

EWC Special May Lunch, Clinics & May/June Healthy Living Workshops

Clinic

Mammovan

Monday, May 12th

Call (206) 606 – 7800 to make an appointment

Bloodwork's NW Pop-Up Clinic

Tuesday, May 27th

Call: 800-398-7888

May Workshops

Coping Skills for People with Hearing Loss & their Family

Thursday, May 15th, 1:00 PM - 2:30 PM

No Fee

Come learn hearing loss coping strategies for individuals with hearing challenges, their families, and friends. Develop effective communication skills for better interaction with those who are hard of hearing.

Spring Into Flavor: A Celebration of Fresh, Feel-Good Foods Cooking Demo

Friday, May 16th, 1:00 PM – 2:30 PM

Fee \$20M \$30NM

Celebrate the vibrant flavors of the season with Nutrition with Heart, honored as a 2024 Best of Edmonds winner, in this lively and interactive cooking class! Join us as we welcome spring with dishes that nourish, energize, and inspire connection. You'll walk away with valuable cooking techniques, new recipes, and the tools to celebrate food as both fuel and joy.

What You'll Learn to Prepare:

Starter: Sasquatch Salad

Main Course: Havana Adventure Wrap

Beverage: Cascadia Citrus Sangria

Artists' Workshop for Simply Stories

Tuesday, May 20 – June 17, 10:00 AM - 12:00 PM

No Fee

Simply Stories is a small publishing house, established in 2023, focused on books for adults with limited literacy. Founded by writer Manya Wilkinson and language specialist Martha Young-Scholten, the house produces short books (30 to 400 words) with adult themes, though they resemble children's early reader books. Currently available in English,

translations into Arabic and Spanish are forthcoming. We conduct workshops, both in-person and online, for artists of all ages to contribute images for over 20 new texts. The first two-hour workshop introduces participants to Simply Stories and the role of artists, allowing them to choose texts for illustration. The second hour-long workshop focuses on sharing initial ideas, followed by a final presentation workshop. Artists then have follow-up communication regarding book layout approval and signing a contributor's agreement for royalties once sales begin

Get Your Ducks In A Row

Thursday, May 22nd, 1:00 PM - 3:00 PM

No Fee

Join us for a panel discussion led by senior housing expert Marta Street on transitioning into senior housing. This session is for seniors planning and adult children seeking to support their aging parents. Panelists include a Senior Real Estate Specialist, an Elder Law Attorney, and Senior Care Advisors. It's a great opportunity to get informed and organized!

Your Retirement: Dream or Disaster?

Thursday, May 29th, 1:00 PM – 3:00 PM

Fee \$25

Discover the Secrets of Living Happily Ever After During Retirement

You will learn:

Why traditional approaches to retirement planning result in failure 70% of the time.

How to protect your assets from uncovered medical and long-term care costs, the single biggest threat to financial security in retirement.

Creating an integrated plan for health, housing, financial, legal, and family issues in retirement (a Life Plan) is the key that unlocks financial security.

And much more...

June Workshops

Demystifying Herbal & Dietary Supplements

Thursday, June 5th, 1:00 PM - 2:30 PM

No Fee

Participants will learn about dietary supplements and how they are regulated. They will also be introduced to understanding the evidence and what resources are available for guidelines and research on choosing quality products. No recommendations will be given for any herbs/supplements. This workshop focuses on how to research.

AARP - HomeFit: Modify Your Home for Safety and Comfort

Thursday, June 12th, 1:30 PM - 3:00 PM

No Fee

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?

Tuesday, June 24th, 1:00 PM - 2:00 PM

No Fee

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.

DAY TRIPS - SIGN UPS OPEN ON MAY 1

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

SIGN-UPS OPEN ON THURSDAY, MAY 1

9AM - IN PERSON (2nd floor reception
- We begin handing out numbers at 8am)
12PM - ONLINE/OVER THE PHONE

PARKING & DEPARTURE LOCATION:

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

Meet and park in the south east section of the parking lot.

PAYMENTS:

We take credit card payments over the phone 425.774.5555 or sign up online

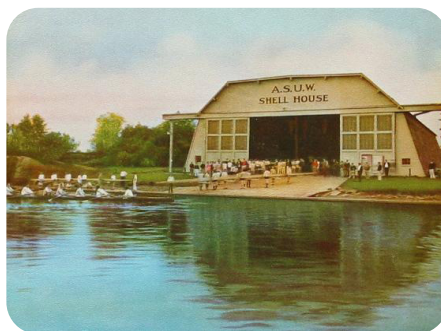
REFUNDS AND CANCELLATIONS:

EWC requires 48 hours notice for cancellations for all day trips and hikes

- No refunds or credits will be given if a cancellation is received less than 48 hours from the departure time of the trip
- No refunds or credits are given when tickets and/or services cannot be refunded to EWC
- Cancellations received more than 48 hours from the trip departure time will be given a Prepay credit to your account which can be used toward another trip, program or event
- Full refunds will only be given if the trip is cancelled by the EWC

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 or hikes
- Please allow those with mobility challenges to sit in the front row
- Masks are recommended for all bus trips and are available on both buses


UNIVERSITY OF WASHINGTON CONIBEAR SHELLHOUSE TOUR

Wednesday, May 21
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).

KARI'S BOG

Wednesday, May 21
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).


CHOIR OF THE SOUND "RODGERS & HAMMERSTEIN"

Sunday, June 1
Depart: 2:00pm; Return: 5:30pm
Cost: \$30M/\$45NM
Little Walking +
Spots Available: 13

Meet at: Lake Ballinger Center
With Oklahoma!, The Sound of Music, and other great musicals, Rodgers and Hammerstein transformed the very idea of what a Broadway show could be. Join this 85 voice choir for a celebration of the once-revolutionary songs that have become classics, staged with all the costumes, sets, and dancing they deserve.

DAY TRIPS - SIGN UPS OPEN ON MAY 1

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VOLUNTEER PARK CONSERVATORY

Thursday, June 5

Depart: 9:30am; Return: 3:00pm

Cost: \$22M/\$35NM

Moderate Walking ++/+++

Spots Available: 23

Meet at: Lake Ballinger Center

The Volunteer Park Conservatory is a botanical garden, conservatory, and Seattle landmark located on Capitol Hill. Made up of 3,426 glass panes fit into a wood and iron framework, this Victorian-style greenhouse structure is modeled on London's Crystal Palace. Inside, the Volunteer Park Conservatory is divided into five display houses: bromeliads, ferns, palms, seasonal, and cacti/succulents. Between its glass ceilings and walls, the conservatory displays thousands of living specimens for public viewing, while thousands of additional specimens are cultivated in the adjacent greenhouses. This will be a self-guided tour with time to enjoy the gift shop and park amenities, then stop for lunch nearby on the way home (lunch cost is OYO).

MUCKLESHOOT CASINO

Tuesday, June 10

Depart: 10:00am; Return: 4:30pm

Cost: \$25M/\$40NM

Little Walking +/++

Spots Available: 23

Meet at: Lake Ballinger Center

Try your luck at slots or table games. Food available for purchase at buffet or several onsite restaurants (cost OYO).

BYE BYE BIRDIE AT THE 5TH AVE

Thursday, June 26

Depart: 12:00pm; Return: 5:00pm

Cost: \$80M/\$110NM

Little to Moderate Walking ++/+++

Spots Available: 9

Meet at: Lake Ballinger Center

Never before seen on The 5th Avenue Theatre's stage, candy-coated and bursting with spectacular charm, the classic Bye Bye Birdie gets a fresh twist!

When teen idol Conrad Birdie gets drafted into the Army, he decides to shake up small town Sweet Apple, Ohio with one last performance and a kiss for a fan on The Ed Sullivan Show. This true gem of the musical theater canon will knock your socks off--it's time for the telephone hour! Bye Bye Birdie is a hip-swinging, high-energy, rock-n-roll, show-stopping delight, one of the biggest, danciest, funniest musicals you'll ever see!



Welcome to CommonGrounds Coffee Shop, your favorite spot to unwind, connect, and enjoy a perfect cup of coffee. At CommonGrounds, we pride ourselves on our warm, inviting atmosphere where community and quality coffee come together.

Drop by and savor our house-made salads or sandwiches, perfect for enjoying in our community café or take with you on the go!



EWC Member Coffee:

Starting May 5th valid membership proof is required to receive \$1.00 member coffee.



EWC TRAVEL CLUB

BOOK A TOUR WITH COLLETTE TRAVEL AND BENEFIT THE EDMONDS SENIOR PROGRAMS 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...

Discover the Islands of New England

September 5 – 12, 2025

VIEW THE ITINERARY AND SIGN-UP ONLINE AT:
<https://gateway.gocollette.com/link/1213383>



Edmonds Waterfront Center Travel Club presents...

Mackinac Island

May 10 – 18, 2026

VIEW THE ITINERARY AND SIGN-UP ONLINE AT:
<https://gateway.gocollette.com/link/1327042>



Book Now
& Save
\$100
Per Person



OVER THE HILL HIKERS

*ONLINE REGISTRATION IS AVAILABLE

www.schedulesplus.com/edmonds
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 Kandace Aksnes at 425.563.4656 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.

LAKE UNION LOOP (SEATTLE) - HIKE

Thu, May 8 | Depart: 9:00am.
 Difficulty: Easy. 6.5 Miles Round Trip
 Elevation Gain: -0- ft.

WALLACE FALLS LOOP (HWY 2) - HIKE

Thu, May 22 | Depart: 8:00am.
 Difficulty: Medium-Difficult. 5.4 Miles Round Trip
 Elevation Gain: 1350 ft.

BOULDER RIVER (DARRINGTON) - HIKE

Thu, Jun 12 | Depart: 8:00am.
 Difficulty: Easy. 8.6 Miles Round Trip
 Elevation Gain: 700 ft.

BRIDAL VEIL FALLS (INDEX AREA) - HIKE

Thu, Jun 26 | Depart: 8:00am.
 Difficulty: Medium. 4.4 Miles Round Trip
 Elevation Gain: 850 ft.

AT LEFT:
 OVER THE HILL HIKERS SENIOR POWER!