

Sound Connection

for programs at the Edmonds Waterfront Center

MARCH/APRIL 2024 ISSUE

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MESSAGE FROM THE CEO

NET WORTH

Oh boy, it's tax season. You may be one who plans year-round organizing your documents or maybe one who starts thinking about it in February. Either way, for most of us it is stressful. *Do I have enough deductions so I can itemize? Will I owe money this year? What if I miss the deadline?* The tax season tends to get us thinking about our overall financial health. In retirement our universal fear is running out of money. More than 60 percent of us fear running out of money in retirement more than we fear death, according to a survey by financial firm Allianz.

Net worth is the value of your assets minus your liabilities. If you are fortunate to have a 401(k), do you find yourself frequently checking the value online? You feel good when the value goes up and bad when the value goes down, as if it is a predictor of your security and happiness. It's important not to let your **financial net worth** affect your feelings of self-worth - moreover, it is not a good predictor of your happiness. Globally, wealth is not associated with happiness; non-material things are more likely to predict wellbeing. Rather than being preoccupied by your financial net worth, I challenge you to invest in your **"social net worth"**, (Please don't google this. I made it up)- **your social assets** (years on the planet, wisdom, health, passion, friends, family, hobbies, volunteering) minus your **social liabilities** (isolation, health challenges, negative self-talk, depression). Focusing on net worth is looking inward. Focusing on social net worth is looking outward and will

have a far more lasting impact on your future and your happiness.

The good news is that you can invest in your social net worth every day and see immediate high returns. You can make small deposits like greeting someone you don't know on the street, checking in on a neighbor or donating blood. You can make larger investments that will have lasting effects, like volunteering, enrolling in a class or getting involved in a community garden. Placing your energy in these investments will set you on a course of joy and discovery.

Financial net worth looks inward. Social net worth looks outward to people and the world. Get up and get out. The single best predictor of wellbeing and happiness is your network of social connections. Gentlemen, some have suggested that one reason women tend to live longer is the quality of their deep social connections. Men commonly connect through activities. Women tend to be comfortable being vulnerable and build deep ties through sharing emotional support.

Even though money can give you a sense of security and access to things that can bring you joy, lasting well-being comes from positive relationships. So, certainly don't forget to file your taxes by the deadline but be sure to invite a friend to lunch afterward.



Daniel Johnson, MSW
Edmonds Waterfront Center
CEO



JOIN THE COMMUNITY TABLE
WHILE HAVING YOUR LUNCH OR COFFEE
IN THE BANQUET ROOM
MEMBERS OF THE EDMONDS
ROTARY WELCOME YOU FROM
11AM TO 1PM EVERY
MON/TUES/WED/THURS





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Thrift Store Assistant Managers

Dannika Burke**Tracy Nyland**

Thrift Store Back Room Attendants

VOLUNTEERING & INFORMATION:

Volunteer Inquiries

Phone: 425.774.5555 ext 120

Volunteer@EdmondsWaterfrontCenter.org

General Information Inquiries

Phone: 425.774.5555

Info@EdmondsWaterfrontCenter.org

ABOUT THE EWC

EWC Program Hours:

8am-4pm Monday-Friday

City of Edmonds Program Hours:

4pm-10pm Monday-Thursday

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

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 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.

UPCOMING SPECIAL EVENTS & PROGRAM NEWS

ANNUAL MEMBERSHIP MEETING Wednesday, March 27th 3:00pm - 4:00pm in the Waterfront Banquet Room

Everyone is invited to join us for our annual report to the membership on how the Center did in 2023 and our plans for 2024. Special guests Strom Peterson (Snohomish County Council/WA State Rep 21st District) and Lisa Edwards (Verdant Health Commission Superintendent) will also be joining us. Refreshments will be provided and someone will win a raffle prize! Please join us - your questions and suggestions are important.

DAY HIKING CENTRAL CASCADES



With Craig Romano
Tuesday, March 5
6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM
\$7.50 per person ~ Sign-up Online

<https://bit.ly/3uGbmSm> or Pay at the door

Come take a slideshow hiking tour of Washington's breathtaking Central Cascades with award winning guidebook author Craig Romano. Drawing from his newly released Second Edition Day Hiking Central Cascades (Mountaineers Books); Craig will introduce you to a diverse array of trails along the Stevens Pass US 2 corridor, the Icicle River Valley, Lake Wenatchee area, Blewett Pass, Wenatchee foothills, lightly-hiked Entiat River Valley, and Lake Chelan area including the remote Stehekin Valley.

ST PADDY'S DINNER

Thursday, March 14
5:00pm-7:30pm

IN THE WATERFRONT
BANQUET ROOM



\$25 for Members/\$35 for Non-Members

Join us for live music with the Folk Voice Band! Appetizers, dinner (corned beef & cabbage) and non-alcoholic beverages are included with cost of admission. Sign up today ~ Everyone is welcome!

Please call 425.774.5555 or sign up online

<https://schedulesplus.com/edmonds/>

COMMUNITY BREAKFAST

Friday, March 1, April 5 - Cost \$15

8:30am-9:30am in the EWC Banquet Room

Join us for a hot breakfast with coffee and orange juice. Blue breakfast coupons will be expiring at the end of 2024 so be sure to use yours! Those who join in 2024 will receive the new tan breakfast coupons. All coupons are valued at \$5.00 off your meal. No reservations required. Seating is first come, first served, while supplies last. We look forward to seeing you! Thank you to our breakfast sponsor Vineyard Park at Mountlake Terrace.

WAR TAILS - UWARF

With Daniel Fine & Tana Axtelle
Thursday, April 11
6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM
\$7.50 per person ~ Sign-up Online

<https://bit.ly/3IfDSxi> or Pay at the door



Over 12 million people were forced to flee Ukraine, which has resulted in millions of abandoned pets. Many are wandering the streets alone, in desperate need of help, and the crisis is worsening day by day. Ukraine War Animals Relief Fund is focused on a project to rescue/vaccinate/sterilize some of the pets abandoned in Ukraine as a result of the war. The project has a broad impact - not only on the animals but on human safety and ecological health as well.

VOLUNTEER OUTREACH FAIR

Saturday, April 20
10:00am - 1:00pm

IN THE EWC BANQUET ROOM & CRA
~ Free to the community ~



Edmonds Waterfront Center, in partnership with 30+ local nonprofits and advocate groups, is hosting an outreach event for people who are passionate about civic engagement and for volunteers to meet with organizations in need of help. April is National Volunteer Month, a good time to get involved! Contact Sandra Butterfield for more info!

MEMBERSHIP NEWS

2024 Annual Membership Dues Increase

In an effort to offset increased budgetary needs as well as remain more consistent with other area Centers, the EWC Membership Committee has implemented a **dues increase of \$10** across three membership levels.

These rates are effective January 1, 2024:

• Single: \$35 • Dual: \$55 • Family: \$70

We do not want cost to be a barrier. If the cost of membership is a hardship for you, please contact Michelle Neu to inquire about scholarship opportunities.

SNOW CLOSURE INCLEMENT WEATHER POLICY

When the Edmonds School District is closed due to inclement weather, EWC will also be closed. Watch the news for details. If school is on break, call the Center's main number at 425.774.5555 before you come - always err on the side of safety. For days when school has late start due to weather conditions, EWC will open at our regular time.

THRIFT STORE NEWS

HOURS:

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

ADDRESS: 22820 100th Ave W, #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
Monday-Saturday 10:30AM-4:30PM.

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!

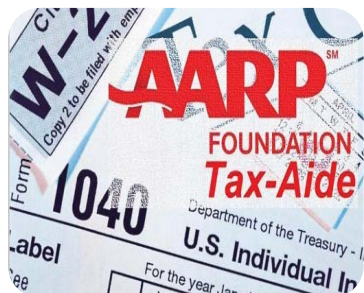
ONLINE TREASURE CORNER:

Every Tuesday, 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

MARCH/APRIL 2024 THRIFT STORE SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Furniture & Lamps - 50% OFF	Shoes & Purses - 50% OFF (Except Designer Bags)	Men's Day - 50% off Men's Clothing including Men's Shoes	All Books - 50% OFF	Shoes & Purses 50% OFF (Except Designer Bags)	Sets of Dishes - 50% OFF
Men's/Women's Pants - \$2	Clothing & Scarves - 50% OFF	Men's/Women's Pants - \$2	Clothing & Scarves - 50% OFF	Men's/Women's Pants - \$2	Clothing & Scarves - 50% OFF
Linen - 50% OFF	Stemware - 50% OFF	Sets of Dishes - 50% OFF	Candles & Candle Holders - 50% OFF	Linen - 50% OFF	Clear Glassware - 50% OFF
Mugs - 50% OFF		CD/DVD/Audio Books/Records - 50% OFF		Art - 50% OFF	
		Toys & Wicker - 50% OFF		CD/DVD/Audio Books/Records - 50% OFF	
				Plastic Housewares - 50% OFF	



AARP TAX AIDE

AARP will have volunteers available to prepare and E-file 2023 federal tax returns for seniors and lower income residents. IRS-certified tax preparers will be at the **Edmonds Waterfront Center on Mondays & Tuesdays from 9am-4pm through April 15**. Volunteers are also available at **Edmonds United Methodist Church on Fridays & Saturdays from 9am-4pm**. **To make an appointment, please text (preferred) or call (425) 202-5238**. Come to the EWC to pick up your tax packet. PLEASE NOTE: **EWC Staff & Volunteers will not be able to schedule your appointment**. For your appointment: You must bring Social Security cards for all individuals listed on your return, picture IDs for all taxpayers, documentation of income (W-9, 1099, etc) and deductions. We recommend that you bring last year's tax return.

EWC PUBLIC BUILDING TOURS

**1ST WEDNESDAY
OF THE MONTH
AT 10:00AM**

Have you seen the magnificent views from our upstairs classrooms or the historical photos linking this building to the old senior center? Viewed the ever-changing hallway gallery or noticed original art on most of the walls? Our free public walking tours are on the first Wednesday of each month. Tour size is limited. Registration is required.



Please call
425.774.5555
or sign up online at
WWW.SCHEDULEPLUS.COM/EDMONDS

**LESLIE WILL BE YOUR
VOLUNTEER
TOUR GUIDE!**

SPECIAL FUNDING NEED



LOOKING FOR SPONSOR OF BALCONY LIVING WALL

In our last issue of *Sound Connection*, we introduced a new column – **Special Funding Need** where we featured our desire to install ADA push pad door openers for our restrooms. The purpose of the column is to highlight building needs that never got finished or have emerged since completing construction of the EWC in 2021.

The Living Wall on the second-floor balcony is a project that was never completed. *What is a living wall* – you might ask? It is a wall of live plants that provide a lush vertical garden, providing a privacy and sound barrier, as an alternative to a fixed wall. We have installed the architectural trellis framework, planters, and irrigation. What we need is funding to pay for consultation and plants, and more importantly, volunteers who will tend the living wall on a scheduled basis. The hope is to also incorporate an herb garden into the living wall which can be used for our cooking classes.

HERE ARE SOME GREAT WAYS TO GIVE:

1. Cash – simply write a check and mail it to us at PO Box 717, Edmonds, WA 98020. You can also give us a call at 425.774.5555 or come to the Center in person. Any one of our staff or volunteers would be happy to assist you.
2. Multi-year pledge – leverage your giving over time.
3. Highly appreciated stock – added advantage of avoiding capital gains.
4. 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.
5. 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.
6. 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.
7. Memorial Gift - in memory of a loved one.



Don't get caught unprepared!

It's time to create an estate plan
that works for you.



Act now and bring yourself and
your loved ones Peace of Mind.
Set up a 30 minute complimentary
initial consultation by QR CODE or
call 425.670.1560

WALL GROUP LAW



Wills • Trusts • POAs • Probate • Business
VA and Medicaid Benefits

Edmonds, WA 98020

www.WallGroupLaw.com

Get Your Ducks in a Row



Please join us as senior housing and care expert, Marta Street, leads a panel discussion on preparing to transition into senior housing. This discussion will be relevant for seniors who wish to plan ahead or adult children seeking more information on how to best support their aging parents.



Marta Street, Certified Concierge Care Advisor

Mary is the industry expert when it comes to long term care. She will discuss the ins and outs of transitioning to a senior living community and how to best plan for that move.

Terry Vehrs, Windermere

Terry is the premier luxury real estate agent in Edmonds and Woodway. As a designated Senior Real Estate Specialist, Terry will be discussing when the right time to sell your home and will be going over market trends.



Jacom Schallenkamp, APMA, CRPC, Soundview Financial Group

Jacom is an associate financial advisor with Soundview Financial Group. Jacom will be talking about family financial legacy and the importance of communicating with your family about your legacy plan.

Join the Conversation

Thursday, March 7; 1:30-3:30pm

Edmonds Waterfront Center, Room B
220 Railroad Ave, Edmonds

Light refreshments will be served

Seating is limited, please RSVP by

CALLING
425-774-5555

<https://shorturl.at/itQ07>





2024 BOARD OF DIRECTORS

BOARD OF DIRECTORS MEETINGS

4th Thu, Mar 28, Apr 25 at 4:00pm

Meets in Community Room B & Zoom

President: David Schaefer

Vice-President: Devnee Gadbois

Treasurer: Chuck Fritz

Secretary: Alison Alfonzo Pence

Past President: Karen Barnes

Diane Cutts

Jim Elsberry

Julaine Fleetwood

Phyllis Gutierrez-Kenney

Lillyan Hendershot

Chase Keffeler

Jeannie Kiewicz-Brooks

Bob Kleinschmidt

Nina Odell

Alma Ohtomo

Doug Purcell

Jeanett Quintanilla

Brook Roberts

Kay Shin

Tabatha Shoemake

Terri Wilson

Representative for City of Edmonds:

Dave Turley

COMMITTEES

ART - Julaine Fleetwood, Chair

BOARD DEVELOPMENT -

Alison Alfonzo Pence, Chair

EXECUTIVE - David Schaefer, Chair

FACILITIES & TRANSPORTATION -

Bob Kleinschmidt, Chair

FINANCE - Chuck Fritz, Chair

FUNDRAISING - Chair TBD

GOVERNANCE - Julaine Fleetwood,
Chair

MARKETING & COMMUNICATIONS -

Lillyan Hendershot, Chair

MEMBERSHIP - Alma Ohtomo, Chair

PROGRAMS - Karen Barnes & Terri
Wilson, Co-Chairs

STRATEGIC PLANNING - Devnee
Gadbois & Kay Shin, Co-Chairs

FROM THE BOARD PRESIDENT

Welcome to the Edmonds Waterfront Center newsletter for March/April. This is from David Schaefer, board president for 2024. Michelle Neu, editor of this newsletter, offered me the chance to write a bit of an introduction and greeting to the membership.

I have lived in Edmonds for what seems like a long time – more than 30 years – and in retirement have enjoyed volunteering on the Waterfront Center board, the board of the Edmonds Center for the Arts, and a few others.

This is starting out to be a busy and exciting year for the EWC, and we welcome the comments and guidance of members as we move along.

Much of the focus in past years has been in paying off the construction costs for the new building, and we are happy to be able to check that off the list. Next step will be to establish reliable and sustainable reserves both for our operations, and for care and maintenance of the building. As stewards of this new Waterfront Center, we are very conscious of keeping the peoples' investment in top condition.

A second effort this year – also somewhat financial – will be to establish a "planned giving" program. That's sort of a corporate way of saying we want to provide a way for folks who have enjoyed the center over the years to remember us in their wills and bequests. We are just beginning this effort but expect to hear more about it as the year goes on.

I think most of you know that we recently have taken over operation of the Mountlake Terrace senior center – or Lake Ballinger Center as it now is being called. Several of our programs already are operating at the Lake Ballinger Center, as well as a lunch program, and we hope to get more use of the center, as well as to provide a great meeting place for that city.

The Lake Ballinger Center is the former clubhouse for the nine-hole golf course that operated there for years. The golf course now is a city park, in which the city of Mountlake Terrace has made significant investment, and it provides a great outdoor (and indoor) venue for events, programs, or just walking around the park.

One of our jobs on the board is to recruit new board members, and in that process this year, several applicants told us that we are not very well known in the community. They said people may know that there is an Edmonds Waterfront Center, but they haven't been here, and don't know what goes on here. So, Daniel Johnson, the CEO, the staff and board really want to address that this year in improving the marketing of our operation.

You can help us with that. If you have friends or neighbors who have not paid a visit, or don't know about the EWC, invite them down or bring them along. We want to increase and improve our outreach into the community.



Finally, let me take this opportunity to remind you of an important event this month:

• The **annual membership meeting will be Wednesday, March 27 at 3 p.m.** I look forward to seeing you there and meeting more of you.

~ David Schaefer

Board President, Edmonds Waterfront Center



EDMONDS



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



DAY TRIPS & HIKES - SIGN UPS OPEN ON MARCH 4th

**HOW TO REGISTER: Online - Go to: [HTTPS://WWW.SCHEDULESPUS.COM/EDMONDS/KIOSK](https://www.schedulesplus.com/edmonds/kiosk)
CALL 425.774.5555 or visit the 2nd floor Reception Desk**

SIGN-UPS OPEN ON MONDAY, MARCH 4

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:

**Lake Ballinger Center
23000 Lakeview Dr.
Mountlake Terrace, 98043**

Meet and park in the south east 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 Neu at
425.954.2520**

GLENN MILLER ORCHESTRA

AT BENAROYA HALL

Friday, March 15

Depart: 6:00pm; Return: 10:30pm

Cost: \$75M/\$110NM

Some Walking/Stairs ++

Spots Available: 20

Meet at: Lake Ballinger Center

The world-famous Glenn Miller Orchestra is one of the most popular and sought after big bands in the world today. With its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. The present Glenn Miller Orchestra was formed in 1956 and has been touring worldwide ever since.

CHIHULY GARDEN AND GLASS + SPACE NEEDLE

Wednesday, March 20

Depart: 10:15am; Return: 4:30pm

Cost: \$80M/\$120NM

Lots of Walking +++

Spots Available: 19

Meet at: Lake Ballinger Center

Fill your day with bold, bright colors and beautiful blooms, and unmatched views of Seattle and beyond. Chihuly Garden and Glass offers the most comprehensive selection of Dale Chihuly's work. Your ticket includes access to Exhibition Galleries, Glasshouse and Garden. You will also travel to the top of the Space Needle to the open air deck and the thrilling views from the all glass floor below your feet! Lunch at your choice of offerings in the Seattle Center armory food court (cost OYO) or bring your own.

MY FAIR LADY

Sunday, March 24

Depart: 12:30pm; Return: 4:30pm

Cost: \$22M/\$30NM

Little Walking +

Spots Available: 13

Meet at: Lake Ballinger Center

The Woodland Park Players perform this beloved musical in partnership with Shoreline Community College Theatre. Closed Captions will be provided.

UNIVERSITY OF WASHINGTON

SHELLHOUSE TOUR

Tuesday, March 26

Depart: 9:30am; Return: 2:30pm

Cost: \$20M/\$30NM

Moderate Walking ++

Spots Available: 23

Meet at: Lake Ballinger Center

Have you read or seen "The Boys In The Boat", the account of how nine ragtag depression era students from the University of Washington went to the 1936 Berlin Olympics and defeated Hitler's "master race" rowers to bring home the gold? Bob Ernst, a long-time Edmonds resident and crew coach at the UW will host a tour of the crew facilities, highlighting the 100+ year history of rowing at the UW and how, with contributions from men like George Pocock and Al Ulbrickson, it became one of the finest rowing programs in the world going on to win US national rowing championships and Olympic Gold. The tour will include the shell bays and training facilities, plus you will see the cedar shell that won the 1936 Olympics. This will be a tour you won't forget. Lunch nearby after the tour (COST OYO).

EMERALD QUEEN CASINO

Tuesday, April 2

Depart: 9:30am; Return: 4:00pm

Cost: \$25M/\$40NM

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).

TULIP TOWN & SALMON BBQ

Friday, April 12

Depart: 9:00am; Return: 5:00pm

Cost: \$35M/\$50NM

Little to Moderate Walking +/++

Spots Available: 23

Meet at: Lake Ballinger Center

Take a driving tour through Skagit Valley to see the acres of tulips with a stop at Tulip Town (admission included). Known as the Jewel of Skagit Valley this pristine Skagit farmland is brimming with over 55 varieties of vibrant tulips. Then, enjoy the annual Kiwanis Salmon BBQ lunch, with all the trimmings, at the Hillcrest Park Lodge in Mt. Vernon. (Lunch Cost is on your own, small meal is \$20).

DAY TRIPS AND HIKES

DISNEY'S ALADDIN AT THE PARAMOUNT THEATRE

Thursday, April 25

Depart: 11:30am; Return: 5:00pm

Cost: \$95M/\$145NM

Little Walking +/-

Spots Available: 12

Meet at: Lake Ballinger Center

Discover a whole new world at Disney's ALADDIN, the hit Broadway musical. From the producer of The Lion King comes the timeless story of ALADDIN, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite.

NEW! COMMUNITY TRANSIT RIDE ALONG

SWIFT ORANGE LINE TO ASH WAY PARK & RIDE

Tuesday, April 16

Meet: 10:00am; Return: 1:00pm

Cost: No Cost

Little to Moderate Walking ++

Spots Available: 25

Meet at: EWC - Community Room A

Short info session and Q&A about riding transit, followed by a guided tour of the new Swift Orange Line. The tour will end at the temporary RideStore at Ash Way Park & Ride, where participants will have the opportunity to sign up for a Senior ORCA card before riding back to Edmonds.

EWG 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 Neu at 425.954.2520 or via email Michelle.Neu@EdmondsWaterfrontCenter.org

Edmonds Waterfront Center Travel Club presents...

Exploring Scotland & Ireland

with Optional 3-Night London Pre Tour Extension

April 13 - 25, 2025



Book Now
& Save
\$300
Per Person

BOOK BY OCTOBER 7, 2024

VIEW THE ITINERARY AND SIGN-UP ONLINE AT:
[HTTPS://GATEWAY.GOCOLLETTE.COM/LINK/1213393](https://gateway.gocollette.com/link/1213393)

OVER THE HILL HIKERS

*ONLINE REGISTRATION IS AVAILABLE

<https://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 MARCH 4

9AM - IN PERSON (2nd floor reception

- We begin handing out numbers at 8am)

12PM - ONLINE/OVER THE PHONE

HIKE COST PER PERSON:

\$25 MEMBER/\$40 NON-MEMBER

PARKING & DEPARTURE LOCATION FOR HIKES:

Lake Ballinger Center

23000 Lakeview Dr, Mountlake Terrace, 98043

Meet & park in the southeast 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.



RED BRIDGE (MTN LOOP) - SNOWSHOE

Thu, Mar 14 | Depart: 8:00am.

Difficulty: Easy-Medium. 4 Miles Round Trip

Elevation Gain: 100 ft.

MOUNT VERNON DIKE - HIKE

Thu, Mar 28 | Depart: 8:00am.

Difficulty: Easy. 4 Miles Round Trip

Elevation Gain: 25 ft.

HEATHER MEADOWS AREA (MT BAKER) - SNOWSHOE

Thu, Apr 11 | Depart: 7:00am.

Difficulty: Easy-Medium. 4 Miles Round Trip

Elevation Gain: 300-400 ft.

LAKE PADDEN LOOPS (BELLINGHAM) - HIKE

Thu, Apr 25 | Depart: 8:00am.

Difficulty: Medium. 7.7 Miles Round Trip

Elevation Gain: 400 ft.



HEALTHY LIVING WORKSHOPS - sign-ups for all workshops open on March 1

HOW TO REGISTER: Online - Go to: [HTTPS://WWW.SCHEDULESPUS.COM/EDMONDS/KIOSK/](https://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.

WELCOME TO MEDICARE

Thursday, Mar 7, 21, Apr 4, 18; 2:00pm-4:00pm

Wednesday, Mar 13, 27, Apr 10, 24; 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.*

ANCIENT GAMES FOR MODERN FUN (ZOOM)

Wednesdays, March 6 - April 24; 4:30pm-5:30pm

Cost: \$49 member | \$64 non-member

Facilitator: Ariele Huff

Register: Open now; Online/Phone/2nd Floor Reception

Come play with us in this fun ZOOM group. Astrology charts, Tarot card reading, I Ching messages, mandala construction and use, spirit animal selection, and a handful of more recent games like "Art Therapy" tests and The Wizard of Oz test. Cheaper than a spa with practical information, and lots of laughs. The ridiculously cheapest way to get your astro chart or card and I Ching readings. **Must have computer/access to internet*

DO PROCESSED FOODS GET AN UNFAIR BAD RAP?

Thursday, March 7; 11:30am-1:00pm

Location: Community Room A

Cost: None

Facilitator: Alaina Brown, SPU dietetic intern with Masters of Science in Nutrition

Register: Opens March 1; Online/Phone/2nd Floor Reception
Are processed and packaged foods as unhealthy as people say? Processed and packaged foods are often more affordable, accessible, last longer, and take less energy to cook than fresh foods; making them a necessary choice for many of us! In this class, we'll talk about the processed and packaged foods in stores that are healthy choices and ways to make them more nutritious. You will learn about the truth behind common nutrition myths, how to read food labels, what to look for when choosing processed and packaged foods, and how to make the best choices for you and your lifestyle. This is a great opportunity to get questions answered and actionable steps to take to improve your diet.

DO YOU QUALIFY FOR A REDUCTION IN YOUR PROPERTY TAXES?

Monday, March 11; 2:00pm-3:00pm

Location: Community Room A

Cost: None

Facilitator: Theresa Hollis

Register: Opens March 1; Online/Phone/2nd Floor Reception
Attend this seminar to learn about the property tax exemption program for seniors with a low income and for disabled persons of any age with a low income. Snohomish County homeowners qualify if their 2023 net income is less than \$75,000 after

allowable medical costs are deducted. Attend this free 30-minute seminar and get your questions answered.

YOUR LIFE, YOUR WISHES ~

GUIDE TO DEVELOPING AN ADVANCED DIRECTIVE

Tuesday, March 19; 1:00pm-3:30pm

Location: Community Room B

Cost: None

Facilitators: Michelle Reitan, MSW & Sue Shearer, RN

Register: Opens March 1; 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.

This workshop discusses:

- 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 are the different burial options available in Washington State.

UNLOCKING RETIREMENT WEALTH: MASTERING FHA HECM STRATEGIES

Wednesday, March 20; 1:00pm-3:00pm

Location: Community Room B

Cost: None

Facilitator: Frank Borg, Retirement Mortgage Planner

Register: Opens March 1; Online/Phone/2nd Floor Reception

Join our 2-hour class for homeowners 62+ to confidently navigate retirement finances.

Discover how FHA Home Equity Conversion Mortgages (HECMs) can:

- Ensure financial security without outliving savings
- Leave a legacy for heirs while enjoying life
- Manage long-term care costs and unexpected expenses
- Cut through overwhelming information

Secure your spot today and unlock your retirement wealth.

DO I NEED A WILL OR A TRUST? IS THE RIGHT PERSON MY POWER OF ATTORNEY? HOW CAN I AVOID PROBATE?

Thursday, March 21; 1:00pm-2:00pm

Location: Community Room B

Cost: None

Facilitator: Wall Group Law

Register: Opens March 1; Online/Phone/2nd Floor Reception

Attend an informational presentation by an attorney from Wall Group Law specializing in Elder Law and Estate Planning. We will discuss documents important to create legal solutions and bring you peace of mind. Bring your questions and learn from this interactive presentation. All ages and levels of knowledge welcome.

HEALTHY LIVING WORKSHOPS - sign-ups for all workshops open on March 1

HOW TO REGISTER: Online - Go to: [HTTPS://WWW.SCHEDULESPUS.COM/EDMONDS/KIOSK/](https://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.

UNDERSTANDING HOSPICE AND END OF LIFE

Tuesday, March 26; 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitator: Bill Dehmer, MSW

Register: Opens March 1; 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 in hospice.

HOW TO STOP COMFORT EATING, DAY & NIGHT

Thursday, March 28; 1:00pm-2:30pm

Location: Community Room B

Cost: \$30 member | \$40 non-member

Facilitator: Cassie Christopher, RDN

Register: Opens March 1; Online/Phone/2nd Floor Reception

Come join Cassie Christopher, a Registered Dietitian Nutritionist and emotional eating and binge eating disorder specialist for a non-judgemental discussion about how to stop using food as the primary way to cope with life's difficulties. You will walk away with practical strategies you can implement right away to support yourself without comfort eating in order to live within your value of healthy living.

SMART PHONE BASICS

Friday, March 29; 2:00pm-4:00pm

Location: Community Room B

Cost: None

Facilitator: Dylan Rice

Register: Opens March 1; Online/Phone/2nd Floor Reception

This smart phone basics class will cover the fundamentals of phones and how to get the most out of this powerful tool. We will show you how to message/call, how to avoid fraud, use social media, and more. There will also be time after class to cover individual questions.

AGING MASTERY PROGRAM

Tuesdays, April 2 - April 30; 1:00pm-3:30pm

Location: Community Room B

Cost: \$20 member | \$30 non-member

Facilitators: Michelle Reitan, MSW & Sue Shearer, RN

Register: Opens March 1; 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 MAP 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, advance 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, and adoption of several other healthy behaviors.

ASSISTANCE WITH PRESCRIPTION MEDICATION COST

Thursday, April 11; 1:30pm-3:30pm

Location: Community Room B

Cost: None

Facilitator: Rod Shutt, Prescription Assistance Coordinator

Register: Opens March 1; Online/Phone/2nd Floor Reception

The Prescription Drug Assistance Network is a program of the

Prescription Drug Assistance Foundation, a Washington State Charity, whose mission is to assist Washington State Residents find ways to access medications they can otherwise not afford. In this presentation, Rod Shutt (Western Washington Assistance Program Coordinator) will discuss the different types of assistance that are available and how to qualify and apply to get the medications you need.

BEYOND GOOGLE: FINDING, EVALUATING AND USING HEALTH INFORMATION

Thursday, April 18; 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitator: Susan Banks, Master of Library & Information Science

Register: Opens March 1; Online/Phone/2nd Floor Reception
Participants will become familiar with reliable online health resources and how to navigate these sites effectively. Please bring your laptop if you want to follow along. The presentation will be an hour. The last 30 minutes will be for questions and to practice searching. Susan Banks has a Master of Library and Information Science.

MOOD, FOOD AND ATTITUDE

Thursday, April 25; 1:00pm-3:00pm

Location: Community Room B

Cost: \$30 member | \$40 non-member

Facilitator: Cassie Christopher, RDN

Register: Opens March 1; Online/Phone/2nd Floor Reception
Diet and lifestyle can have a huge impact on how good you feel every day. After all neurotransmitters, the chemical communicators in the brain, are made up of amino acids, which come from food in the form of protein! Come learn the practical strategies you can begin using right away that will improve your mood and mental health. We will also leave time to discuss optimizing brain health overall. Don't miss this!

COOKING DEMOS - sign-ups open March 1

BUCKWHEAT COOKING DEMO - WHAT IS IT AND HOW TO COOK THIS POPULAR HEALTH FOOD

Friday, March 15; 1:30pm-3:00pm

Location: Teaching Kitchen/MP1

Cost: None

Facilitator: Irina Korchemnaya, SNAP-Ed Nutrition Educator

Register: Opens March 1; Online/Phone/2nd Floor Reception
Buckwheat has become popular as a health food due to its high mineral and antioxidant content. Its benefits may include improved blood sugar control. Buckwheat is mainly harvested in the northern hemisphere, especially in Russia, Kazakhstan, China, and Central and Eastern Europe. Join our SNAP-Ed and Edmonds food bank cooking demo to learn all about buckwheat.

KOREAN CUISINE DELIGHT COOKING DEMO

Friday, April 19; 1:30pm-2:30pm

Location: Teaching Kitchen/MP1

Cost: None

Facilitator: Irina Korchemnaya, SNAP-Ed Nutrition Educator

Register: Opens March 1; Online/Phone/2nd Floor Reception
Korean Food has become very popular recently. Come learn about Korean cuisine and try savory samples at SNAP-Ed and Edmonds food bank cooking demo.



ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

**HOW TO REGISTER: Online - Go to: [HTTPS://WWW.SCHEDULESPUS.COM/EDMONDS/KIOSK/](https://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.

AARP DRIVER REFRESHER

Wednesday/Thursday

Mar 20,21; No Class in April

9:00am-1:00pm (2 days/8 hours total)

Room: Community Room A

Instructor: Clarence Elstad

Cost: \$20 AARP member | \$25 non AARP member; pay instructor day of class (cash or check)

Register: Online/Phone/2nd Floor Reception;

Registration Opens: February 15 for March class Refresh your driving skills and receive a discount on your car insurance. Must attend entire two-day session for credit. Pay instructor. Must bring AARP member card to get discount.

ACOUSTIC GUITAR & UKULELE LESSON WITH HANNAH LIZ

Fridays | 12:00pm-1:30pm

March 22 - GUITAR

April 19 - UKULELE

Room: Community Room B

Instructor: Hannah Liz Parkerson

Cost: None

Register: Online/Phone/2nd Floor Reception

Registration Opens: February 15 for March class, March 15 for April class

Introductory music lesson. Bring your instrument with you to class.

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). Now showing film noir.

BIRDS OF EDMONDS

Mondays | 10:00am-11:30am

Room: Community Room B

Instructor: Candy Brown

Cost: \$30 member | \$45 non-member

Register: Online/Phone/2nd Floor Reception

Registration Opens: March 15

Learn how to identify and better appreciate the common birds that share Edmonds with us!

Three individual classes (one price):

4/8 - More Songbirds

4/15 - Hummingbirds

4/22 - Gardens for Birds

Birders of all ages are welcome to join us for this fun 3 week overview of local birds! Pay one fee for all 3 classes, attend as many as you like. This program is a continuation from the February session - these are the final 3 classes.

CURRENT EVENTS DISCUSSION GROUP

Wednesdays | 10:00am-12:00pm

Room: Community Room B

Facilitator: Michael Knapp

Cost (Qtrly): \$5 member | \$10 non-member

Register: 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

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 | 9:30am-12:30pm

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 | 10:00am-11:45am

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, Mar 22 | 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: February 15

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. This month's theme: Easter and Spring!

INTERGENERATIONAL BOOK GROUP

Facilitator: Elaine Sonntag-Johnson

Location: Online via Zoom

Cost: None

Register: Online/Phone/2nd Floor Reception

Thursday, Mar 28; 1:30pm-3:00pm

Book Title: "The Heart's Invisible Furies" by John Boyne.

Thursday, Apr 25; 1:30pm-3:00pm

Book Title: "Elena Knows" by Claudia Pineiro.

LIVE MUSIC DAILY

Enjoy coffee or lunch with live music in the Banquet Room featuring:

Edgar - Monday 11:30-1:30

Jack - Tuesday 11:30-1:30

Frank - Wednesday 8:30-11:00

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

Danilo - Friday 11:30-1:30

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: February 15 for March session, March 15 for April session

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.

ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

**HOW TO REGISTER: Online - Go to: [HTTPS://WWW.SCHEDULESPUS.COM/EDMONDS/KIOSK/](https://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.

NO FEAR DRAWING

Wednesdays | 10:30am-12:30pm

Mar 13 - May 1 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

Cost: \$60 member | \$90 non-member

Register: Online/Phone/2nd Floor Reception;
must sign up for entire session - no drop ins

Registration Opens: February 15

Class Limit: 15 students

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

NO FEAR PORTRAITS

Thursdays | 1:30pm-3:30pm

Mar 14 - May 2 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

Cost: \$60 member | \$90 non-member

Register: Online/Phone/2nd Floor Reception;
must sign up for entire session - no drop ins

Registration Opens: February 15

Class Limit: 15 students

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 Guest Services for materials list.

NO FEAR WATERCOLOR (BEGINNER LEVEL)

Fridays | 10:30am-12:30pm

Mar 15 - May 10 (8 classes)

WILL NOT MEET APR 26

Room: Multipurpose Room 3

Instructor: Ruth Barth

Cost: \$60 member | \$90 non-member

Register: Online/Phone/2nd Floor Reception;
must sign up for entire session - no drop ins

Registration Opens: February 15

Class Limit: 15 students

Explore the spontaneous qualities of watercolor and learn techniques, light, shade and form. Drawing skills are not required to take this class. Contact Guest Services for materials list.

NO FEAR WATERCOLOR (INTERMEDIATE LEVEL)

Thursdays | 10:30am-12:30pm

Mar 14 - May 2 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

Cost: \$60 member | \$90 non-member

Register: Online/Phone/2nd Floor Reception;
must sign up for entire session - no drop ins

Registration Opens: February 15

Class Limit: 15 students

Explore the spontaneous qualities of watercolor and learn techniques, light, shade and form. Drawing skills are not required to take this class. Contact Guest Services for materials list.

NEW! PAINT A WOODEN BUTTERFLY Friday, Apr 12 | 1:00pm-3:00pm

Room: Multipurpose Room 4

Instructor: Nicola Davies, Create Next Steps

Class Limit: 16 students

Cost: \$15 member | \$20 non-member

Register: Online/Phone/2nd Floor Reception

Registration Opens: March 15

It's time to celebrate Spring! Design and paint a wooden butterfly with your own unique patterns. All materials, including acrylic paint in vibrant colors and several ideas will be provided. You'll be amazed at how easy it is to create something beautiful.

ROLLING CRONE SINGERS

Mondays | 12:00pm-2:00pm

Room: Multipurpose Room 3

Facilitators: Marge Hampton & Gail Lovell

Register: Not accepting new members at this time.

RUG BRAIDING

Mondays | 1:00pm-3:00pm

Room: Community Room B

Facilitators: Margaret Elwood and Patsy Simon

Cost (per class): \$1 member | \$2 non-member

Register: In Class with Instructor

Drop in sessions to work on braided rugs or observe and learn how to make a braided rug. Participants can learn beginning rug braiding skills and receive ongoing coaching. Bring your own materials or talk with facilitator about materials available for purchase.

SENIOR SWINGERS ORCHESTRA

Thursdays | 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.



TECH HELP 1-ON-1

Wednesdays | 9:00am-12:00pm

Room: Community Room A/Community Lounge on 3rd Wed

Facilitator: Rob Scarr

Cost: None

Register: Phone/2nd Floor Reception

Registration Opens: February 15 for March sessions, March 15 for April sessions

****Please note the topic you are requesting help with when signing up.**

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.

UKULELE AIKANES (FRIENDS)

Wednesdays | 1:00pm-2:30pm

Room: Multipurpose Room 1&2

Facilitators: Alma Ohtomo & Audrey Parks

Cost (Qtrly): \$15 member | \$30 non-member

Register: In Class with Alma (on-going)

New and experienced players are welcome!

WOODCARVING

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.

WRITER'S ROUND TABLE

Fridays | 1:00pm-2:30pm

Room: Online with Zoom

Facilitator: Ariele Huff

March session: Mar 1, 8, 15, 22, 29

March Cost: \$30 member | \$50 non-member

April session: Apr 5, 12, 19, 26

April Cost: \$24 member | \$40 non-member

Sign up is monthly - no drop in

Registration Opens: February 15 for March session, March 15 for April session

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.)



CLINICAL HEALTH & WELLNESS PROGRAMS

**HOW TO REGISTER: Online - Go to: [HTTPS://WWW.SCHEDULESPUS.COM/EDMONDS/KIOSK/](https://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

Tuesday, Mar 12; 9:30am-11:30am

Location: Clinic Room

Cost: Free 15-minute visit

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.

BASTYR CENTER FOR NATURAL HEALTH ONSITE NATURAL MEDICINE CLINIC

Thursdays, 1:30pm - 4:30pm

Please call 425.774.5555 Ext 119 to schedule an appointment.

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.

Cost: \$15 per visit (paid to the EWC) 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.

BREAST CANCER SCREENINGS

Monday, March 11

Call to schedule your Mammogram 206.606.7800

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 takes 15 minutes and no referral is needed. We'll also have a nurse navigator on hand to answer your breast health questions and provide some helpful giveaways.

For more information go to www.seattlecca.org/mammography

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

FLOSS BOSS MOBILE DENTAL VAN

Monday, May 6; 9:00am-4:00pm

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, Premier, Delta Dental and Regence. If you are not insured, they have in-house plans.

The EWC receives program grant funding from **Snohomish County Human Services**. Our newsletter is distributed by **The Printing Connection**.

The Foot Care Clinic has expanded with additional nursing staff! We have openings in March and April. The cost of each session is \$40 and full-day clinics are held on Wednesdays/Thursdays of the first two full weeks of every month. Come see us for your foot care needs! If you need financial assistance, please call Michelle Reitan at 425-954-2523.

FOOT CARE CLINIC

1st & 2nd Wednesday/Thursday

Mar 6, 7, 13, 14, Apr 3, 4, 10, 11

8:00am-3:00pm in The Studio

Please call 425.678.3664 for an appointment

The fee for an in-clinic visit is \$40. Cash/Check/Debit or Credit (not covered by insurance or Medicare).

FREE REIKI HEALING

3rd Tuesday - Full through July

1:00pm-4:00pm

All sessions are full until August. We are no longer accepting appointments. We will reopen appointments in July for the remainder of the year. Thank you for your understanding.

POP UP BLOOD DRIVE

Monday, Apr 29: 9:30am-4:30pm

Tuesday, Apr 30: 9:30am-4:30pm

TO MAKE AN APPOINTMENT~ call: 1.800.398.7888

email: schedule@bloodworksnw.org

OR website: 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. Donated blood is crucial for cancer treatment, surgeries, and trauma situations. That's why we're urgently looking for new and returning donors to help maintain a safe and reliable blood supply. By donating, you're doing something great for patients and their loved ones, and possibly your loved ones too.

REIKI HEALING

1st/2nd/4th Tuesdays; Starting Apr 2, 9, 23

12:30pm-3:00pm

Location: Clinic Room

Cost: \$70 member | \$80 non-member

Facilitators: Energy Healing Group: Karen Gilbraith, Terra Lea Dennis, Catherine Braun

Register: Phone/2nd Floor Reception

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 their 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. Wear comfortable clothes, bring a pillow or blanket for comfort if you'd like.

DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS

**HOW TO REGISTER: Online - Go to: [HTTPS://WWW.SCHEDULESPUS.COM/EDMONDS/KIOSK/](https://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.

BABY & ME YOGA

Monday/Friday | 10:30am-11:30am
WILL NOT MEET APR 26

Room: Multipurpose Room 4

Instructor: Nisreen Azar

March Cost: \$160 member | \$175 non-member

April Cost: \$143 member | \$163 non-member
\$25 drop-in

Register: Online/Phone/2nd Floor Reception
Registration Opens: February 15 for March session, March 15 for April session; drop in ok.

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.

DANCING & LIVE MUSIC AT BALLINGER

Tuesdays | 1:00pm-3:00pm

Location: Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace

Room: Lakeview Room

Cost: \$6 member | \$10 non-member

Register: Pay at the door; drop in ok
Live bands play a wide variety of music: Ballroom, Swing, Latin, Rock/Pop, Country and more! Dance on a great hardwood floor. Lauren Petrie 2nd/4th Tuesday; WAVE 1st/3rd/5th Tuesday. Masks are recommended.

NEW! FAMILY YOGA

Mondays starting April 1
3:15pm-4:00pm

Room: Multipurpose Room 3

Instructor: Nisreen Azar

Monthly: \$100 member | \$130 non-member
\$30 drop-in

Register: Online/Phone/2nd Floor Reception
Registration Opens: March 15; drop in ok.

This playful, gentle and supportive class is designed for families with children of all ages. Cultivate strength and relaxation while playfully connecting with your child through yoga poses and breathwork. Class is suitable for all yoga levels. Families with children ages two and over are welcome.

****Please bring a yoga mat, and a towel or blanket**

GENTLE YOGA

Tuesdays | 10:00am-11:00am

Thursdays | 9:00am-10:00am

Room: Multipurpose Room 1 & 2

Instructor: Terra Lea

Monthly Cost: \$50 member | \$60 non-member;
sign up is monthly - no drop in; must sign-up for Tuesday & Thursday classes separately

Registration Opens: February 15 for March sessions, March 15 for April sessions

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.

IMPROVING MOVEMENT WITH THE FELDENKRAIS METHOD - GROUP SERIES

Wednesdays (7 sessions)

Mar 13 - Apr 24 | 2:30pm-3:30pm

Location: Multipurpose Room 4

Cost: \$105 members | \$125 non-members

Facilitator: Peggy Protz

Registration Opens: March 1

Register: Online/Phone/2nd Floor Reception
Equipment: Bring a mat

Experience the joy of moving with greater ease and comfort! The Feldenkrais Method® is an innovative approach that uses specific movements to expand bodily awareness and well-being. Based on principles of physics, biomechanics, and how our nervous system learns, these gentle exercises awaken you to better ways of living in your body, resulting in better posture, improved balance, less pain, and more flexibility. Bring a mat. Exercises are done mostly lying on floor, however for those not comfortable on the floor, movements can be modified in chairs.

LINE DANCING (BEGINNER)

Fridays | 1:15pm-2:15pm

Room: Multipurpose Room 3

Instructor: Jeff Buckley

Class Limit: 12 students

March session: Mar 1, 8, 15, 22, 29

March Cost: \$50 member | \$75 non-member

April session: Apr 5, 12, 19

April Cost: \$30member | \$45 non-member

WILL NOT MEET APR 26

Register: Online/Phone/2nd Floor Reception
Registration Opens: February 15 for March session, March 15 for April session-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

March session: Mar 6, 13, 20, 27

March Cost: \$40 member | \$60 non-member

April session: Apr 3, 10, 17, 24

April Cost: \$40member | \$60 non-member

Register: Online/Phone/2nd Floor Reception
Registration Opens: February 15 for March session, March 15 for April session-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

March session: Mar 1, 8, 15, 22, 29

March Cost: \$50 member | \$75 non-member

April session: Apr 5, 12, 19

April Cost: \$30member | \$45 non-member

WILL NOT MEET APR 26

Register: Online/Phone/2nd Floor Reception
Registration Opens: February 15 for March session, March 15 for April session-No Drop In
Have fun learning more challenging steps.

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: February 15 for March classes, March 15 for April classes

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, 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!

DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: [HTTPS://WWW.SCHEDULESPUS.COM/EDMONDS/KIOSK/](https://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.

ONE HOUR FITNESS

Monday/Wednesday/Friday

WILL NOT MEET APR 26

9:30am-10:30am

Participants must select Zoom OR

In-Person at time of registration

Room: Multipurpose 1 & 2 or Zoom

Instructor: Susan Bennett

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

Register: Online/Phone/2nd Floor Reception;

Registration Opens: February 15 for March session, March 15 for April session

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

PRENATAL & BEGINNING YOGA

Monday/Wednesday/Friday

WILL NOT MEET APR 26

9:00am-10:00am

Room: Multipurpose Room 3

Instructor: Nisreen Azar

March Cost: \$180 member | \$200 non-member

April Cost: \$166 member | \$186 non-member

or \$20 drop-in

Register: Online/Phone/2nd Floor Reception

Registration Opens: February 15 for March session, March 15 for April session

Nurture yourself with yoga for pregnancy and beginners. Develop internal and external strength and flexibility, manage discomforts, and deepen your connection to your body with yoga poses and breathwork. Class supports wellness for all stages of life and pregnancy. Class is gentle and suitable for beginners and all yoga levels. Drop in is welcome.

SOFT EXERCISE

Monday/Wednesday/Friday

WILL NOT MEET APR 26

10:45am-11:45am

Participants must select Zoom OR

In-Person at time of registration

Room: Multipurpose 1 & 2 or Zoom

Instructor: Susan Bennett

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

Register: Online/Phone/2nd Floor Reception;

Registration Opens: February 15 for March session, March 15 for April session

This class includes posture, balance, stretching and strengthening.

TAI CHI - BEGINNER

Thursdays | 10:30am-12:00pm

Mar 7 - May 9

Room: Multipurpose Room 1 & 2

Instructor: Barbara Gleisner

Cost: \$110 member | \$140 non-member

Register: Online/Phone/2nd Floor Reception;

must sign up for entire session - no drop ins

Registration Opens: February 15

Class Limit: 18 students

Tai Chi is an ancient Chinese exercise that is a dynamic and free flowing form of meditation which helps bring about calm and peace of mind while gently exercising the whole body and helps to enhance the flow of energy within the body.

TUESDAY WALKERS

Tuesdays | 9:30am

Location: Meet outside by the Wedding Circle

Cost: None

Enjoy a group walk around downtown Edmonds.

Ride with us

We're here to get you where you want to go—all around Snohomish County and beyond.



Call (800) 562-1375 or visit communitytransit.org/seniortravel

 communitytransit

GAMES - CLASSES & PROGRAMS

BINGO

Mondays | 1:00pm-3:00pm

Room: Multipurpose Room 1 & 2

Cost: None. 8 games, max 4 cards each game. We have disposable paper cards - please bring your own dauber.

SUPER BINGO MONDAYS

March 25, April 29

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 COURTE MEMORY CARE!*

BRIDGE - DUPLICATE

Mondays | 11:30am-4:00pm

Location: Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace

Room: Lakeview Room

Cost: \$1 member | \$2 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 | \$2 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 | \$2 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, Mar 6, 20, Apr 3, 17

1:00pm-3:30pm

Room: Multipurpose Room 3

Facilitator: Merrie Emmons

Cost: \$1 member | \$2 non-member

Pay when you play. Walk in ok. New players & all skill levels welcome.

PING PONG (TABLE TENNIS)

Mon - Thu | 8:30am-4:00pm

Room: Game Room

Friday | 12:00pm-3:30pm

WILL NOT MEET APR 26

Room: The Studio (3 tables)

Cost: \$1 member | \$2 non-member

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

PINOCHLE

Tuesdays | 8:30am-12:00pm

Room: Multipurpose Room 3

Facilitator: Mel Marshel

Cost: \$1 member | \$2 non-member

Pay when you play.

POOL/BILLIARDS

Mon - Fri | 8:30am-4:00pm

Room: Game Room

Cost: \$1 member | \$2 non-member

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

RESOURCES & SUPPORT

**HOW TO REGISTER: Online - Go to: [HTTPS://WWW.SCHEDULESPUS.COM/EDMONDS/KIOSK/](https://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.

ALZHEIMER'S CAFE YOUNGER-ONSET & EARLY-STAGE 2nd Tuesday, Mar 12, Apr 9 2:00pm-3:30pm

Room: Community Room A

Cost: None (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, Mar 12, Apr 9
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.

NEW! APPLY FOR A REDUCTION IN YOUR PROPERTY TAXES

3rd Wednesday & Thursday
Mar 20, 21, Apr 17, 18
1:30pm-3:30pm

Room: Community Room A

Register: By appointment only. Please call guest services to schedule.

You may be qualified for a significant reduction in your property taxes if your net income (income less qualified medical expenses) was less than \$75,000 in 2023. This program is for seniors and disabled individuals of any age. Make an appointment to have a volunteer assist you in completing the Snohomish County application form. Bring paper receipts of medical expenses and proof of income and proof of disability status to your appointment. Bring ID that includes your signature. First time applicants can also

apply for three past years where the net income threshold was \$55,743.

Documentation You MUST bring for assistance in completing the application:

Copy of ID with your signature, IRS tax return for 2023 and all documents used to prepare the return, insurance EOB's for all out of pocket costs, provider invoices for products/services not covered by insurance. If you don't file a tax return, bring documents that prove income such as social security statement, pension statement, W-2 form. Also bring K-1 form, 1099. If your property is in a trust, please bring that document. If disabled bring proof of validation of disability.

NEW! DEMENTIA SUPPORT GROUP 4th Wednesday, Mar 27, Apr 24 2:30pm-4:00pm

Room: Multipurpose Room 3

Cost: None

Register: Call Ann Dingwall 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, Mar 11, Apr 8
10:00am-12:00pm

Room: Clinic Room 1

Facilitator: Kylie 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, Mar 25, Apr 22
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, Mar 8, 22, Apr 12
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.

SECRETS OF GRACEFUL AGING AND MINDFUL MEDITATION

Fridays | 10:00am-11:30am

Room: Community Room B

Instructor: Mary Davis, MSN, FNP

Cost: None

Register: Not Required; Drop-in ok.

Simple practices to increase health and happiness as we age. A weekly group including short presentations, followed by questions and group discussion about how to implement the practices in your life. *Last ½ hour optional Mindful Meditation Practice.

Instructor Mary Davis MSN brings to the class a background of 35 years in Family Practice Medicine, Meditation Instructor Certification and Mindfulness Instructor Certification.

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ART AT THE EWC

ART NEWS

GALLERY 1

Currently Showing
January to April, 2024
To Be Announced!



Gallery 1, 2023 NW Collage Society Exhibit

GALLERY 1

April to July, 2024
Museum of Special Art (MOMA)
Changing the lives of artists with disabilities.

July to August, 2024
The Petersen Group
A group of local artists.

All paintings in Gallery 1 are for sale.
Interested in exhibiting at EWC?

Groups can contact us at:
EWCART@edmondswaterfrontcenter.org

Seeking donations of Northwest Native Art!



The EWC is building a collection of Indigenous Peoples art. We'd appreciate being considered should you have pieces that are 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.

For more information or to donate, send an email inquiry to
EWCART@edmondswaterfrontcenter.org



BUSINESS MEMBERS

ART/ARTISTS

CASCADE SYMPHONY ORCHESTRA

www.cascadesymphony.org
(425) 776-4938
PO Box 876, Edmonds

CASCADIA ART MUSEUM

www.cascadiaartmuseum.org
(425) 678-6533
190 Sunset Ave, Edmonds

SNO-KING COMMUNITY CHORALE

www.sno-kingchorale.org
PO Box 382, Edmonds

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1302 Olympic View Dr, Edmonds

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121 3rd Ave N, Edmonds

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(425) 353-7433
2312 W. Casino Rd, Everett

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(425) 670-1496
121 5th Ave N, Edmonds

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123 3rd Ave S, Suite 200, Edmonds

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10530 19th Ave SE, Everett

ANTHOLOGY OF EDMONDS

www.anthologyedmonds.com
(425) 534-5100
21200 72nd Ave W, Edmonds

CEDAR CREEK MEMORY CARE

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(425) 678-8001
21006 72nd Ave W, Edmonds

CONCIERGE CARE ADVISORS

www.conciergecareadvisors.com
(855) 444-7364

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19301 King's Garden Dr N, Shoreline

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21400 72nd Ave W, Edmonds

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2340 N. 179th St, Shoreline

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23326 97th Pl W, Edmonds

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Helping Seniors is one of my Joys and Specialties!

Specializing in assisting seniors, I take pride in guiding you through the intricate world of real estate, ensuring your major financial and lifestyle transitions are seamless. As your guide, I am committed to providing you with a tailored approach that caters to your unique needs. Discover the personalized solution you've been searching for!

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As an SRES® designee, I bring a wealth of knowledge and expertise to the table. From tax laws to estate planning and equity conversion strategies, I've got you covered. Stay informed about current market trends and gain access to invaluable resources for your real estate transactions. As your Trusted Advisor you will experience the patience, professionalism, and expertise you deserve.



Here are some of the services that I can provide:

- ✓ Help with organizing: I can assist with de-cluttering & 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



Experienced. Effective. Essential.

Edmonds Waterfront Center

Connecting & Enriching Our Community

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

MEMBERSHIP FORM – For Single, Dual & Family

page 1 of 2

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: \$35 SINGLE \$55 DUAL \$70 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.

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 #):		<i>Dual memberships are only available to members of the same household.</i>	
City, State, Zip:			
Phone (H):	Cell:	Phone (H):	Cell:
Email:		Email:	
Date of Birth (Month/Day/Year): ____/____/____ Check if 90+ yrs <input type="checkbox"/>		Date of Birth (Month/Day/Year): ____/____/____ Check if 90+ yrs <input type="checkbox"/>	
Emergency First Name:	Emergency Last Name:	Emergency First Name:	Emergency Last Name:
Emergency Phone:	Relationship to Member 2:	Emergency Phone:	Relationship to Member 1:
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 or younger and living in the same household). Please use an additional form for larger families.			
Minor 1: First & Last Name		Minor 2: First & Last Name	
Date of Birth (Month/Day/Year): ____/____/____		Date of Birth (Month/Day/Year): ____/____/____	
Minor 2: First & Last Name		Minor 4: First & Last Name	
Date of Birth (Month/Day/Year): ____/____/____		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

1/2024

Date Received: _____ CASH _____ CHECK _____ CREDIT CARD _____ PAY PAL _____
Single <input type="checkbox"/> Dual <input type="checkbox"/> Family <input type="checkbox"/> Administrative: _____
sPLUS <input type="checkbox"/> CARD(s) <input type="checkbox"/> COUPON <input type="checkbox"/> IN-PERSON <input type="checkbox"/> MAILED <input type="checkbox"/> AUDIT <input type="checkbox"/> CARD(s) Date input <input type="checkbox"/>

MEMBERSHIP FORM – For Single, Dual & Family

page 2 of 2

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.

MEMBER 1		MEMBER 2	
1. How many people live in your household and have been there more than 2 months? Include yourself: _____			
2. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed		2. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed	
3. Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other: _____		3. Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other: _____	
4. What is your race? <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, specify: _____		4. What is your race? <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, specify: _____	
5. Are you active US military or veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No		5. Are you active US military or veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No	
6. What are your top two interests at EWC? (Check <u>only two</u>) <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"/> Volunteering <input type="checkbox"/> Other, specify: _____		6. What are your top two interests at EWC? (Check <u>only two</u>) <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, specify: _____	
7. What is your <u>highest</u> level of formal education? <input type="checkbox"/> Postgraduate work/degree <input type="checkbox"/> 4-year college graduate <input type="checkbox"/> Some college/technical training <input type="checkbox"/> High school grad/GED <input type="checkbox"/> Did not complete high school		7. What is your <u>highest</u> level of formal education? <input type="checkbox"/> Postgraduate work/degree <input type="checkbox"/> 4-year college graduate <input type="checkbox"/> Some college/technical training <input type="checkbox"/> High school grad/GED <input type="checkbox"/> Did not complete high school	
8. How many children under 18 years old live in your household? _____ (if none, enter zero)			
9. During the past 12 months, what was your approximate <u>total household</u> income from all sources? <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 and over <input type="checkbox"/> \$20,000 - \$24,999 <input type="checkbox"/> \$35,000 - \$44,999 <input type="checkbox"/> \$55,000 - \$74,999			
I would like to receive the newsletter by EMAIL <input type="checkbox"/>		I would like to receive the newsletter by EMAIL <input type="checkbox"/>	
I would like to receive the newsletter by US MAIL <input type="checkbox"/>		One copy of the newsletter may be sent to each household	
<i>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.</i>			
MEMBER 1		MEMBER 2	
Signature: _____ Date: _____		Signature: _____ Date: _____	

DONATIONS

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

A HEARTFELT
THANK YOU TO ALL
WHO HAVE DONATED!

Abbie Modjeska
Alderwood Ankle & Foot Clinic
Ami Samuels
& Mark Zacharia
Amy Thorleifson
Andrea Boushey
Andy Rogers
Anonymous
Barry Oman
Ben & Barbara Cain
Betsy Landsverk
Bill Morton
Bob & Pati Gould
Bruce & Deborah Swanson
Charlotte Williams
Cherryl Bailey
Christopher Knutson
Chuck Fritz & Karen Wolfe-Fritz
Darryl & Joy Ulskey
Dave Dolack
David Brewster
& Mary Kay Sneeringer
Dorothy Lindstrom

Ed & Nancy Emerson
Edmonds Daybreakers Rotary
Eileen Kelliher
& Stephen Waugh
Emma Rodriguez
Gary DeBardi
& Deborah Magallanes
George & Carolyn Cox
George Heinrich
Greg & Devnee Gadbois
Hubbard Family Foundation
Ilse Kluge
Jackie Braidech
Jan Bush
Jeri Hamilton
Jim & Inez Taylor
Joan Schroeder
Joe Downs
John & Carol Austenfeld
John Harter
Joyce Johnson
June Chambers
Karen Gilbraith
Kevin Fagerstrom
& Cheri Zehner
Kroger Corp.
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Laura Hall
Lawrence Monger
Lee Sheldon
Linda Clark
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Mark & Mary Hillman

Mark Kellogg
Michael Nilan
& Susan Burgess
Pat Williams
Rebecca Birch
Rock & Maggie Peterson
Roger & Lee Lageschulte
Scott Oates
Shirley Bartlett
Stanley Dickison
Susan Knutson
Tom & Leigh-Ann Hafford
Tom & Virginia Riedinger
Velma Palin
Vivian Olson
In Honor of
Charles MacKenzie
Fritz
Chuck Fritz &
Karen Wolfe-Fritz

In Honor of
Sally Shobe
Matthew Shobe

In Memory of
Jim Haley
Sue Haley

In Memory of
Suku Menon
Venaja Menon

IN MEMORIAM

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

Lewis Baltuck
Joanne Denslow
Linda Giralamo
Denny Gobert
Don Hill
John Joplin
Ted Neff
Marjie Thompson
Bryon Wada

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

**REMEMBERING MARY**

Mary Lambert, the beloved director of the Sound Singers passed away suddenly on October 14, 2023. She left us too soon. Mary had come to the Sound Singers at the invitation of our first Director, Bob Jones, in 2013. Mary was a retired music teacher and when Bob passed away, shortly thereafter, she willingly stepped up and for the next 10 years directed the Sound Singers. Through the years we were blessed with weekly times of heartfelt singing, fellowship, and just plain fun. Music lightens the heart and soul. Mary brought a lot of innovation in our musical programs that we would take into the community. She spent countless time and care selecting music, programs with a theme and creative ways to present them. We sang, danced, had skits, small groups, and solos. She was the glue that kept us together. Above all, Mary was a kind and very caring person, with a smile that warmed

the heart. Mary also directed the choir at her church in Shoreline which she had done since 1981. She enjoyed painting in her spare time and created many lovely pictures for family and friends. The last few months of Mary's life her health began to decline but she continued to press on. She also asked a fellow retired music teacher and member of her church choir, Barbara Scheel, to join the Sound Singers after we were able to resume meeting following Covid restrictions. Barbara has now graciously stepped in as director, and the Sound Singers continue on. This would be Mary's desire. Since we have been meeting in the Waterfront Center, in the post Covid era, our numbers are growing. THANK YOU MARY, for all you gave, and for the imprint you have left on this organization and in our hearts. ~ Submitted by Sharon Haakenson

EWC PROGRAMS ARE MADE POSSIBLE BY GENEROUS CONTRIBUTIONS FROM PEOPLE LIKE YOU!

Please consider making a gift today. Call 425.774.5555 or Visit our website
WWW.EDMONDSWATERFRONTCENTER.ORG/DONATE

CAREPARTNERS **HEALTHY LIVING FAIR**

Improve Your Health - Improve Your Life!

Friday, April 26th 10:00am - 2:00pm

FREE ADMISSION

HEALTH SCREENINGS

GIVEAWAYS



FREE

24th Annual Fair! 60+ Exhibitors

EVERYONE WELCOME!

**Edmonds Waterfront Center, 220 Railroad Ave
(425) 774-5555**