well-being of one is linked to the well-being of all. In a culture of gratitude, everyone knows that gifts will follow the circle of reciprocity and flow back to you again. Both the honor of giving and the humility of receiving are necessary halves of the equation."

When we invest in our relationships, our friends and family lift us up. When we invest in our bodies by eating well and exercising, we build resilience, allowing us to live active, happy, healthy lives.

The transformation of the Edmonds Senior Center into the new Edmonds Waterfront Center is a powerful example of the circle of reciprocity.

Countless volunteers and more than eight hundred donors have contributed to this project. Together we have raised \$15,873,000 toward our \$16,750,000 goal – just \$877,000 left to go! The Waterfront Center is thriving and will serve as a place to connect, learn, and celebrate for generations to come.

The things we take care of will take care of us.

We invite you to join us on May 12th for a ribbon cutting and celebration. People will gather between 10:30 and 11:00 followed by a brief ribbon cutting. The community will then be invited into the banquet room for program where Rick Steves will provide the keynote message. A complimentary box lunch will be provided for those who register on the EWC website: edmondswaterfrontcenter.org

Thank you for helping make this possible.

~ Daniel Johnson, MSW
Edmonds Waterfront Center
CEO

Daniel.Johnson@EdmondsWaterfrontCenter.org



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PROGRAM NEWS

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 ThriftStore@EdmondsWaterfrontCenter.org

UPCOMING SPECIAL EVENTS



EWC JAZZ CONNECTIONS
Generations Jazz Concert
 IN THE WATERFRONT BANQUET ROOM

Friday, May 20
Doors at 5:30pm
Performance at 6:00pm

Join us for this FREE community outreach concert
 Everyone is welcome, bring the family!
 Space is limited, please RSVP to 425.774.5555 ext 120
 or sign up online at <https://schedulesplus.com/edmonds/kiosk/>

MUSIC IN THE BISTRO

Monday	TBA	
Tuesday	12-1pm	Jack Roy Feczko
Wednesday	11:45am-1:15pm	Nick Baker
Thursday	11:30am-2pm	Ross Robinson
Friday	11:30am-2pm	Lito Castro



JOIN US FOR A SPECIAL PERFORMANCE BY
THE ROLLING CRONES SINGERS
MONDAY, MAY 23 AT 12:30PM



MEETINGS AND ANNOUNCEMENTS

BOARD OF DIRECTORS MEETING

4th Thu, May 26; Jun 23
4:30pm Meets on Zoom

COMMUNITY BREAKFAST

Fri, May 6, Jun 3 - Cost \$10
8:30am-9:30am

Meal will be prepared by kitchen crew of the Potlatch Bistro. All 2020 and 2021 breakfast coupons will be honored at a value of \$5.00 off your breakfast. Join us for an updated breakfast menu that includes coffee and orange juice. Seating is first come, first served. No reservations needed for the breakfast. We look forward to seeing you!

Thank you to our breakfast sponsor
Vineyard Park at Mountlake Terrace

SNOW CLOSURE POLICY

For your safety, when the Edmonds School District is closed due to inclement weather, the EWC will also be closed. Watch the news for details. If you are not sure or if school is on break, call the office before you come to the Center 425.774.5555.

AMAZON SMILE DONATIONS

Visit www.smile.amazon.com and search Edmonds Senior Center. A percentage from your purchase will be donated to us!

LIKE US ON FACEBOOK!

www.facebook.com/EdmondsSeniorCenter
www.facebook.com/EdmondsWaterfrontCenter

EWC

Phone: 425.774.5555
Fax 425.774.2921

MAILING ADDRESS:
PO Box 717, Edmonds, WA 98020

PHYSICAL ADDRESS:
220 Railroad Ave
Edmonds, Washington

MISSION

To connect and enrich our community through programs, services and activities that engage, inspire and support people of all ages.

CORE VALUES

Lifelong Learning | Health & Wellness
Diversity & Inclusion | A culture of respect | Involvement of volunteers | Commitment to innovation

THRIFT STORE NEWS

HOURS:

Monday - Saturday
10:00am-5:00pm
(Closed sundays)

DONATIONS: may be dropped off at the back door during open hours.

ADDRESS: 22820 100th Ave w, suite 12, edmonds 98020 (two doors down from the edmonds goodwill)

DID YOU KNOW?

Senior Center members receive a 10% discount on all regularly priced items! Just show your membership card at the register upon check out.

YOU CAN CONTACT US AT:

thriftstore@EdmondsWaterfrontCenter.org
or call us at 425-977-0411

We look forward to seeing you in the store!

ONLINE TREASURE CORNER:

Every Tuesday at 10:00am, a unique item is offered for sale ONLINE only! Be the first person to claim it and it's yours! The online treasure is available only on our website. For more details, go to:

edmondswaterfrontcenter.org

MAY / JUNE 2022 THRIFT STORE SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Furniture & Lamps - 50% OFF Women's Pants - \$2 Linen - 50% OFF Coffee Cups - 50% OFF	Shoes & Purses - 50% OFF Except Designer Bags Clothes & Scarves - 50% OFF	Men's Day - 50% off Men's Clothing & Men's Shoes Only Women's Pants - \$2 Linen - 50% Off Coffee Cups - 50% OFF	Books - 50% OFF Clothing & Scarves - 50% OFF	Shoes & Purses - 50% OFF Except Designer Bags Pictures - 50% OFF Women's Pants - \$2 Linen- 50% OFF Coffee Cups - 50% OFF	Sets of Dishes - 50% OFF Clothing & Scarves - 50% OFF

Saturday, May 7th: Celebrate Mother's Day - 10% OFF Housewares

Wednesday, May 25th: National Wine Day - Stemware 50% OFF

Tuesday, June 14th: Flag Day - Red, White and Blue Colors - 10% OFF

Saturday, June 18th: Celebrate Father's Day - 10% OFF All Tools

2022 BOARD OF DIRECTORS

FROM THE BOARD PRESIDENT: JULAINE FLEETWOOD

President: Julaine Fleetwood
 Vice-President: Karen Barnes
 Treasurer: Chuck Fritz
 Secretary: Candy Gaul
 Past President: Gary Haakenson
 Haifa Alhussieni
 Diane Buckshnis
 Diane Cutts
 Jamie Flaxman
 Devnee Gadbois
 Bob Gould
 Phyllis Gutierrez-Kenney
 Lillyan Hendershot
 Chase Keffeler
 Carol Kinney
 Bob Kleinschmidt
 Alma Ohtomo
 David Schaefer
 Kay Shin
 Karen Shiveley
 Terri Wilson
 Representative for City of Edmonds: Dave Turley

COMMITTEES

ADVANCEMENT - Jamie Flaxman, Chair
 ART - Julaine Fleetwood, Chair
 BOARD DEVELOPMENT - David Schaefer, Chair
 CAPITAL CAMPAIGN - FINISH STRONG Gary Haakenson, Rose Cantwell & Diane Buckshnis, Co-Chairs
 EXECUTIVE - Julaine Fleetwood, Chair
 FACILITIES & TRANSPORTATION - Bob Kleinschmidt, Chair
 FINANCE - Chuck Fritz, Chair
 GOVERNANCE - Bob Gould, Chair
 HEALTH AND WELLNESS - Carol Kinney, Chair
 MARKETING & COMMUNICATIONS - Lillyan Hendershot, Chair
 MEMBERSHIP - Alma Ohtomo, Chair
 SOCIAL & RECREATION PROGRAMS - Diane Cutts & Devnee Gadbois, Co-Chairs
 STRATEGIC PLANNING - Karen Barnes, Chair

YOU CAN WORK WITH YOUR BOARD OF DIRECTORS!

After my previous newsletter article explaining how your Board of Directors works for you, I received feedback from people wanting to learn more. So, in this article I'll explain about board make-up and how you might be a part of the board. While a goal is to diversify board membership, what all board members have in common is that they are passionate about furthering the collective Mission and Vision of the EWC, and that they are willing to donate their time and energy to help make that happen.

BOARD MEMBER SELECTION IS INTENTIONAL

There is a plan! There is a Board Development Committee that is chaired by a board member and including other interested people both on and off the board. This committee meets regularly and has established goals and objectives for incoming board members that reflect inclusion and diversification of expertise so that board composition remains well-rounded.

According to David Schaefer, our 2022 Board Development Committee Chair, "Our goal is to attract and maintain a board that is representative of the entire community in and around Edmonds. We look for folks who are enthusiastic about our role in the community and who bring a variety of talents; from knowledge of healthcare, to finances, to the arts."



BOARD MEMBER RESPONSIBILITIES

The main responsibility of the Board is to provide oversight, monitor finances, and serve as an advisory body to the 501c3 organization, the Edmonds Senior Center. We are a "working board," which means members are expected to be an active participant in what we do, such as:

- Attend monthly board meetings
- Attend the annual Planning Retreat
- Become involved in one or more committees, participating as a member or Chair
- Attend EWC events representing the board
- Be a community advocate for the EWC's mission and vision

But it is not all work! Directors can build strong relationships with other board members, enjoy each other's company at social and fundraising events, and feel the pride in being part of a bigger group that is doing really great things for our seniors and community.

YOU CAN BECOME A BOARD MEMBER

Join a committee and test the waters. Any EWC member can join committees of

their choosing. (Look at a sidebar in this newsletter for a list of committees and chairs, then contact the chair through the contact page on our website.) Other things that would be beneficial for board membership would be for you to become familiar or have experience with non-profits. Knowledge of or experience working with non-profits is always an asset. Also, have a good idea of where you can contribute and what you might enjoy participating in.

Since board member selection is intentional, the application process may take a while as the committee strategically waits for the right fit so both you and the EWC can get the most benefit from your association.

APPLY FOR A BOARD POSITION

You can get an application to join the Board at the main lobby front desk. Or, if you'd like more information you are welcome to reach out to either David Schaefer or me through the contact tab on our website. We appreciate your interest in learning more about the inner workings of the Edmonds Waterfront Center!



WE ARE SO CLOSE!

The Capital Campaign for the Edmonds Waterfront Center has raised \$15,873,000 toward our \$16,750,000 goal. The finish line is in sight. If we were running a marathon, we would be at mile 24 with just two miles to go - the last million. With just \$877,000 left to raise, we need your help to finish strong.

It's not too late. If solar is your thing, for \$1,000 you will be recognized as a solar champion. Gifts of \$500 or more to the capital campaign will be recognized on the donor wall. A mock-up of the donor wall can be seen on the wall just inside the EWC lobby.

If you have already given, check out the donor wall and make sure we have your name and gift level correct. We will install the final donor wall once the last dollar is raised.

BE A PART OF HISTORY AS WE CROSS THE FINISH LINE.

- Request a tour
- Make a gift
- Scan the QR code to be directed to our website and make a donation

HERE ARE SOME GREAT WAYS TO GIVE:

1. Cash – simply write a check
2. Multi-year pledge - leverage your giving over time Highly appreciated stock - added advantage of avoiding capital gains
3. Gift from your IRA – if you are 70 ½ years old or older, you can make a gift directly from your IRA. It may fulfill part or all of your annual Required Minimum Distribution (RMD) from your Traditional IRA and it won't be counted toward your taxable income.
4. Donor Advised Fund - Front load charitable contributions in a high income year – when the tax-deduction threshold for charitable contributions will be higher – and then use the DAF to make subsequent distributions to the charities themselves in the future.
5. Planned Giving - talk to your financial planner about including the Edmonds Senior Center/Waterfront Center in your charitable estate plan. Deferred gift arrangements may include:
 - Charitable gift annuity (or deferred gift annuity)
 - Pooled income fund
 - Charitable Remainder Trust
 - Charitable Lead Trust
6. Memorial Gift - in memory of a loved one

"I am going to roll up me sleeves and get to work on the capital campaign because it needs to be done."

~ Rose Cantwell, Capital Campaign Co-chair

Let's do this together! Daniel Johnson, CEO
daniel.johnson@edmondswaterfrontcenter.org





CLASSES & PROGRAMS

ONLINE REGISTRATION AVAILABLE!

Go to: schedulesplus.com/edmonds/kiosk/

MASKS ARE OPTIONAL AT THE EWC AND PROOF OF VACCINATION IS NO LONGER REQUIRED
EXCEPTIONS: CLINIC BASED PROGRAMS SUCH AS BASTYR AND FOOTCARE STILL REQUIRE MASKS

AARP DRIVER REFRESHER

May 18 & 19; Jun 15 & 16

Wednesday/Thursday

12:00pm-4:00pm

(2 days/8 hours total)

Room: Community Room A

Instructor: Clarence Elstad

Cost: \$20 for AARP members

\$25 for AARP non-members

Register: Admin Office

Refresh your driving skills and receive a discount on your car insurance. Must attend entire 2-day session for credit. Pay instructor.

AMERICAN MOVIE HISTORY **NEW!**

Tuesdays | 1:00pm-3:00pm

Room: Multipurpose Room 3

Instructor: Millie Thompson

Cost: \$5 for members (Quarterly)

\$10 for non-members

Register: With Instructor

Showing American films (with sound) starting in the 1930s.

AUXILIARY TO THE VFW

May 12, Jun 9 (2nd Thursday)

12:00pm-1:00pm

Room: Multipurpose Room 4

Facilitator: Jo Boyett, Patsy Ethridge-Neal

Cost: None

Register: Call 206-919-6533 or

New members welcome, send an email to:

patsy-ethridge-neal@frontier.com

BINGO

Mondays | 1:00pm-3:00pm

Room: Multipurpose Room 1&2

Cost: Free. 8 games, max 4 cards each game.

We will have disposable paper cards - you will need to bring your own dauber.

Join us for special prizes on

SUPER BINGO MONDAYS

May 23 & June 27

We will play 11 games, final 3 games you will have a chance to win special prizes provided by Rosewood Courte Memory Care!

BRIDGE - DUPLICATE

Mondays (will not meet May 30)

11:30am-4:00pm

Room: The Studio

Cost: \$1 for members | \$1.50 for non-members

Pay when you play.

Must have a partner. If you are looking to play but do not have a partner call Dee Smith at 425.778.5124.

BRIDGE - PARTY

Tuesdays | 9:00am-12:00pm

Room: Multipurpose Room 4

Cost: \$1 for members | \$1.50 for non-members

Pay when you play.

LookingForMorePlayers!Partnersnotnecessary but knowledge of how to play is required.

CLOGGING - INTRODUCTION TO

Thursdays (will not meet May 12)

May 5 - Jun 30 (8 classes)

10:00am-10:45am

Room: Multipurpose Rm 1&2

Instructor: Maureen Pettit

Session Cost: \$50 members

\$70 for non-members

Register: Online/Admin Office

Learn basic clogging steps in this fun, easy, "anyone can do it", class. We dance to all genres of music. Instructor will talk about taps at first class. No dance experience necessary. Great for balance, memory & cardio. Wear comfortable shoes. No drop ins.

CLOGGING - INTERMEDIATE

Thursdays (will not meet May 12)

May 5 - Jun 30 (8 classes)

10:45am-12:00pm

Room: Multipurpose Rm 1&2

Instructor: Maureen Pettit

Session Cost: \$50 members

\$70 for non-members

Register: Online/Admin Office

Learn more challenging steps & combinations. You will also dance to choreographed dance routines in this very friendly class. Must have completed a beginner class. Fun and excellent workout. No drop ins.

CONVERSATIONAL SPANISH

Tuesdays | May 3 - Jun 7 (6 classes)

9:00am-10:30am | Online via Zoom

Instructor: Susana Gonzalez-Murillo

Cost: \$40 members | \$50 non-members

Register: Online/Admin Office

Some basic knowledge of Spanish is required. Emphasis will be on grammar and practicing conversation while providing a learning framework for students to enhance their Spanish language skills.

COUPLES COUNTRY DANCE **NEW!**

Mondays (no class May 30)

10:00am-11:00am

Room: Multipurpose Room 3

Instructor: Jeff Buckley

Monthly Cost: \$20 members

\$25 for non-members

Register: Online/Admin Office

Learn basic country dances including 2 Step, 10 Step, Cowboy Cha Cha, Cotton Eye Joe and more. Must have a partner. No drop ins.

COURAGEOUS COMMUNICATIONS

NEW!

Wednesdays | May 18 - Jun 8

10:00am-11:00am (4 sessions)

Room: Multipurpose Room 4

Facilitator: Lori Gradinger, MSW

Cost: \$25 members

\$35 for non-members

Register: Online/Admin Office

Interactive class that combines discussion and handouts regarding how and why it is important to have those difficult conversations. Participants will learn skills and tools for a greater understanding of why difficult conversations can improve relationships and reduce stress.

THE SNO-KING COMMUNITY CHORALE

Presents:

A SONDHEIM SERENADE

Saturday, June 11TH 2022 at 3pm

Edmonds Center for the Arts
410 4th Ave N | Edmonds, WA

Tickets: \$25 - Adult

\$22 Senior & Military | \$15 Youth 12 & under

CLASSES & PROGRAMS

CURRENT EVENTS

DISCUSSION GROUP

Wednesdays | 10:00am-12:00pm

Room: Community Room B

Facilitator: Michael Knapp

Cost: \$5 members per month | \$8 non-members

Register: Roster is full; contact facilitator to be added to wait list

A courteous and respectful group made up of seniors from all walks of life who meet to share ideas regarding current events of every kind. With a moderator who guides the group discussion, attendees are called upon to offer a topic for discussion and address their issue, then the others in the group can comment.



DRIFTWOOD SCULPTURE

Mondays (will not meet May 30)

12:00pm-3:00pm

Room: Multipurpose Room 4

Cost: \$5 members | \$10 non-members

Register: Online/Admin Office

No Instructor. Artists work independently on their own projects. Will need to bring own tools. All levels welcome.

FINANCIAL SERVICES

May 9; Jun 13 (2nd Monday)

10:00am-12:00pm

Room: Clinic Office

Facilitator: Kille Bernethy

Register: Online/Admin Office

Complimentary 30 minute one-on-one review. Help to find strategies for financial questions and concerns. *Securities and advisory services are offered through PlanMember Securities Corporation (PSEC), a registered broker/dealer, investment advisor and member FINRA/SIPC.

FRIENDSHIP QUILTERS

Wednesdays | 1:00pm-4:00pm

Room: Multipurpose Room 4

Facilitator: Jan Halgrimson & Joyce Fleckenstein

Cost: \$5/month for members

\$10/month for non-members

Bring your own project or work on the group project. Open to new members. Sign up in person

GENEALOGY

Fridays (4 classes per session)

May 6, 13, 20, 27; June 3, 17, 24

& Jul 1 (no class Jun 10)

1:00pm-2:30pm

Room: Community Room B

Instructor: Rose Mitcham, Certified in American History & Genealogy

Cost: \$55 members | \$70 non-members

Register: Online/Admin Office

Learn more about where your family came from or leave a gift for the next generation. Each class will work at the students level of understanding. Max 6.

GERMAN CLUB

Thursdays (will not meet May 12)

10:00am-11:45am

Room: Community Room B

Facilitator: Ingrid Osterhaug & Sylvia Heldridge

Cost: \$5/Qtr for members

\$10/Qtr for non-members

Register: With Instructor

All German-speaking people, those with a German heritage, or who have had some German classes as students and are familiar with the language are welcome. We spend time reviewing German grammar, translating German articles, stories and family letters, using conversational German and singing German Lieder.

HANDMADE GREETING CARDS

Friday, May 27 | 1:00pm-3:00pm

Room: Multipurpose Room 3

Instructor: Nicola Davies, Create Next Steps

Cost: \$10 member/\$15 non member

Register: Online/Admin Office

Experiment with a variety of art materials and learn new techniques to make creative greeting cards. No drawing skills or "talent" required... all materials will be provided...just bring your enthusiasm!

INTERGENERATIONAL

BOOK GROUP

Thursday, May 26 | 1:30pm-3:00pm

Book Title: "The Plot" by Jean Hanff Korelitz

Thursday, Jun 23 | 1:30pm-3:00pm

Book Title: "The Book of Hope" by Jane Goodall

Online via Zoom

Facilitator: Elaine Sonntag-Johnson

Cost: Free

Register: Online/Admin Office

LEARN TO LINE DANCE

Fridays (no class May 30)

2:30pm-3:30pm

Room: Multipurpose Room 3

Instructor: Jeff Buckley

Monthly Cost: \$20 members

\$25 for non-members

Register: Online/Admin Office

Work on your agility and have fun by learning easy line dances designed for seniors.

LEGAL ADVISOR

May 23; Jun 27 (4th Monday)

1:00pm-4:00pm

Room: Clinic Office

Facilitator: Snohomish County Legal Services

Cost: None

Register: Admin Office

Have questions about a civil legal issue? SCLS provides legal assistance for qualified Snohomish County residents (must meet income requirements). At this clinic, you can meet with an attorney for a NO COST, brief consultation on such issues as divorce, grand/parenting plan, visitation rights, housing, or creditor/debtor issues. Appointments are recommended and receive priority, but walk-ins are welcome.

MAHJONG - AMERICAN

Tuesdays | 12:30pm-3:30pm

Room: Multipurpose Room 4

Facilitator: Sharon Rugh

Cost: \$1 for members | \$1.50 for non-members

Pay when you play.

Join the Mavens and play with experienced and semi-experienced people. Bring your own tiles. Looking for someone to teach beginners.

MAHJONG - CHINESE

May 18; Jun 15 (3rd Wednesday)

1:00pm-3:30pm

Room: Multipurpose Room 3

Facilitator: Merrie Emmons

Cost: \$1 for members | \$1.50 for non-members

Pay when you play.

New players and all skill levels welcome.



CLASSES & PROGRAMS

ONLINE REGISTRATION AVAILABLE!

Go to: schedulesplus.com/edmonds/kiosk/

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EXCEPTIONS: CLINIC BASED PROGRAMS SUCH AS BASTYR AND FOOTCARE STILL REQUIRE MASKS

MINDFUL BREATH & MOVEMENT

Mondays & Fridays

(no class May 27 or 30)

9:30am-10:30am

Room: Multipurpose Room 4

Instructor: Terra Lea

Monthly Cost: \$55 members

\$65 for non-members

Register: Online/Admin Office

A refreshing, recentering, simple blend of breath and movement practice. Terra Lea will share self care techniques to untangle chronic patterns of tension in the body and mind, calm the nervous system, and relieve pain and enhance circulation. Moving in simple ways, in chairs or standing, using movements drawn from yoga and qi gong. The class ends with a guided meditative practice to enhance the positive effects. Wear comfortable clothes and enjoy a mindful, flowing movement designed for all bodies. Please bring your own mat. Attend Mondays or Fridays or both.

MIXED MEDIA COLLAGE

Friday, Jun 10 | 1:00pm-3:00pm

Room: Multipurpose Room 3

Instructor: Nicola Davies, Create Next Steps

Cost: \$15 for members | \$20 for non-members

Register: Online/Admin Office

Colors, textures, patterns, images, words! Learn how to combine materials that inspire you into an eye-catching 5x7" mixed media collage. A variety of art papers and magazines will be provided.

NO FEAR DRAWING

Wednesdays

May 18 - Jul 6 (8 classes)

10:30am-12:30pm

Room: Multipurpose Room 3

Instructor: Ruth Barth

Cost: \$60 members | \$75 non-members

Register: Online/Admin Office

Explore line, shape, proportion, shadows, hatching, stippling, texture, positive and negative space. Contact Admin Office for materials list.

NO FEAR PORTRAITS **NEW!**

Thursdays | May 19 - Jul 7 (8 classes)

1:30pm-3:30pm

Room: Multipurpose Room 3

Instructor: Ruth Barth

Cost: \$60 members | \$75 non-members

Register: Online/Admin Office

Learn how to draw the features and structure in a face by using line, shadows, texture, proportion, positive and negative space, and spatial relationships. Contact Admin Office for materials list.

NO FEAR WATERCOLOR (INTERMEDIATE LEVEL)

Thursdays

May 19 - Jul 7 (8 classes)

10:30am-12:30pm

Room: Multipurpose Room 3

Instructor: Ruth Barth

Cost: \$60 members | \$75 non-members

Register: Online/Admin Office

Explore the spontaneous qualities of watercolor and learn techniques light, shade and form. Contact Admin Office for materials list.

NO FEAR WATERCOLOR (BEGINNER LEVEL)

Fridays | May 20 - Jul 8 (8 classes)

10:30am-12:30pm

Room: Multipurpose Room 3

Instructor: Ruth Barth

Cost: \$60 members | \$75 non-members

Register: Online/Admin Office

Explore the spontaneous qualities of watercolor and learn techniques light, shade and form. Contact Admin Office for materials list.

ONE HOUR FITNESS

Monday/Wednesday/Friday

(No in-person class May 30)

9:30am-10:30am | Zoom and In-Person

Room: Multipurpose 1&2

Instructor: Susan Bennett

Monthly Cost: \$45 members | \$55 non-members

Register: Online/Admin Office

This class includes cardio workout, posture, balance, stretching and strengthening.

ONE HOUR SOFT EXERCISE

Monday/Wednesday/Friday

(No in-person class May 30)

10:45am-11:45am

Zoom and In-Person

Room: Multipurpose 1&2

Instructor: Susan Bennett

Monthly Cost: \$45 members | \$55 non-members

Register: Online/Admin Office

This class includes posture, balance, stretching and strengthening.

PARKINSON'S DANCE & MOVEMENT FOR ANY BODY

Returns In-Person in May Thursdays

(will not meet May 12)

1:00pm-2:15pm

Room: Multipurpose Room 4

Facilitator: Deborah Magallanes

Cost: \$5 Suggested Donation

Register: Admin Office

Dance for Parkinson's certified. Class-like setting with live music. PD, MS, stroke or those who just like to dance. Everyone welcome.

PING PONG (TABLE TENNIS)

Monday-Thursday

8:30am-4:00pm

Room: Game Room

Friday | 12:00pm-3:30pm

Room: The Studio (3 tables)

Cost: \$1 per person

Pay when you play. Sign in at 2nd floor reception and to check out equipment.

POOL/BILLIARDS

Monday-Friday | 8:30am-4:00pm

Room: Game Room

Cost: \$1 per person

Pay when you play. Sign in at 2nd floor reception and to check out equipment.

Limited to one hour per session. Must check in and return rack equipment at 2nd floor Reception Desk to sanitize between sessions.

CLASSES & PROGRAMS

ROLLING CRONES SINGERS

Mondays (will not meet May 30;
on break 6/21-9/12)

12:00pm-2:00pm

Room: Multipurpose Room 3

Facilitators: Marge Hampton & Gail Lovell

Cost: Group membership

Register: Chorus membership is closed for this season. You may contact Gail Lovell at:

gailalov@comcast.net to go on a waiting list.

This 3 & 4 part harmony group has performed concerts all over the region. Ability to read music preferred.

SENIOR SWINGERS

ORCHESTRA

Thursdays (will not meet May 12)

1:00pm-3:00pm

Room: Multipurpose Rm 1&2

Musical Director & Conductor: Mark Press/
Tim Leese

Cost: \$5 for members

\$10 for non-members (Qtrly)

Musicians always welcome. See Tim or Mark if you would like more info on joining.

SOUND SINGERS

Tuesdays | 1:00pm-3:00pm

Room: Multipurpose Rm 1&2

Facilitators: Alma Ohtomo & Mary Lambert

Cost: (Qtrly starting April)

\$15 for members | \$30 for non-members

Register: In Person

All are welcome! All you need is to love to sing.

TAI CHI - BEGINNER

Mondays (11 sessions)

Apr 4 - Jun 20 | 10:00am-11:00am

(will not meet May 30)

Room: The Studio

Instructor: Ann Blanch

Cost: \$66 for members | \$77 for non-members

Register: Online/Admin Office

*New Session starts June 27

TUESDAY WALKERS

Tuesdays (starts May 10)

Time & Location: Meet at 9:30am
outside by the Wedding Circle

Cost: Free

Register: Online/Admin Office

EnjoyagroupwalkarounddowntownEdmonds.

UKULELE AIKANES (FRIENDS)

Wednesdays | 1:00pm-2:30pm

Room: Multipurpose Rm 1&2

Facilitators: Alma Ohtomo & Audrey Parks

Cost: (Qtrly starting April)

\$15 for members | \$30 for non-members

Register: In Person

New and experienced players are welcome!

WOODCARVING

Thursdays (will not meet May 12)

8:30am-11:30am

Room: Multipurpose Room 4

Facilitator: Hal Allen

Cost: \$5/week for members;

\$10/week non-members

Register: In Person

No experience necessary. Bring your own tools
and wood.

WRITERS GROUP - WEEKLY

Mondays (will not meet May 30)

10:00am-12:00pm

Room: Community Room B

Facilitator: Gerrit Hansen

Cost: \$10/class for members

\$15/class non-members;

Register: Online/Admin Office

In this group, the writers share their work and receive feedback from their peers and fellow

writers. Writing pieces range from memoirs,
poetry, fiction, non-fiction, short stories to novels.

This group is limited to 8 participants.

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SENIOR DINING PROGRAM

HELPING HANDS SENIOR LUNCH PROGRAM

POTLATCH BISTRO / EWC COMMUNITY CAFÉ

1 in 7 seniors do not get their needed daily nutrition. This program is intended to address food insecurity among lower income seniors – providing a subsidized meal for those who need extra help.

The Senior Lunch Menu offers several options to choose from as well as a weekly special. Beverages are an additional cost. The Senior Meal is a recommended donation of \$5.00. In alignment with our Community Café model, you can also donate more for those that are unable to donate the recommended \$5.00 or to help offset our cost of \$15 / meal. Payment for the donation will be taken at the reception area. We require that you are registered with the Senior Lunch Program to participate.

Eligibility Requirements:

- Register & be 60 years of age or older
- Be an EWC Lifetime Member (aged 90+ are eligible for lifetime membership)
- Live in South Snohomish County (Brier, Edmonds, Lynnwood, Mountlake Terrace, Woodway and portions of Bothell and unincorporated Snohomish County) or Shoreline

Our cost is \$15 / meal. You may also order off the regular menu and pay market rate.

Lunch pick up hours and dine in hours are from 11:00am – 2:00pm (Mon. - Fri.)

FOR MORE INFORMATION, PLEASE CONTACT:

Michelle Reitan at (425) 954-2523 or email michelle.reitan@edmondswaterfrontcenter.org

TO DONATE VISIT: www.edmondswaterfrontcenter.org

4TH OF JULY CHARCUTERIE BOARD CLASS



FRIDAY, JUNE 17

1:00PM – 3:00PM

Presented by: Deb Fredrikson
Register: Admin Office or online

schedulesplus.com/edmonds/kiosk/

Cost: \$30 for members | \$35 for non-members

Join Deb in creating a charcuterie board full of red, white and blue, stars and stripes. This is a dramatic board that is fun to make, as well as a beautiful addition for your Independence day Party. This is a COVID style look and learn class at the center.

BREAST CANCER SCREENINGS

AT THE EWC - MONDAY, MAY 9

The Seattle Cancer Care Alliance Mammogram Van will be at the EWC to provide a convenient way to get the screening you need. The appointment only takes 15 minutes and no referral is needed for an annual screening mammogram. We'll also have a nurse navigator on hand to answer your breast health questions and some helpful giveaways so please save the date.

Who is Eligible for a Screening Mammogram?

- Women age 40 and over
- Women who have not had a mammogram in the past year
- Women who are symptom free of any breast issue

Call now to schedule your May 9th

Mammogram: (206) 606-7800

Formoreinformation:www.seattlecca.org/mammography

Additional info:

- Most insurance plans provide for an annual mammogram. Prior to your appointment please contact your medical insurance provider to verify your eligibility.
- Funding is available to provide exams for women without insurance, please inquire about a "Sponsored Mammogram" when scheduling your appointment.
- Seattle Cancer Care Alliance Breast Imaging Program is an accredited Breast Imaging Center of Excellence offering state-of-the-art digital technology with specialized radiologists dedicated exclusively to breast health.



HEALTHY LIVING WORKSHOPS

WELCOME TO MEDICARE

FACILITATORS: SHIBA VOLUNTEERS
PRE-REGISTRATION IS REQUIRED!

WEDNESDAY, MAY 11, 25, JUN 8, 22

6:00 PM - 8:00 PM

THURSDAY, MAY 5, 19, JUN 2, 16

2:00 PM - 4:00 PM

To Sign up: Call 425.290.1276

or email shibasnohomish@gmail.com

for additional information visit the SHIBA page on our
website: edmondswaterfrontcenter.org

All presentations are given using Zoom platform. The
Welcome to Medicare presentation will cover the following:

- Overview of Medicare Part A, B, C, and D coverage as well as Medicare Supplements
- Delaying Medicare Enrollment
- Enrollment and Eligibility Deadlines
- Qualifying and Extra Help to pay for Prescription Drug Cost

Do you have trouble hearing on the phone?



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We are an FCC authorized service provider and we make it possible for people with qualified hearing loss to participate in this federal program.



Date: May 24, 2022
Time: Session begins at 11:00 A.M.
Location: Community Room A


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305-0920-E

CHRONIC PAIN TOOLKIT WORKSHOP

Monday, May 9 | Community Room B

1:30 – 2:30

Managing Chronic pain can be very difficult. Please join UW Bothell Nursing students to explore different techniques to grow your toolkit for managing your chronic pain.

SKIN CARE BEAUTY WORKSHOP - LEARN HOW TO TAKE CARE OF OUR SKIN AS WE AGE

Facilitator: Tatyana Leshchinskaya

Wed May 25 | Multipurpose Room 3

1:30 – 3:30

No Fee (Registration online and office)

Learn to take care of your skin as you age, including self massage and the different types of products that will work best for your skin type. Please bring your own skin care products for practice. NO SALES - ONLY INFORMATIONAL

FINDING SENIOR HOUSING AND CARE

Tuesday Jun 7 | Community Room B

11:00a – 1:00p

No Fee (Registration online and office)

Do you, or does someone you know, need help in finding independent senior living, assisted living or memory care? Are you overwhelmed with options and have no idea to start the search? What should I ask? What are the costs? What is safe? Join us for a workshop on Senior Housing and Care presented by Adrienne Miller, Chief Care Officer of Forever Care Services.

AM I HIGH-RISK: WHAT DOES MY PERSONAL AND FAMILY HISTORY OF CANCER TELL ME?

Friday Jun 17 | Community Room B

3:00 – 4:00p

No Fee (Registration online and office)

Join a Seattle Cancer Care Alliance genetics and prevention expert to learn about how our personal and family medical history, along with genetic testing, empowers us to be proactive in cancer prevention and early detection opportunities. During this 40-minute presentation, you will gain knowledge about:

1. Hereditary cancer versus sporadic cancer causes
2. Genetic testing and its implications
3. Surveillance for high-risk patients

A MESSAGE FROM OUR SOCIAL WORKER

COMING OUT OF OUR COVID CAVE

Several weeks ago, I was having dinner with a dear friend. It was the first time we had seen each other in several months, which was unusual for us. Before the pandemic began and during that first summer, we continued with our normal routine of texting often and taking walks. But somehow all that slowly began to diminish. Our routine became working and coming home to our families. During dinner she mentioned that it was difficult coming out of the "Covid Cave." I realized how correct she was and how I hadn't noticed I was in a "Covid Cave." I didn't feel that I had particularly been isolated. I worked, shopped, spent time with immediate family. Yet, reaching out beyond that circle was difficult. I was in my cave.

Getting back into old routines can cause us to feel anxious since our patterns have changed over the last two years. Large groups of people can make us nervous. While learning to cope with isolation is important, the need to reconnect is vital and real. According to Cynthia Mulder, LCSW, with the Minninger Clinic "People may experience

a type of shock if they try to return to their old schedule. By resetting what we value, we find a new appreciation for what we no longer need and what helps us cope."

When we are assessing our comfort level, we can ask ourselves these questions:

- What do I want to continue?
- How do I balance my social time and home time?
- What can I do to keep from booking my calendar full and causing increased anxiety?
- How am I going to take care of myself, whether it be time alone, exercise, or massage?

Unfortunately, we do not know when the Covid-19 Pandemic will end. It is important that we are patient with ourselves and others as we begin to socially reconnect. It is important to know our own comfort levels around social engagement and check in with ourselves to best manage stress and anxiety. If you find that self-care does not ease your anxiety, it is best to seek help from a counselor.

~ Michelle Reitan, MSW
Office Phone: 425.954.2523

Email: Michelle.Reitan@edmondswaterfrontcenter.org

THE EDMONDS WATERFRONT CENTER ~ FOOT CARE CLINIC

PROVIDING PROFESSIONAL FOOT CARE FOR THE EDMONDS COMMUNITY... ONE FOOT AT A TIME

Due to an overwhelming response to the new and improved professional Foot Care Clinic, we are experiencing a backlog in providing timely appointments for newcomers. Thank you for your patience as we expand services to meet the growing need for specialized senior foot care.

- E.W.C. makes affordable, foot care available to ALL members, non-members, seniors, non-seniors, those with complex medical issues or needing financial assistance for foot care.
- Clinics are held the first 2 Wednesdays every month, by appointment only.
- All Routine FootCare is provided by RN's who are Foot Care Nurse Specialists and podiatrist-trained. An Advanced Nurse Specialist is always on duty for consults, referrals and second opinions.
- At this time, new clients should expect a 2-3 month delay. Those with an urgent or medical situation

should consult a podiatrist or medical provider if waiting would impose a problem.

- If you know someone who is home-bound and needs foot care, please contact the EWC Appointment Line and a Foot Care Nurse will respond and attempt to arrange a home visit.
- Clients must wear a face cover and be able to provide proof of vaccination (1-time only). All staff is fully vaccinated.
- The fee for an in-clinic visit is \$30. Cash / Check / Debit / Charge (not covered by insurance or Medicare).
- A \$15 No-Show / cancellation fee will be applied to a future session if an app't is missed without notice or cancelled without 24 hours' notice for a non-emergent reason: Foot Clinic Hot Line 425-678-3664.

CALL OUR MESSAGE CENTER FOR APPOINTMENT, CANCELLATIONS, DIRECTIONS, FEE OPTIONS

Dedicated Appointment & 24/7 Message Center 425.678.3664 or 425.774.5555 ext #118



A MESSAGE FROM OUR NURSE

TAKING MEDICATIONS CORRECTLY TO AVOID MISTAKES

I'm taking a break from "Diseases of the Month" to tell you about the importance of managing your medications. There are some real dangers with medications for each of us to consider, but with some organization and forethought these dangers can be avoided.

- Store medications properly: Place them in a cool, dry place. That means NOT the medicine cabinet in your bathroom where it gets warm and moist. Also don't place them on a windowsill. Keep meds in a well-lit area so you can clearly see what you are taking.
- Take medications correctly: Overdoses account for the NUMBER ONE fatality of medication errors and improper use according to the U.S. Food and Drug Admin. Keep a running record of when a narcotic was last given and stay within MD recommended dosing times.
- Confusing one medication with another: Medications can have similar names or even look the same. Careful sorting of medications in a daily-pill minder or using pharmacy pillow packs can help avoid errors. Family caregivers should be especially watchful of dementia patients.
- Medicine interactions: Build a relationship with your pharmacy and pharmacist. They can watch all incoming prescriptions and give great advice about avoiding interactions.
- Food and drug interactions: Some foods must be removed from a diet when some medications are taken. Grapefruit in any form needs to be eliminated if you are on some heart medications and anti-coagulants.
- Wrong route of administration: Be absolutely sure you know how to take a medication. You don't want to swallow a tablet that is meant to be absorbed under your tongue. The same goes for medication meant to be injected that is swallowed or inhaled.
- Mixing alcohol with pain pills or sedatives: This is a deadly combination and death usually results because of respiratory suppression. Just don't do it!
- Taking prescription drugs and over-the-counter or alternative medications without knowing how they interact: Some common over-the-counter drugs can cause serious reactions. Always check with a MD or pharmacist.
- Expired or unused medications: These meds need to be disposed of properly. Don't put them in your garbage or flush down your toilet. Go to: Controlled Substance Public Disposal Locations - Search Utility (usdoj.gov) for local sites. Drop the drugs in the specially marked bins.
- Don't become an unknowing "drug supplier": Many teens start exploring illicit drug use because they have ready access to their parents' or grandparents' supplies and start to pilfer them. Lock up narcotics and sedatives (the most widely abused drugs) and don't tell family members where they are located in your home.

~ Sue Shearer, RN, BSN, CFCS

You can call me if you have questions or concerns: 425.954.2522
or send an email to: Sue.Shearer@edmondswaterfrontcenter.org

POPUP BLOOD DRIVE

AT THE EDMONDS WATERFRONT CENTER

BLOOD DRIVE DATES AND TIMES:

THURSDAY, JUNE 16: 9AM-4PM

FRIDAY, JUNE 17: 9AM-4PM

MONDAY, JUNE 20: 9AM-4PM

TUESDAY, JUNE 21: 9AM-4PM

Appointments are required in order to donate at this blood drive to ensure safe social distancing.

TO MAKE AN APPOINTMENT:

call: 1.800.398.7888 or email: schedule@bloodworksnw.org

or register online: dslnk.co/EdmondsPopUp

No walk-in donations are allowed



HEALTH & WELLNESS

BASTYR CENTER FOR NATURAL HEALTH ONSITE NATURAL MEDICINE CLINIC

PLEASE CALL 425.774.5555
EXT 119 TO SCHEDULE AN APPOINTMENT.

TUESDAYS

1:30PM - 4:30PM
(Zoom/In-Person)

THURSDAYS

8:30AM - 11:30AM
(In-Person only)

The following procedures must be followed for ALL in-person visits: All patients must wear a mask or face covering. Appointments are limited to 45 minutes. Limited hands on therapies provided at the discretion of provider.

The cost is \$15 for each visit and is paid to the Edmonds Senior Center to help offset the costs associated with offering this program. This fee can be waived if it presents a financial hardship for the patient.

The Bastyr Center for Natural Health providers explore issues such as lifestyle, history and diet from a holistic perspective. Clinicians provide naturopathic medicine to seniors and patients of all ages. Treatments may include dietary and lifestyle counseling and education, hands-on physical therapies, and herbal and nutritional supplements.

ENHANCE WELLNESS PROGRAM

PHONE CALL APPOINTMENTS AND CHECK-INS ONGOING

MON-FRI

8:00AM - 4:00PM

Michelle Reitan

Social Worker & PEARLS Counselor

Direct: 425.954.2523

MON - THU

8:00AM - 4:00PM

FRI 9AM - 12PM

Sue Shearer, RN, BSN, CFCS

Direct: 425.954.2522

Enhance®Wellness(EW)isanevidence-based program that connects participants with our social worker or nurse to improve physical, emotional, and social well-being. Based on the Chronic Care Model, EW's participant-centered approach uses motivational interviewing techniques and validated assessment tools to guide participants in creating a personal Health Action Plan. Using problem-solving strategies, participants clarify goals, responsibilities, and activities as they work toward improving their health.

EnhanceWellness happens in three steps - Screen, Plan, Action: Our EW team helps participants identify personal strengths and risks. Together, they review a detailed health questionnaire and develop a health action plan. This plan focuses on areas the participant chooses to work on.

The participant then moves into action with the support of the nurse or social worker, who offers

ongoing encouragement, feedback, and monitoring. They help with problem solving, health education, and referral to support groups and additional services, including individual and family counseling, if desired. EnhanceWellness is a reliable complement to formal healthcare services.

PEARLS

HELPING PEOPLE WHO ARE EXPERIENCING MILD TO MODERATE DEPRESSION

MON - FRI

8:00AM - 4:00PM

Michelle Reitan

Social Worker & PEARLS Counselor

Direct: 425.954.2523

The PEARLS program is a national evidence-based treatment for people suffering from depression. The program has had remarkable success reversing the downward cycle of depression. The program accomplishes this by breaking down what is often an overwhelming sense of helplessness and hopelessness into a series of manageable problems with realistic goals. At the same time, the social worker encourages people to include both physical activity and a pleasant activity in their lives and asks them commit to and actually schedule how they are going to complete these two activities on a regular basis. It is simple formula that helps people to feel better, usually, after the third visit.

PEARLS takes place either in a client's home or at the EWC. During the six to eight sessions the social worker empowers individuals to take action and to make lasting changes, so they begin to feel better and find joy in their lives.

DAY TRIP PROGRAM COMING SUMMER 2022

DAY TRIP SCHEDULE

OVER THE HILL HIKERS

EDMONDS SENIOR CENTER BUS
RIDERS MUST WEAR A MASK
WHILE RIDING ON THE BUS NO
EXCEPTIONS

For older adults who love to travel the NW trails and back roads. You will need hiking boots, outdoor gear, water, sack lunch. Be sure to dress for the weather. Hiking distances given are round-trip. First time hiking with our group? You **MUST** contact Larry Weimer at 425.513.9374 before you sign up!

CANCELLATIONS CAN

HAPPEN IF: We cannot send a deposit or full payment before the reservation deadline and/or if there are not enough participants to warrant the trip. Full refunds will be issued only if the trip is cancelled by EWC.

PARKING & DEPARTURE FOR ALL TRIPS INCLUDING HIKES:

Meet at the gravel lot on the West side of the United Methodist Church, 828 Caspers St, Edmonds. The bus will depart the church promptly at the stated departure time. We will do our best to stay within the allotted time however due to many unforeseen factors (e.g.: Traffic), arrival back at the church may change without notice.

PAYMENTS:

We take credit card payments over the phone 425.774.5555 ext 108. Please make checks payable to Edmonds Senior Center. No refunds or credits are given when tickets and/or services cannot be refunded to ESC. Credits will be issued if proper notice is given prior to trip departure and must be approved. Credits can only be applied toward other trips, programs and events.

HIKE COST PER PERSON:

\$20 MEMBERS/\$30 NON-MEMBERS

EVANS CREEK (SAMMAMISH AREA)

Thu, May 12 | Depart: 8:00am.

Difficulty: Easy

4 Miles Round Trip

Elevation Gain: 400 ft

IRON GOAT TRAIL (STEVENS PASS AREA)

Thu, May, 26 | Depart: 8:00am.

Difficulty: Easy-Med

5.9 Miles Round Trip

Elevation Loss: 700 ft

NORTHERN STATE RECREATION AREA
(SEDRO WOOLEY)

Thu, Jun 9 | Depart: 8:00am.

Difficulty: Easy

7 Miles Round Trip

Elevation Gain: Minimal

SOUTH PARK & ENFRO PARK

Thu, Jun 23 | Depart: 7:00am.

Difficulty: Easy

2 Mile Loop (South Park) + 4 Miles (Enfro)

Elevation Gain: Minimal

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11253 NE State Hwy 104, Kingston

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JOIN
ONLINE!

Looking for Northwest Native Art!



Please help the EWC supplement our Indigenous Peoples exhibit with either a gift or loan of Native art.

The purpose of this permanent exhibit is to educate visitors on the history, art, and influence of Indigenous Peoples to our region. The EWC's Art Committee evaluates and selects art based on its quality, size, and historical significance.

If interested, complete an art donation form at the EWC reception desk and someone will get back to you. For more information email julainefleetwod@gmail.com, Art Chair.



Edmonds Waterfront Center

Connecting & Enriching Our Community

PO Box 717 • Edmonds WA 98020 • (425) 774-5555 • www.edmondswaterfrontcenter.org

SINGLE OR COUPLE/DUAL MEMBERSHIP FORM (page 1)

To receive your newsletter and member discounts, please make checks payable to: Edmonds Waterfront Center. Mail to: PO Box 717, Edmonds, WA, 98020. You can SIGN-UP ONLINE at WWW.EDMONDSWATERFRONTCENTER.ORG

RATES: \$25 SINGLE \$45 COUPLE/DUAL		12 MONTHS FROM DATE OF SIGN-UP	
Please fill out each line of the membership form and the member demographic form on the back page. Information is kept confidential. Please print. For more than 2 members, fill out an additional form. Today's Date: _____			
MEMBER 1		MEMBER 2	
Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/>		Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/>	
First Name:	M.I.	First Name:	M.I.
Last Name:		Last Name:	
Nickname/Salutation:		Nickname/Salutation:	
Mailing Address (Include Apt #)		Mailing Address (Include Apt #)	
City, State, Zip		City, State, Zip	
Phone (H):	Cell:	Phone (H):	Cell:
Email:		Email:	
Date of Birth: Month/Day/Year ____/____/_____		Date of Birth: Month/Day/Year ____/____/_____	
If renewal, have you participated in any program/activity at least 1 time in the past 12 months? YES <input type="checkbox"/> NO <input type="checkbox"/>		If renewal, have you participated in any program/activity at least 1 time in the past 12 months? YES <input type="checkbox"/> NO <input type="checkbox"/>	
Emergency Contact Person(s):		Emergency Contact Person(s):	
Emergency Phone:	Relationship to Member:	Emergency Phone:	Relationship to Member:
MEMBER 1 - Signature:		MEMBER 2 - Signature:	
Date:		Date:	
<input type="checkbox"/> (Please check) I release the Edmonds Senior Center/Edmonds Waterfront Center and all of its agents from any liability for any accident, injury or damage of any kind to persons or property that might occur while participating in activities.			
EDMONDS WATERFRONT CENTER – FOR OFFICE USE ONLY			
10/2020			
Date Received: _____ CASH _____ CHECK _____ CREDIT CARD _____			
Member: Single <input type="checkbox"/> Couple <input type="checkbox"/> Dual <input type="checkbox"/> Membership Card & Coupon <input type="checkbox"/> Administrative: _____			

Continue to Next Page

OVER ⇨

MEMBERSHIP DEMOGRAPHIC FORM (page 2)

THIS INFORMATION IS CONFIDENTIAL. It is important in seeking and receiving GRANT FUNDING and for PLANNING PROGRAMS. Responses will be grouped for analysis. Thank you for taking the time to complete the voluntary survey.

MEMBER 1	MEMBER 2
<p>1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other, Specify: _____</p> <p>2. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Widowed</p> <p>3. What are your 2 main reasons for participating? (Check only two) <input type="checkbox"/> Arts/Crafts/Music <input type="checkbox"/> Meals <input type="checkbox"/> Education/Information <input type="checkbox"/> Travel/Trips <input type="checkbox"/> Health/Wellness <input type="checkbox"/> Social Connections <input type="checkbox"/> Volunteer Opportunities <input type="checkbox"/> Other Activities, please specify: _____</p> <p>5. What is your race? (Check all that apply) <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic, Latino or Spanish origin <input type="checkbox"/> Native Hawaiian or other Pacific Islander <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Other, please specify: _____</p> <p>6. What is your highest level of education? (Check only one) <input type="checkbox"/> Less than high school <input type="checkbox"/> High school grad/GED <input type="checkbox"/> Some college/technical training <input type="checkbox"/> 4-year college graduate <input type="checkbox"/> Postgraduate work/degree</p> <p>7. Are you a Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. Are you the spouse of a Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other, Specify: _____</p> <p>2. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Widowed</p> <p>3. What are your 2 main reasons for participating? (Check only two) <input type="checkbox"/> Arts/Crafts/Music <input type="checkbox"/> Meals <input type="checkbox"/> Education/Information <input type="checkbox"/> Travel/Trips <input type="checkbox"/> Health/Wellness <input type="checkbox"/> Social Connections <input type="checkbox"/> Volunteer Opportunities <input type="checkbox"/> Other Activities, please specify: _____</p> <p>5. What is your race? (Check all that apply) <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic, Latino or Spanish origin <input type="checkbox"/> Native Hawaiian or other Pacific Islander <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Other, please specify: _____</p> <p>6. What is your highest level of education? (Check only one) <input type="checkbox"/> Less than high school <input type="checkbox"/> High school grad/GED <input type="checkbox"/> Some college/technical training <input type="checkbox"/> 4-year college graduate <input type="checkbox"/> Postgraduate work/degree</p> <p>7. Are you a Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. Are you the spouse of a Veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
9. Currently, how many people are living in your household and have been there for more than 2 months? Include yourself. _____	
10. How many children less than 18 years old live in your household? _____ (if none, enter zero)	
11. During past 12 months, what was your approximate total household income from all sources? (Check one) <input type="checkbox"/> Less than \$20,000 <input type="checkbox"/> \$25,000 - \$34,999 <input type="checkbox"/> \$45,000 - \$54,999 <input type="checkbox"/> \$75,000+ <input type="checkbox"/> \$20,000 - \$24,999 <input type="checkbox"/> \$35,000 - \$44,999 <input type="checkbox"/> \$55,000 - \$74,999	

DONATIONS

Please mail all donations to:
PO BOX 717
Edmonds, WA 98020

A HEARTFELT THANK YOU TO ALL
WHO HAVE DONATED IN SUPPORT OF:

General Operations Fund

Campbell Nelson
Bill Crader
Bob and Janis Cunningham
Cynthia Coleman
Evelyn Drexel
Daniel Eagle & Kim Eagle
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Elizabeth & Jay Justice
Phil & Reidun Kollen

In Memory of Roy Combley

Alma Ohtomo

In Memory of Ardith Hilton

Alma Ohtomo

IN MEMORIAM

OUR THOUGHTS AND
FOND MEMORIES
REACH OUT TO
THE FAMILIES AND
FRIENDS OF:

Herman "Earl" Bannester

James "Roy" Combley

Donna Hoggins

Barbara "Bobbie" Roumonada

Please advise us if we have
inadvertently omitted the
name of a family member,
friend, or loved one.



WATERFRONT CENTER BUILDING TOURS

WEDNESDAYS DURING
MAY & JUNE
AT 10:00AM

Edmonds Waterfront Center is hosting
building tours on Wednesdays during May
and June from 10:00-11:00am.
Tour size is limited to 10 in capacity.
Call 425.774.5555 to schedule.

Celebrating the EWC

HONOR. INSPIRE. CONNECT.

Join us for a Grand Opening Celebration & Ribbon Cutting

THURSDAY, MAY 12TH

10:30 A.M. SOCIAL

11:00 A.M. RIBBON CUTTING

11:30 A.M. PROGRAM & BOX LUNCH
Boxed Lunches provided

7:00 P.M. FREE COMMUNITY DANCE
Blue Wave Band

Register for Lunch Online @

www.edmondswaterfrontcenter.com

FOR QUESTIONS ABOUT THIS EVENT

Call our Hospitality Team phone line at
425-774-5555 ext. 120

