



Sound Connection

for edmonds waterfront center programs

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MESSAGE FROM THE CEO

YOU WILL FIND WHAT YOU ARE LOOKING FOR

We all look at the world through our lens shaped by genetics and life experience. There are those with gifts where they can see what few others are able to see, like looking through the Hubble Telescope when the rest of us just see the night sky.

A gardener marvels at the intricacies of a flower's bloom. A comedian is always reading and listening to conversations mining for a humorous angle unnoticed by anyone else. Caregivers are not deterred by suffering - they rush toward it, because they are drawn to humanity and the human condition.

Sometimes you must be challenged to view the world in a new way. It was a rainy grey day in March 2023 when we were dedicating the newly carved native welcoming figure at the EWC. Several hundred people were in attendance for the "awakening" ceremony. I made a comment of regret about the rain to the Tulalip wood carver Ty Juvinel. He commented, "Oh Daniel - in our culture we see rain as a good omen, a blessing. The rain is to be celebrated. It brings our community life." I view rain differently to this day.

When you love your partner or friend you delight in their gifts, humor, kindness and insight; you forgive their imperfections - even finding them endearing. We all know the flip side is true. We don't easily forgive the imperfections of those who have wronged us. UW professor, author and couple's therapist Dr. John Gottman attested that he could determine in the first session if a couple would stay together based on if he hears disdain from either partner.

My late father-in-law Hans Sonntag, a chemist and computer scientist, taught classical music appreciation. His classes were always filled with students who just wanted to experience / witness his sheer exuberance exploring classical music.

Imagine Albert Einstein (same accent but a better haircut) giving a lecture, literally bouncing with joy in sharing his discovery - that was Hans. Nearly moved to tears he would beg his students to, "appreciate the magnificent beauty of unity in diversity of the music." He taught his students how to listen.

Commenting on wonder, Albert Einstein said, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is".

Homework Assignment:

- Walk into a park and find a place to sit. Close your eyes and listen. Extra credit if you drive to the Rain Forest on the Olympic Peninsula.
- On a clear night with no moon, find a place outside away from lights where you can lay back. Open your eyes and take in the night sky - for an uncomfortably long time.
- Find a flower in a garden and take 10 minutes staring at it. Extra credit for using a magnifying glass.
- Sit across from a friend or a new acquaintance and just listen.

If you look for conflict you will find it. If you look for beauty you will find it. Like the artist, the gardener, the caregiver, who sees things the average person misses, I see human potential in everyone I meet because I am looking for it.

Once you learn what to look for you will delight in finding it. Celebrated architect Frank Lloyd Wright designed buildings and furniture that no one else could even imagine. He famously said, "We are ourselves what we appreciate - no more."

Don't sleepwalk through life. Open your eyes - and your heart.



Daniel Johnson, MSW

Edmonds
Waterfront
Center
CEO



Cultivate new experiences and perspectives, maintain strong relationships, stay physically and mentally active, and pursue your passions at the EWC





STAFF

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& Lynne McKinney**

Thrift Store Assistant Managers

Tracy Nyland

Thrift Store Showroom Assistant Manager

Dannika Burke • Silviu Istrate

Ethan Pilla

Thrift Store Donation Attendants

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Info@EdmondsWaterfrontCenter.org

General Information Inquiries

Phone: 425.774.5555

Info@EdmondsWaterfrontCenter.org

Private Event Rental Inquiries

Phone: 206.803.8386

EWC@ShoobyDooCatering.com

NOW HIRING: The EWC Foot Care Clinic is seeking a trained foot care nurse to work 1-4 days/mo in our pop-up clinic. If you know someone who is interested, please direct them to the EWC website or contact Michelle Reitan at 425.954.2523

ABOUT THE EWC

HOURS:

EWC Program Hours:

8am-8pm Monday-Thursday

8am-4pm Friday

Main Phone: 425.774.5555

Fax: 425.774.2921

MAILING ADDRESS:

PO Box 717, Edmonds, WA 98020

PHYSICAL ADDRESS:

220 Railroad Ave, Edmonds, WA 98020

WEBSITE

EDMONDSWATERFRONTCENTER.ORG

MISSION

The EWC bridges generations and cultures to improve lives, strengthen our communities, and empower individuals to achieve their full potential.

CORE VALUES

- Lifelong Learning
- Health & Wellness
- Diversity & Inclusion
- A Culture of Respect
- Involvement of Volunteers
- Commitment to Innovation

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.

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.

<https://schedulesplus.com/edmonds/kiosk/memedmonds.do>

UPCOMING SPECIAL EVENTS & PROGRAM NEWS

COMMUNITY BREAKFAST IS BACK!

Friday, September 5, October 3 - Cost: \$15

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

Join us for a hot breakfast with coffee and orange juice. No reservations required. Seating is first come, first served, while supplies last. Become a member or renew your membership and receive a coupon valued at \$5 off your meal. We look forward to seeing you!

*Thank you to our breakfast sponsor
Vineyard Park at Mountlake Terrace*

HOLIDAY CLOSURE

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

Monday, September 1 ~ Labor Day

MEMBER ORIENTATION & COFFEE CHAT

Wednesday, October 8 - Free

10:00-11:00am in Community Room A

Your chance to meet new people learn more about the Edmonds Waterfront Center! Join us for an informal get together with EWC Board, Committee and Staff members. Learn more about the Edmonds Waterfront Center, your benefits as a member, program offerings, and volunteering. This meeting is open to new and not-so-new members, or anyone thinking about becoming a member. Space is limited please RSVP at 425.774.5555 or sign up online at

www.schedulesplus.com/edmonds

MONTHLY BIRTHDAY CELEBRATION

3rd Wednesday of the month - Free

12:00-1:00pm in the Waterfront Banquet Room

All are welcome to join us for our monthly birthday celebration! Whether it's your birthday month or not, enjoy a complimentary dessert with friends. No RSVP required. *Special thanks to our sponsor Family Resource Home Care!*

PUBLIC BUILDING TOURS

1st Wednesday of the month at 10:00am

Free - Meet in the first floor Lobby

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?

Tour size is limited. Registration is required.

Please call 425.774.5555 or sign up online at

www.schedulesplus.com/edmonds

WEATHER CLOSURE POLICY

For the safety of our members, when the Edmonds School District is closed due to weather or unsafe road conditions, EWC will also be closed. Watch the news for details. If you are not sure or if school is on break, call the office before you come to the Center or check our website.

A Taste of Italy

Spaghetti Dinner Fundraiser

Support the EWC Senior Lunch Program



Thursday, September 18

Doors open at 5:30 pm

Dinner served 6:00 -7:00 pm

Menu includes garlic bread and salad

\$15 Donation

\$10 for Kids under 12

Call 425.774.5555 or click the QR code




Edmonds Waterfront Center
220 Railroad Ave

EDMONDS AUTHOR & SPEAKER SERIES PRESENTS

DEEP IN THE WOODS:

**THE 1935 KIDNAPPING OF 9-YEAR
OLD GEORGE WEYERHAEUSER**

with Bryan Johnston

Thursday, Sep 25; 6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

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



It was a crime even the FBI must have considered fantastic and absurd. In 1935, nine-year-old George Weyerhaeuser, heir to one of the wealthiest families in America, is snatched off the streets two blocks from his Tacoma home. The boy is kept manacled in a pit, chained to a tree, and locked in a closet, leading to the biggest manhunt in Northwest history. The caper plays out like a Hollywood thriller with countless twists and improbable developments. Perhaps the most astonishing thing of all, though, is how it ends.

*Special thanks to our program partners
My Edmonds News & Edmonds Bookshop!*

UPCOMING SPECIAL EVENTS & PROGRAM NEWS

EWC ENVIRONMENTAL SPEAKER SERIES

Hosted by "Ocean Annie" Crawley

CARING ABOUT OUR ROADS, CAR TIRES, AND COHO SALMON

WITH DR. ED KOLODZIEJ OF
CENTER FOR URBAN WATERS

Thursday, Sep 11; 6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/2yxpapam> or Pay at the door

Dr. Ed Kolodziej, professor at the University of Washington and senior researcher at the Center for Urban Waters, whose research focuses on identifying and mitigating emerging contaminants in urban watersheds. He is internationally recognized for his work on 6PPD-quinone, a toxic chemical derived from tire dust that has been directly linked to the death of coho salmon in urban streams. His work has shaped environmental policy and water quality standards, while building bridges between scientific research and community health across the Pacific Northwest.

SALISH SEA SEALS & PORPOISES

WITH DR. CINDY ELLISER
OF SALISH SEA INSTITUTE

Thursday, Oct 9; 6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/mwj5bt58> or Pay at the door

Dr. Cindy Elliser, associate director of the Salish Sea Institute at Western Washington University and founder of Pacific Mammal Research (PacMam). Based in Anacortes, WA, Dr. Elliser is a marine mammalogist and educator with over 20 years of experience in marine mammal biology and public engagement. Her long-term photo-ID and behavioral research on harbor porpoises and harbor seals in the Salish Sea helps inform conservation policy and community science efforts, and her educational outreach programs empower people of all ages to better understand and protect our marine neighbors.

Special thanks to our program partners
Port of Edmonds & Edmonds Beacon!



OKTOBERFEST!

Thursday, Oct 23

Doors open at 5:00pm

Music starts at 5:30pm

With music by The Bonnie Birch Trio

IN THE WATERFRONT BANQUET ROOM

Cost: \$20 M/ \$30 NM/ \$15 Children under 14

Sing along to with friends to Bier Her, Edelweiss and more ~ Appetizers, non-alcoholic beverages and dinner is included with cost of admission. **Registration opens September 2.**

Please call 425.774.5555 or register online at

www.schedulesplus.com/edmonds

Special thanks to our sponsor Fairwinds Brighton Court Lynnwood



CANDIDATE CONVERSATIONS WITH EDMONDS CITY COUNCIL & EDMONDS PORT COMMISSION HOPEFULS

Thursday, Oct 16; 6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/zwfrscm3> or Pay at the door

Join us for a lively evening of "Candidate Conversations" with Edmonds City Council and Edmonds Port Commission hopefuls. The evening will include

- A discussion between the two candidates for each race regarding three or four major topic areas facing the city. What are their solutions? Where do they agree and disagree?
- Audience questions, asked by those attending. Participants will be chosen at random from those who have indicated they have a question for a particular candidate/race.
- Each city council candidate will be provided a table at the back of the room for further discussion with voters both before and after the event.

The event will be recorded and posted on YouTube for viewing the next day. *Special thanks to our program partner My Edmonds News!*

THE LEGACY UKULELE ENSEMBLE WITH PETER LUONGO

Saturday, Oct 18; 11:00-1:00pm

IN THE WATERFRONT BANQUET ROOM

\$10 per person ~ Everyone is welcome!

Please join us for an entertaining and inspiring hour-long musical program. The Legacy Ukulele Ensemble is a group of 14 players from across America and Canada who are committed to developing music literacy, musicianship, and ukulele playing skills with the goal of performing and sharing their music with audiences. **Registration opens September 2.**

Please call 425.774.5555 or register online at
www.schedulesplus.com/edmonds



TRICK OR TREAT TRIVIA!

Thursday, Oct 30

Check in starts at 6:30pm

Event starts at 7:00pm

IN THE WATERFRONT BANQUET ROOM

All ages event ~ Everyone is welcome!

- * Teams are limited to 6 players
- * Top team will win the coveted Red Twig mug
- * Chance to win individual prizes for best costume

Bring your own team or join one and make new friends! Each person must register individually, even if you are on a team. Light refreshments provided courtesy of **Crista Senior Living**

Suggested Donation \$5 ~ Registration opens September 2

Please call 425.774.5555 or register online at
www.schedulesplus.com/edmonds

THRIFT STORE NEWS ~ OPEN 7 DAYS A WEEK!

STORE HOURS

Monday - Sunday
10:00am - 5:00pm

DONATIONS:

May be dropped off at the back door
Monday- Sunday 10:30AM-4:30PM.

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

PHONE: 425.977.0411

EMAIL THE STORE:
thriftstore@EdmondsWaterfrontCenter.org

We look forward to seeing you in the store!

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.

ONLINE SALES:

Check out our new ebay store at:
www.ebay.com/usr/edmondsthiftstore



Edmonds Senior Center



Thrift Store



Thrift Store Specials

Hours of Operations: 10:00 am - 6:00 pm
22820 100th Ave W Edmonds, WA 98020 | 425-977-0411

Discounts do **NOT** apply to Jewelry or yellow/green marked items
Clothes include hats, scarves, belts & gloves

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL CLOTHES & SHOES BUY ONE GET ONE FREE <i>Of equal to, or lesser value.</i>	Furniture & Lamps 50% OFF	Shoes & Purses 50% OFF	Men's Clothing & Men's Shoes 50% OFF	All Books 50% OFF	Shoes & Purses 50% OFF	Sets of Dishes 50% OFF
	Women's & Men's Pants \$3	Clothes 50% OFF	Women's & Men's Pants \$3	Clothes 50% OFF	Women's & Men's Pants \$3	Clothes 50% OFF
	Linens 50% OFF	Stemware 50% OFF	Sets of Dishes 50% OFF	Candles & Candle Holders 50% OFF	Art & Linens 50% OFF	Clear Glassware 50% OFF
	Mugs 50% OFF		DVDs, CDs, Records & Audio Books 50% OFF		DVDs, CDs, Records & Audio Books 50% OFF	Backpacks & Luggage 50% OFF
			Toys & Wicker 50% OFF		Plastic Housewares 50% OFF	



The Edmonds Senior Thrift Store is looking for volunteers!

Drop by the store or give us a call at 425.977.0411





THRIFT STORE SHOWROOM NOW OPEN!

SHOWROOM HOURS

Tuesday - Saturday
11:00am - 6:00pm

DONATIONS: 11:00am-4:30pm

Now accepting donations of furniture, large art and fine arts

ADDRESS: 120 W. Dayton St, Building 2, Suite A7
(Located in the Harbor Square Business Complex)

PHONE: 425.245.7902

EMAIL THE SHOWROOM:

showroom@EdmondsWaterfrontCenter.org



Edmonds Senior Center Thrift Store



Showroom



Volunteer Highlight:

We're highlighting our volunteer
Sharon Grashin. She helped us
secure the biggest single ticket sale
in Showroom history, Thanks
Sharon!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLOSED	10% OFF Bookcases	10% OFF Lamps	10% OFF Mirrors	10% OFF Desks	10% OFF Rugs	CLOSED
	10% OFF Decor	10% OFF Side Tables	10% OFF Dressers	10% OFF Framed Artwork	10% OFF Chairs	
				10% OFF Couches	10% OFF Hutches	

Fashion Show

at the Edmonds Waterfront Center

\$30
VIP

\$20
General

Sept
7th

11:00AM
Shopping

1:00PM
Fashion Show



Tickets go on sale **August 1, 2025** at the Edmonds
Senior Center Showroom, Thrift Store and Online



Edmonds Senior Center
Thrift Store



Presented By
200 years
KeyBank

All money raised goes towards EWC Lunch program

**2025 BOARD OF DIRECTORS****SPECIAL ANNOUNCEMENTS****BOARD OF DIRECTORS MEETINGS****Thu, Sep 25, Oct 23 at 3:00pm**

Meets in Community Room B & Zoom

President: Devnee Gadbois**Vice-President:** Lillyan Hendershot**Treasurer:** Karen Barnes**Secretary:** Nina Odell**Past President:** David Schaefer

Alison Alfonzo Pence

Chuck Fritz

Sonia Gilman

Bob Gould

Jeannie Kiewicz-Brooks

Phil Lovell

Alma Ohtomo

Doug Purcell

Jeanett Quintanilla

Brook Roberts

Gian Rodrigues

Kay Shin

Tabatha Shoemake

Terri Wilson

**OCTOBER 13TH
INDIGENOUS
PEOPLES DAY**

Join us for the inaugural
stubus -
Indigenous Walking Tour
Through Edmonds

The word *stubus* (pronounced stew-boos) means blunt face in Lushootseed, the Indigenous language of this area of Puget Sound. *Stubus* is the place name used by local Coast Salish people for the bluff of Point Edwards, a prominent landmark that guided canoe travelers to the original Edmonds marsh, a location rich in natural resources like cattails and cedars that were utilized by Indigenous people for thousands of years.

With a goal to engage and educate Edmonds about the lives of the Coast Salish people, a group of dedicated community members have developed the *stubus* - Indigenous Walking Tour. The tour highlights 15 sites throughout Edmonds including murals, art and other topics that dive deep into understanding the lives and the region's importance to the Coast Salish people.

On October 13th you can join a guided tour where you will learn about the art, the artists, and the story. You will also be able to access the walking tour year-round on your own, via the website and booklet (currently under development).

The Tour begins at 3:30pm at the EWC

COMMITTEES**ART** - Julaine Fleetwood, Chair**BOARD DEVELOPMENT** -

Alison Alfonzo Pence, Chair

EXECUTIVE - Devnee Gadbois, Chair**FACILITIES & TRANSPORTATION** -

Phil Lovell, Chair

FINANCE - Karen Barnes, Chair**FUNDRAISING** - David Schaefer, Chair**GOVERNANCE** - Bob Gould, Chair**MARKETING & COMMUNICATIONS** -

Lillyan Hendershot, Chair

MEMBERSHIP - Alma Ohtomo, Chair**PROGRAMS** - Terri Wilson, Chair**STRATEGIC PLANNING** - Lillyan Hendershot & Kay Shin, Co-Chairs

**OUR ANNUAL BOARD ELECTION WILL BE COMING
UP THIS FALL. IF YOU ARE INTERESTED IN JOINING
THE EDMONDS WATERFRONT CENTER BOARD OF
DIRECTORS, PLEASE SEND AN EMAIL TO
INFO@EDMONDSWATERFRONTCENTER.ORG
DEADLINE FOR SUBMISSION IS SEPTEMBER 30, 2025.**

**ALL SUBMISSIONS BY THE BOARD DEVELOPMENT COMMITTEE WILL BE
PRESENTED AT THE OCTOBER BOARD OF DIRECTORS MEETING. FROM
THERE, THE SLATE OF BOARD CANDIDATES WILL BE PRESENTED TO THE
MEMBERSHIP FOR A VOTE DURING OCTOBER TO BE CONDUCTED BY THE
DATE OF THE NOVEMBER BOARD MEETING. ELECTION RESULTS WILL BE
PRESENTED TO THE BOD AT THE DECEMBER BOARD MEETING.**



FUNDRAISING CORNER

Below is an update on our Building Enhancements and current needs. Thank you to all of our generous donors! Please contact Daniel Johnson if you would like to help at 206.293.4823 or visit our website to make a donation at www.edmondswaterfrontcenter.org

ADA Enhancements

- | | |
|---|--------------------------------|
| 1. Automatic ADA push pad door opening system for bathrooms | Funded - <i>Thank you!</i> |
| 2. Assistive listening system | completed - <i>Thank you!</i> |
| 3. Closed captioning | completed - <i>Thank you!</i> |
| 4. Tower to raise up screen for better close captioning visibility | \$ 1,000 |
| 5. Convert parking stall to ADA 15min drop off / pickup | completed - <i>Thank you!</i> |
| 6. Portable handicap parking signs for events (Dean Olson) | in process - <i>Thank you!</i> |
| 7. Add lower ADA door opener to main entrance for Little People and people in wheelchairs that can't reach up | \$ 2,500 |
| 8. Acoustic treatment in the Studio space | |
| • Wall treatment panels (like in the banquet room) | \$ 20,000 |
| • LVT flooring | \$ 19,000 |

Art

- | | |
|--|-------------------------------|
| 1. Native mask art wall on main stairs | completed - <i>Thank you!</i> |
| 2. Celebrate wall on balcony | completed - <i>Thank you!</i> |

Special projects

- | | |
|--|----------------------------|
| 1. Bookshelves for mini library on second floor | \$ 6,500 |
| 2. Art display case on second floor featuring art from classes | Funded - <i>Thank you!</i> |
| 3. Light both cabinets | \$ 2,200 |

Furniture

Tables and chairs

- | | |
|---|-----------|
| • Reconfigure 2nd floor open office stations to improve acoustics and add two new workstations. | \$ 20,000 |
| • 20 – Tables (10 rounds 60" and 10 banquets) with 2 carts | \$ 2,500 |
| • 80 – chairs | \$ 20,000 |

Equipment

Technology

- | | |
|--|-------------------------------|
| • Zoom conference upgrade (community rooms A) | completed - <i>Thank you!</i> |
| • Zoom conference upgrade (Studio) | \$ 3,000 |
| o Equipment | |
| Micro Form Computer | \$ 900 |
| Web Cam | \$ 700 |
| • Purchase 2nd projector as backup projector. | completed - <i>Thank you!</i> |
| • Install NEC projector and backup projector on custom mount | completed - <i>Thank you!</i> |
| • (3) laptops – 2 for new stations and a hot desk | \$ 3,500 |
| • (4) VOIP phones | \$ 1,000 |
| o Appx \$150 each, plus labor | |
| • (2) powered speakers to allow better sound from the computer | completed - <i>Thank you!</i> |
| • UPS/battery back-up for the server room equipment | \$ 3,000 |
| • Enhance our Camera surveillance by adding 2 cameras | \$ 4,000 |
| • Wire the Audiovisual equipment in Banquet Room to connect with the 2 new monitor TVs in the north part of the room | \$ 14,000 |
| • New computer for Banquet Room (matching what's in MP 1 & 2) | \$ 1,200 |



Rosewood Courte MEMORY CARE

Collaborative, Compassionate Care for those with memory impairments
 We offer long term residency as well as a complete day stay and respite program



Call us today to schedule a tour.
425.673.2875

425.673.2875 | 728 Edmonds Way | Edmonds WA
www.RosewoodCourte.com

DAY TRIPS - SIGN UPS OPEN ON SEPTEMBER 2

**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 TUESDAY, SEPTEMBER 2

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

SEATTLE ICE CREAM CRUISE

Sunday, September 14

Depart: 1:45pm; Return: 5:00pm

Cost: \$50M/\$75NM

Little Walking & Some Steps +/++

Spots Available: 18

Meet at: Lake Ballinger Center

Seattle's sweetest trip around Lake Union. Climb aboard the Fremont Avenue at Lake Union Park for the Ice Cream Cruise. Eat ice cream, enjoy the views and learn about the birthplace of the Boeing Company, turning an old powerplant into a biotech research center, a shipyard that has been working for over 100 years, the busiest drawbridge in the world and more! One ice cream treat is included with the cost of your ticket.



NORTHWEST TREK

Tuesday, September 23

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

Cost: \$45M/\$65NM

Moderate to Lots of Walking ++/+++

Spots Available: 20

Meet at: Lake Ballinger Center

Experience the awe and wonder of native Northwest wildlife. Meet bears, bald eagles, river otters and more as you explore forested walking paths. Take the Discovery Tram Tour and discover herds of bison, mountain goats, bighorn sheep and more as they roam freely through their 435-acre home. The electric trams offer up close, eye-level views of majestic wildlife and panoramic views of stunning meadows, forests and lakes. Food available for purchase at the park. (Cost of lunch OYO).

SENIOR COMMUNITY HOP

Thursday, September 25

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

Cost: Free

Moderate Walking ++/+++

Spots Available: 22

Meet at: Lake Ballinger Center

Tour nearby senior living communities on this progressive, educational "hop". Enjoy breakfast and a tour at The Village at Broadview, next lunch and a tour at the newly opened Edmonds Village Senior Living, and last but not least Happy Hour and a tour at Cogir of Edmonds. No pressure, just an enjoyable day out touring and learning. Bring your questions and get answers about senior community living.



AMAZON FULFILLMENT CENTER TOUR

Tuesday, September 30

Depart: 8:30am; Return: 2:00pm

Cost: \$35M/\$55NM

Moderate to Lots of Walking ++/+++

Spots Available: 20

Meet at: Lake Ballinger Center

How does an Amazon warehouse really work? Come and find out for yourself! Did you know that Amazon fulfillment centers are far more than a traditional warehouse? Some of our buildings are as large as 28 football fields, and can hold millions of products at one time. On your tour, you will see how products in your online shopping cart get from Amazon to you. It's a symphony of people and technology that deliver orders quickly and efficiently to customers around the world. Stop for lunch after the tour. (Cost of lunch OYO).

DAY TRIPS - SIGN UPS OPEN ON SEPTEMBER 2

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



**GOOD DAY SUNSHINE
PERFORMS: SGT. PEPPER'S
LONELY HEARTS CLUB BAND
AT KIRKLAND PERFORMANCE
CENTER**

Friday, October 3

Depart: 6:45pm; Return: 10:00pm

Cost: \$70M/\$95NM

Little Walking +

Spots Available: 10

Meet at: Lake Ballinger Center

Step into the vivid, technicolor world of Sgt. Pepper's Lonely Hearts Club Band like never before! Acclaimed Beatles tribute band Good Day Sunshine brings the iconic 1967 album to life on stage — performed in its entirety and backed by the lush power of a full chamber orchestra. From the explosive opening chords of the album's title song to the final, breathtaking moments of A Day in the Life, this is a bold, immersive musical experience that honors the Beatles' groundbreaking studio masterpiece with orchestral depth and dazzling authenticity.

**FOUNDERS DAY AT THE PIONEER
FARM MUSEUM & OHOP INDIAN
VILLAGE**

Saturday, October 11

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

Cost: \$50M/\$75NM

Moderate Walking ++/+++

Spots Available: 10

Meet at: Lake Ballinger Center

Journey back to the 1880's to experience homesteading in Washington state. Then step back further, to before the first local contact with Europeans, and experience Ohop Indian Village. Activities available include farm animals, narrated tours through a reconstructed pioneer farm, schoolhouse, a blacksmith shop and trading post on the Pioneer Farm Tour, a Native American Seasons Tour, Music, Crafts, Games, Buggy Rides, Food Truck and more! Bring money for lunch (Cost OYO) or Brown Bag it. Pumpkins also available for purchase.

FREMONT SUNDAY MARKET

Sunday, October 19

Depart: 10:00am; Return: 2:30pm

Cost: \$20M/\$30NM

Moderate Walking ++/+++

Spots Available: 23

Meet at: Lake Ballinger Center

Step into the heart of Seattle's vibrant Fremont neighborhood and experience the magic of the Fremont Sunday Market! - a hybrid marketplace that combines elements of a farmers' market, flea market, and artisan fair. Its uniqueness lies in its eclectic mix of vendors, community-focused atmosphere, diverse entertainment options, emphasis on local and sustainable products, and its vibrant location in the Fremont neighborhood. This makes it not just a place to shop, but a destination to experience the local culture and community spirit. Dine at the vibrant alfresco Food Court — a tantalizing blend of hyper-local charm and global flavors that will delight your taste buds and ignite your senses! (Cost OYO) or Brown Bag it.



Ride with us

Connect to your
community and beyond

ctgo.org/seniortravel

communitytransit

EWC TRAVEL OPPORTUNITIES

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...

Mackinac Island

May 10 - 18, 2026



Book Now
& Save
\$100
Per Person

VIEW THE ITINERARY AND SIGN-UP ONLINE AT:

<https://gateway.gocollette.com/link/1327042>

Edmonds Waterfront Center Travel Club presents...

Discover Spectacular Scandinavia

with Optional 3-Night Iceland Post Tour Extension

August 4 - 18, 2026



Book Now
& Save
\$100
Per Person

VIEW THE ITINERARY AND SIGN-UP ONLINE AT:

<https://gateway.gocollette.com/link/1327110>

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 SEPTEMBER 2

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 425.778.4607 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.

HIKE - DEGE PEAK (SUNRISE/MT RAINER)

Thu, Sep 11 | Depart: 6:00am.

Difficulty: Easy-Medium. 4.2 Miles Round Trip

Elevation Gain: 785 ft.

HIKE - BLUE LAKE (HWY 20)

Thu, Sep 25 | Depart: 6:00am.

Difficulty: Medium. 5 Miles Round Trip

Elevation Gain: 1050 ft.

HIKE - GOOSE ROCK (DECEPTION PASS)

Thu, Oct 9 | Depart: 7:00am.

Difficulty: Easy-Medium. 5 Miles Round Trip

Elevation Gain: 484 ft.

HIKE - ICICLE GORGE (LEAVENWORTH)

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

Difficulty: Easy. 4.2-6 Miles Round Trip

Elevation Gain: 150 ft.



CRISTA Senior Living

**Where life gets a little bit easier
and a whole lot more fun!**

Our Christian communities offer a vibrant and compassionate environment where residents thrive. There are two locations to serve you — Shoreline and Silverdale. Call today and we can help you take the next right step.

Call 206.546.7565 or learn more at:
cristaseniorliving.org



Welcome Center
19301 Kings Garden Drive N
Seattle WA 98133
cristaseniorliving.org
206.546.7565



EWC WORKSHOPS - sign-ups for all workshops open on SEPTEMBER 2

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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

Wednesday, Sep 10, 24, Oct 8, 22; 6:00pm-8:00pm

Thursday, Sep 4, 18, Oct 2, 16; 1:30pm-3:00pm

Facilitators: SHIBA Volunteers

Pre-Registration required: Call 425.290.1276

or email shibasnohomish@gmail.com

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

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

Overview of Medicare Part A, B, C, and D coverage as well as Medicare Supplements

- Delaying Medicare Enrollment
- Enrollment and Eligibility Deadlines
- Qualifying and Extra Help to pay for Prescription Drug Cost

**This program receives funding from the Department of Snohomish County Human Services and the State of Washington Office of the Insurance Commissioner.*

EWC TRAVEL CLUB - UPCOMING TOURS WITH COLLETTE TRAVEL

Wednesday, Sep 10, 12:30pm-2:00pm

Location: Community Room B

Cost: None

Facilitators: Toni Ray-Ingram

Register: Opens Sep 2; 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.

WHOLE PERSON APPROACHES TO MANAGING CHRONIC PAIN & INFLAMMATION

Tuesday, Sep 16, 1:00pm-3:00pm

Location: Community Room B

Cost: None

Facilitator: Inside Health Institute

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

A holistic approach to managing chronic pain and inflammation through nutrition, lifestyle adjustments, and emotional well-being strategies. This workshop emphasizes empowerment and community connection. Participants will leave with effective, practical tools to manage pain and inflammation while feeling empowered to lead a more balanced life.

PERFECT POSTURE & HEALTHY BACK WORKSHOP

Thursday, Sep 18, 12:30pm-2:00pm

Location: Community Room B

Cost: \$10 Member/\$15 Non-Member

Facilitators: Sean Master, CES, CNS - Olympic Spine & Sport Therapy

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

This interactive workshop is designed to help our community understand posture and common movement dysfunctions that can contribute to tension and even pain. Our session will cover practical techniques to improve alignment, reduce tension and build strength, and improve confidence.

LIVING & COPING WITH CHRONIC LOSS

Mondays | 1:30pm-2:30pm

Sep 22 - Oct 27 (6 sessions)

Location: Community Room B

Cost: \$70 Member/\$90 Non-Member

Facilitator: Jan Santora-Farrar

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

Many elders live with losses that aren't always recognized—loss of roles, relationships, independence, community, or a sense of place in the world. These non-death losses can build over time, leaving lasting emotional weight without clear closure. Our new group offers a supportive space to name and navigate these experiences. Through gentle conversation, creative reflection, and shared tools, we will explore how to honor grief, adapt to change, and build new sources of connection and meaning. This group is not about "getting over" loss—but about making room for what's true and finding new paths forward together. It's for older adults navigating ongoing life changes, including retirement, family shifts, health challenges, or changing roles in society. Please bring a journal in which to write and draw.

DO YOU QUALIFY FOR A REDUCTION IN YOUR PROPERTY TAXES?

Wednesday, Sep 24, 1:00pm-2:00pm

Location: Community Room B

Cost: None

Facilitator: Theresa Hollis

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

Snohomish County seniors and disabled persons qualify if their 2024 disposable income is no more than \$75,000 after medical, dental, vision costs are deducted. This 30-minute seminar will cover basic information, distribute application forms, and be a convenient place to get your questions answered. If you need help completing the application, make an appointment for the workshops that happen the third week of every month at the Edmonds Waterfront Center or contact the County Tax Assessor.

GOLDEN HOUR SOUND BATH

Monday, Sep 29

6:30pm-7:30pm

Room: Multipurpose Room 1&2

Instructor: Savannah Powers,

Ethereal Health & Wellness

Cost (Qtrly): \$40 member

\$55 non-member

Register: Online/Phone/2nd Floor Reception

A deeply transformative experience, offering a powerful way to relax, heal, and realign. Whether you're seeking emotional release, mental clarity, or physical relaxation, the crystal bowls and their resonant tones help facilitate a profound journey of self-care and healing. *Please arrive 10-15 minutes early. To ensure everyone receives the full benefit of the session, we ask that all participants be on time.*



EWC WORKSHOPS - sign-ups for all workshops open on SEPTEMBER 2

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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.

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

Thursday, Oct 2, 1:00pm-2:00pm

Location: Community Room B

Cost: None

Facilitator: Wall Law Group

Register: Opens Sep 2; 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.

BOOSTING BRAIN HEALTH: ENHANCING COGNITIVE WELLNESS & EMOTIONAL BALANCE

Tuesday, Oct 7, 1:00pm-3:00pm

Location: Community Room B

Cost: None

Facilitator: Inside Health Institute

Register: Opens Sep 2; Online/Phone/2nd Floor Reception
Unlock actionable strategies to support brain health and emotional resilience, with special attention to neurodiversity, trauma, and the impact of lifestyle choices. Explore how nutrition, movement, sleep, and mental stimulation enhance cognitive function and emotional balance. Learn organizational strategies, approaches for managing ADHD, and techniques for navigating social and emotional challenges. Activities include hands-on cognitive exercises; group discussions on supporting individuals with ADHD, autism, anxiety, and depression; and demonstrations of memory support tools, focus strategies, and stress management practices. Participants will leave with a toolbox of actionable steps to enhance brain health and a renewed sense of community and understanding of cognitive wellness.

5 LITTLE KNOWN SECRETS TO MAKING DEMENTIA CAREGIVING EASIER

Thursday, Oct 9, 1:30pm-3:30pm

Location: Community Room B

Cost: \$25 Member/\$30 Non-Member

Facilitator: Tracy Cram Perkins

Register: Opens Sep 2; Online/Phone/2nd Floor Reception
Join Tracy to learn skills to cope with repetitive questions, hallucinations, bathing issues, wandering, sundowning and more, including inexpensive fixes found at hardware or office supply stores. Students can expect to learn practical tips and skills to use their loved ones.

AARP - VIGILANCE AGAINST CYBER CRIME

Tuesday, Oct 14, 1:30pm-3:00pm

Location: Community Room B

Cost: None

Facilitators: AARP

Register: Opens Sep 2; Online/Phone/2nd Floor Reception
Identity theft and other forms of online fraud pose a serious and growing threat throughout the nation. The internet is a goldmine for scam artists. Learn how con artists are using a variety of scams to defraud Internet users, how to help safeguard yourself against online fraud and cyber scams, and what to do if you or someone you know has been a victim.

GET EMPOWERED: EMBRACE YOUR MENTAL WELL-BEING

Wednesday, Oct 15, 22, & 29, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Daniel Johnson & Michelle Reitan

Register: Opens Sep 2; Online/Phone/2nd Floor Reception
Your mental health is key to aging well. In this workshop series, we will explore the difference between mental health and mental illness, examine the impact of stigma, share practical self-care tips and strategies, and discuss how to access community resources.

DEALING WITH DEMENTIA - ROSALYNN CARTER INSTITUTE

Thursday, Oct 16, 1:00pm-5:00pm

Location: Community Room B

Cost: \$40 Member/\$50 Non-Member

Facilitators: Carol Redfield

Register: Opens Sep 2; Online/Phone/2nd Floor Reception
A free workshop for caregivers to those with Alzheimer's Disease. Participants in the Dealing with Dementia workshop is proven to increase dementia knowledge and confidence in the caregiver's ability to provide care. Those that complete the 4-hour workshop will receive the comprehensive Dealing with Dementia guidebook for caregivers. Created by the Rosalynn Carter Institute for Caregivers.

2026 MEDICARE OPEN ENROLLMENT

Open Enrollment is for people **ALREADY** on Medicare!

Open Enrollment is **October 15 - December 7**

We begin scheduling appointments on **October 1st**

How to use a QR Code:

- 1) Open the camera on your cell phone & point it at code
- 2) Touch the link that appears on the screen

Open Enrollment Appointment
Request Form



To request an appointment, please
use the QR code to the left or visit:

www.edmondswaterfrontcenter.org

and choose **Programs** and then
SHIBA/Medicare

Please wait until Oct 1st to request an appointment



APPOINTMENTS ARE REQUIRED





EWC WORKSHOPS - sign-ups for all workshops open on SEPTEMBER 2

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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.

BONE HEALTH ESSENTIALS: MANAGING LOW BONE DENSITY

Friday, Oct 17, 1:00pm-3:00pm

Location: Community Room B

Cost: None

Facilitators: Elaine Henderson, RN

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

This class provides foundational knowledge about low bone density, including its causes, risks, and practical strategies to maintain and improve bone health. Participants will gain insights into the anatomy of key areas like the spine and hip, learn targeted exercises, and discover ways to enhance balance, prevent falls, and support bone strength through safe movement and nutrition. Elaine is a retired Registered Nurse (RN) with a Master's degree in Kinesiology. She has over 25 years of experience in the fitness industry and extensive clinical expertise in orthopedics, trauma, neurological conditions, and rehabilitation. For more than 13 years, she has moderated an osteoporosis support group, offering education, resources, and compassionate guidance. Her unique background in healthcare and fitness allows her to deliver evidence-based, holistic strategies for improving strength, mobility, and quality of life.

OPEN ENROLLMENT PRESCRIPTION ASSISTANCE WORKSHOP

Tuesday, Oct 21, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Rod Shutt – Prescription Assistance Coordinator

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

Join us for an Open Enrollment Prescription Assistance Workshop designed to help you navigate your options and lower your out-of-pocket medication expenses. Whether you're new to Medicare or reviewing your plan for 2026, the Prescription Drug Assistance Network will guide you through available programs, including manufacturer assistance, co-pay assistance foundations, discount cards and coupons, so when you compare Part D plans, you will have the knowledge to make an informed choice. We specialize in helping individuals with low to moderate incomes, and we'll provide one-on-one support to ensure you get the medications you need.

SOUND BATH BY CANDLELIGHT

Monday, Oct 20 | 6:30pm-7:30pm

Room: Multipurpose Room 1&2

Instructor: Savannah Powers, Ethereal Health & Wellness

Cost (Qtrly): \$40 member | \$55 non-member

Register: Online/Phone/2nd Floor Reception

Sound Bath by Candlelight is a serene and immersive experience designed to promote relaxation and mindfulness. Participants typically lie comfortably on mats or cushions in a dimly lit space illuminated by soft candlelight.

Please arrive 10-15 minutes early. To ensure everyone receives the full benefit of the session, we ask that all participants be on time.

COPING SKILLS FOR PEOPLE WITH HEARING LOSS & THEIR FAMILY

Thursday, Oct 30, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Dean Olson

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

This workshop offers practical strategies to help people with hearing loss, as well as those who live, work, or communicate with them, develop effective coping and communication skills. Participants will learn tools to navigate everyday challenges, strengthen connections, and foster understanding between people who are hard of hearing and those who hear well. Bring a notepad, your hearing instruments, and any assistive listening devices. Led by Dean Olson, a Seattle native who experienced deafness at age five, received bilateral cochlear implants in 2011, and has decades of experience learning and teaching coping strategies.



NEED YOUR FLU OR COVID SHOT?

SEATTLE VISITING NURSE ASSOCIATION (SVNA) WILL BE ADMINISTERING FLU AND COVID VACCINES FOR **YOUR** COMMUNITY. INFORMATION BELOW:

LOCATION: EDMONDS WATERFRONT CENTER

DATE/TIME: MON, 9/15 FROM 10AM – 2PM

MON, 10/6 FROM 10AM – 1PM

MON 10/27 FROM 10AM – 12PM

REGISTRATION LINK



***WHEN REGISTERING, MAKE SURE YOU HAVE YOUR INSURANCE CARD HANDY.**

SEATTLE VISITING NURSE ASSOCIATION

INFO@SEATTLEVNA.COM

(425) 967-3080

COOKING DEMOS & CLASSES - sign-ups for all Cooking Classes open on SEPTEMBER 2

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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.



TEEN COOKING CLASSES

Location: MP 1&2

Cost: None

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

(Please note that you must register separately for each class.)

Fun, hands-on classes designed for teens to learn essential cooking skills, explore new recipes, and gain confidence in the kitchen! From mastering basics like knife skills and meal prep to creating delicious dishes from scratch, these classes encourage creativity, independence, and healthy eating habits. Perfect for beginners and aspiring chefs alike! **(Must be age 13 – 18).**

Class Schedule:

Monday, Sep 8, 6:00PM-7:30PM

Turkey Sliders with Sweet Potato Fries.

Monday, Sep 22, 6:00PM-7:30PM

Skillet Lasagna with Tuscan White Bean Salad.

Monday, Oct 13, 6:00PM-6:30PM

Spicy Tofu Salad with Tahini Dressing, Fruit Yogurt Granola Cups.

Monday, Oct 27, 6:00PM-7:30PM

Chipotle Black Bean Chili with Pumpkin Spice Muffins, Freaky Fruit Platter.

THE ART OF CRUMPETS & TEA: A DELICIOUSLY INTERACTIVE DEMO

Friday, Sep 26, 1:00pm-3:00pm

Location: MP 1&2

Cost: None

Facilitator: Amy & Cooper - The Crumpet Shop

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

A Pike Place Market favorite since 1976, The Crumpet Shop is known for fresh crumpets with sweet and savory toppings. In spring 2025, Amy and Cooper opened a cozy second location in downtown Edmonds, featuring a cat mural by Amy's brother as a nod to the original. Join them for a fun, interactive demo on crumpets and loose-leaf teas—learn their history, how to toast and top crumpets, tips for steeping black and green teas, and enjoy tastings along the way.

THE COZY FALL FEAST: HEART-HEALTHY RECIPES TO WARM THE SOUL COOKING DEMO

Friday, Oct 10, 1:00pm-3:00pm

Location: MP 1&2

Cost: \$20 Member/\$30 Non-Member

Facilitator: Nutrition with Heart

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

Join us for an interactive class celebrating seasonal flavors. You'll create three vibrant, anti-inflammatory recipes perfect for fall:

- Seasonal green salad with our homemade balsamic vinaigrette.
- Warm and flavorful Heartfelt Turkey Chili, perfect for crisp autumn days.
- And a sweet and simple finish—our Maple Spiced Pears, the perfect fall-inspired treat.



BRINGING COMFORT TO THE TABLE: SAVORY CORNBREAD MUFFINS & CREAMY LEEK SOUP COOKING DEMO

Friday, Oct 24, 1:00pm-2:30pm

Location: MP 1&2

Cost: None

Facilitator: Puget Sound Kidney Center

Register: Opens Sep 2; Online/Phone/2nd Floor Reception

Join us for an interactive cooking demonstration led by a kidney dietitian and explore the comforting flavors of Savory Cornbread Muffins and Creamy Leek Soup. Learn how to build rich, satisfying taste without relying on excess sodium. This session will highlight the power of wholesome ingredients and smart seasoning techniques that support your kidney health. You'll leave with flavorful, kidney-friendly recipes, practical cooking tips, and the confidence to make delicious low-sodium meals at home. Don't miss this flavorful step in your wellness journey!



HEALTH & WELLNESS PROGRAMS - CLINICAL

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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, Sep 9, Oct 14; 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 Physical Therapy. Get help to identify early warning signs and potential risk factors for injury. Monitoring and addressing weaknesses and imbalances before an injury occurs allows individuals to remain healthy, active and engaged in daily activities while lessening the likelihood of serious musculoskeletal conditions. If you are questioning the extent of a strain, sprain or nagging pain, schedule an appointment to review your symptoms and get 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 to schedule an appointment

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 from a holistic perspective. Clinicians provide care 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, Sep 8

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. No referral is needed. A nurse navigator will be on hand to answer breast health questions and provide some helpful giveaways. For more information go to www.seattlecca.org/mammography

Who is Eligible for a Screening Mammogram?

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

COUNSELING FOR OLDER ADULTS (HOMAGE)

1st & 3rd Tuesdays, Sep 2, 16, Oct 7, 21; 8:00am-12:00pm

Cost: No fee

To schedule an appointment call Nancy Brosemer at 425.290.1246 (Snohomish County Residents only)

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.

FOOT CARE CLINIC

1st & 2nd Wednesday/Thursday

Sep 3, 4, 10, 11, Oct 1, 2, 9, 10

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

The fee for an in-clinic visit is \$40. Cash/Check/Debit or Credit (not covered by insurance or Medicare). Please call the appointment line at **425-725-FOOT (3668)** for more information.

NEW! NOURISH & THRIVE: YOUR PERSONALIZED NUTRITION SESSION

3rd Friday, Sep 19, Oct 17

9:00am-11:00am (20 minute session)

Location: Clinic Room

Cost: \$5M/\$10NM

Energy Healing Group: Nutrition with a Heart

Register: Phone/2nd Floor Reception/Online

Get expert one-on-one guidance tailored to your unique health goals! In this quick, focused session, we'll craft simple, actionable steps to boost your energy, optimize your diet, and fuel your best self. Perfect for busy lifestyles—let's make healthy eating work for you!

POP UP BLOOD DRIVE - BLOODWORKS NW

Tuesday, Sep 30; 9:30am-3:30pm

Monday, Oct 27; 9:30am-3:30pm

TO MAKE AN APPOINTMENT ~ call: 1.800.398.7888

email: schedule@bloodworksnw.org

OR schedule via the website:

<https://donate.bloodworksnw.org/donor/schedules/geo>

It takes 1,000 donors a day to sustain a blood supply for patients in our community. Donated blood is crucial for cancer treatment, surgeries, and trauma situations. By donating, you're doing something great for patients and their loved ones, and possibly your loved ones too.

REIKI HEALING - MINI SESSION

3rd Tuesday, Sep 16, Oct 21

1:00pm-3:00pm (20 minute session)

Location: Clinic Room

Cost: \$5M/\$10NM

Energy Healing Group: 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. It 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.

SOUND HEALING/REIKI COMBINATION

1st, 2nd & 4th Tuesdays, Sep 2, 9, 23, Oct 7, 14, 28

12:30pm-3:00pm

Location: Clinic Room

Cost: \$55 member | \$80 non-member - 1 hr session

Facilitators: Catherine Braun

Register: Phone/2nd Floor Reception

Release stress and allow the soothing tones, vibrations, and frequencies of singing bowls to bring you to a calm, quiet and self-healing space. The placement and toning of singing bowls placed directly on, or off the body, has been shown to promote a deep meditative state through vibration and frequencies. Tuning forks can cleanse and energize the personal biofield, as well as the physical body for deep holistic healing. Please wear comfortable clothing and bring a blanket and pillow for your comfort.

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How We Make THE MAGIC HAPPEN



NAVIGATING THE JOURNEY

Every senior's situation is unique, and one-size-fits-all advice simply doesn't work. Here's how we create a positive experience for seniors, handling each detail with care and expertise so you can embrace your next chapter with excitement and peace of mind. You'll have a trusted partner every step of the way, helping you make informed decisions and easing the emotional and logistical aspects of the move.

TRANSITION WITH CONFIDENCE

- **Personalized Guidance:** Every senior's situation is unique, so I provide tailored support from consultation to closing, addressing your needs and concerns at every step.
- **Managing the Details:** I handle all the details—from staging to paperwork—reducing stress and giving you peace of mind throughout the process.
- **Connecting Trusted Resources:** I connect you with trusted professionals, including movers and senior living communities, to make the transition easier and more seamless.
- **Supporting Your Next Chapter:** Once your home is sold, I help guide you through your next move, ensuring it's just as fulfilling and exciting as your current chapter.



SUPPORTING YOUR NEXT CHAPTER

For many, a home is not just a place—it's filled with memories, comfort, and years of life experiences. The thought of leaving all of that behind can be daunting, but that's where I come in.

With years of experience and a commitment to your well-being, I can help make this transition a positive one. If you're ready to start the next chapter of your life, I'm here to help make it happen with care, professionalism, and a little bit of magic.

Terry Vehrs

Managing Broker
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ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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

Tuesday/Wednesday; Sep 23 & 24
9:00am-1:00pm (2 days/8 hours total)
Room: Community Room A
Instructor: Tom Curley
Cost: \$20 AARP member | \$25 non AARP member pay instructor day of class (cash or check)
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 15
 Refresh your driving skills and receive a discount on your car insurance. Must attend entire two-day session for credit. Pay instructor. Must bring AARP member card to get discount.

ACOUSTIC GUITAR GROUP

Does not meet September 1
Mondays | 4:00pm-6:00pm
Room: Multipurpose Room 3
Facilitators: Gary Larson, Annie & Jack Roy-Feczko, Sharon Jensen
Monthly Cost: \$5 member | \$10 non-member
Register: Online/Phone/2nd Floor Reception
 Weekly acoustic guitar session for all ages and skill levels. Improve your skills by playing with others in a relaxed and friendly environment. Please note this is an open jam session and not instructional.

AMERICAN FILM HISTORY

Tuesdays | 1:30pm-3:30pm
Room: Multipurpose Room 4
Facilitator: Millie Thompson
Cost (Qtrly): \$5 member | \$10 non-member
Register: Online/Phone/2nd Floor Reception
 Films have sound (we also use subtitles). Italian mysteries and The Leopard will be shown.

CURRENT EVENTS DISCUSSION GROUP

Wednesdays | 10:00am-12:00pm
Room: Community Room B
Facilitator: Michael Knapp
Cost (Qtrly): \$5 member | \$10 non-member
Register: Contact facilitator before start of meeting to be added to wait list.
 A courteous and respectful group made up of seniors from all walks of life who meet to share ideas regarding current events of every kind. With a moderator who guides the group discussion, attendees are called upon to offer a topic for discussion and address their issue, then the others in the group can comment.

DRIFTWOOD SCULPTURE

Does not meet September 1
Mondays | 12:00pm-3:00pm
Room: Multipurpose Room 4
Instructor: Dave Sao
Cost per Class: \$5 member | \$10 non-member
Register: Online/2nd Floor Reception
 No Instructor. Artists work independently on their own projects. Will need to bring own tools. All levels welcome. Drop in ok.

FRIENDSHIP QUILTERS

Wednesdays | 9:30am-12:30pm
Room: Multipurpose Room 4
Facilitators: 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

Returns September 11
Thursdays | 10:00am-11:45am
Room: Community Room B
Facilitators: Ingrid Osterhaug & Silvia Heldridge
Monthly Cost: \$5 member | \$10 non-member
Register: In Class with Instructor; pay at Guest Services desk
 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.

NEW! GOOD WORK WRITING GROUP (ZOOM)

Wednesdays | 4:30pm-5:30pm
Sep 10 - Oct 29 (8 classes)
Room: Online with Zoom
Facilitator: Ariele Huff
Cost: \$59 member | \$88 non-member
Registration: Aug 15
Register: Online/Phone/2nd Floor Reception
 Zoom group making use of writers' powerful experiences. Learn how to find or refine your voice with the help of feedback and direction from experienced leader publisher/columnist/editor. Zoom meeting link will be sent. No more than ten people for this class. Sign up open through end of the session (cost is same for one or all).

NEW! GREAT DECISIONS 2025

Does not meet November 11
Tuesdays | 3:30pm-4:30pm
Oct 14 - Dec 9 (8 sessions)
Room: Community Room B
Facilitator: Larry Fuell
Cost: \$20 member | \$30 non-member
Registration: Sep 15
Register: Online/Phone/2nd Floor Reception
 Great Decisions focuses on eight critical global issues facing America and the world today. The discussions will be weekly. Larry Fuell, former Director of the Global Affairs Center, at Shoreline Community College will moderate the discussions. Registration is required, and payment is due at time of registration. Cost includes briefing papers for all 8 discussions. Late sign-up is allowed however cost will not be pro-rated, whether you attend 1 or all 8 discussions.
 Once you have registered:

- You will receive a volume of briefing papers for the discussions in the mail please contact Michelle Neu.
- Participants read the relevant briefing paper before each discussion.

INTERGENERATIONAL BOOK GROUP

4th Thursday | 1:30pm-3:00pm
Facilitator: Elaine Sonntag-Johnson
Location: Online via Zoom
Cost: None
Register: Online/Phone/2nd Floor Reception
Sep 26 - Book Title: "All the Broken Places" by John Boyne
Oct 24 - Book Title: "The Beautiful Things That Heaven Bears" by Dinaw Mengetsu

NEW! INTUITIVE ENERGY DEVELOPMENT THROUGH REIKI

Thursdays | 7:00pm-8:00pm
Room: Multipurpose Room 3
Facilitators: Jediah Omniversal
Cost per class: \$20 member | \$30 non-member
Register: Online/Phone/2nd Floor Reception
 An opportunity to attend, co-create, and facilitate healing manifestations of abundance blessings in one's life through the power of insight, focus, and integration of both individual and collective Tarot reflections representing everyone's unique self expression. Through the aim of catalyzing visualizations, verbally-spoken and written word, pictures, and fun times, people will hopefully be able to utilize Tarot to attract more of the energy they wish to experience in their life.

ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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.

NEW! JOURNEY OF THE TAROT

Thursdays | 5:30pm-6:30pm

Room: Multipurpose Room 3

Facilitators: Jediah Omuniversal

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

Register: Online/Phone/2nd Floor Reception

An opportunity to attend, co-create, and facilitate healing manifestations of abundance in one's life through the power of insight and integration of both individual and collective tarot reflections representing everyone's unique self expressions. A structured class to teach the meanings of Tarot Cards as well as build confidence in personal and professional readings.

LIVE MUSIC DAILY

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

Jan - Monday (1st/3rd/5th) 11:30-1:00

Lito - Monday (2nd & 4th) 11:30-1:30

Jack - Tuesday 11:30-1:00

Frank - Wednesday 8:30-11:00

Nick - Wednesday 11:30-1:15

Rebecca - Thursday (2nd & 4th) 9:30-11:00

Ruben - Thursday (1st/3rd/5th) 12:00-1:00

Bob - Thursday (2nd & 4th) 12:00-1:30

Mark Ellis Trio - Friday (1st/2nd) 11:30-1:00

Danilo - Friday (3rd/4th/5th) 11:30-1:30

MUSIC WELLNESS AND CONNECTION FOR SENIORS

Does not meet September 1

Mondays | 12:00pm-1:00pm

Room: Community Room A

Instructor: Leslie Lawrence, MT-BC, NMT

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

Sign up is monthly - no drop in

Register: Online/Phone/2nd Floor Reception

Registration Opens: Aug 15 for Sep

classes, Sep 15 for Oct classes

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. We create an atmosphere of acceptance and joy. Live music making with a board certified music therapist. Caregivers welcome at no cost.

NO FEAR DRAWING

Wednesdays | 10:30am-12:30pm

Sep 10 - Oct 29 (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: Aug 15

Class Limit: 15 students

Explore line, shape, proportion, shadows, hatching, stippling, texture, positive and negative space. Contact Guest Services for materials list. **New students MUST attend first class session. Those who do not attend may be dropped from the course.**

NO FEAR TORN PAPER MOSAICS

Thursdays | 1:30pm-3:30pm

Sep 11 - Oct 30 (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: Aug 15

Class Limit: 15 students

Torn Paper Mosaics is a form of artistic expression created from the artist's imagination by combining small, irregular, vibrant colored pieces of magazine pages glued onto a board to create a lovely and unique composition. The method of torn paper produces highly realistic or abstract effects. Most supplies provided for a small fee or bring your own board and glue stick. **New students MUST attend first class session. Those who do not attend may be dropped from the course.**

NO FEAR WATERCOLOR (BEGINNER LEVEL)

Fridays | 10:30am-12:30pm

Sep 12 - Oct 31 (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: Aug 15

Class Limit: 15 students

Explore the spontaneous qualities of watercolor and learn techniques, light, shade and form. Drawing skills are not required to take this class. Contact Guest Services for materials list. **New students MUST attend first class session. Those who do not attend may be dropped from the course.**

NO FEAR WATERCOLOR (INTERMEDIATE LEVEL)

Thursdays | 10:30am-12:30pm

Sep 11 - Oct 30 (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: August 15

Class Limit: 15 students

Explore the spontaneous qualities of watercolor and learn techniques, light, shade and form. Drawing skills are not required to take this class. Contact Guest Services for materials list. **New students MUST attend first class session. Those who do not attend may be dropped from the course.**



NEW! RAISE YOUR VIBES

Does not meet October 7

Tuesdays | 5:30pm-6:30pm

Room: Multipurpose Room 3

Facilitators: Jediah Omuniversal

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

Register: Online/Phone/2nd Floor Reception

An opportunity to attend, co-create, and facilitate healing manifestations of abundance blessings in one's life through the power of focus, intentionality, and envisioning one's ideal world by representing everyone's unique self expression of artistry. Through the aim of catalyzing visualizations, verbally-spoken and written word, pictures, and fun times, people will hopefully be able to utilize the Law of Attraction to attract more of the energy they wish to experience in their life.

ROLLING CRONE SINGERS

Returns Sep 8

Mondays | 12:00pm-2:00pm

A few new singers, who can perform in 3 and 4 part harmony, are welcome to join us for our fall season. Contact Gail at gailalov@comcast.net

ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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.

RUG BRAIDING

Returns Sep 19

Fridays | 1:00pm-3:00pm

Room: Community Room B

Facilitators: Margaret Elwood & Patsy Simon

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

Register: In Class with Instructor

Drop in sessions to work independently on your braided rug or observe and see how braided rugs are made. Limited instruction available. Limit of 8 participants per session.

SENIOR SWINGERS ORCHESTRA

Returns Sep 11

Thursdays | 12:45pm-2:30pm

Room: Multipurpose Room 1&2

Musical Director & Conductor: TBA

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

Register: Online/Phone/2nd Floor Reception
MUSICIANS WANTED! We have a lot of fun playing a variety of show tunes. Please contact Jan for more info at 206.434.0136.

SOUND SINGERS

Tuesdays | 1:00pm-3:00pm

Room: Multipurpose Room 1&2

Musical Director: Barbara Scheel

Facilitator: Alma Ohtomo

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

Register: Online/Phone/2nd Floor Reception

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

STRUM

Returns Sep 3

Wednesdays | 6:00pm-8:00pm

Room: Multipurpose Room 1&2

Musical Directors: Chontel & Eric Klobas

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

Register: Online/Phone/2nd Floor Reception

Beginning and experienced players are welcome to join Seattle's Totally Relaxed Ukulele Musicians! We are an ukulele song circle, singing and playing together in an upbeat musical atmosphere.

TECH HELP 1-ON-1

1st & 3rd Wednesdays

Sep 3, 17, Oct 15 | 9:00am-12:00pm

Room: Community Room A

Facilitator: Rob Scarr & Gabe Johnson

Cost: \$5 per appointment

Register: Online/Phone/2nd Floor Reception

Registration Opens: Aug 15 for Sep classes, Sep 15 for Oct classes

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

Volunteers are available to help answer your smart phone or laptop related questions for a 30 minute one-on-one session. Bring your device with you to the appointment.



UKULELE AIKANES (FRIENDS)

Wednesdays | 1:00pm-2:30pm

Room: Multipurpose Room 1&2

Facilitators: Alma Ohtomo & Audrey Parks

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

Register: Online/Phone/2nd Floor Reception

New and experienced players are welcome.



WOODCARVING

Thursdays | 8:30am-11:30am

Room: Multipurpose Room 4

Facilitator: Hal Allen

Cost per Class: \$5 member | \$10 non-member

Register: In Person with Instructor (on-going)

Tools and wood provided or bring your own. Drop in ok. No experience necessary.



EDMONDS

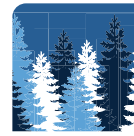


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DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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.

NEW! AGELESS STRENGTH: BALANCE, FLEXIBILITY & POWER

Does not meet September 1

Mondays | 9:30am-10:15am

Room: Multipurpose Room 1 & 2

Instructor: Pat Belasco

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Aug 15 for Sep classes, Sep 15 for Oct classes

Comprehensive strength training program that also integrates balance exercises and stretching to enhance mobility, stability, and overall vitality. This safe and effective program focuses on building functional strength to support daily activities while improving coordination and flexibility to reduce the risk of falls. With low-impact movements and adaptable intensity levels, participants will gain confidence, improve posture, and maintain independence in a supportive and engaging environment.

BABY & ME YOGA

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

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: Aug 15 for Sep classes; 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.

EVENING YOGA

Thursdays | 6:00pm-7:15pm

Oct 2 - Nov 20 (8 classes)

Room: Multipurpose Room 1 & 2

Instructor: Kerry Brockman

Cost: \$120 for members |

\$160 for non-members; \$20 Member Guest

Drop-In | \$25 Non-Member Guest Drop-In

Registration Opens: Sep 15

Register: Online/Phone/2nd Floor Reception
Relaxing music, gentle flowing movements, and the freedom to go at your own pace make this class great for building strength and flexibility—and for calming the mind. With certifications in Yoga and Pilates and over 25 years of teaching, Kerry combines

core stability with traditional yoga postures for a well-rounded practice. Modifications are offered for all postures. Bring a yoga mat and blanket. Ages 18+

NEW! FOREVER FIT

Wednesday/Friday | 10:45am-11:30am

Room: Multipurpose Room 1 & 2

Instructor: Jennifer Larson

Monthly Cost: \$40 member | \$50 non-member

Zoom Cost: \$35 member | \$45 non-member

Register: Online/Phone/2nd Floor Reception

Registration Opens: Aug 15 for Sep classes, Sep 15 for Oct classes

Forever Fit is a gentle class with upbeat music. The class is designed to improve cardiovascular health as well as balance, strength, and posture. We will do this using a mix of weights and bands while mostly sitting in a chair.

NEW! FUNCTIONAL FITNESS

Wednesday/Friday | 9:40am-10:30am

Room: Multipurpose Room 1 & 2

Instructor: Jennifer Larson

Monthly Cost: \$40 member | \$50 non-member

Zoom Cost: \$35 member | \$45 non-member

Register: Online/Phone/2nd Floor Reception

Registration Opens: Aug 15 for Sep classes, Sep 15 for Oct classes

Come get active and join the fun in a lively, upbeat low low-impact class. This total body workout will include a mix of cardiovascular exercises & strength training using light weights, resistance bands, and chairs. Modifications will be provided as needed. Wear athletic shoes and bring a water bottle to class. Equipment will be provided, and all levels are welcome. Especially geared towards active agers.

NEW! GENTLE CHAIR YOGA: STRENGTH, FLEXIBILITY & RELAXATION FOR ALL ABILITIES

Does not meet September 1

Mondays | 10:45am-11:30am

Room: Multipurpose Room 1 & 2

Instructor: Pat Balasco

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

Registration Opens: Aug 15 for Sep

classes, Sep 15 for Oct classes

Register: Online/Phone/2nd Floor Reception
Gentle Chair Yoga is a soothing and accessible yoga program designed for seniors and individuals with limited mobility. Performed primarily while seated (or using a chair for support), this class combines gentle stretches, mindful breathing, and light strength-building exercises to improve flexibility, reduce stiffness, and promote

relaxation. Whether you're recovering from an injury, managing joint pain, or simply looking for a low-impact way to stay active, this program offers a safe and effective way to enhance well-being.

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 for the entire month - no drop in; must sign-up for Tuesday & Thursday classes separately.

Registration Opens: Aug 15 for Sep classes, Sep 15 for Oct classes; drop in ok.

Register: Online/Phone/2nd Floor Reception
Gentle Chair Yoga is a soothing and accessible yoga program designed for seniors and individuals with limited mobility. Performed primarily while seated (or using a chair for support), this class combines gentle stretches, mindful breathing, and light strength-building exercises to improve flexibility, reduce stiffness, and promote relaxation. Whether you're recovering from an injury, managing joint pain, or simply looking for a low-impact way to stay active, this program offers a safe and effective way to enhance well-being. 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

No Class October 29

Wednesdays | 2:30pm-3:30pm

Location: Multipurpose Room 4

Monthly Cost: \$60 for members

\$80 for non-members; \$20 Guest/Drop In

Facilitator: Peggy Protz

Register: Online/Phone/2nd Floor Reception

Registration Opens: Aug 15 for Sep classes, Sep 15 for Oct classes; drop in ok.

Equipment: Bring a mat

Experience the joy of moving with greater ease and comfort! The Feldenkrais Method® uses specific movements to expand bodily awareness and well-being. Based on principles of physics, biomechanics, and nervous system learning, these gentle exercises help improve posture, balance, flexibility, and reduce pain. Bring a mat. Exercises are mostly done lying down but can be modified in chairs if needed.

DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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.

JAZZERCISE DANCE FITNESS & STRENGTH TRAINING (ALL LEVELS)

Does not meet September 1, October 7

Monday - Thursday | 4:15pm-5:15pm

Room: Multipurpose Room 1 & 2

Instructor: Amy Williams-Derry

Monthly Cost: \$89 member (recurring)

\$99 non-member (recurring); \$30 drop-in

Registration: On-going, join any time

Register: Online at Bit.ly/EdmondsJazzercise or phone 206-225-6665

Jazzercise is the iconic dance fitness program that combines high-energy dance cardio with strength training. Jazzercise is the most exhilarating way to stay fit. Every class incorporates balance and mobility work to increase bone density, range of motion, and core strength. Our expert instructors model low, medium, and high impact options so you get a workout just right for you.



LINE DANCING (BEGINNER)

Wednesdays | 4:15pm-5:15pm

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

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

Fridays | 1:15pm-2:15pm

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

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

Room: Multipurpose Room 3

Instructor: Marie Gallaher

Class Limit: 12 students

Register: Online/Phone/2nd Floor Reception

Registration Opens: Aug 15 for Sep classes, Sep 15 for October classes; No Drop In

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

LINE DANCING (EVENING BEGINNER+)

Does not meet October 7

Tuesdays | 6:00pm-7:00pm

Room: Multipurpose Room 1 & 2

Instructor: Marie Gallaher

Class Limit: 25 students

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Aug 15 for Sep classes, Sep 15 for October classes; 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: Marie Gallaher

Class Limit: 12 students

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Aug 15 for Sep classes, Sep 15 for October classes; No Drop In

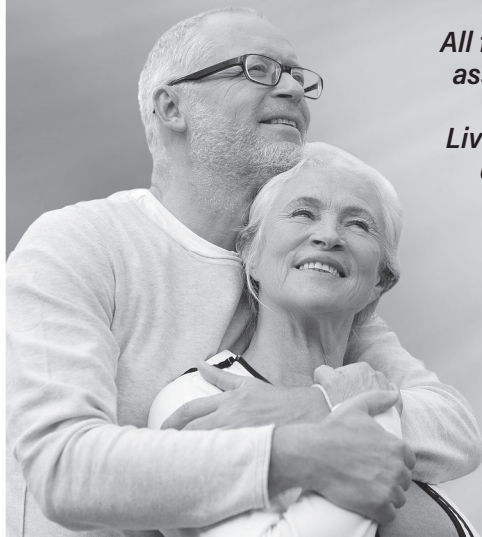
Have fun learning more challenging steps.

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Immediate
Openings:
**Memory
Care**

DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS**GAMES****HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds****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**Register:** Pay Instructor**Registration:** Ongoing; Drop In ok

We 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, dance, smile, and enjoy ourselves, embracing movement in chairs, at the barre, or standing—whichever is right for you. This method empowers participants to engage sight, sound, touch, thought, and imagination to inspire movement and expression. Caregivers, attendants are welcome, too!

**PRENATAL & BEGINNING YOGA****No October Classes****Monday/Wednesday/Friday****9:00am-10:00am****Room:** Multipurpose Room 3**Instructor:** Nisreen Azar**Monthly Cost:** \$180 member

\$200 non-member; or \$25 drop-in

Register: Online/Phone/2nd Floor Reception**Registration Opens:** Aug 15 for Sep classes, Drop in ok

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.

TAI CHI - BEGINNER**Thursdays | 10:30am-12:00pm****Sep 11 - Nov 20 (11 sessions)****Room:** Multipurpose Room 1&2**Instructor:** Barbara Gleisner**Cost:** \$121 member | \$143 non-member**Register:** Online/Phone/2nd Floor Reception; must sign up for entire session - no drop ins**Registration Opens:** Aug 15

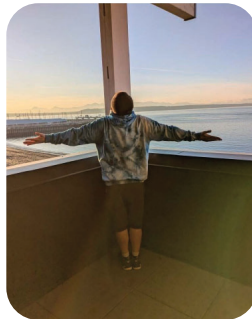
Tai Chi is an ancient Chinese exercise that is a dynamic and free flowing form of meditation which helps bring about calm and peace of mind while gently exercising the whole body and helps to enhance the flow of energy within the body.

TODDLER PLAY GROUP**Mondays | 9:00am-10:00am****Room:** Multipurpose Room 4**Facilitator:** Shaylee Vigil**Cost:** \$10 per visit**Register:** Not required

Toddler Group is an opportunity for 1-3-year-olds to burn off some extra energy. We have a variety of play equipment including toys, soft play structures, ball pit, and more. Kids have an opportunity to learn cooperative play and socialization. Facilitators will read a fun themed book and teach some new songs as well! Children must be supervised by adults at all times.

TUESDAY WALKERS**Tuesdays | 9:30am****Location:** Meet outside by the Wedding Circle**Cost:** None; Complete waiver with walk leader

Join the Tuesday Walkers for a rejuvenating walk around downtown Edmonds. Walks will typically be 2-3 miles and will take about an hour to complete.

**NEW! YIN IN TO WIN IT****Does not meet October 7****Tuesdays | 7:00pm-8:00pm****Room:** Multipurpose Room 3**Instructor:** Jediah Omniversal**Cost per class:** \$20 member | \$30 non-member**Register:** Online/Phone/2nd Floor Reception**Registration Opens:** Aug 15 for Sep classes, Sep 15 for Oct classes

An opportunity to practice various static Yoga Poses, diving into new layers of peace and harmony as Sound Healing facilitates Nervous System Regulation. Allowing relaxation, rest, ease, calm, deeper nose breathing, and unwinding. Light guidance is offered intuitively throughout and participants are welcome to go at their own pace so as to release gracefully. Catalyzing greater serenity and bliss within a safe container to let go in silence and rejuvenation.

BINGO**Mondays | 1:00pm-3:00pm****Room:** Multipurpose Room 1&2**Cost:** None. 8 games, max 4 cards each game.

We have disposable paper cards

*** SUPER BINGO MONDAYS *****Sep 29, Oct 27**

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-11:45am****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 | 12:15pm-3:30pm****Room:** Multipurpose Room 3**Facilitator:** Maureen Martin & Jani Sharp**Cost:** \$1 member | \$2 non-member

WELCOME NEW LEARNERS! Beginners' table available at 12:15pm. Contact Jani for new instruction. Join and play with experienced and semi-experienced Mah Jongg Mavens. Pay when you play. Walk in ok

MAH JONGG - CHINESE**1st & 3rd Wednesday****Jul 2, 16, Aug 6, 20****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****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.



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RESOURCES & SUPPORT

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds

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 CAREGIVER SUPPORT GROUP

2nd Tuesday, Sep 9, Oct 14

- 5:30pm-6:30pm

2nd Wednesday, Sep 10, Oct 8

- 2:00pm-3:30pm

4th Wednesday, Sep 24, Oct 22

- 2:30pm-4:00pm

Room: Multipurpose Room 3

Cost: None

Register: Call 800.272.3900

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.

APPLY FOR A REDUCTION IN YOUR PROPERTY TAXES

3rd Wednesday & Thursday

Sep 17, 18

1:00pm-3:00pm

Room: Community Room A

Cost: None

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.

EWC PRIDE CIRCLE

3rd Friday | 9:30am-11:00am

Sep 19, Oct 17

Room: Community Room A

Cost: None

Register: Not Required; Drop-in ok.

Are you part of the Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ) community? Join us for a monthly social discussion group to meet new friends and be part of a supportive community. There is no set agenda, just a space and a place where all can feel welcome.

FINANCIAL SERVICES

2nd Monday, Sep 8, Oct 13

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.



MEMORY CAFÉ: EARLY STAGE WITH CAREGIVERS

2nd Tuesday, Sep 9, Oct 14

2:00pm-3:30pm

Room: Community Room A

Cost: None (coffee available for purchase)

Register: Please call ahead 800.272.3900

At a Memory Café, 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.

LEGAL ADVISOR

4th Monday, Sep 22, Oct 27

1:00pm-4:00pm

Room: Clinic Office

Facilitator: Snohomish County Legal Svcs

Cost: None

Register: Phone/2nd Floor Reception

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

Sep 12, 26, Oct 10, 24

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 with personalized individual assistance to identify appropriate patient assistance programs, navigate requirements, prepare paperwork, and submit required documents.

SECRETS OF GRACEFUL AGING AND MINDFUL MEDITATION

Returns September 19

Fridays | 10:00am-11:30am

Room: Community Room B

Instructor: Mary Davis, MSN, FNP

Cost: None

Register: Not Required; Drop-in ok.

Simple practices to increase health and happiness as we age. A weekly group including short presentations, followed by questions and group discussion about how to implement the practices in your life.

***Last ½ hour optional Mindful Meditation**



BUSINESS MEMBERS - Thank you for your support!

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www.communitytransit.org
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2312 W. Casino Rd, Everett

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121 5th Ave N, Edmonds

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211006 72nd Ave W, Edmonds

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ART AT THE EWC

ART NEWS



GALLERY 1

Currently Showing
July to September, 2025
Seattle Co-Arts
A group of local artists

GALLERY 1

October - December, 2025
Harmony of Color
A group of regional artists

January to March, 2026
Artists Connect
A group of local artists

Paintings in Gallery 1 may be for sale.
Interested in exhibiting at EWC?

Groups can contact us at:
EWCart@edmondswaterfrontcenter.org

Seeking donations of Northwest Native Art!



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

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

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



LAKE BALLINGER CENTER

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 www.lakeballingercenter.org

DANCING & LIVE MUSIC AT THE LAKE

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.

JOYFUL TAP DANCING

Fridays | 1:00pm-2:00pm

Location: Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace

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

Instructor: Terra Morgan

Escape daily stresses and release your endorphins our tap dancing class to naturally lift your mood. *Please bring your own tap dancing shoes, or contact LBC for more resources.*

QIGONG

Wednesdays | 10:00am-11:00pm

Location: Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace

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

Instructor: Peter Chang

Focus on gentle, slow movements combined with breathing exercises and meditation to improve energy flow (Qi), balance, and well-being.

SENIOR MEAL PROGRAM

Enjoy \$4 senior lunches Tuesday, Thursday & Fridays

THERE'S MORE!

Chair Yoga & Gentle Yoga, Beginners Guitar, Writer's Workshop, Piano Singalongs and more.

ALL PROGRAM SIGN-UPS TAKE PLACE AT LAKE BALLINGER CENTER. CHECK THE WEBSITE OR CALL FOR MORE INFO!



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www.edmondswaterfrontcenter.org

MEMBERSHIP FORM – For Single, Dual & Family

page 1 of 2

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

RATES: \$35 SINGLE \$55 DUAL \$70 FAMILY GOOD FOR: 12 months from date of sign-up

All fields on this page are required information for membership. Please print for legibly. 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 1:	Emergency Phone:	Relationship to Member 2:
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

4/2025

Date Received: _____	CASH _____	CHECK _____	CREDIT CARD _____	PAY PAL _____
Single <input type="checkbox"/>	Dual <input type="checkbox"/>	Family <input type="checkbox"/>	Scholarship <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"/> Non-Binary <input type="checkbox"/> Other: _____	3. Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-Binary <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>I release the Edmonds Senior Center/Edmonds Waterfront Center and all of its agents from any liability for any accident, injury or damage of any kind to persons or property that might occur while participating in activities.</i>	
MEMBER 1	MEMBER 2
Signature: _____ Date: _____	Signature: _____ Date: _____

DONATIONS

Please mail all donations to:
P.O. BOX 717
Edmonds, WA 98020
**A HEARTFELT
THANK YOU**
TO ALL WHO HAVE
DONATED!

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Barbara Lavery
Carole Kirkwood
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David Schaefer
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Gary & Dolly Haakenson
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Jim & Inez Taylor
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Cheryl Shawlee
John Osberg
Judee Lea
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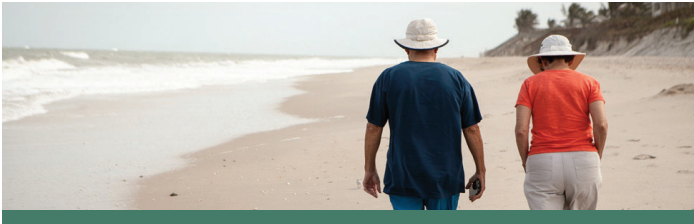
In Honor of
EWC Staff & Volunteers
Clyborne Real Estate
Ron & Michelle
Clyborne

IN MEMORIAM

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

Ray Czajka
Laurie Grace
Jim Hewitson
Dr. Gregory Jantz
Mike McCallister
Maria Elena Merchant
Maricka Okita
Rita Nadreau
Jim Noyes
Lael Peterson
Otto Sorge
Elizabeth Stachow
Sunny Stingl

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



Don't get caught unprepared!

Create an Estate Plan that clearly
states **YOUR** needs and wishes.



Act now and bring yourself and
your loved ones Peace of Mind.
Set up a 30 minute complimentary
initial consultation by QR CODE,
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HOLLY HOUSE FALL GIFT DRIVE

The EWC is accepting donations of new & unused items for
Edmonds & Lynnwood area children. We will have bins in the
first floor lobby near the northeast entrance of the building.

SEPTEMBER - Socks/Underwear



OCTOBER - Pajamas



Sizes should be age 5-15

• Purchase the item • Bring it to the EWC • Place it in the bin

*Holly House is anticipating requests from 2,000+ children
this year. EWC has been one of their biggest contributors
the past two years. Thank you for your generosity!*


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

Please consider making a gift today. Call 425.774.5555 or Visit our website

WWW.EDMONDSWATERFRONTCENTER.ORG/DONATE



**Celebrate
Chuseok
with us!**



THE KOREAN HARVEST MOON FESTIVAL

THURSDAY, OCTOBER 2, 2025
6:30PM - 9:00PM
@ EDMONDS WATERFRONT CENTER

HOSTS:



KAHS
Korean American
Historical Society



KCSC
Korean Community Service Center

SPONSOR:



주 시애틀 대한민국 중영사관
Ambassador General of the Republic of Korea in Seattle



EDMONDS
Waterfront Center
Connecting & Enriching Our Community

This special event offers the opportunity to embrace Korean culture and connect with your neighbors through food, art and live musical performances. Donations to the Korean Community Service Center and Korean American Historical Society are welcome!