MESSAGE FROM THE CEO

THE UNIVERSAL PRINCIPLE OF DIVERSITY

Simply put, diversity means variety. It is a superpower on many fronts. Biodiversity refers to the remarkable range of living organisms on the planet from bacteria to human beings. The regenerative processes in our forests are only possible with robust biodiversity.

Peter Wohlleben is a forester and author of the New York Times Bestseller, The Hidden Life of Trees, where he explores new scientific discoveries that show that trees communicate and share nutrients with those who are sick or struggling. Maintaining the variety of our ecosystems, plants and animals are essential to protecting our global health, economies, and livelihoods.

In the world of personal finance, a diverse portfolio is made up of different investments that will reduce risk and maximize returns, preparing you for what comes.

The rich cultural diversity of the people who live in our region represents untold community potential. Only when we connect and engage our multicultural families and communities can we realize our collective potential. It is our path to stronger and more resilient communities and institutions.

We set out to build a multigenerational, multicultural community hub that would bridge generations, cultures, and communities in our region. And it’s happening. In two years, our membership has grown from 1,100 to 3,900. Every day, people of every age stream through our doors.

We have made a concerted effort to develop a diverse staff and board. We are lucky to have Robin Ullman as our Director of Operations, an African American leader with impressive credentials in nonprofit leadership and international community development. Our last three hires were Scott James, an Alaska Native, Ilham Lioui a recent immigrant from Morocco, and Patrick Carter, a nonprofit leader well versed in diversity, equity, inclusion, and fundraising. We have focused on recruiting to our Board people representing different communities of color – now 30% of our Board of Directors. A diversity of voices, ideas and opinions is key to innovation and better decisions. That is why diversity, equity, and inclusion is a priority of the Edmonds Waterfront Center.

But it is not enough to just say “everyone is welcome”. We have actively sought out and engaged leaders in diverse community-based organizations. Over the last several years we have developed partnerships with Latino Educational Training Institute, Korean Community Service Center, Coast Salish tribes, Lift Every Voice Legacy and the newly formed Asian Service Center.

We understand that for many in this community there are barriers to accessing the EWC – physical barriers for those living with disabilities, transportation, language, and not feeling one belongs. By partnering with diverse organizations, we have been able to host several cultural celebrations such as Chuseok - Korean Harvest Moon, Dia de los Muertos, Welcoming Figure Awakening Ceremony with the Tulalip Tribe, MLK Jr Celebration, and smaller events in partnership with the City. In addition, we are offering select classes and programs at our partner’s organizations.

Like the trees in the forest that communicate through fungi and root tips (even to different species) to provide protection and nutrition to other members of their biological network, allowing the collective ecosystem to prosper for eons, so too our society can only prosper together.

The path to building a diverse, equitable, and inclusive organization never ends. It is not a box to be checked but the air we breathe.

~ Daniel Johnson, MSW
Edmonds Waterfront Center CEO
### Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
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</tbody>
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### About the EWC

**EWC Program Hours:**
8am-4pm Mon-Fri

**City of Edmonds Program Hours:**
4pm-10pm Mon-Thu

**Main Phone:** 425.774.5555
**Fax:** 425.774.2921

**Mailing Address:**
PO Box 717, Edmonds, WA 98020

**Physical Address:**
220 Railroad Ave
Edmonds, Washington

**Website:**
[www.edmondswaterfrontcenter.org](http://www.edmondswaterfrontcenter.org)

**Mission:**
To connect and strengthen 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

**Renew Your Membership**
Your membership expires 12 months from the date that you are enrolled. Pick up a form at the reception desk or sign-up online.

**Commitment to Safety**
We value the safety of all who work and volunteer here.
The EWC is a gathering place where we do not allow threats or aggression.
In Washington state threatening or engaging in harmful behavior towards community center employees may be subject to various laws, including laws related to assault, harassment, or intimidation, depending on the specific circumstances.

**Threats and aggression include:**
- Rude Language
- Acts or threats of violence
- Sexual talk or actions
- Insults based on gender, religion, or race

If you see or feel any threats or aggression, tell staff right away.
We will remove people from the center who act in a threatening or aggressive way.

[Happy Labor Day Image]

*Thank you for your hard work.*
UPCOMING SPECIAL EVENTS & PROGRAM NEWS

PADDOLE PILLGRIM ADVENTURES
With Author Dave Ellingson
Thursday, September 14, 6:30-8:00pm
IN THE WATERFRONT BANQUET ROOM
$7.50 per person
It began as a kayak adventure through exotic waterscapes. But record heat and drought conditions forced the adventurers to slow down and experience something else: the spectacular landscapes, friendly people, delicious food, rich history, ancient spirituality, and modern environmental challenges of Southeast Asia. Dangerous conditions became the opportunity to “linger with the lotus.” Join us on the adventure of a lifetime!
Online sign-up: https://bit.ly/3QLd1lb or Pay at the Door

COMMUNITY BREAKFAST
Friday, Sep 1, Oct 6 - Cost $10
8:30am-9:30am in the EWC Banquet Room
Join us for a breakfast menu that includes coffee and orange juice. All 2021 and 2022 breakfast coupons will be honored at a value of $5.00 off your breakfast. 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

HOLIDAY CLOSURE:
Monday, September 4 - Labor Day
The EWC will be closed and all regular programs will be cancelled.

SNOW CLOSURE POLICY
For the safety of our members, when the Edmonds School District is closed due to inclement weather, 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.

BOARD ELECTION NEWS
Our annual election of one third of the Board of Directors positions occurs this fall. September 6 is the deadline for filing as a candidate for the Board. Please contact Robin Ullman for more information.

HALLOWEEN ALL AGES TRIVIA NIGHT
Thursday, October 26
Check in starts at 6:30pm
Event starts at 7:00pm
IN THE WATERFRONT BANQUET ROOM
~ FREE ~ Everyone is welcome!
Join your friends or be placed on a team and make new friends!
** Teams are limited to 6 players**
* Top team will win the coveted Red Twig mug
* Chance to win individual prizes
* Wear a costume for more chances to win
This event is open to all ages! Invite your family, friends and neighbors ~ Light refreshments will be provided. We hope to see you there!
Registration opens September 1, please call 425.774.5555 or sign up online at WWW.SCHEDULESPLUS.COM/EDMONDS/KIOSK
Special thanks to our sponsor Crista Senior Living!

OKTOBERFEST
Thursday, October 19
Doors at 5:00pm
Music starts at 5:30pm
IN THE WATERFRONT BANQUET ROOM
Cost: $25 Members / $35 Non-Members
With music by The Bonnie Birch Trio
Meal is included with cost of admission - Everyone is welcome!
Registration opens September 1, please call 425.774.5555 or sign up online at WWW.SCHEDULESPLUS.COM/EDMONDS/KIOSK

SCHEDULESPLUS.COM/EDMONDS/KIOSK
THrift Store News

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

Address: 22820 100th Ave W, Ste 12
(two doors down from the Edmonds Goodwill)
Phone: 425.977.0411
Email: thriftstore@EdmondsWaterfrontCenter.org

Donations:
May be dropped off at the back door
during open hours.

Did you know?
Edmonds Waterfront Center members
receive a 10% discount on all regularly
priced items! Just show your membership
card at the register upon check out.

We look forward to seeing you in the store!

September/October 2023 Thrift Store Specials

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Furniture &amp; Lamps - 50% OFF</td>
<td>Shoes &amp; Purses - 50% OFF (Except Designer Bags)</td>
<td>Men's Day - 50% off Men's Clothing including Men's Shoes</td>
<td>All Books - 50% OFF</td>
<td>Shoes &amp; Purses 50% OFF (Except Designer Bags)</td>
<td>Sets of Dishes - 50% OFF</td>
</tr>
<tr>
<td>Men's/Women's Pants - $2</td>
<td>Clothing &amp; Scarves - 50% OFF</td>
<td>Men's/Women's Pants - $2</td>
<td>Clothing &amp; Scarves - 50% OFF</td>
<td>Men's/Women's Pants - $2</td>
<td>Clothing &amp; Scarves - 50% OFF</td>
</tr>
<tr>
<td>Linen - 50% OFF</td>
<td>Stemware - 50% OFF</td>
<td>Sets of Dishes - 50% OFF</td>
<td>Candles &amp; Candle Holders - 50% OFF</td>
<td>Linen - 50% OFF</td>
<td>Sets of Dishes - 50% OFF</td>
</tr>
<tr>
<td>Mugs - 50% OFF</td>
<td></td>
<td>CD/DVD/Audio Books/Records - 50% OFF</td>
<td></td>
<td>Art - 50% OFF</td>
<td>Clear Glassware - 50% OFF</td>
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Fall Fashion Show

At the Edmonds Waterfront Center ~ 220 Railroad Ave, Edmonds WA
Sunday, Sept 10, 2023  3:00 pm – 5:00 pm
$20.00 per person

Admission includes ticket for drawing & refreshments!
All proceeds benefit the senior lunch program at the EWC.
Tickets on sale in store 8/1/23 - 425.977.0411
Learn more at www.EdmondsWaterfrontCenter.org
John Osberg’s smile is contagious, so is his passion to his aging friends about taking steps to avoid preventable falls. If you don’t know John, you more likely have seen him tooling around on his electric trike. He is 96 years old and a man on the move. John proudly carries his EWC Lifetime membership card – something he earned when he turned ninety. After 90, your annual membership dues are on us.

“At my age I have outlived many of my friends,” said John. “For too many of them, the precipitating event of their decline was a fall.” John invited me to his home to show me how he has been able to avoid falling at his Woodway home. John walked me through his morning routine. Beside his bed is a sturdy pole that he uses to steady himself when he gets up from bed. “We are always a little unsteady when we first wake up,” commented John. “It is important that you steady yourself before you take that first step and know where your next handhold will be.” John has been a lifetime sailor. In our conversation he reminded me of the old sailing proverb “One hand for the ship and one hand for yourself.” Always take steps to ensure one’s own safety, security, or well-being in addition to focusing on one’s duties or responsibilities.

The pole beside John’s bed is called a security pole and can be purchased online or locally at Home Depot or Cesco Medical Supply, 21829 Highway 99, Edmonds, for around $200. If the cost is a hardship, please contact Health & Wellness Program Director, Michelle Reitan, MSW: Michelle.reitan@edmondswaterfrontcenter.org.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

1. Find a good balance and exercise program
   Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2. Talk to your health care provider
   Ask for an assessment of your risk of falling. Share your history of recent falls.

3. Regularly review your medications with your doctor or pharmacist
   Make sure side effects aren’t increasing your risk of falling. Take medications only as prescribed.

4. Get your vision and hearing checked annually and update your eyeglasses
   Your eyes and ears are key to keeping you on your feet.

5. Keep your home safe
   Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6. Talk to your family members
   Enlist their support in taking simple steps to stay safe. Falls are not just a seniors’ issue.

To learn more, visit ncoa.org/FallsPrevention.

September 18th – 22nd is Falls Prevention Week.

Falls Prevention Awareness Week, a nationwide observance with state coalitions and partners to raise awareness on preventing falls, reducing the risk of falls, and helping older adults live without fear of falling.

Falls are not a natural part of aging. Research has shown that you can dramatically lower your risk of falling and serious injury. The first step in protecting yourself is learning if you’re at risk and sharing this information with your health care provider.

If you are a caregiver or someone wanting to learn more about how to prevent falls, please sign up for our Falls Prevention workshop:

**SENIOR STROLL WITH OUR LOCAL FIREFIGHTERS**

**Wednesday, September 20; 2:00pm-3:00pm**

**Location:** Community Room A

**Cost:** Free

**Facilitator:** South County Fire

**Register:** Online/Phone/2nd Floor Reception

Go on a short stroll with your local firefighters and afterwards sit down for refreshments and discussions around overall health, safety and emergency preparedness. Participants will get a File of Life to take home.
FROM THE BOARD PRESIDENT: KAREN BARNES

THE SIMPLEST THINGS

Earlier this summer, while on a walk near the Waterfront Center (EWC), I was quite alarmed when a group of children suddenly began yelling loudly and running in wide circles at top speed. What was happening? Was everyone OK? Then, just as quickly, I realized the likely reason behind this commotion: the “Bubble Man” must be nearby! The man who can create a wide array of bubbles - from small spheres spinning near the ground to others the size of large dogs galloping across the landscape. I reversed direction and, sure enough, there he was, the pied-piper of Edmonds – commanding the attention of every child in sight, each of whom was now compelled to chase down and pop one or more of a dozen floating bubbles. Parents and amused bystanders videoed the chaotic scene – some openly laughing at the sheer entertainment. It amazed me to think how much joy a little soap and water, along with a warm-hearted “bubble maker”, can bring. Incredible.

A few weeks later I attended the Sand Sculpture Contest where participants young and old unleashed their creativity, transforming sand in the most unbelievable ways. One gentleman crafted an amazing castle based on one he’d visited in Germany, providing fascinating commentary on the design elements. Two groups of children in the Jr. Beach Ranger Camp each built elaborate resorts and gave “tours” of the hotel, hiking area, parking lots and the area where two sand sculpted “grumpy old men” (their words) stood watch. There were many other creations which were equally clever – including enormous sea creatures and relaxing “sand people”. A collectively creative, inspiring and, in some cases, hilarious group!

More recently, in what may be the most fitting example for this summer’s activities, I came upon a Barbie-themed celebration. I’ve never seen so much pink in one place! A high energy group of young and old, laughing and clearly enjoying the antics of a good-natured older gentleman (Uncle Ken?) who was the center of attention, decked out in a sparkly pink hat, blond wig, and pink tie. Very dashing and obviously a huge hit. What a party!

As I thought about each of these events two things struck me. The first was how basic the themes were – a pail of soapy water, a sandy beach, pink clothing. Could it get any simpler? The other was that each was a great example of intergenerational activity – with many age groups engaged and sharing fun moments together. Remarkable.

Although seemingly simple interactions, data shows that the benefits of intergenerational engagement are significant for everyone involved. Embracing the diversity of generations enriches all our lives, enhances social cohesion, and promotes a more open-minded and tolerant society. There is so much we can learn from each other.

There are many activities that are fun for all generations - games, arts and writing, outdoor walks to name just a few. There are also classes at EWC that are open to everyone as well as several which specifically aim to bring people of different ages together. Intergenerational Trivia has recently set record levels for attendance. Teams of young and old are paired at tables and compete against similar teams at other tables. Questions require knowledge that spans multiple generations and is less about competition and more about fostering fun interaction amongst the generations.

I hope everyone enjoys the rest of the summer/early fall and finds some time to enjoy cross-generational activities. Whether cooking together, playing games, dressing in pink at a multigenerational Barbie event, or something else, I would absolutely love to hear your stories and ideas.

~ Karen Barnes
Board President, Edmonds Waterfront Center
EWCKarenB@gmail.com
Memory Café
Join us every 3rd Thursday for a free coffee date with your loved one or caregiver, with music, crafts, and more!

Extending Dignity
We're changing the stigmas of Alzheimer's and dementia care through industry-leading philosophies and techniques.

With Purpose
Our purpose built community and dedicated team of specialists have one focus—to serve those in need of memory care.

Cedar Creek
cedarcreekedmonds.com
21006 72nd Ave. W Edmonds, WA 98026

Mention this Ad and join us for a complimentary lunch!
(425) 903-3392
**SIGN-UPS OPEN ON TUESDAY, SEPTEMBER 5**

**9AM - IN PERSON (2nd floor reception)**
- We begin handing out numbers at 8am

**12PM - ONLINE/OVER THE PHONE**

**MASKS ARE RECOMMENDED FOR ALL BUS TRIPS AND WILL BE AVAILABLE ON BOTH BUSES**

**PAYMENTS:**
We take credit card payments over the phone. No refunds or credits are given when tickets and/or services cannot be refunded to EWC.Credits will be issued if proper notice is given prior to trip departure and must be approved by program director. Credits can only be applied toward other trips, programs and events.

**PARKING & DEPARTURE LOCATION:**

**NEW PARKING LOCATION***
Lake Ballinger Center
23000 Lakeview Dr.
Mountlake Terrace, 98043
Meet and park in the southeast section of the parking lot.

**PLEASE BE MINDFUL OF THE FOLLOWING:**
- The bus will depart the pick up location promptly at the stated departure time. Please arrive 15 minutes before the trip leaves.
- Buses are not wheelchair accessible.
- Trip participants must ride with the group both ways.
- Participants who need special care are required to bring a chaperone.
- Please do not wear any fragrance on trips.
- Please allow those with mobility challenges to sit in the front row.

**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.

**CDL BUS DRIVERS WANTED!**
Please Call Michelle Burke at 425.954.2520

**DAY TRIPS & HIKES - SIGN UPS OPEN ON SEPTEMBER 5th**

**HOW TO REGISTER:**
- Online - Go to: WWW.SCHEDULESPLUS.COM/EDMONDS/KIOSK
- CALL 425.774.5555 or visit the 2nd floor Reception Desk

**MARINERS SENIOR DAY**
Wednesday, September 13
Depart: 10:45am; Return: 4:30pm
Cost: $75M/$95NM
Moderate-Lots of Walking ++/+++ Spots Available: 14
Meet at: Lake Ballinger Center
It’s Senior Day at T-Mobile Park! The Mariners will be taking on the LA Angels. Seats are located on the Terrace Club level. Ticket also includes pre-game lunch of hot dog with sides or you are welcome to purchase from concessions (cost OYO).

**CLIMATE PLEDGE ARENA TOUR**
Thursday, September 21
Depart: 10:00am; Return: 2:30pm
Cost: $5.5M/$7N0M
Lots of Walking +++ Spots Available: 9
Meet at: Lake Ballinger Center
This expertly guided, behind-the-scenes journey tells the rich story and transformation of Climate Pledge Arena, from the 1962 World’s Fair to the $1.15B redevelopment completed in October 2021. Learn how the most sustainable arena in the world operates and brings the best in entertainment to life while exploring areas of the arena not typically open to the public, like team locker rooms, star dressing rooms, and the owner’s suite located at center ice. Lunch in the Seattle Center Armory food court after the tour.

**ANGEL OF THE WINDS CASINO**
Wednesday, September 27
Depart: 10:00am; Return: 4:30pm
Cost: $20M/$3ONM
Little to Moderate Walking + Spots Available: 23
Meet at: Lake Ballinger Center
Try your luck at slots or table games. Food available for purchase at several onsite restaurants (cost OYO).

**HIBULB CULTURAL CENTER**
Thursday, October 5
Depart: 9:30am; Return: 1:30pm
Cost: $150M/$20NM
Moderate-Lots of Walking ++/+++ Spots Available: 14
Meet at: Lake Ballinger Center
The Hibulb Cultural Center and Natural History Preserve mission is to revive, restore, protect, interpret, collect and enhance the history, traditional cultural values and spiritual beliefs of the Tulalip Tribes. The Center is approximately 23,000 square feet with a 50-acre natural history preserve. The interactive cultural center features a main exhibit, a temporary exhibit, two classrooms, a longhouse, a research library, and gift shop. It also features a fully certified collections and archaeological repository.

**OKTOBERFEST NORTHWEST AT PUYALLUP FAIRGROUNDS**
Friday, October 6
Depart: 10:30am; Return: 6:00pm
Cost: $25M/$35N0M
Moderate-Lots of Walking ++/+++ Spots Available: 23
Meet at: Lake Ballinger Center
Enjoy traditional Oktoberfest music and dance, authentic German food, a large variety of German beers poured in stein, the Sports Haus, family friendly games, Root Beer Garden, and Hammerschlagen®. Bring money for purchases.

**THRIFT SHOP HOP**
Tuesday, October 17
Depart: 10:00am; Return: 6:00pm
Cost: $25M/$35NM
Moderate-Lots of Walking ++/+++ Spots Available: 23
Meet at: Lake Ballinger Center
Visit four thrift stores and find some deals! The group will stop for lunch along the way. Bring money for purchases and lunch (or bring your own).

**TEATRO ZINZANNI**
Saturday, October 28
Depart: 10:45am; Return: 5:00pm
Cost: $140M/$170NM
Moderate Walking & Stairs ++ Spots Available: 12
Meet at: Lake Ballinger Center
Experience the magic of the Teatro ZinZanni Residency at the luxurious Lotte Hotel Seattle. This one-of-a-kind entertainment experience brings together two iconic Seattle brands during Teatro ZinZanni’s 25th anniversary year, promising an opulent, world-class extravaganza in the breathtaking setting of the hotel’s largest venue, the Grand Ballroom in The Sanctuary. This is love, chaos, and dinner uptown, where premium cuisine and world class cirque, comedy, and music converge.
**SENIOR HIKING POWER**

*ONLINE REGISTRATION IS AVAILABLE*

[www.schedulesplus.com/edmonds/kiosk](http://www.schedulesplus.com/edmonds/kiosk)

CALL 425.774.5555

or visit the 2nd floor Reception Desk

**Masks are recommended for all bus trips and will be available on both buses**

**Sign-ups open on September 5**

9AM - IN PERSON (2nd floor reception - We begin handing out numbers at 8am)

12PM - ONLINE/OVER THE PHONE

**Hike cost per person:**

**Please note there has been an increase in the fee for hikes due to rising fuel costs**

$25 MEMBER/$35 NON-MEMBER

**Parking & departure location for hikes:**

***NEW PARKING LOCATION***

Lake Ballinger Center

23000 Lakeview Dr, Mountlake Terrace, 98043

Meet & park in the south east section of the parking lot

First time hiking with our group? You MUST contact Larry Weimer at 425.513.9374 before you sign up!

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 in layers (no jeans). For Snowshoe (SNSH) or Cross Country (CC) you will need to bring your own equipment, make sure it is in proper working order & can put equipment on.

<table>
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<th>Departure Date</th>
<th>Departure Time</th>
<th>Difficulty</th>
<th>Distance</th>
<th>Elevation Gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake Valhalla (Stevens Pass)</td>
<td>Thu, Sep 14</td>
<td>7:00am</td>
<td>Medium</td>
<td>7 miles</td>
<td>1500 ft</td>
</tr>
<tr>
<td>Bagley Lake/Chain Lakes (Mt Baker)</td>
<td>Thu, Sep 28</td>
<td>6:00am</td>
<td>Medium-Difficult</td>
<td>5.5 miles</td>
<td>1100 ft</td>
</tr>
<tr>
<td>Palouse/Cascade Trail to Hyak &amp; Snoqualmie Tunnel (North Bend)</td>
<td>Thu, Oct 12</td>
<td>8:00am</td>
<td>Easy-Medium</td>
<td>5.5 miles</td>
<td>500 ft</td>
</tr>
<tr>
<td><em>Includes tunnel walk; flashlight or head lamp required</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mystery Trip</td>
<td>Thu, Oct 26</td>
<td>8:00am</td>
<td>Easy</td>
<td>4 miles</td>
<td>400 ft</td>
</tr>
</tbody>
</table>

**EWC Travel Club**

**Book a tour with Collette travel and benefit the Edmonds Waterfront Center at the same time!**

For complete trip information and brochure, follow the provided link or contact Michelle Burke at 425.954.2520 or via email Michelle.Burke@EdmondsWaterfrontCenter.org

**Edmonds Waterfront Center Travel Club presents…**

**Spotlight on New York City**

March 28 – April 1, 2024

**Memorials of World War II**

August 26 – September 4, 2024

*Book Now & Save*

**$50** Per Person

**Memorials of World War II Online Link:**

[https://gateway.gocollette.com/link/1170336](https://gateway.gocollette.com/link/1170336)

*For more information contact*

Michelle Burke

Edmonds Waterfront Center Travel Club

1-425-954-2520

Michelle.Burke@EdmondsWaterfrontCenter.org

**EWC Travel Club**

**Memorials of World War II**

For more information contact
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**Edmonds Waterfront Center Travel Club presents…**
HEALTHY LIVING WORKSHOPS - sign-ups for all workshops open on September 1

HOW TO REGISTER: Online - Go to: WWW.SCHEDULESPLUS.COM/EDMONDS/KIOSK
CALL 425.774.5555 or visit the 2nd Floor Reception Desk

Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

LIVING BETTER IN RETIREMENT
Wednesdays, Sep 13 & 20 (2 part series); 1:00pm-3:00pm
Location: Community Room B
Cost: Free
Facilitator: Frank Borg, Reverse Mortgage Planner
Register: Online/Phone/2nd Floor Reception
Join us for an educational workshop that details how today’s reverse mortgage loan can work to provide a better retirement. At this 2-part workshop, you’ll learn:
• The advantages of using home equity (via a reverse mortgage loan) to support aging in place
• The facts about reverse mortgage loans (common myths debunked)
• The basic requirements for a reverse mortgage
• Common uses of a reverse mortgage, such as to pay for home renovations and long-term care
• About real life-case studies, strategies, and much more!

FOUNDATIONS OF A MINDFUL LIFE
Mondays, September 18-November 6 (8 classes)
10:30am-11:30am
Location: Multipurpose Room 3
Cost: $125 for members/$145 for non-members
Facilitator: Terra Lea Dennis
Register: Online/Phone/2nd Floor Reception
This eight-week workshop will explore the principles and practices of a mindful life — inviting more ease, peace and awareness into our present experience, releasing tension, stress, pain whether in mind, heart or body. Mindful breath and movement have proven to release tension, regulate the nervous system and ease pain.

TRAVEL PREPAREDNESS AND Q&A
Tuesday, September 19; 1:00pm-3:00pm
Location: Community Room B
Facilitator: Toni Ray-Ingram, Collette Travel
Cost: Free
Register: Online/Phone/2nd Floor Reception
Learn more about the current travel climate now that the travel restrictions have loosened. What has changed and what can you expect on your next trip?

AGING MASTERY PROGRAM
Thursdays, September 21-October 19 (5 classes)
1:00pm-3:30pm
Location: Community Room B
Cost: $20 for members/$30 for non-members
Facilitators: Michelle Reitan, MSW & Sue Shearer, RN
Register: Online/Phone/2nd Floor Reception
The Aging Mastery Program (AMP) is a fun and engaging education and behavior change incentive program for aging well. The AMP core curriculum covers 10 topics with a mix of didactic and interactive learning with an emphasis on peer-to-peer interaction. At the end of the program participants have set goals for positive actions in many aspects of their lives such as exercise, nutrition, finances, advanced care planning, community engagement, and healthy relationships.

Older adults in the program expressed significant increases in their:
• Social connectedness
• Physical activity levels
• Healthy eating habits
• Use of advanced planning
• Participation in evidence-based programs
• Adoption of several other healthy behaviors

It’s Fun!
• 97% find the program fun
• 98% would recommend the program to a friend

“The class offering was actually profound for me. I am 70 years old and if I’m ‘lucky’ I may have 10 more ‘good’ years. The classes offered ways to make the years happier, healthier, and more worry free.”

SMART 911 SIGN-UP
Tuesday, September 26; 11:00am-2:00pm
Location: Community Lounge
Cost: Free
Register: Drop in
With Smart911 (emergency phone system with Snohomish County 911), you can provide 9-1-1 call takers and first responders critical information you want them to know in any kind of emergency. When you call 9-1-1, your Smart911 Safety Profile displays on the 9-1-1 screen and the 9-1-1 call takers can view your addresses, medical information, home information, description of pets and vehicles, and emergency contacts. You can provide as much or as little information as you like. Smart911 is a national service meaning your Smart911 Safety Profile travels with you and is visible to any participating 9-1-1 center nationwide.

YOUR LIFE, YOUR WISHES ~
GUIDE TO DEVELOPING AN ADVANCED DIRECTIVE
Tuesday, October 3; 1:00pm-3:30pm
Location: Community Room B
Cost: Free
Facilitators: Michelle Reitan, MSW & Sue Shearer, RN
Register: Online/Phone/2nd Floor Reception
While most Americans say they would prefer to live through the end of their lives at home, surrounded by friends and family, the reality is the exact opposite. More than 70 percent of Americans die in hospitals or nursing homes. Studies show that when people age 65 and older plan in advance with their doctors, they are much more satisfied about their preferences for care through the end of their lives. They’re less anxious, feel more in control, and trust that their physicians understand their wishes.

(CONTINUED PAGE 11)
YOUR LIFE, YOUR WISHES (CONTINUED FROM PG 10)
This workshop will explain:
• How your values and beliefs can guide your personal choices regarding medical care through the end of life.
• How to select the best person to speak for you in the event that you are unable to speak for yourself.
• What life sustaining treatments may be offered to you at the end of life and the pros and cons of each treatment.
• What forms you need to fill out and share with your doctor to document your choices.
• What the different burial options are in Washington State.

ANCIENT HEALING TOOLS FOR MODERN STRESS
Wednesdays, October 4-January 10; 4:30pm-5:30pm
Cost: $60 for 15 sessions on ZOOM
Facilitator: Ariele Huff
Register: Online/Phone/2nd Floor Reception
You don’t have to be an expert to get some benefits from many ancient healing practices. We’ll dip into a buffet of methods including Chinese Face Reading, Auras, mantras, Feng Shui, Yogic breathing and stretching, I Ching messages, mandala construction, chi centering, spirit animal selection, homeopathic principles, naturopathic herb and diet options, Tarot, Astrology, and a handful of more recent stress busters like Cognitive Behavior Therapy, Art Therapy, and Movement Therapy. And more topics in this “meant to be ongoing” group.

PROTECT YOURSELF FROM FRAUD & IDENTITY THEFT
Tuesday, October 10; 1:30pm-2:30pm
Location: Community Room B
Cost: Free
Facilitator: AARP
Register: Online/Phone/2nd Floor Reception
Con artists don’t care how hard you worked. They steal billions from Americans like you every year. We’re fighting back with the AARP Fraud Watch Network. In this session, we will share an inside look at how scammers think, how to safeguard against identity theft and fraud, hear first-hand accounts from victims, and what to do if you or someone you know has been a victim.

THE SCIENCE OF HAPPINESS
Tuesday, October 24; 1:00pm-2:00pm
Location: Community Room B
Cost: Free
Facilitator: Mary Davis, MSN
Register: Online/Phone/2nd Floor Reception
The goal of this workshop is to understand what happiness is, how to affect happiness. Learn practical techniques to improve happiness and take-home personal happiness techniques. You will learn: Defining happiness • Measuring happiness • What makes us happy • Biology of happiness • Emotions • Training the mind • Strategies to increase happiness • Have Fun!

UNDERSTANDING HOSPICE AND END OF LIFE
Thursday, October 26; 1:30pm-3:00pm
Location: Community Room B
Cost: Free
Facilitator: Bill Dehmer, MSW
Register: Online/Phone/2nd Floor Reception
The goal of this workshop is to understand the difference between home health, hospice and palliative care services. What are the myths about hospice and understanding end-of-life issues that patients and families deal with on hospice.

COOKING DEMOS AND NUTRITION EDUCATION - sign-ups open on September 1

SAVOR THE TASTES OF MEXICO
Friday, September 15; 1:30pm-2:30pm
Location: Teaching Kitchen/MP1
Cost: Free
Facilitator: SNAP-Ed Nutrition Educator
Register: Online/Phone/2nd Floor Reception
Bring your friends to SNAP-Ed cooking demo in September and discover flavorful Mexican cuisine.

IT’S ALL ABOUT THE SAUCE
Friday, October 6; 1:00pm-2:30pm
Location: Teaching Kitchen/MP1
Cost: Free
Facilitator: Puget Sound Kidney Centers
Register: Online/Phone/2nd Floor Reception
Join us for a fun and informative presentation on healthy alternatives to pasta and pasta sauce! Taught by a Kidney dietitian, you will learn how to make delicious and nutritious meals that are both satisfying and healthy. You’ll try alternatives to traditional pasta such as chickpea pasta, zucchini pasta, and whole wheat pasta. You’ll also learn to make easy low sodium sauces. Don’t miss out on this opportunity to learn how to make a new take on a classic favorite your whole family will love!

FALL IN LOVE WITH PUMPKINS
Friday, October 20; 1:30pm-2:30pm
Location: Teaching Kitchen/MP1
Cost: Free
Facilitator: SNAP-Ed Nutrition Educator
Register: Online/Phone/2nd Floor Reception
As the leaves turn golden and the air gets crisp, it’s time to celebrate the season of pumpkin. Indulge in the versatility of pumpkin at SNAP-Ed cooking demo.
I am pleased to announce that I have received my SRES® Designation

Helping Seniors is one of my Joys and Specialties! I will provide you with a customized approach to your real estate needs. I have the knowledge and expertise to counsel you through the major financial and lifestyle transitions involved in relocation, refinancing, or selling your family’s home. My team and I offer you the opportunity to complete a real estate transaction with the patience, professionalism, and expertise you deserve.

I have the knowledge to help you.
As an SRES® designee, I have received extensive education on topics such as: tax laws, probate, estate planning, and equity conversion strategies. I can also offer you relevant information on current market trends as well as valuable resources regarding real estate transactions. As your Trusted Advisor, I offer a range of services designed to make your transition smoother and easier.

Here are some of the services that I can provide:

- Help with organizing: I can assist with decluttering & organizing your belongings.
- Estate sale: I can help you arrange an estate sale, where you can sell items that you no longer need or want.
- Donation of items: I can help you donate any items that you would like to give away, making sure that they go to organizations that will put them to good use.
- Home preparation repairs & upgrades: I can recommend repairs & cost-effective upgrades that will increase its appeal to potential buyers and I have trusted professionals to perform any necessary repairs or upgrades on your home.
- Final cleaning: I can help arrange a final cleaning of your home to help it shine!

Terry Vehrs
Managing Broker
206.799.9500
vehrs@windermere.com
ONGOING HEALTH & WELLNESS PROGRAMS

BREAST CANCER SCREENINGS
Monday, September 11
Call to schedule your Mammogram (206) 606-7800
For more information: www.seattlecca.org/mammography
The Fred Hutchinson Cancer Center 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
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.
Fred Hutchinson Cancer Center 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.

FLOSS BOSS MOBILE DENTAL VAN
Monday, September 25; 9am-4pm
Please call (206) 710-2717
or go to https://flossbossmobile.com/home-nc/ to make an appointment.
Full service dental van that includes general dental services (exams, sealants, nightguards), hygiene (cleaning, adult and child prophylaxis and fluoride); Insurance accepted includes Cigna, Premera, Delta Dental and Regence. If you are not insured, they have in-house plans.

POP UP BLOOD DRIVE
Thursday, Oct 26: 9am-4pm
Friday, Oct 27: 9am-4pm
Monday, Oct 30: 9am-4pm
Tuesday, Oct 31: 9am-4pm
TO MAKE AN APPOINTMENT—call: 1.800.398.7888
email: schedule@bloodworksnw.org
register online: dslnk.co/EdmondsPopUp
Appointments are required in order to donate at this blood drive to ensure safe social distancing. No walk-in donations are allowed.

WELCOME TO MEDICARE
Thu, Sep 7, 21, Oct 5, 19; 2:00PM-4:00PM
Wed, Sep 13, 27, Oct 11, 25; 6:00PM-8:00PM
Facilitators: SHIBA Volunteers
Pre-Registration required: Call 425.290.1276
or email shibasnohomish@gmail.com
For additional information visit the SHIBA page on our website: www.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
*This program receives funding from the Department of Snohomish County Human Services and the State of Washington Office of the Insurance Commissioner

FOOTCARE CLINIC
1st & 2nd Wednesday/Thursday
September 6, 7, 13, 14; October 4, 5, 11, 12
8:00am-3:00pm in The Studio
NOW ACCEPTING NEW PATIENTS - Please call 425.678.3664 for an appointment
The fee for an in-clinic visit is $30. Cash/Check/Debit or Credit (not covered by insurance or Medicare).

The EWC Foot Care Clinic is thriving!
• We have clinic Wednesdays/Thursdays during the 1st and 2nd full weeks of each month
• In May-Aug, the clinic has served an average of 175 total clients and 45 new clients each month!
• Our squad of 5 volunteers put in many hours each week, supporting the clinic with scheduling and reception.
• Since March, we have added 4 talented nurse specialists (for a total of 11).
• Three high-hip chairs have been donated this month to assist those who need to sit higher and to help the nurses ergonomically.

Overheard in clinic:
“I feel like I can go dancing now!” ~ “All of the nurses are so good at what they do!” ~ “I feel like a new person!”

We thank our nurses, volunteers, and clients for the success of our program!
If you know anyone in need of our services, please have them call 425.678.3664 to schedule with Claudia.
ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: WWW.SCHEDULEPLUS.COM/EDMONDS/KIOSK
CALL 425.774.5555 or visit the 2nd floor Reception Desk

Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

AARP DRIVER REFRESHER
Wednesday/Thursday Oct 18, 19
WILL NOT MEET IN SEPTEMBER
9:00am-1:00pm (2 days/8 hours total)
Room: Community Room A
Instructor: Clarence Elstad
Cost: $20 AARP member | $25 non-AARP member
Register: Online/Phone/2nd Floor Reception; pay instructor day of class (cash or check)
Registration Opens: September 15 for October class (NO CLASS IN SEPTEMBER)
Refresh your driving skills and receive a discount on your car insurance. Must attend entire 2-day session for credit. Pay instructor. Must bring AARP member card to get discount.

AMERICAN FILM HISTORY
Tuesdays | 1:30pm-3:30pm
Room: Multipurpose Room 3
Instructor: Millie Thompson
Cost (Qtrly): $5 member | $10 non-member
Register: In Class with Instructor; drop in ok
A different film each week! Films have sound (we also use subtitles). John Wayne and musicals with Gene Kelly will be the focus for September and October films.

CURRENT EVENTS DISCUSSION GROUP
Wednesdays | 10:00am-12:00pm
Room: Community Room B
Facilitator: Michael Knapp
Cost (Qtrly): $5 member | $10 non-member
Register: Roster is full; contact facilitator before start of meeting 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 | 12:00pm-3:00pm
WILL NOT MEET SEP 4
Room: Multipurpose Room 4
Cost (per class): $5 member | $10 non-member
Register: Online/2nd Floor Reception
No Instructor. Artists work independently on their own projects. Will need to bring own tools. All levels welcome. Drop in ok.

FRIENDSHIP QUILTERS
Wednesdays | 1:00pm-4:00pm
Room: Multipurpose Room 4
Facilitators: Jan Halgrimson & Joyce Fleckenstein
Monthly Cost: $5 member | $10 non-member
Register: In person with Instructor; drop in ok
Bring your own project or work on the group project. Open to new members.

GERMAN CLUB
Thursdays (Returns Sep 7)
10:00am-11:45 am
Room: Community Room B
Facilitators: Ingrid Osterhaug & Sylvia Heldridge
Monthly Cost: $5 member | $10 non-member
Register: In Class 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, Oct 27 | 1:00pm-3:00pm
Room: Multipurpose Room 4
Instructor: Nicola Davies, Create Next Steps
Class Limit: 16 students
Cost: $10 member | $15 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: September 15
Sending a handmade greeting card is a unique way to express gratitude, love and friendship. This popular class features various paper arts techniques and an opportunity to experiment with different materials each time you sign up. Don't be intimidated... no drawing skills or “talent” required and all supplies will be provided. Join us for an afternoon of creativity and fun!

INTERGENERATIONAL BOOK GROUP
Facilitator: Elaine Sonntag-Johnson
Location: Online via Zoom
Cost: Free
Register: Online/Phone/2nd Floor Reception
Thursday, Oct 26
1:30pm-3:00pm
Book Title: “Such a Fun Age” by Kiley Reid
BOOK GROUP WILL NOT MEET IN SEPTEMBER

KILEY REID

NO FEAR DRAWING
Wednesdays | 10:30am-12:30pm
Oct 11 - Dec 6 (8 classes)
Room: Multipurpose Room 3
Instructor: Ruth Barth
Cost: $60 member | $75 non-member
Register: Online/Phone/2nd Floor Reception; must sign up for entire session - no drop ins
Registration Opens: September 15
Class Limit: 15 students
Explore line, shape, proportion, shadows, hatching, stippling, texture, positive and negative space. Contact Admin Office for materials list.

MUSIC IN THE BISTRO
Enjoy lunch with live music featuring:
Jack - Tuesday 12:00-1:00
Nick - Wednesday 11:45-1:15
Ruben - Thursday (1st/3rd/5th) 12:00-1:30
Mark Ellis Trio - Thursday (2nd) 12:00-1:30
David - Thursday (4th) 12:00-1:30
Lito - Friday 11:30-2:00

MUSIC WELLNESS AND CONNECTION FOR SENIORS
Mondays | 12:00pm-1:00pm
Room: Community Room A
Instructor: Leslie Lawrence, MT-BC, NMT
Monthly Cost: $45 member | $55 non-member;
Sign up is monthly - no drop in
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15 for September class, September 15 for October class
Connect with your peers in music exploration to benefit your overall wellness. We bond through our love of music, use music to relax and rejuvenate, to explore and share our memories and get creative! Music can help reduce anxiety and depressive symptoms, create community, engage the memory and emotional parts of our brains and create positive and meaningful experiences. We create an atmosphere of acceptance and joy. Come join us! Live music making with a board certified music therapist. Caregivers are welcome at no additional cost.

The printing of our newsletter is supported by a grant from the Tulalip Tribe Charitable Fund & distributed by The Printing Connection
NO FEAR TORN PAPER MOSAICS
Thursdays | 1:30pm-3:30pm
Oct 12 - Dec 7 (8 classes)
Room: Multipurpose Room 3
Instructor: Ruth Barth
Cost: $60 member | $75 non-member
Register: Online/Phone/2nd Floor Reception; must sign up for entire session - no drop ins
Registration Opens: September 15
Class Limit: 15 students
Torn Paper Mosaics combine small, irregular, vibrant colored pieces of magazine pages glued onto a board to create a lovely and unique composition. The method of torn paper produces highly realistic or abstract effects. Most supplies provided for a small fee or bring your own board and glue stick.

NO FEAR WATERCOLOR
(BEGINNER LEVEL)
Fridays | 10:30am-12:30pm
Oct 13 - Dec 15 (8 classes)
Room: Multipurpose Room 3
Instructor: Ruth Barth
Cost: $60 member | $75 non-member
Register: Online/Phone/2nd Floor Reception; must sign up for entire session - no drop ins
Registration Opens: September 15
Class Limit: 15 students
Explore the spontaneous qualities of watercolor and learn techniques, light, shade and form. Contact Admin Office for materials list.

NO FEAR WATERCOLOR
(INTERMEDIATE LEVEL)
Thursdays | 10:30am-12:30pm
Oct 12 - Dec 7 (8 classes)
Room: Multipurpose Room 3
Instructor: Ruth Barth
Cost: $60 member | $75 non-member
Register: Online/Phone/2nd Floor Reception; must sign up for entire session - no drop ins
Registration Opens: September 15
Class Limit: 15 students
Explore the spontaneous qualities of watercolor and learn techniques, light, shade and form. Contact Admin Office for materials list.

PAPER ARTS: STAMPS & HEAT EMBOSING
Friday, Sep 15 | 1:00pm-3:00pm
Room: Multipurpose Room 4
Instructor: Nicola Davies, Create Next Steps
Cost: $10 member | $15 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15

Class Limit: 16 students
There are a variety of ways to use stamps, ink and heat embossing techniques in your handmade greeting cards or artwork. If this is your first time experimenting with the heat embossing method, you'll be amazed at how easy it is. If you've used these tools before, then you already know how much fun it can be...and in this class you may learn something new! All materials will be provided. Sign up now to "enjoy the magic."

ROLLING CRONE SINGERS
Mondays (Returns Sep 11)
12:00pm-2:00pm
Room: Multipurpose Room 3
Facilitators: Marge Hampton & Gail Lovell
Register: Now accepting new members. Please contact facilitators prior to start of class.

SENIOR SWINGERS ORCHESTRA
Thursdays (Returns Sep 7)
1:00pm-3:00pm
Room: Multipurpose Room 1 & 2
Musical Director & Conductor: Tim Leese
Cost (Qtrly): $5 member | $10 non-member
MUSICIANS WANTED! We have a lot of fun playing a variety of show tunes. Please contact Tim for more info at 425.245.3507

SOUND SINGERS
Tuesdays | 1:00pm-3:00pm
Room: Multipurpose Room 1 & 2
Facilitators: Alma Ohtomo & Mary Lambert
Cost (Qtrly): $15 member | $30 non-member
Register: In Class with Alma (on-going)
All are welcome! All you need is to love to sing.

UKULELE AIKANES (FRIENDS)
Thursdays | 8:30am-11:30am
Room: Multipurpose Room 4
Facilitator: Hal Allen
Cost: $5/class member | $10/class non-member
Register: In Person with Instructor (on-going)
Drop in ok. No experience necessary. Tools and wood will be provided.

NEW! WRITER’S ROUND TABLE
Fridays | 1:00pm-2:30pm
Room: Online with Zoom
Facilitator: Ariele Huff
September session: Sep 1, 8, 15, 22, 29
September Cost: $25 member | $40 non-member
Sign up is monthly - no drop in
October session: Oct 6, 13, 20, 27
October Cost: $20 member | $32 non-member
Sign up is monthly - no drop in
Registration Opens: August 15 for September class, September 15 for October class
Register: Online/Phone/2nd Floor Reception
Work on your life story, a novel, poetry or any project, getting feedback and information on writing issues like grammar, writing mechanics, differences in genre, writing (short stories, novels, etc.)

NEW! TECH HELP 1-ON-1
Wednesdays | 10:00am-1:00pm
Room: Community Lounge
Facilitator: Rob Scarr
Cost: Free
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15 for September sessions, September 15 for October sessions
EWC Volunteer Rob Scarr is available weekly to help answer your smart phone or laptop related questions for a 30 minute one-on-one session. Bring your device with you to the appointment.

Edmonds Waterfront Center | PO Box 717 Edmonds, WA 98020 | 425.774.5555 | www.EdmondsWaterfrontCenter.org

HOW TO REGISTER: Online - Go to: WWW.SCHEDULESPLUS.COM/EDMONDS/KIOSK
CALL 425.774.5555 or visit the 2nd Floor Reception Desk
Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.
ACHES AND PAINS? MEET WITH PHYSICAL THERAPIST, GRACE
2nd Tuesday, Sep 12, Oct 10
9:30am-11:30am
Location: Clinic Room
Cost: Free
Register: Phone/2nd Floor Reception
Free Injury Screen by Grace Ellison DPT Physical Therapist from IRG Edmonds Physical and Hand Therapy. Grace Ellison will work with you to identify early warning signs and potential risk factors for injury. Monitoring and addressing weaknesses, imbalances and other unique circumstances before an injury occurs allows individuals to remain healthy, active and engaged in the activities that matter to them most while lessening their likelihood of experiencing serious musculoskeletal conditions. If you are questioning the extent of a strain, sprain or nagging pain, schedule an appointment with Grace to review your symptoms and goals and provide direction on the best treatment to getting you back to your best self.

NEW! - BABY & ME YOGA
Monday/Friday | 10:30am-11:30am
WILL NOT MEET SEP 4
Room: Multipurpose Room 4
Instructor: Nizreen Azar
Monthly: $160 member | $175 non-member
$25 drop-in
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15 for September class, September 15 for October class
Nurture your postpartum body with baby at your side. This gentle and supportive class focuses on the restoration of mind and body after childbirth. Cultivate relaxation and playfully connect with your new baby. Regain muscle strength of the pelvic floor and abdomen and alleviate common discomforts of the neck, shoulders and back. Class is gentle and suitable for all yoga levels. Newborn to crawling babies are welcome with their parents or caregivers.

FELDENKRAIS METHOD OF MOVEMENT
1st & 4th Wednesday
Sep 6, 27, Oct 4, 25 | 1:00pm-4:00pm
Room: Clinic Room
Instructor: Peggy Protz
Fee (sliding scale): $90-$120 per private session
Register: with instructor 206.412.7758
Personalized consultations, 50-55min, will address balance, posture, flexibility, comfort and ease in moving. On a low table, using touch and verbal cues, Peggy guides your body in sitting, reclining, or whatever position works best for you. Zero in on your unique needs. Leave with customized tips for continued improvement.

FRIDAY DANCE AT BALLINGER
Fridays 1:30pm-3:30pm
Location: Ballinger Center (MLTSC)
23000 Lakeview Dr, Mountlake Terrace
Room: Lakeview Room
Cost: $6 member | $10 non-member
Register: Pay at the door; drop in ok.
Join us for dancing to a wide variety of live music by Encore (formerly Nice ‘n Easy Band). Masks are recommended.

GENTLE YOGA
Tuesdays | 10:00am-11:00am
Thursdays 9:00am-10:00am
Room: Multipurpose Room 1
Instructor: Terra Lea
Monthly Cost: $50 member | $60 non-member; sign up is monthly - no drop in; COST IS FOR ONE CLASS
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15 for September class, September 15 for October class
Register: Online/Phone/2nd Floor Reception
Come stretch and breathe, release tense muscles, and invite ease into the body. End with a restorative rest, in yoga nidra, a guided meditation to bring full relaxation to body, mind and heart. Please bring a yoga mat and a towel or blanket. There are chairs, blocks and blankets available.

LINE DANCING (BEGINNER)
Fridays | 1:15pm-2:15pm
Room: Multipurpose Room 3
Instructor: Jeff Buckley
Class Limit: 12 students
September session: Sep 1, 8, 15, 22, 29
Sep Cost: $37.50 member | $50 non-member
October session: Oct 6, 13, 20, 27
Oct Cost: $30 member | $40 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15 for September class, September 15 for October class; Sign up is monthly - no drop in
Work on your agility and have fun by learning easy line dances designed for seniors.

LINE DANCING (EASY/INTERMEDIATE)
Wednesdays | 2:00pm-3:00pm
Location: Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace
Room: Lakeview Room
Instructor: Jeff Buckley
Class Limit: 25 students
September session: Sep 6, 13, 20, 27
Sep Cost: $30 member | $40 non-member
October session: Oct 4, 11, 18, 25
Oct Cost: $30 member | $40 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15 for September class, September 15 for October class; Sign up is monthly - no drop in
Work on your agility and have fun by learning easy to intermediate line dances. Some experience suggested but not required.

LINE DANCING (INTERMEDIATE)
Fridays | 2:30pm-3:30pm
Room: Multipurpose Room 3
Instructor: Jeff Buckley
Class Limit: 12 students
September session: Sep 1, 8, 15, 22, 29
Sep Cost: $37.50 member | $50 non-member
October session: Oct 6, 13, 20, 27
Oct Cost: $30 member | $40 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15 for September class, September 15 for October class; Sign up is monthly - no drop in
Have fun learning more challenging steps.
DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: WWW.SCHEDULESPLUS.COM/EDMONDS/KIOSK
CALL 425.774.5555 or visit the 2nd floor Reception Desk

Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

MOVEMENT FOR LIFE/PD DANCE FOR ANY BODY
Thursdays | 1:00pm-2:15pm
Room: Multipurpose Room 4
Facilitator: Deborah Magallanes
Cost: $5-$12 Donation per class; Drop in ok
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15 for September class, September 15 for October class
These classes welcome adults with balance or movement challenges or who are looking for a relaxed approach to exercise. Based on the Dance for PD program, we move, we dance, we smile and enjoy ourselves and we embrace movement in chairs, at the barre and standing - whichever is right for you. This method empowers participants to engage sight, sound, touch, whichever is right for you. This method empowers participants to engage sight, sound, touch, thought and imagination to inspire movement and expression and highlights the power of dance in strengthening, balancing and moving in rhythm to music. Caregivers, attendants are welcome, too!

NEW! SECRETS OF GRACEFUL AGING
Fridays starting Sep 22
10:00am-11:00am
Room: Community Room B
Instructor: Mary Davis, MSN
Monthly: Free
Register: Online/Phone/2nd Floor Reception
Registration Opens: On-going; drop in ok
Short presentations, followed by questions and group interaction about how to implement the practices in your life. This is a drop-in class facilitating support around aging. Instructor Mary Davis MSN, retired Family Nurse Practitioner, brings to the class a background of 35 years in Family Practice Medicine, Meditation Instructor Certification, and Mindfulness Instructor Certification.

SOFT EXERCISE
Monday/Wednesday/Friday
WILL NOT MEET SEP 4
10:45am-11:45am | Zoom and In-Person
Room: Multipurpose 1&2 or Zoom
Instructor: Susan Bennett
Monthly: Free
Cost: $45 member | $55 non-member
Register: Online/Phone/2nd Floor Reception;
Registration Opens: September 15 for October class
This class includes posture, balance, stretching and strengthening.

REIKI HEALING
3rd Tuesday, Sep 19, Oct 17
1:00pm-3:00pm
Location: Clinic Room
Cost: Free
Facilitators: Karen Gilbraith (certified Usui Reiki Master Teacher); Terra Lea Dennis (Usui Reiki Practitioner); Catherine Braun (Certified Usui/Holy Fire Reiki Master Teacher)
Register: Phone/2nd Floor Reception
Free complimentary 20-minute sessions. Reiki is a form of energy healing that originated in Japan in the early 20th century. Reiki is an alternative healing modality that channels and guides ‘life force energy’ throughout the body. A Reiki session is non-invasive, and utilizes a ‘no-touch’ or ‘soft-touch’ approach as the practitioner moves her hands just above, or lightly on, the recipient’s fully clothed body. Energy is then gently guided throughout the body to promote the recipient’s self-healing abilities. Reiki can complement any medical care, and provide deep relaxation, pain relief/management, and an overall sense of wellbeing.

TUESDAY WALKERS
Tuesdays | 9:30am
Location: Meet outside by the Wedding Circle
Cost: FREE
Enjoy a group walk around downtown Edmonds.

PRENATAL & BEGINNING YOGA
Monday/Wednesday/Friday
WILL NOT MEET SEP 4
9:00am-10:00am
Room: Multipurpose Room 3
Instructor: Nisreen Azar
Monthly: $180 | $200 non-member; or $20 drop-in
Register: Online/Phone/2nd Floor Reception
Registration Opens: August 15 for September class, September 15 for October class
This class includes cardio workout, posture, balance, stretching and strengthening.

FREE REIKI HEALING APPOINTMENTS AVAILABLE ON THE 3RD TUESDAY OF EVERY MONTH. CALL 425.774.5555 TO SCHEDULE YOUR APPOINTMENT TODAY.

Edmonds Waterfront Center | PO Box 717 Edmonds, WA 98020 | 425.774.5555 | www.EdmondsWaterfrontCenter.org
GAMES - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: WWW.SCHEDULESPLUS.COM/EDMONDS/KIOSK
CALL 425.774.5555 or visit the 2nd floor Reception Desk

Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

BINGO
Mondays | 1:00pm-3:00pm
WILL NOT MEET SEP 4
Room: Multipurpose Room 1 & 2
Cost: Free. 8 games, max 4 cards each game.
We have disposable paper cards - please bring your own dauber.

*SUPER BINGO MONDAYS*
September 25, October 30
Join us for special prizes! We will play 11 games; on the final 3 games you will have a chance to win special prizes provided by ROSEWOOD COURT MEMORY CARE!

BRIDGE - DUPLICATE
Mondays | 11:30am-4:00pm
WILL NOT MEET SEP 4
Location: Ballinger Center (MLTSC)
23000 Lakeview Dr, Mountlake Terrace
Room: Lakeview Room
Cost: $1 member | $1.50 non-member
Must have a partner. If you are looking to play but do not have a partner call Dee Smith at 425.778.5124. Pay when you play.

BRIDGE - PARTY
Tuesdays | 9:00am-12:00pm
Room: Multipurpose Room 4
Cost: $1 member | $1.50 non-member
Looking For More Players! Partners not necessary but knowledge of how to play is required. Pay when you play.

MAH JONGG - AMERICAN
Tuesdays | 12:30pm-3:30pm
Room: Multipurpose Room 4
Facilitator: Sharon Rugh
Cost: $1 member | $1.50 non-member
Pay when you play. Walk in ok

WELCOME NEW LEARNERS! Beginners’ table available at 12pm. Contact Jani for new instruction. Join and play with experienced and semi-experienced Mavens. You may need to bring your own tiles.

MAH JONGG - CHINESE
1st & 3rd Wednesday, Sep 6, 20, Oct 4, 18
1:00pm-3:30pm
Room: Multipurpose Room 3
Facilitator: Merrie Emmons
Cost: $1 member | $1.50 non-member
Pay when you play. Walk in ok. New players & all skill levels welcome.

PING PONG (TABLE TENNIS)
Mon/Tue/Thu | 8:30am-4:00pm
Wed | 8:30am-2:00pm
Room: Game Room
Cost: $1 member | $1.50 non-member
Pay when you play. Sign in at 2nd floor reception and to check out equipment.

PINOCHEL
Tuesdays | 8:30am-12:00pm
Room: Multipurpose Room 3
Facilitator: Mel Marshel
Cost: $1 member | $1.50 non-member
Pay when you play.

POOL/BILLIARDS
Mon/Tue/Thu/Fri | 8:30am-4:00pm
WILL NOT MEET SEP 4
Wed | 8:30am-2:00pm
Room: Game Room
Cost: $1 member | $1.50 non-member
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.

Sock & Underwear Drive for Holly House Kids
September 1 - 29

The EWC is collecting socks and underwear for local Elementary School kids age 5-11 during the month of September. The highest need is underwear. Socks should be youth size 3-12. We will have bins in the first floor lobby near the northeast entrance. New items only please.
ALZHEIMER’S CAFE
YOUNGER-ONSET & EARLY-STAGE
2nd Tuesday, Sep 12, Oct 10
2:00pm-3:30pm
Room: Community Room A
Cost: Free (coffee available for purchase)
Register: Call ahead - Noreen Beyer 425.275.2662 or Kirk Vande Brake 206.402.7816
At a Memory Cafe, persons living with Alzheimer’s or other dementias and their loved ones enjoy socializing in a relaxed cafe setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and nonjudgmental.

ALZHEIMER’S CAREGIVER SUPPORT GROUP
2nd Tuesday, Sep 12, Oct 10
5:30-7:00pm
To register, please call or email Ann Dingwall at 206.816.2349 or email: adingwall19@gmail.com
Build a support network with people who understand. Alzheimer’s Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

FINANCIAL SERVICES
2nd Monday, Sep 11, Oct 9
10:00am-12:00pm
Room: Clinic Room 1
Facilitator: Kylle Bernethy
Register: Online/Phone/2nd Floor Reception
Complimentary 30 minute one-on-one review. Help to find strategies for financial questions and concerns. *Securities and advisory services are offered through Innovation Partners, LLC (IPL), a registered broker/dealer, investment advisor and member FINRA/SIPC.

LEGAL ADVISOR
4th Monday, Sep 25, Oct 23
1:00pm-4:00pm
Room: Clinic Office
Facilitator: Snohomish County Legal Services
Cost: None
Register: Phone/2nd Floor Reception (walk in ok)
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.

PRESCRIPTION DRUG ASSISTANCE NETWORK (PDAN)
2nd & 4th Friday, Sep 8, 22, Oct 13, 27
9:30am-12:30pm
Room: Clinic Room 1
Facilitator: Rod Schutt
Cost: None
Register: Call 206.518.0839
If you are having trouble paying for your prescriptions PDAN may be able to help. PDAN provides personalized individual assistance to identify appropriate patient assistance programs, navigate requirements, prepare paperwork, and submit required documents.
CHANGE IN LUNCH PROGRAM

For decades we have provided a subsidized lunch program for seniors needing extra help who are registered for the program. The Senior Lunch program will continue. The Potlatch Bistro is being consolidated with Shore Pine Coffee and Gelato. Effective September 1st, the public will be able to purchase expanded grab and go lunch options at Shore Pine then dine in the banquet room along with our senior diners. Like our current Community Café program, all patrons will dine together, enjoying social connections, live music, and the view.
HEALTH & WELLNESS

BASTYR CENTER FOR NATURAL HEALTH
ONSITE NATURAL MEDICINE CLINIC

PLEASE CALL 425.774.5555 EXT 119 TO SCHEDULE AN APPOINTMENT.

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

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
8:00 AM - 4:00 PM
Michelle Reitan
Social Worker & PEARLS Counselor
Direct: 425.954.2523

MON - THU
8:00 AM - 4:00 PM
Fri 9:00 AM - 12:00 PM
Sue Shearer, RN, BSN, CFCS
Direct: 425.954.2522

Enhance®Wellness (EW) is an evidence-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
8:00 AM - 4:00 PM
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 to commit to and actually schedule how they are going to complete these two activities on a regular basis. It is a 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.
BUSINESS MEMBERS

ART/ARTISTS
CASCADE SYMPHONY ORCHESTRA  
www.cascadesymphony.org  
(425) 776-4938  
PO Box 876, Edmonds  

CASCADE ART MUSEUM  
www.cascadeartmuseum.org  
(425) 678-6533  
190 Sunset Ave, Edmonds  

EDMONDS DRIFTWOOD PLAYERS  
www.edmondsdriftwoodplayers.org  
(425) 774-9600  
PO Box 385, Edmonds  

SNO-KING COMMUNITY CHORALE  
www.sno-kingschorale.org  
PO Box 382, Edmonds  

BEAUTY/HEALTH/FITNESS
AXIS PHYSICAL THERAPY  
www.axisptinc.com  
(425) 672-2910  
21009 76th Ave W, Edmonds  

EDMONDS JAZERCISE  
bit.ly/edmondsjazercise  
edmondjazercise@gmail.com  
(206) 225-5124  

JANELLE JENSEN THERAPY  
www.janellejensentherapy.wordpress.com  
JanelleJensenTherapy@gmail.com  
(425) 492-5124  

JOHN’S BARBER SHOP  
(425) 776-5995  
1302 Olympic View Dr, Edmonds  

THE VISITING FOOT CARE NURSE  
Bjockies@comcast.net  
(206) 940-0748  

FINANCIAL
FRANK BORG - REVERSE MORTGAGE PLANNER  
www.borgreverse.com  
(425) 949-2889  
3400 188th St SW #185, Lynnwood  

KIM PRATER - RETIREMENT MORTGAGE SPECIALIST  
www.fairwayreverse.com/loan-officer/kerry-kim-prater  
(420) 948-2176  
3400 188th St SW #185, Lynnwood  

PEOPLES BANK  
www.peoplesbank-wa.com  
(425) 789-3445  
201 Main St #101, Edmonds  

REAL ESTATE
AMIE ARMSTRONG HOMES SRS  
www.amiearmstronghomes.com  
(425) 773-4381  
900 N 185th St, Shoreline  

EDMONDS REALTY - LUCILLE NOEL  
www.edmondsrealty.net  
(425) 921-2200  
111 Main St #101, Edmonds  

JOAN LONGSTAFF & ASSOCIATES  
(425) 773-1274  
22816 Edmonds Way #311, Edmonds  

KENNEDY VENTURES - CAT KENNEDY  
kennedyventuresllc@gmail.com  
(206) 963-9866  

REECE HOMES - JAMIE REECE  
www.connectingyouhome.com  
(206) 489-4920  
109 Main St, Suite 2, Edmonds  

REMAX NORTHWEST - DEBBIE JUNGQUIST  
(206) 601-2000  
Email: Debbie@DebbieJungquist.com  

RSVP REAL ESTATE - ERA POWERED  
Jamie Flaxman  
www.jamieflaxman.com  
(206) 790-0081  

WINDERMERE REAL ESTATE - WENDY KONDO  
www.wendykondohomes.com  
kondoqueen@windermere.com  
(425) 478-9789  

WINDERMERE REAL ESTATE - KIPPIE PASOWICZ  
kip@homesbykippie.com  
yourhomeyourlifemypassion.com  
(425) 330-2811  

RESTAURANTS
CHANNEL MARKER PUB & GRILL  
www.thecchannelmarkerpubngrill.com  
(425) 275-9590  
120 W. Dayton St, Edmonds  

BELLA VITA HOME ORGANIZING  
www.bellavitahomeorganizing.com  
annie@bellavitahomeorganizing.com  
(420) 419-2474  

CLEANING EUROPEAN  
www.cleaningeuropean.com  
cleaningeuropean@yahoo.com  
(206) 229-2644  

CLINE JEWELERS  
www.clinejewelers.com  
(425) 673-9090  
105 5th Ave S, Edmonds  

COMSTOCK JEWELERS  
www.comstockjewelers.com  
(425) 275-2148  
411 Main St, Edmonds  

CREATE NEXT STEPS  
www.creatednextsteps.com  
(425) 276-8357  
190 W. Dayton St Suite 203, Edmonds  

EDMONDS CONCIERGE LAUNDRY SERVICES  
www.edmondslaundry.com  
(425) 363-1015  
540 5th Ave S, Edmonds  

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www.edmondslaundry.com  
(425) 363-1015  
540 5th Ave S, Edmonds  

ENERGY WORKS  
www.energyworksnw.com  
7034 220th St SW, Mountlake Terrace  
(425) 409-5661  

PILGRIM MEDIA SERVICES  
www.pilgrimmediasvcs.com  
(425) 218-5872  

THE PRINTING CONNECTION  
(800) 786-5490  

PUGET SOUND ORGANIZERS  
www.pugetsoundorganizers.com  
(206) 999-6977  

SERVPROMO EDMONDS AND LYNNWOOD  
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19327 21st Ave W, Lynnwood  

WALLS & WEEDS, INC ARCHITECTURE  
www.wallsandweeds.com  
(425) 599-5381  
10016 Edmonds Way #C229, Edmonds  

THE WOODEN SPOON  
www.edmondskitchenstore.com  
(425) 775-3344  
104 5th Ave S, Edmonds  

SENIOR SERVICES
A KIND HEART HOME CARE SERVICES  
www.akindheartinc.com  
(206) 866-4446  
22617 76th Ave W, Suite 206, Edmonds  

CEDAR CREEK MEMORY CARE  
www.coelschseniorcommunities.com/senior-living  
(425) 678-8001  
21006 72nd Ave W, Edmonds  

CONCIERGE CARE ADVISORS  
www.conciergecareadvisors.com  
(855) 444-7364  

CRISTA SENIOR LIVING  
www.cristaseniornliving.org  
(206) 210-1306  
19301 King’s Garden Dr N, Shoreline  

EDMONDS CARE  
www.edmondscare.com  
(425) 335-1645  
21400 72nd Ave W, Edmonds  

FOREVER CARE SERVICES  
www.forevercareservices.com  
(206) 383-2001  
2340 N. 179th St, Shoreline  

GREENHAVEN SENIOR CARE  
www.greenhavenseniors.com  
(206) 259-5157  
23326 97th Pl W, Edmonds  

ROSEWOOD COURTE MEMORY CARE  
www.rosewoodcourteliving.com  
(425) 673-2875  
728 Edmonds Way, Edmonds  

SENIORS HELPING SENIORS  
www.snokingseniorscare.com  
(206) 542-4743  
18804 Wallingford Ave N, Shoreline  

SUNRISE OF EDMONDS  
www.sunriseseniorliving.com  
(425) 673-9700  
750 Edmonds Way, Edmonds  

THE WOODEN SPOON  
www.edmondskitchenstore.com  
(425) 775-3344  
104 5th Ave S, Edmonds  

THE WOODEN SPOON  
www.edmondskitchenstore.com  
(425) 775-3344  
104 5th Ave S, Edmonds  

WELL CARE  
www.wellcare.com  
elizabeth.knorr@centene.com  
(206) 601-2000  
109 Main St, Suite 2, Edmonds  

THE WOODEN SPOON  
www.edmondskitchenstore.com  
(425) 775-3344  
104 5th Ave S, Edmonds  

WELL CARE  
www.wellcare.com  
elizabeth.knorr@centene.com  
(206) 549-3491  

WELLCARE  
www.welcare.com  
elizabeth.knorr@centene.com  
(206) 549-3491  

WHERE Fah YOU WOULD LIKE TO BECOME A BUSINESS MEMBER  

MICHELLE.BURKE@EDMONDSWATERFRONTCENTER.ORG  

BECOME A BUSINESS MEMBER FOR JUST $125 PER YEAR!  
The printing of our newsletter is supported by a grant from the Tulalip Tribe Charitable Fund & distributed by The Printing Connection
Seeking donations of Northwest Native Art!

The EWC is building a collection of Indigenous Peoples art. We’d appreciate being considered should you have art that is looking for a new home.

The purpose of our 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 origin, 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 julainefleetwood@gmail.com Art Chair.

In-Home Care Services for Seniors by Seniors

There’s a huge difference in the kind of home care you can receive from someone who really understands what your life is like as a senior.

Our loving & compassionate caregivers are there to help. We offer all the services you need.

Seniors Helping Seniors®

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...like getting a little help from your friends®
Live Vibrantly.

Make the most of each day alongside good friends while we provide personalized assisted living and memory care.

SCHEDULE A TOUR TODAY!  ♦️425.673.9700
LEARN MORE:  sunriseseniorliving.com/communities/wa/sunrise-of-edmonds
MEMBERSHIP FORM – Single & Dual & Family

Our PO Box mailing address is shown above. Make checks payable to “Edmonds Waterfront Center”. To pay by credit/debit card, stop by our building at 220 Railroad Ave, or visit us online at www.edmondswaterfrontcenter.org.

RATES: $25 SINGLE  $45 DUAL  $60 FAMILY  GOOD FOR: 12 months from date of sign-up

All fields on this page are required information for membership. Please print for legibility. Your data is kept confidential. Other programs may use different forms.

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</tr>
<tr>
<td>Check if 90+ yrs ☐</td>
<td>Check if 90+ yrs ☐</td>
</tr>
<tr>
<td>Emergency First Name:</td>
<td>Emergency First Name:</td>
</tr>
<tr>
<td>Emergency Last Name:</td>
<td>Emergency Last Name:</td>
</tr>
<tr>
<td>Emergency Phone:</td>
<td>Relationship to Member:</td>
</tr>
<tr>
<td>Emergency Phone:</td>
<td>Relationship to Member:</td>
</tr>
</tbody>
</table>

A family membership is defined as two adults living in the same household and their minor dependents 18 or younger (*exceptions may be made for currently enrolled college students aged 22 years and living in the same household). Please use an additional form for larger families.

Minor 1: First & Last Name

Date of Birth (Month/Day/Year): ☐

Minor 2: First & Last Name

Date of Birth (Month/Day/Year):

Minor 2: First & Last Name

Date of Birth (Month/Day/Year):

Minor 4: First & Last Name

Date of Birth (Month/Day/Year):

Diversity, Equity & Inclusion

Edmonds Waterfront Center is a community asset where everyone is welcome. We are committed to outreach and inclusion. We continually work to ensure our program offerings and the makeup of our staff, valued volunteers and Board reflect the rich diversity of our region.

SIGNATURE REQUIRED ON BACK (Continue to page 2)

EDMONDS WATERFRONT CENTER – FOR OFFICE-USE ONLY

Date Received: ___________ CASH ☐ CHECK ☐ CREDIT CARD ☐ PAY PAL ☐

Single ☐ Dual ☐ Family ☐ Administrative:
sPLUS ☐ CARD(s) ☐ COUPON ☐ IN-PERSON ☐ MAILED ☐ AUDIT ☐ CARD(s) Date input ☐
MEMBERSHIP FORM – Single & Dual

DEMOGRAPHIC INFORMATION is CONFIDENTIAL and CRITICAL to our GRANT FUNDING and PROGRAM PLANNING. Responses are grouped for analysis. Thank you for your time completing this survey.

<table>
<thead>
<tr>
<th>MEMBER 1</th>
<th>MEMBER 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How many people live in your household and have been there more than 2 months? Include yourself: ________</td>
<td></td>
</tr>
<tr>
<td>2. Marital Status:</td>
<td></td>
</tr>
<tr>
<td>□ Married</td>
<td>□ Single</td>
</tr>
<tr>
<td>□ Partnership</td>
<td>□ Divorced</td>
</tr>
<tr>
<td>3. Gender:</td>
<td></td>
</tr>
<tr>
<td>□ Male</td>
<td>□ Female</td>
</tr>
<tr>
<td>□ Other:</td>
<td></td>
</tr>
<tr>
<td>4. What is your race?</td>
<td></td>
</tr>
<tr>
<td>□ American Indian or Alaska Native</td>
<td></td>
</tr>
<tr>
<td>□ Asian</td>
<td></td>
</tr>
<tr>
<td>□ Black or African American</td>
<td></td>
</tr>
<tr>
<td>□ Hispanic, Latino or Spanish origin</td>
<td></td>
</tr>
<tr>
<td>□ Native Hawaiian or other Pacific Islander</td>
<td></td>
</tr>
<tr>
<td>□ White/Caucasian</td>
<td></td>
</tr>
<tr>
<td>□ Other, specify:</td>
<td></td>
</tr>
<tr>
<td>5. Are you active US military or veteran? □ Yes □ No</td>
<td></td>
</tr>
<tr>
<td>6. What are your top two interests at EWC? (Check only two)</td>
<td></td>
</tr>
<tr>
<td>□ Arts/Crafts/Music</td>
<td>□ Meals</td>
</tr>
<tr>
<td>□ Education/Information</td>
<td>□ Travel/Trips</td>
</tr>
<tr>
<td>□ Health/Wellness</td>
<td>□ Social Connections</td>
</tr>
<tr>
<td>□ Volunteering</td>
<td></td>
</tr>
<tr>
<td>□ Other, specify:</td>
<td></td>
</tr>
<tr>
<td>7. What is your <strong>highest</strong> level of formal education?</td>
<td></td>
</tr>
<tr>
<td>□ Postgraduate work/degree</td>
<td></td>
</tr>
<tr>
<td>□ 4-year college graduate</td>
<td></td>
</tr>
<tr>
<td>□ Some college/technical training</td>
<td></td>
</tr>
<tr>
<td>□ High school grad/GED</td>
<td></td>
</tr>
<tr>
<td>□ Did not complete high school</td>
<td></td>
</tr>
<tr>
<td>8. How many children under 18 years old live in your household? ________ (if none, enter zero)</td>
<td></td>
</tr>
<tr>
<td>9. During the past 12 months, what was your approximate total household income from all sources?</td>
<td></td>
</tr>
<tr>
<td>□ Less than $20,000</td>
<td>□ $20,000 - $24,999</td>
</tr>
<tr>
<td>□ $25,000 - $34,999</td>
<td>□ $30,000 - $34,999</td>
</tr>
<tr>
<td>□ $40,000 - $54,999</td>
<td>□ $55,000 - $74,999</td>
</tr>
<tr>
<td>□ $50,000 and over</td>
<td></td>
</tr>
</tbody>
</table>

I would like to receive the newsletter by EMAIL □ I would like to receive the newsletter by EMAIL □
I would like to receive the newsletter by US MAIL □ One copy of the newsletter may be sent to each household

□ Check here and sign below to concur with release.

**MEMBER 1**

Signature: Date:

**MEMBER 2**

Signature: Date:

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

A HEARTFELT THANK YOU TO ALL WHO HAVE DONATED!
- Andy Rogers
- Anne Marie Jenkins
- Barb Espejo
- Brandon Chapman
- Daniel McKillop
- Dave & Marlene Johnson
- David Schaefer
- & Pat Moriarty
- Edmonds Arts Festival Foundation
- Evelyn Drexel
- George & Gail Bowman
- Greg Beach & Kirsten Beck
- Hummel Women’s Health
- Jack & Michele Simmons
- Jan Bush
- Jocelyn Asher
- Joe & Judy Sambataro
- Joe & Linda Girolamo
- John & Karen Launceford
- John Gleisner
- John, Linda & Morgan Harter
- John Osberg
- Karen Gilbraith
- Karlene Montgomery
- Kurt Kunz & Judith Alexander
- Leif & Cindy Mannes
- Lisa Rush
- Marianne Clay
- Micah & Michelle Reitan
- Nora Murphy
- Paul E Jacobson Jr
- & Carole A Jacobson
- Phil & Gail Lovell
- Richela Das
- Rita White
- Rock & Maggie Peterson
- Steve & Julie Morris
- Vern Thoreson
- Vic & Carolyn Peirsol

IN MEMORIAM

OUR THOUGHTS AND FOND MEMORIES REACH OUT TO THE FAMILIES AND FRIENDS OF:
- Warren Funnell
- Musa Khalaf
- Randy Lazenby
- Herb Streuli, Sr.
- Jim Traner
- Joan Zoffel

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

EWC PROGRAMS ARE MADE POSSIBLE BY GENEROUS CONTRIBUTIONS FROM PEOPLE LIKE YOU!
Please consider making a gift today. Visit our website or call 425.774.5555

Is someone you love experiencing memory loss?

Mukilteo Memory Care can help.

We are here to guide you while you navigate this challenging transition. We offer a state-of-the-art, purpose-built memory care community with caregivers around the clock and thoughtful programming.

We also offer short term/respite care.

Schedule a tour today! (425) 405-7371

Mukilteo memory care

4686 Pointes Drive | Mukilteo, WA 98275
www.mukilteomemorycare.com

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www.mukilteomemorycare.com
CHUSEOK: KOREAN HARVEST MOON FESTIVAL
September 29
Reception: 6:30pm; Program: 7:00-9:00pm
at the Edmonds Waterfront Center
FREE ~ Everyone Welcome

HOSTED BY THE KOREAN AMERICAN HISTORICAL SOCIETY
THE SEATTLE WASHINGTON KOREAN ASSOCIATION
& THE KOREAN COMMUNITY SERVICE CENTER

Meet your Korean American neighbors
Enjoy Korean foods, musical performances
and a Kimchi making presentation