

# Sound Connection

for programs at the Edmonds Waterfront Center

MAY/JUNE 2024 ISSUE

## TABLE OF CONTENTS

Announcements & Special Events. . . . .	3
Art Gallery News . . . . .	7
Board of Directors . . . . .	6
Business Members . . . . .	24
Classes-Arts, Education & Music . . . .	15-17
Classes-Dance, Exercise & Movement. .	19-20
Classes-Games. . . . .	20
Clinical Programs . . . . .	18-19
Cooking Demos . . . . .	12-13
Donations. . . . .	23
Healthy Living Workshops . . . . .	10-11
Hikes . . . . .	9
In Memoriam. . . . .	27
Membership Form . . . . .	25-26
Resources & Support . . . . .	21
Staff Listing & Contact Info . . . . .	2
Thrift Store News . . . . .	4
Trips . . . . .	8-10

## MESSAGE FROM THE CEO

### STILL I RISE

The powerful poem by Maya Angelou is an anthem of the black struggle, hope and resilience. The final phrase *"Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise. I rise. I rise."* - eloquently captures her conviction and life purpose.

Whatever your culture, background or stage in life, every individual can draw from those three words "still I rise". The unvarnished truth of life is that it is a tapestry of joy, loss, achievement, and struggle. Though we may be surrounded by friends and loved ones, our personal journey will be taken on our own; the quality of the journey will be the result of our fortitude and decisions about how we choose to embrace the world. Yet, like Maya Angelou who drew on the gifts her ancestors gave her to pursue a dream, we are the product of sacrifices made by those who came before us. In that sense we are not alone.

During the difficult moments when your self-talk is, "I am too tired; I am hurting; I deserve a break" – draw strength from your heart when it is saying "go; it will be good for me; I have much to offer the world".

Woody Allen said, "If 90% of success in life is showing up, the other 10% depends on what you're showing up for." Show up for those things that lift you up. That can mean calling a friend you have been thinking of but have not talked to in years. Writing a letter to say thank you to someone who is not expecting it. Finally picking up the Ukulele that has been waiting to be played.

When my friend Janet Young was approaching 90, she told me with a laugh, "Daniel, I feel invincible." When she was turning 93, she wanted to celebrate her birthday in the new EWC that was still under construction. Wearing a hardhat and moving with her walker, she was undeterred when I told her the elevator was not yet working. She was determined to eat her birthday cake enjoying the view from the second floor. She parked her walker at the bottom of the staircase and with a twinkle in her eye, said, "let's go", and proceeded to pull herself up stair by stair – it was her Mt Everest. Janet never misses choir on Tuesday and will celebrate her 98th birthday in December.

The heroes I see every day are the people who overcome pain, discomfort, or anxiety to show up - and what's more, they show up with a heart filled with gratitude. That is grace. Despite daily chronic pain, my wife Elaine wakes up every morning assuming it will be a good day.

Our society celebrates feats of strength and athleticism by highly trained athletes. The discipline and dedication are a marvel. Personally, I reserve my awe for those whose opponents are memory loss, a physical disability or depression and still they rise.



PICTURED  
ABOVE:  
JANET  
YOUNG



Daniel  
Johnson,  
MSW

Edmonds  
Waterfront  
Center  
CEO



## STAFF

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**Bill Bernie, Brady Boun,****Tom Schofield**

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Thrift Store Assistant Manager

**Alice Rud • Crystal Carlson**

Thrift Store Assistants

**Dannika Burke • Silviu Istrate****Tracy Nyland**

Thrift Store Back Room Attendants

### VOLUNTEERING & INFORMATION:

**Volunteer Inquiries**

Phone: 425.774.5555 ext 120

Info@EdmondsWaterfrontCenter.org

**General Information Inquiries**

Phone: 425.774.5555

Info@EdmondsWaterfrontCenter.org

**Rental Inquiries**

425.363.8517

Jana.Jack@ShoobyDooCatering.com

## 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, WA

**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 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

### SPRING CONCERTS AT THE EWC

IN THE WATERFRONT BANQUET ROOM

Open to the public, all are welcome to attend



**Thursday, May 9 at 3pm**  
**Senior Swingers Orchestra**

**Monday, May 20 at 1pm**  
**Rolling Crone Singers**

### "ALPINE VIBES" *Callings and Echoes of the Alps*

with Yannick Wey & Gary Martin

**Thursday, May 16**

**6:30-8:00pm**

IN THE WATERFRONT BANQUET ROOM

**\$7.50 per person ~ Sign-up Online**

<https://tinyurl.com/j4uxf6m7> or Pay at the door

Join us for a performance and book talk on Swiss Alphorn Music. A simple musical instrument of the Alpine shepherds, alphorn music is enjoying growing popularity, including in the Seattle region. Richly illustrated with live music from four centuries, both author and translator will demonstrate historical and new alphorn music and get to the bottom of questions such as: What music can be played on a wind instrument that has no valves, finger holes or keys? What function does the alphorn have in the rituals, customs and traditions of the Alpine region?



### OUR UNDERWATER BACKYARD

With Annie Crawley

**Thursday, June 13**

**6:30-8:00pm**

IN THE WATERFRONT BANQUET ROOM

**\$7.50 per person ~ Sign-up Online**

<https://tinyurl.com/yh4493wc> or Pay at the door



Specializing in the underwater realm as an educator and ocean advocate, award-winning producer and filmmaker, underwater photographer, author, motivational speaker, and founder of Dive Into Your Imagination, Annie Crawley inspires. Traveling around the world with a camera in hand, she shares the ocean with you. Take a deep dive and explore what lies just below the surface of the Salish Sea in our very own underwater backyard here at the Edmonds Dive Park.



### ALL AGES TRIVIA NIGHT

**Thursday, May 30**

**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

\* This event is open to all ages! Invite your family, friends and neighbors

\* Light refreshments will be provided courtesy of our sponsor *Crista Senior Living!*

**Registration opens May 1**

please call 425.774.5555

or online at

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



### COMMUNITY BREAKFAST

**Friday, May 2, June 7 - 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*.

### HOLIDAY CLOSURES

The EWC will be closed and all regular programs are cancelled for the following holidays:

**Monday, May 27**

**Memorial Day**

**Wednesday, June 19**

**Juneteenth**

## THRIFT STORE NEWS ~ NOW OPEN UNTIL 6PM - 7 DAYS A WEEK STARTING IN MAY!

NEW SUMMER HOURS  
~ NEW DAY ~

**Monday - Sunday**  
**10:00am - 6:00pm**

**ADDRESS: 22820 100th Ave W, #12**  
(two doors down from the Edmonds Goodwill)

**PHONE: 425.977.0411**

**EMAIL: [thriftstore@EdmondsWaterfrontCenter.org](mailto:thriftstore@EdmondsWaterfrontCenter.org)**

**DONATIONS:**  
May be dropped off at the back door  
Monday- Sunday 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](http://edmondswaterfrontcenter.org)**

## MAY/JUNE 2024 THRIFT STORE SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Furniture & Lamps - 50% OFF	Shoes & Purses - 50% OFF (Except Designer Bags)	<b>Men's Day</b> - 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	Pots & Pans - 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	Gardening Vases, Planters, Tools, Hardware - 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	Books - 50% OFF
Mugs - 50% OFF		CD/DVD/Audio Books/Records - 50% OFF		Art - 50% OFF		Suitcases - 50% OFF
		Toys & Wicker - 50% OFF		CD/DVD/Audio Books/Records - 50% OFF		"Sunday Specials"
				Plastic Housewares - 50% OFF		



Barb Halseth and the "Button Store"

### Edmonds Senior Center Thrift Store Announces Volunteer Extraordinaire Retires

As a nonprofit organization we recruit volunteers that will be dedicated to our cause, a team player mindset, boundless creativity and enjoy working with others.

Barbara Halseth started at the Senior Center in 2003 doing a variety of tasks including organizing picnics, working on the grass roots committee, and even making scrambled eggs for senior breakfast! Her dedication to the Edmonds Senior Center spans over 22 years and is extraordinary.

Barbara's legacy is one of generosity of time where she managed the Edmonds Senior Center Thrift - 2019. It is estimated that 100's of volunteers were influenced by her leadership. It was a place where seniors gathered after their classes at the waterfront building, passengers from the ferry boat stopped by to treasure hunt, and many grandchildren visited as grandma and grandpa shopped.

She assisted in the transition of the store from the waterfront to its current location at Westgate Shopping Center in 2019. Since that time, Barbara has been running the notions department for the store. It is a very meticulous and demanding department with organizing all the buttons, zippers, knitting needles, threads, yarn and more. It is known as the "Button" store to our sewing customers.

Barbara will retire for the second time at the end of March 2024. "I enjoyed my volunteer time with Edmonds Senior Center Thrift Store and all the people associated with it," says Barb. "It was wonderful to contribute to the community and I found it personally enriching," she continued.

Congratulations and thank you Barbara Halseth for extraordinary service to your community, your positive attitude, and to making a difference in Edmonds.



## THERE'S A PLACE FOR YOU AT THE EWC

### AGING WITH PRIDE

Celebrating Pride at the EWC  
**Friday, June 14**  
**1:30-3:00pm**

IN MULTIPURPOSE ROOMS 1&amp;2

FREE ~ Donations accepted

Please RSVP 425.774.5555

or sign up online at

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

The EWC is a safe place to gather for anyone and everyone. We welcome all to celebrate Pride Month with us. Refreshments will be provided.



### VFW AUXILIARY EVENTS

Be sure to visit their table, located in the Community Lounge to learn more about the following programs:

**Tuesday, May 24 10am-2pm**  
**Buddy Poppies**

**Friday, June 14 12:30pm-4pm**  
**Flag Day Outreach**

### EWC - OUT AND ABOUT

**Edmonds Arts Festival Booth June 14-16**

*Art Is Everywhere* is the theme this year and the EWC will have a booth to promote our programs! Come by and say Hi ~ We need members to help at the booth, please call Michelle N at 425.954.2520 if you can give a couple of hours of your time.

**Walk with us at the 4th of July Parade!**

It's an Edmonds Kind of Parade and the EWC will be walking (and driving our bus) this year. Please reach out to Michelle N at 425.954.2520 if you would like to join the fun!



### Spring into Summer on the Waterfront WITH THE TOAST OF EDMONDS

This fundraiser supports the mission to secure seniors with daily meals through the Edmonds Waterfront Center Cafe Program



# Toast OF Edmonds

EDMONDS WATERFRONT CENTER

Sunday, MAY 19, 2024

**UNCLE NEAREST**  
PREMIUM WHISKY

SPONSORED BY  
ADVENTURES IN WHISKY & SPIRITS

**NILES PEACOCK**  
HITCHER & BAR

BAR DOJO

CALYPSO



epulo  
BISTRO

KELNERO

EDMONDS Waterfront Center  
Connecting & Enriching Our Community

**VICTOR**  
TAVERN

JOHNNY HO'S  
Pizzeria



### 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**

Marta 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.



**Nicole Betts, Esq., Salish Elder Law**

Nicole is the founder of Salish Elder Law. She will be going over the importance of having one's paperwork in order; for example, POA Health Care, Finances, Advanced Directives and POLST form.

### Join the Conversation

Friday, June 7, 2024 @ 1:30—3:30  
Edmonds Waterfront Center, Room B  
220 Railroad Ave, Edmonds  
Light refreshments will be served

Seating is limited, please RSVP by  
calling Concierge Care Advisors at  
**CALLING**  
**425-774-5555**





## 2024 BOARD OF DIRECTORS

### BOARD OF DIRECTORS MEETINGS

**4th Thu, May 23, June 27 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

Julaine Fleetwood

Phyllis Gutierrez-Kenney

Lillyan Hendershot

Jeannie Kiewicz-Brooks

Nina Odell

Alma Ohtomo

Doug Purcell

Jeanett Quintanilla

Brook Roberts

Kay Shin

Tabatha Shoemake

Terri Wilson

## COMMITTEES

**ART** - Julaine Fleetwood, Chair

**BOARD DEVELOPMENT** -

Alison Alfonzo Pence, Chair

**EXECUTIVE** - David Schaefer, Chair

**FACILITIES & TRANSPORTATION** -

Chair TBD

**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

## WHAT IS THIS PLACE?



Founded as the South County Senior Center, the **Edmonds Waterfront Center** is a nonprofit multigenerational, multicultural hub that bridges generations and communities - helping people live their best lives. It is a rejuvenating place where people of all ages come to connect, learn, and celebrate.

Amenities include a health and wellness center, art gallery, coffee & gelato, daily lunch for seniors and 77 programs including exercise, art, music, games, discussion groups and trips.

All are welcome. There is no age requirement to join and you do not have to be from Edmonds. If you choose to become a member (\$35 / year), you will get the newsletter, \$1 coffee, and discounts on many programs. Non-members are welcome to participate in our programs but will pay a higher rate.

**The weekends are for celebrating!** The dramatic waterfront location makes it a memorable place for weddings, performances, celebrations of life, birthday parties and other special occasions. All rental proceeds go to support EWC programs.

**Whether you come to volunteer, take a class, or just meet a friend, there is a place for everyone to belong at the EWC!**

## 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.schedulesplus.com/edmonds](http://www.schedulesplus.com/edmonds)**



LESLIE WILL BE  
YOUR VOLUNTEER  
TOUR GUIDE!





## ART AT THE EWC

### 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](mailto:EWCART@edmondswaterfrontcenter.org)



## ART NEWS

### GALLERY 1

**Currently Showing**  
April to June, 2024  
*Museum of Special Art (MOSA)*  
Nature in Bloom Exhibition in commemoration of autism awareness



Winston Chen, Spring Bouquet 2, Gallery 1, MOSA

### GALLERY 1

**July to September, 2024**  
*The Peterson Group*  
A group of local artists.  
**October to December, 2024**  
*Edmonds Art Studio Tour*  
Studio Tour Artists

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

GROUPS can contact us at:  
[EWCART@edmondswaterfrontcenter.org](mailto:EWCART@edmondswaterfrontcenter.org)

## 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®**

**206.542.4743**

[info@SnoKingSeniorCare.com](mailto:info@SnoKingSeniorCare.com)  
[www.SnoKingSeniorCare.com](http://www.SnoKingSeniorCare.com)

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

## DAY TRIPS & HIKES - SIGN UPS OPEN ON MAY 1

**HOW TO REGISTER: Online - Go to: <https://www.schedulesplus.com/edmonds/kiosk/>  
CALL 425.774.5555 or visit the 2nd floor Reception Desk**

### SIGN-UPS OPEN ON WEDNESDAY, MAY 1

**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**

#### **KARI'S BOG**

**Wednesday, May 22**

**Depart: 9:30am; Return: 2:00pm**

**Cost: \$15M/\$22NM**

**Short Walk on Gentle Trails ++**

**Spots Available: 23**

**Meet at:** Lake Ballinger Center

Scenic drive to Trilogy at Redmond Ridge. Easy ten minute walk to viewing platform to observe bog and wild birds. Ingrid Osterhaug will give history and significance of Kari's Bog. Return to Edmonds via Redmond, with stop for lunch at Panera's (Cost OYO).



#### **ARGOSY SEATTLE LOCKS CRUISE**

**Wednesday, May 29**

**Depart: 10:45am; Return: 4:00pm**

**Cost: \$65M/\$90NM**

**Some Walking +/++**

**Spots Available: 15**

**Meet at:** Lake Ballinger Center

Get double the sightseeing on this two hour Locks Cruise! Venture beyond the waterfront and explore three Seattle neighborhoods in a one-way trip through the Locks! This fully narrated tour provides you with knowledge, fun facts, and the one of kind experience of going through the Hiram M. Chittenden Locks. Become the attraction to those on shore as the vessel transitions from salt to fresh water! Who wouldn't want to take a ride on the boat elevator? Food available for purchase on the ship (Cost OYO).



#### **12th NIGHT THE MUSICAL AT RED CURTAIN THEATRE**

**Sunday, June 2**

**Depart: 12:45pm; Return: 6:00pm**

**Cost: \$25M/\$37NM**

**Little Walking +**

**Spots Available: 13**

**Meet at:** Lake Ballinger Center

A rousing contemporary musical adaptation of Shakespeare's classic romantic comedy about mistaken identity and self-discovery. Viola, a young heroine who washes up on the shores of Illyria, disguises herself as a man, is sent to court as a countess, and falls hard for a duke. Rated G. The group will stop for dinner in Marysville after the performance (Cost OYO).

#### **SORTICULTURE GARDEN ARTS FESTIVAL**

**Saturday, June 8**

**Depart: 10:30am; Return: 3:30pm**

**Cost: \$15M/\$22NM**

**Moderate Walking ++**

**Spots Available: 23**

**Meet at:** Lake Ballinger Center

Sorticulture, Everett's Garden Festival, is a three-day celebration of the best parts of Pacific Northwest outdoor living. Hosted in the seaside city of Everett, WA, Sorticulture is the premier festival for garden art, local plants and flowers and handmade outdoor products. This year, event partner Schack Art Center excited to offer gardening and plant classes on a variety of subjects presented by experts in their fields including Ciscoe Morris - Ooh La La!



**DAY TRIPS & HIKES - SIGN UPS OPEN ON MAY 1**

**HOW TO REGISTER: Online - Go to: <https://www.schedulesplus.com/edmonds/kiosk/>  
CALL 425.774.5555 or visit the 2nd floor Reception Desk**

## 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](https://communitytransit.org/seniortravel)

communitytransit

## MUCKLESHOOT CASINO

Thursday, June 13

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

Cost: \$22M/\$35NM

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).

## DAY OF MUSIC AT BENAROYA HALL

Saturday, June 22

Depart: 10:30am; Return: 3:30pm

Cost: \$18M/\$27NM

Moderate Walking ++

Spots Available: 23

Meet at: Lake Ballinger Center

This Day of Music celebration continues a tradition that began in 1998, coinciding with Benaroya Hall's grand opening. Since then, it has become a cherished part of the Seattle Symphony's history. The heart of downtown Seattle comes alive with performances by a diverse array of musical and dance groups from across the Puget Sound region. Multiple stages throughout Benaroya Hall will host these captivating performances, showcasing the rich tapestry of talent that defines our community. But that's not all - also featured will be thought-provoking film and visual art presentations in Octave 9 and the Illsley Ball Nordstrom Recital Hall. Lunch at a nearby restaurant (Cost OYO) or brown bag it.



## CELEBRITY ALL-STAR BASKETBALL GAME AT CLIMATE PLEDGE

Friday, June 28

Depart: 5:00pm; Return: 10:30pm

Cost: \$20M/\$30NM

Moderate Walking including steps ++

Spots Available: 23

Meet at: Lake Ballinger Center

Cheer on some of your favorite local celebrity athletes in one of the most exciting basketball events of the year at the Champions of Change All-Star Basketball game. The event will be hosted by none other than Seattle Seahawks legends Cliff Avril, Doug Baldwin, Michael Bennett and KJ Wright. Food will be available for purchase at the arena (Cost OYO).



AT LEFT:  
UW SHELLHOUSE TOUR

## 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 Neu at 425.954.2520 or via email [Michelle.Neu@EdmondsWaterfrontCenter.org](mailto: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**  
TO GUARANTEE SEATING AND PRICING  
VIEW THE ITINERARY AND SIGN-UP ONLINE AT:  
<https://gateway.gocollette.com/link/1213393>

*Edmonds Waterfront Center Travel Club presents...*

### Discover the Islands of New England

September 5 – 12, 2025



Book Now  
& Save  
**\$100**  
Per Person

**BOOK BY FEBRUARY 26, 2025**  
TO GUARANTEE SEATING AND PRICING  
VIEW THE ITINERARY AND SIGN-UP ONLINE AT:  
<https://gateway.gocollette.com/link/1213383>

## 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 MAY 1

**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**

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.

### FAIRHAVEN URBAN TRAIL (BELLINGHAM)

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

Difficulty: Easy-Medium. 4-5 Miles Round Trip

Elevation Gain: -0- ft.

### SKOOKUM FLATS & WATERFALL (GREENWATER)

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

Difficulty: Medium. 5-7.8 Miles Round Trip

Elevation Gain: 300 ft.

### THUNDER CREEK TRAIL - COLONIAL CREEK CAMPGROUND (HWY 20)

Thu, June 13 | Depart: 7:00am.

Difficulty: Medium. 5 Miles Round Trip

Elevation Gain: 600 ft.

### WHISTLE LAKE (ANACORTES)

Thu, June 27 | Depart: 8:00am.

Difficulty: Easy-Medium. 4.3 Miles Round Trip

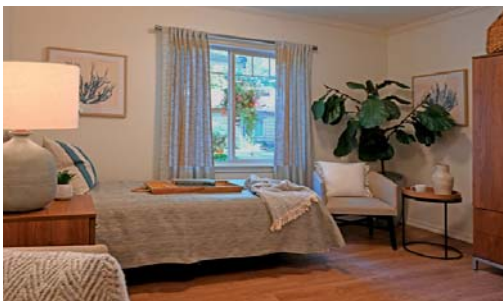
Elevation Gain: 580 ft.





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[www.RosewoodCourte.com](http://www.RosewoodCourte.com)



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

**HOW TO REGISTER: Online - Go to: <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, May 2, 16, June 6, 20; 2:00pm-4:00pm

Wednesday, May 8, 22, June 12, 26; 6:00pm-8:00pm

Facilitators: SHIBA Volunteers

Pre-Registration required: Call 425.290.1276

or email [shibasnohomish@gmail.com](mailto:shibasnohomish@gmail.com)

For additional information visit the SHIBA page on our website:

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

### DO YOU QUALIFY FOR A REDUCTION IN YOUR PROPERTY TAXES?

Please register for ONE session only

Tuesday, May 7; 2:00pm-2:30pm

Tuesday, May 7; 2:30pm-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.

### NUTRITION AND LIFESTYLE THERAPY TO PREVENT CHRONIC DISEASE

Tuesday, May 16; 1:00pm-3:00pm

Location: Community Room B

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

Facilitator: Cassie Christopher, Registered Dietician Nutritionist

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

Discover evidence-based nutrition and lifestyle approaches to prevent chronic diseases such as heart disease, high blood pressure, diabetes, and cancer. We will discuss specific behavior changes you can make to improve out-of-range cholesterol, blood pressure, and blood sugar labs. Learn to separate sensible facts from fads, and how to effortlessly add in disease-preventing foods and behaviors into your life.

### FILLING YOUR SALAD BOWL COOKING DEMO

Friday, May 17; 1:30pm-3:00pm

Location: Teaching Kitchen/MP1

Cost: None

Facilitator: Irina Korchemnaya, SNAP-Ed Nutrition Educator

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

If you are trying to eat healthier, this cooking demo is for you. Learn how to make a nutrition and filling salad bowl.

### EMPOWERED AGING IN PLACE

Tuesday, May 21; 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitator: Talon S. Windwalker, Alpha Home Health & Hospice

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

We review the different things to consider for people who are currently living independently, or for families with loved ones who are in the place where they're starting to think of these needs, on how they can remain in the community they prefer. Discuss the various levels of needs that can come up, the difference between home health and in-home caregiving, resources on changes to make in their home to help reduce fall risks and similar issues, things to consider if they are moving to another home or looking for placement, the different types of placement, etc.

### SMART PHONE BASICS

Friday, May 24; June 21; 2:00pm-4:00pm

Location: Community Room B

Cost: None

Facilitator: Dylan Rice

Register: Opens May 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.

### EWC TRAVEL CLUB - UPCOMING TOURS WITH COLLETTE TRAVEL

Thursday, May 30; 1:00pm-3:00pm

Location: Community Room B

Facilitator: Toni Ray-Ingram, Collette Travel

Cost: None

Register: Opens May 1; Online/Phone/2nd Floor Reception  
Learn the latest updates on traveling domestically and abroad. Collette partners with the EWC to offer exciting tours that include accommodations and airfare. Get your questions answered and find out about our current and upcoming offerings.



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

**HOW TO REGISTER: Online - Go to: <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.**

### RETIRE & UPSIZE, DOWNSIZE OR RIGHT SIZE INTO YOUR DREAM HOME

Tuesday, June 4; 10:00am-12:00pm

Location: Community Room B

Cost: None

**Facilitators:** Kim Prater, Retirement Mortgage Specialist & Joe Cross, Realtor Expert

**Register:** Opens May 1; Online/Phone/2nd Floor Reception  
Join us for a roundtable workshop to discover, if you're 62 or over, how you may be able to buy your retirement dream home using a Home Equity Conversion Mortgage for Purchase.

With an equity conversion mortgage YOU:

- Never make a monthly mortgage payment
- Can keep more in your retirement account compared to buying the home with cash.
- Can buy a primary residence that is more suitable for your current needs.
- Can relocate to be closer to friends & family

### COMPASSIONATE & EFFECTIVE COMMUNICATION

Tuesdays, June 11 & 18; 1:00pm-3:30pm

Location: Community Room B

Cost: \$40 member/\$50 non-member

**Facilitator:** Cindy Zody

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

Are you tired of the same old argument and dissatisfying outcomes? There is a way to communicate so that both parties can be heard and respected. Through Marshall Rosenberg's work we will bring real issues to the table and learn to transform potentially blame game interactions into mutually satisfying resolution. We will practice processing difficult conversations in a way that breaks patterns of thinking that lead to arguments or depression. It's truly inspiring to move beyond power struggles to cooperation and trust!

### AARP - HOMEFIT: MODIFY YOUR HOME FOR SAFETY AND COMFORT

Thursday, June 13; 1:30pm-2:30pm

Location: Community Room B

Cost: None

**Facilitator:** AARP

**Register:** Opens May 1; Online/Phone/2nd Floor Reception  
AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation's housing supply contains any "universal design" elements — such as single story living or a sink that can be reached from a wheelchair. That's where AARP HomeFit comes in. This presentation can help individuals and families decide what type of home adaptations are needed to make their current or future residence — or that of a loved one — their "lifelong home."

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

Thursday, June 20; 1:00pm-2:00pm

Location: Community Room B

Cost: None

**Facilitator:** Wall Group Law

**Register:** Opens May 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.

### INSPIRED BY MIDDLE EASTERN CUISINE COOKING DEMO

Friday, June 21; 1:30pm-3:00pm

Location: Teaching Kitchen/MP1

Cost: None

**Facilitator:** Irina Korchemnaya, SNAP-Ed Nutrition Educator

**Register:** Opens May 1; Online/Phone/2nd Floor Reception  
Come get inspired by Middle Eastern cuisine and learn about gluten-free tabbouleh. and Edmonds food bank cooking demo.

### INSIDE THE BRAIN - A TOUR OF HOW THE MIND WORKS

Tuesday, June 25; 1:30pm-3:00pm

Location: Community Room B

Cost: None

**Facilitator:** Alzheimer's Association

**Register:** Opens May 1; Online/Phone/2nd Floor Reception  
Brain parts and functions in an interactive tour — learn about the effects of Alzheimer's and dementia on memory and other human brain functions. Get information and resources for Alzheimer's and other dementias from the Alzheimer's Association.

### BALANCE, THE VESTIBULAR SYSTEM, AND FALLS PREVENTION

Thursday, June 27; 1:00pm-2:30pm

Location: Community Room B

Cost: None

**Facilitator:** Dr. Niffer Brodsky

**Register:** Opens May 1; Online/Phone/2nd Floor Reception  
Join Dr. Jennifer "Niffer" Brodsky, DPT, for an educational talk about how our senses help us keep our balance and strategies to prevent falls. Dr. Brodsky will introduce the three senses that contribute to balance - vision, somatosensation, and vestibular sense. She will then briefly cover how changes in the vestibular system can cause loss of balance and falls. The talk will conclude with strategies to reduce your risk of falls in the home and in the community."

## THANK YOU 2024 HEALTHY LIVING FAIR SPONSORS!

# CAREPARTNERS

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*S E N I O R   L I V I N G*





## ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

**HOW TO REGISTER: Online - Go to: <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

May 15, 16; No Class in June

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: April 15 for May 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.

### 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  
Films have sound (we also use subtitles). We will be celebrating Washington state's own Bing Crosby with a showing of his early films including his Oscar winning film "Going My Way." Come and enjoy these delightful films.

### CURRENT EVENTS DISCUSSION GROUP

Wednesdays | 10:00am-12:00pm

**WILL NOT MEET JUNE 19**

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

**WILL NOT MEET MAY 27**

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

**WILL NOT MEET JUNE 19**

Room: Multipurpose Room 4

Facilitators: Judy Salinas & Margie Adelman

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, May 17 | 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: April 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.

### INTERGENERATIONAL BOOK GROUP

Facilitator: Elaine Sonntag-Johnson

Location: Online via Zoom

Cost: None

Register: Online/Phone/2nd Floor Reception

Thursday, May 23; 1:30pm-3:00pm

Book Title: "Elena Knows" by Claudia Pineiro.

Thursday, Jun 27

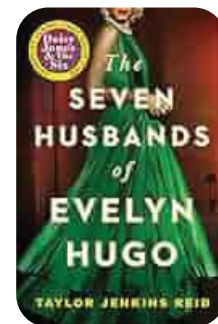
1:30pm-3:00pm

Book Title:

"The Seven Husbands

of Evelyn Hugo"

by Taylor Jenkins Reid.



### 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

David - Thursday (4th) 12:00-1:30

Danilo - Friday 11:30-1:30

### MUSIC WELLNESS AND CONNECTION FOR SENIORS

Mondays | 12:00pm-1:00pm

**WILL NOT MEET MAY 27**

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: April 15 for May sessions, May 15 for June sessions

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.



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

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## ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

**HOW TO REGISTER: Online - Go to: <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

May 22 - July 17 (8 classes)

**WILL NOT MEET JUNE 19**

**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:** April 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

May 22 - July 18 (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:** April 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

May 24 - July 12 (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:** April 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

May 22 - July 18 (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:** April 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.

### 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. ON BREAK FOR THE SUMMER STARTING MAY 27

### RUG BRAIDING

Mondays | 1:00pm-3:00pm

**WILL NOT MEET MAY 27**

**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 see how braided rugs are made. Limit of 8 per session.

### SENIOR SWINGERS ORCHESTRA

Thursdays | 1:00pm-3:00pm

**Room:** Multipurpose Room 1&2

**Musical Director & Conductor:** Tim Leese

**Monthly Cost:** \$5 member | \$10 non-member

ON BREAK FOR THE SUMMER STARTING MAY 16; WILL RETURN SEP 5.

### SOUND SINGERS

Tuesdays | 1:00pm-3:00pm

**Room:** Multipurpose Room 1&2

**Facilitators:** Alma Ohtomo & Barbara Scheel

**Monthly Cost:** \$5 member | \$10 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

**WILL NOT MEET JUNE 19**

**Facilitator:** Rob Scarr & Gabe Johnson

**Cost:** \$5 per appointment

**Register:** Online/Phone/2nd Floor Reception  
**Registration Opens:** April 15 for May sessions, May 15 for June sessions

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

EWC Volunteers are 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

**WILL NOT MEET JUNE 19**

**Room:** Multipurpose Room 1&2

**Facilitators:** Alma Ohtomo & Audrey Parks

**Monthly Cost:** \$5 member | \$10 non-member

**Register:** In Class with Alma (on-going)  
New and experienced players are welcome!

### WILDLIFE OF WASHINGTON & WILDLIFE OF THE WEST

Monday, May 6 & 13 (2 classes)

10:00am-11:30am

**Room:** Community Room B

**Instructor:** Candy Brown

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

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

**Registration Opens:** April 15

Using photos taken by her husband Todd, Candy Brown will share natural history information about the pictured wildlife. In the Washington session, she will discuss the proliferation of rabbits and coyotes in our area, how bats are helpful in our yards, deer, squirrels, red foxes and more. Wildlife of the West will include 4 bear species found in Alaska, animals of Yellowstone and the Grand Tetons, wild horses in Wyoming and high-mountain critters from Colorado.

### 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

**May session:** May 3, 10, 17, 24, 31

**May Cost:** \$30 member | \$50 non-member

**June session:** June 7, 14, 21, 28

**June Cost:** \$24 member | \$40 non-member

Sign up is monthly - no drop in

**Registration Opens:** April 15 for May sessions, May 15 for June sessions

**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.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, May 14, June 11; 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, May 13**

**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](http://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

### COUNSELING FOR OLDER ADULTS - HOMAGE SENIOR SERVICES

**Tuesdays; 8:00am- 12:00pm**

**Cost:** No fee

To schedule an appointment call Nancy Brosemer at 425-290-1246. If you have been struggling, you are not alone. Many older adults encounter challenges that contribute to their depression, grief or anxiety. Homage Counseling can help with depression and anxiety, as well as grief counseling.

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

### FLOSS BOSS MOBILE DENTAL VAN

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

**Please call 206.710.2717**

Sign up online at <https://tinyurl.com/mry8ebwb>

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.

**The Foot Care Clinic has expanded with additional nursing staff! We have openings in May and June. 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 - ACCEPTING NEW PATIENTS

**1st & 2nd Wednesday/Thursday**

**May 1, 2, 8, 9, June 5, 6, 12, 13**

**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, July 1; 9:30am-4:30pm**

**Tuesday, July 2; 9:30am-4:30pm**

**TO MAKE AN APPOINTMENT~ call: 1.800.398.7888**

**email: [schedule@bloodworksnw.org](mailto:schedule@bloodworksnw.org)**

**OR website: [dslnk.co/EdmondsPopUp](http://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.

## CLINICAL HEALTH & WELLNESS PROGRAMS

### REIKI HEALING

**1st/2nd/4th Tuesdays**

**May 7, 14, 28, June 4, 11, 25**

**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.

### VISION AND HEARING SCREENING

**Tuesday, May 28; 9:00am-11:00am**

**Location:** Clinic Rooms

**Facilitator:** Edmonds Lions Club

**Cost:** None

**Register:** Walk-in; No appointment necessary  
Free Hearing and Vision Screening provided by the Edmonds Lions Club. Lions Club provides assistance to obtain glasses and hearing aids for qualifying low-income children and adults. Lynnwood, Mountlake Terrace, Edmonds residents.

## DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS

### BABY & ME YOGA

**Monday/Friday | 10:30am-11:30am**

**WILL NOT MEET MAY 27**

**Room:** Multipurpose Room 4

**Instructor:** Nisreen Azar

**Monthly Cost:** \$160 member | \$180 non-member  
\$25 drop-in

**Register:** Online/Phone/2nd Floor Reception  
**Registration Opens:** April 15 for May session, May 15 for June 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.

### NEW! BHANGRA DANCE CLASSES

**Mondays | 10:30am-11:30am**

**FREE TRIAL FIRST CLASS ON MAY 6**

**May 13 & 20 (2 sessions)**

**Cost:** \$25 member | \$40 non-member

**June 3, 10, 17, 24 (4 sessions)**

**Cost:** \$50 member | \$80 non-member

**Room:** Multipurpose Room 3

**Instructor:** Seema Vibbert

**Register:** Online/Phone/2nd Floor Reception  
**Registration Opens:** April 15 for May session, May 15 for June session-No Drop In

Bhangra, originating from Punjab, India, is a joyful and celebratory dance form. Experience its infectious beats while enjoying a full-body workout that improves coordination, balance, and cardiovascular health. Designed with low impact movements that are slower paced and are fun and enjoyable for seniors. Elevate your mood with every move!

### NEW! FAMILY YOGA

**Mondays | 3:15pm-4:00pm**

**WILL NOT MEET MAY 27**

**Room:** Multipurpose Room 3

**Instructor:** Nisreen Azar

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

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

**Registration Opens:** April 15 for May session, May 15 for June session; 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:** April 15 for May session, May 15 for June session

**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 | 2:30pm-3:30pm**

**May 8 - May 29**

**June 5 - June 26**

**Location:** Multipurpose Room 4

**Monthly Cost:** \$60 for members

\$80 for non-members/\$20 Guest

**Facilitator:** Peggy Protz

**Registration Opens:** April 15 for May session, May 15 for June session; drop in ok.

**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

**May session:** May 3, 10, 17, 24, 31

**May Cost:** \$50 member | \$75 non-member

**June session:** June 7, 14, 21, 28

**June Cost:** \$40 member | \$60 non-member

**Register:** Online/Phone/2nd Floor Reception  
**Registration Opens:** April 15 for May session, May 15 for June session-No Drop In

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

### LINE DANCING (INTERMEDIATE)

**Fridays | 2:30pm-3:30pm**

**Room:** Multipurpose Room 3

**Instructor:** Jeff Buckley

**Class Limit:** 12 students

**May session:** May 3, 10, 17, 24, 31

**May Cost:** \$50 member | \$75 non-member

**June session:** June 7, 14, 21, 28

**June Cost:** \$40 member | \$60 non-member

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



## DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS

**HOW TO REGISTER: Online - Go to: <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.**

### 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:** April 15 for May classes, May 15 for June 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!

### ONE HOUR FITNESS

**Monday/Wednesday/Friday  
WILL NOT MEET MAY 27, JUNE 19**

**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:** April 15 for May session, May 15 for June session

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

### PRENATAL & BEGINNING YOGA Monday/Wednesday/Friday WILL NOT MEET MAY 27, JUNE 19

**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 \$25 drop-in

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

**Registration Opens:** April 15 for May session, May 15 for June 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 MAY 27, JUNE 19**

**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:** April 15 for May session, May 15 for June session

This class includes posture, balance, stretching and strengthening.

### TAI CHI - BEGINNER

**Thursdays | 10:30am-12:00pm**

**Jun 20 - Aug 15 (8 sessions)**

**Room:** Multipurpose Room 1 & 2

**Instructor:** Barbara Gleisner

**Cost:** \$80 member | \$100 non-member

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

**Registration Opens:** May 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.

## GAMES - CLASSES & PROGRAMS

### BINGO

**Mondays | 1:00pm-3:00pm**

**WILL NOT MEET MAY 27**

**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\*

**May 20, June 24**

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 - 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**

**May 1, 15, June 5**

**WILL NOT MEET JUNE 19**

**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 MAY 27, JUNE 19**

**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.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, May 14, June 11 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, May 14, June 11 5:30-7:00pm 4th Wednesday, May 22, June 26 2:30pm-4:00pm**

**Room:** Multipurpose Room 3  
**Cost:** None  
**Register:** Call Ann Dingwall 206.816.2349 or email [adingwall19@gmail.com](mailto: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 May 15, 16, June 20 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! DSHS MOBILE COMMUNITY SERVICE OFFICE (Location is South Parking Lot) Wednesday, May 29**

**10:00am-2:00pm**  
DSHS Mobile Community Service Office, is equipped to process new basic food applications, reviews, issue EBT cards/replace cards, conduct interview etc. We also are able to do applications for Medicaid programs for the aged and disabled.

### **FINANCIAL SERVICES 2nd Monday, May 13, June 10 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 Monday, June 24 1:00pm-4:00pm**

**Room:** Clinic Office  
**Facilitator:** Snohomish County Legal Services  
**Cost:** None  
**Register:** Phone/2nd Floor Reception (walk in ok if space available)  
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, walk-in appointments are welcome but not guaranteed.

### **PRESCRIPTION DRUG ASSISTANCE NETWORK (PDAN) 2nd & 4th Friday, May 10, 24, June 14, 28 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 WILL NOT MEET MAY 17, JUNE 14, 21, 28**

**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.



# Is it Time to Make a Move?



## 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!

## I have the knowledge to help you.

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.



## LAKE BALLINGER CENTER AT MOUNTLAKE TERRACE

**You will find lots of great programs and friendly, even familiar, faces over at the Lake Ballinger Center!**

**Since May 2023, the LBC has taken some of our greatly loved programs under their wing.**

Membership is reciprocal at the Lake Ballinger Center, so if you are a member of the EWC, you also get discounts on LBC programs, and vice versa! Be sure to visit their Center located at 23000 Lakeview Dr. in Mountlake Terrace or give them a call at 425.672.2407. You can also find them online at <https://lakeballingercenter.org>

### BRIDGE - DUPLICATE

**Mondays | 11:30am-4:00pm**

**WILL NOT MEET MAY 27**

**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.

### DANCING & LIVE MUSIC AT LAKE 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.



**\*SIGN UP FOR MAY & JUNE LINE DANCING AT THE EWC**

**\*\*STARTING WITH THE JULY LINE DANCING CLASS, ALL SIGN-UPS FOR WEDNESDAY LINE DANCE WILL TAKE PLACE AT LAKE BALLINGER CENTER (AND NOT AT THE EWC)**

### 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

**May session: May 1, 8, 15, 22, 29**

**May Cost:** \$50 member | \$75 non-member

**June session: June 5, 12, 26**

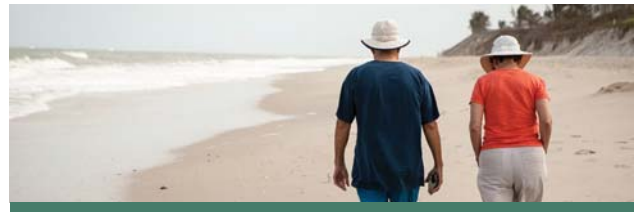
**WILL NOT MEET JUNE 19**

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

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

**Registration Opens:** April 15 for May session, May 15 for June session- No Drop In

Work on your agility and have fun by learning easy to intermediate line dances. Some experience suggested but not required.



## 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  
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[www.WallGroupLaw.com](http://www.WallGroupLaw.com)



## 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

### BEAUTY/HEALTH/FITNESS

#### **JOHN'S BARBER SHOP**

(425) 776-5995  
1302 Olympic View Dr, Edmonds

#### **OMBU SALON + SPA**

www.ombusalon.com  
(425) 778-6322  
121 3rd Ave N, Edmonds

#### **THE VISITING FOOT CARE NURSE**

Bjackles@comcast.net  
(206) 940-0748

### COMMUNITY

#### **COMMUNITY TRANSIT**

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

#### **EDMONDS CHAMBER OF COMMERCE**

www.edmondschamber.com  
(425) 670-1496  
121 5th Ave N, Edmonds

### FINANCIAL

#### **DME CPA GROUP PC**

www.dmecpa.com  
(425) 640-8660  
123 3rd Ave S, Suite 200, Edmonds

#### **FAIRWAY INDEPENDANT MORTGAGE - KIM PRATER**

fairwayreverse.com/loan-officers/kerry-kim-prater/  
(206) 948-2176  
3400 188th St SW #185, Lynnwood

#### **FRANK BORG - REVERSE MORTGAGE PLANNER**

www.borgreverse.com  
(425) 949-2889  
3400 188th St SW #185, Lynnwood

#### **PEOPLES BANK**

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

### LEGAL

#### **COMPASSIONATE LEGAL CARE**

(206) 782-5382  
4215 198th St SW, Suite 106, Lynnwood

#### **WALL GROUP LAW**

(425) 670-1560  
51 West Dayton St, Suite 305, Edmonds

### REAL ESTATE

#### **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

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### SENIOR SERVICES

#### **A KIND HEART HOMECARE SERVICES**

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(425) 678-8001  
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**BECOME A BUSINESS  
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Sign up online  
[www.edmondswaterfrontcenter.org](http://www.edmondswaterfrontcenter.org)

or contact Michelle Neu at  
**425.954.2520**

[Michelle.Neu@EdmondsWaterfrontCenter.org](mailto:Michelle.Neu@EdmondsWaterfrontCenter.org)



# Edmonds Waterfront Center

Connecting & Enriching Our Community

PO Box 717 • Edmonds WA 98020 • (425) 774-5555 • [www.edmondswaterfrontcenter.org](http://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](http://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 US MAIL <input type="checkbox"/>	I would like to receive the newsletter by EMAIL <input type="checkbox"/> One copy of the newsletter may be sent to each household
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.	
MEMBER 1	MEMBER 2
Signature: _____ Date: _____	Signature: _____ Date: _____



## DONATIONS

Please mail all donations to:  
P.O. BOX 717  
Edmonds, WA 98020

### A HEARTFELT THANK YOU TO ALL WHO HAVE DONATED!

Anne & Rick Spangler  
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Alma Ohtomo  
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In Memory of  
Mary Lambert  
Janet Young  
Sharon Haakenson  
In Memory of  
John Osterhaug  
Diane Buckshnis

## IN MEMORIAM

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

Barbara Cain  
Dave Dalbotten  
Joanne Denslow  
Lee Doolittle  
Clive Hirst  
Chuck Kalkwarf  
Suzanne Lowell  
Janet Rowe  
Betty Secord  
Dorothy Sittauer  
Richard H. White

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



ST. PADDY'S  
DINNER EVENT -  
FUN, FOOD, AND  
FANTASTIC MUSIC  
WAS ENJOYED  
BY ALL!

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**AND**

**LEVL - LIFT EVERY VOICE LEGACY**

**PRESENTS:**

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FESTIVAL OF FREEDOM**

**JUNE 19, 2024  
11:00AM - 2:00PM**