

Sound Connection

for edmonds waterfront center programs

TABLE OF CONTENTS

Announcements	7-8
Art Gallery News	32
Board of Directors	7
Business Members	30-31
Classes-Arts, Education & Music	21-23
Classes-Dance, Exercise & Movement . .	25-27
Clinical Programs	18
Donations	35
Games	27
Hikes	12
In Memoriam	35
Membership Form	33-34
Resources & Support	29
Special Events	3-4
Staff Listing & Contact Info	2
Thrift Store News	5-6
Trips	10-12
Workshops	14-15

MESSAGE FROM THE CEO

THE ARCHITECTURE OF YOUR LIFE

Over the course of your life you invest in and assemble the scaffolding that allows you to live your best life - preparing for the best of times and the worst of times.

I have always loved architecture for its form, function, and beauty, but also marvel at how all aspects of the building are integrated and interdependent. Lights light, toilets flush, roofs protect from the elements. In the world of construction, blessed are the engineers. They do the calculations to determine what would be required to keep the building standing in the worse conditions imaginable - gale force winds, snow, rain, earthquake, fire.

When constructing a building you must meet all code requirements to get a building permit. Who oversees the life decisions when constructing one's life? You do. There is no municipal code that you must strictly follow for your own personal health.

If your life was a building, your foundation would be your character, your values, your education and your life experiences. Your network of family and friends are part of that important infrastructure.

It all starts with the foundation - the support you do not see. The Edmonds Waterfront Center is supported by 181 auger-cast pilings that rest on dense foundation soils fifty feet deep below the building. Retired Geotech, and former EWC Board member Terry Olmsted who oversaw the foundation work, said, "I did not sleep well while the pilings were going in," knowing that foundation would carry the weight of the building for the next hundred years.

In framing a building, a great deal of attention is paid to "load bearing" walls; walls that are critical to support multiple floors and the roofs designed to carry the

weight of heavy snow. You cannot take out a load bearing wall for a better view without putting the entire structure at risk. Your friends and family are your load bearing walls, there for you when you face personal difficulties.

Constructing your life requires quality building materials that you will collect throughout your life. Choosing a career, a life partner, deciding whether to have children and where to put your roots down will define the contours of your life. Financial investments and investments in your health will both have long-term implications for your quality of life.

We all know that the cost of deferred maintenance is high. Here is quick maintenance & repair checklist:

- **Roof** - brain health - read, learn a language, sleep
- **Gutters & plumbing** - colon health
- **Windows** - vision health - See your eye doctor
- **Central heat and cooling** - heart health - keep moving
- **Fuel** (oil, gas or solar) - consume the fuel that supports health and longevity
- **Foundation** - invest in relationships - meet your neighbors (if it runs on a battery and needs constant updates, that is not a friend).
- **Neighborhood** - get engaged with your community - volunteer

The permanence of a well-built building and a well-lived life both have an enduring legacy that lives on. The great European cathedrals will stand and inspire for centuries. What will your legacy be?

The Edmonds Waterfront Center will help you get your house in order.



Terry Olmsted helped oversee foundation work on the new building



Daniel Johnson, MSW

Edmonds
Waterfront
Center
CEO



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Chef, Community Cafe

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Kari Graves/Jeri Hansen

SHIBA Outreach Coordinators

SHIBASnohomish@gmail.com

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ThriftStore@EdmondsWaterfrontCenter.org

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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

VOLUNTEERING & INFORMATION:

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Volunteer Inquiries

Phone: 425.774.5555 ext 120

Info@EdmondsWaterfrontCenter.org

General Information Inquiries

Phone: 425.774.5555

Info@EdmondsWaterfrontCenter.org

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

Friday, November 7, December 5 - 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 sponsor Vineyard Park at Mountlake Terrace

HOLIDAY CLOSURES

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

November 11 ~ Veterans Day

November 27-28 ~ Thanksgiving

December 24-26 ~ Christmas

HOLIDAY CONCERTS

SOUND SINGERS CHOIR

Tuesday, December 9

2:00pm in the Banquet Room

SENIOR SWINGERS ORCHESTRA

Thursday, December 11

2:00pm in the Banquet Room

ROLLING CRONE SINGERS

Monday, December 15

1:30pm in the Banquet Room

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



SPECIAL HOLIDAY LUNCHES

November 21 & December 19

Join us for a special holiday lunch menu. Lunch tickets go on sale at 11:00am the day of the lunch. Lunch service from 11:30am-12:30pm. No pre-registration required. First come, first served until we sell out. \$4 suggested donation for those 60+ and \$8 for all others.

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 EWC office before you come to the Center or check our website.

let's EDMONDS
LATINO EDUCATIONAL TRAINING INSTITUTE
Waterfront Center
TRAINING INSTITUTE Connecting & Enriching Our Community

LATINO EDUCATIONAL TRAINING INSTITUTE
& EDMONDS WATERFRONT CENTER PRESENT:

DAY OF THE DEAD November 7, 2025
6:00 PM – 8:30 PM

220 Railroad Avenue, Edmonds WA 98020

Vibrant Celebration | Art Workshop for Children
Visit to the Altar | Folklore Dancers | Singing
Performances | Community Gathering

RSVP

COMMUNITY HEALTH PLAN communitytransit 211 Molina's Healthcare Seattle Children's SEATTLE Wellpoint

(425) 775-2888 facebook.com/letisw.org 9930 Evergreen Way Bldg Y, Everett, WA
letisw.org leti_washington 6605 202nd St SW, Lynnwood, WA

UPCOMING SPECIAL EVENTS & PROGRAM NEWS

EWC ENVIRONMENTAL SPEAKER SERIES

Hosted by "Ocean Annie" Crawley

RESTORING SUNFLOWER SEA STARS: REVIVING A KEYSTONE OF THE KELP FOREST WITH DR. JASON HODIN OF UNIVERSITY OF WASHINGTON'S FRIDAY HARBOR LABS



**Thursday, November 20
6:30-8:00pm**

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up online

<https://tinyurl.com/3c8k25by> or pay at the door

Dr. Hodin is at the forefront of efforts to understand and restore the sunflower sea star - a massive, brightly colored echinoderm once abundant along the Pacific Coast, now listed as critically endangered after being devastated by sea star wasting disease. Join us to learn how solving the mystery of sea star wasting and raising stars in the lab may hold the key to reviving Pacific Northwest kelp forests.

Special thanks to our sponsor Port of Edmonds
& media partner Edmonds Beacon!



CASCADE SYMPHONY ORCHESTRA PRESENTS

FALL CHAMBER MUSIC CONCERT

Tuesday, November 13

IN THE WATERFRONT BANQUET ROOM

Doors open at 6:30pm

Concert begins at 7:00pm

\$15 general admission and \$5 for students of any age

Tickets available online <https://tinyurl.com/yykdzxy>

or pay at the door the night of the performance

The Cascade Symphony Wind Quintet performs delightful music by Franz Danzi and Jacques Ibert. Also on the program is music for Marimba, Vibraphone and Piano by Darius Milhaud, W.A. Mozart's "Kegelstatt" Trio and several other short selections.

HOLLY HOUSE GIVING TREE

November 17 - December 12



The EWC is accepting donations of **new and unwrapped** toys and necessities for Edmonds & Lynnwood area children. We will have bins in the first floor lobby near the northeast entrance of the building.

Here's how you can help:

- Take a colorful tag
- Purchase the item
- Bring it to the EWC
- Place it in the bin

**Last year
we donated
over 700
items - thank
you for your
generosity!**



VOLUNTEER HIGHLIGHT!

**Many of our
volunteers
go above and
beyond in their
volunteer duties**



Mark Oberlatz is truly a man about EWC! You'll find him lending a hand just about everywhere, from greeting guests at the Reception Desk to serving meals with a smile at our Senior Lunch Program. Mark is one of those remarkable volunteers who steps in wherever and whenever he's needed. He's the friendly face with a helpful hand!

Looking for a meaningful way to share your skills and connect with others while giving back to your community?

Join our team of over 200 dedicated volunteers who make a real difference every day!

Volunteer opportunities include:

- Bingo caller
- Foot Care
- SHIBA Advisor
- Special Events help
- Thrift Store
- Wellness Calls

Please contact Lorna Butterfield at
Lorna.Butterfield@EdmondsWaterfrontCenter.org

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 - 5:00 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

Room with a view:

Come on in and check out our "Room With A View" – We have a room that faces the ocean that will be visible at all times of the day and you will have the opportunity to buy the whole room!

We will have a different theme every month of different furniture pieces, décor, and artwork that has been curated from our donations!

Loyalty Card Program:

At the Showroom Thrift Store, we have started a Loyalty Card Program!

When you make a purchase, we put a stamp on your card and after 9 purchases you get 20% off, our highest discount offered!

Come on in and check it out!



Edmonds Senior Center Thrift Store



Showroom



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	

**2025 BOARD OF DIRECTORS****SPECIAL ANNOUNCEMENTS****BOARD OF DIRECTORS MEETINGS****Thu, Nov 13, Dec 18 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

Rick Canning

Sonia Gilman

Bob Gould

Jeannie Kiewicz-Brooks

Phil Lovell

Alma Ohtomo

Doug Purcell

Jeanett Quintanilla

Brook Roberts

Kay Shin

Tabatha Shoemake

Terri Wilson

ANNUAL BOARD ELECTION
ELECTION DAY IS NOVEMBER 13
Please submit your ballot no later than 12pm!



Thrift Store Manager, BJ Whitman, Announces her Retirement

After 8 ½ years with the Edmonds Waterfront Center (EWC) Thrift Store, BJ Whitman has announced she will be retiring at the end of the year.

"I was a volunteer at the thrift store, in the old building, for 2 years before taking the helm in 2019 at the Thrift Store's new location at Westgate next to QFC and Goodwill," said BJ. "This position has been a dream job for a number of reasons. I have been a "thrifter" all my life. It is a challenging job that has utilized all my skills and abilities I acquired in my professional career as a public relations executive."

BJ has been a dynamic leader. Some of her notable achievements have included:

- Building a devoted team of a core staff and 125 volunteers
- Over six years, increased annual revenue from \$187,000 to \$1 M
- Received King5 TV Evening - Best Thrift Store in Western Washington (two years in a row)
- Opened the new Thrift Store Showroom at Harbor Square with a focus on art and home furnishings
- Established an annual Thrift Store fashion show that sold out this year and raised \$20,000 in support of the senior lunch program

We are sad to see BJ go, but grateful for her dedication and legacy that will keep the Thrift Store on a good path for years to come.

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

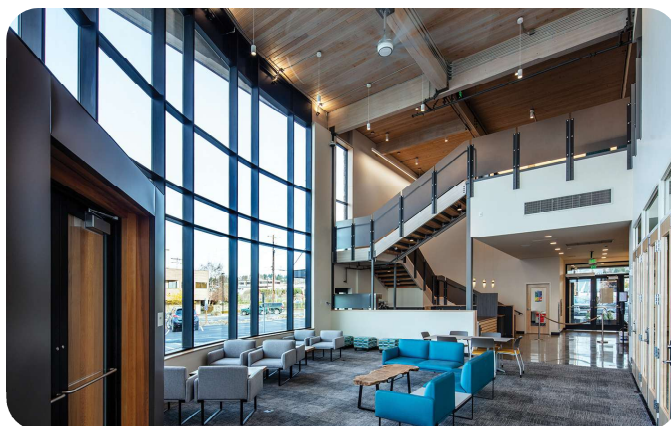
SPECIAL ANNOUNCEMENTS

EWC Moves to an Open Catering Model

Beginning November 1, 2025, the Edmonds Waterfront Center will shift to an open catering model, giving rental clients the option to bring on the catering partner that best fits their vision. This change increases flexibility and food variety while keeping the venue's premium waterfront experience front and center.

Shubert and his team at FeedMe Hospitality Restaurant Group have been wonderful partners as we have evolved over the past five years. In this new evolution we are excited to accommodate a full range of catering options including FHRG, which perfectly aligns with our mission of inclusion. All rental proceeds will continue to support community programs.

For venue information, availability, and booking inquiries, please visit www.edmondswaterfrontevents.com





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- Not sure what you have? We can help!

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RECEIVE AN EXTRA 20%

value towards in-stock jewelry or custom redesign*

By appointment only. Please **call or text 425-673-9090** to schedule or visit us at clinejewelers.com to schedule your appointment.



100 5th Ave N., Edmonds, WA 98020 (Next to the fountain)

clinejewelers.com | (425) 673-9090

DAY TRIPS - SIGN UPS OPEN ON NOVEMBER 3

**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 MONDAY, NOVEMBER 3

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

NATIVE ART MARKET

Saturday, November 22

Depart: 11:00am

Return: 3:00pm

Cost: \$20M/\$30NM

Moderate Walking +/-

Spots Available: 23

Meet at: Lake Ballinger Center

The Daybreak Star Indian Cultural Center proudly presents its Native Art Market, a curated exhibition and marketplace featuring authentic Indigenous artisans and their masterworks. This sophisticated showcase spans diverse artistic traditions from numerous tribal nations, encompassing meticulously crafted apparel, artisanal jewelry, traditional woodcraft, ceremonial drums, limited edition prints, and an array of other distinctive pieces. Time available to view the permanent native art collection. No lunch stop. Refreshments available for purchase at the market or bring a snack.



SEATTLE ART MUSEUM

- FRENCH IMPRESSIONISM

Thursday, December 4

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

Cost: \$25M/\$40NM

Moderate to Lots of Walking +/-

Spots Available: 18

Meet at: Lake Ballinger Center

Featuring more than 50 works by artists ranging from Paul Gauguin, Claude Monet, and Camille Pissarro, to Eugène Boudin, William-Adolphe Bouguereau, and Victor Gabriel Gilbert, this exhibition looks back at the Age of Impressionism through the lens of French culinary tradition. Portrayals of municipal markets and country gardens, provincial farmers and Parisian cooks, glittering restaurants and their fashionable patrons and more. Lunch available for purchase at onsite cafe or nearby restaurant or brown bag it. (Cost of lunch OYO).

CHOIR OF THE SOUND

THE COLORS OF THE SEASON

Sunday, December 7

Depart: 2:00pm; Return: 5:30pm

Cost: \$35M/\$55NM

Little to Moderate Walking +/-

Spots Available: 15

Meet at: Lake Ballinger Center

Enjoy this performance at nearby Shorecrest Performing Arts Center. The blue and white of Hanukkah, the green and red of Christmas and on through Lunar New Year's red and gold, November and December are rich in color. This 85 voice choir will use the full palette in their holiday show, finishing with a condensed staging of the classic movie White Christmas.



FANTASY LIGHTS DRIVE THROUGH SPANAWAY PARK

Wednesday, December 10

Depart: 5:00pm; Return: 8:30pm

Cost: \$30M/\$45NM

Little to Moderate Walking +

Spots Available: 23

Meet at: Lake Ballinger Center

Journey through a mesmerizing two-mile route at Spanaway Park, where over 300 animated displays and countless twinkling lights create an enchanting wonderland. This annual event is more than just a festive celebration—it's a heartwarming community effort to spread joy and craft unforgettable memories. Don't miss the chance to immerse yourself in this magical experience and let the holiday spirit shine bright!

DAY TRIPS - SIGN UPS OPEN ON NOVEMBER 3

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



HOLIDAY POPS WITH THE SEATTLE SYMPHONY

Sunday, December 14

Depart: 11:30am; Return: 4:30pm

Cost: \$75M/\$110NM

Little to Moderate Walking +/++

Spots Available: 15

Meet at: Lake Ballinger Center

There's no place like Benaroya Hall for the holidays! Seattle favorite Stuart Chafetz returns to Benaroya Hall to conduct this dazzling program full of popular holiday favorites and yuletide cheer.

SENIOR HOLIDAY PARTY AT THE SHERATON GRAND SEATTLE

Thursday, December 18

Depart: 12:30pm; Return: 5:30pm

Cost: \$15M/\$25NM

Moderate Walking ++

Spots Available: 23

Meet at: Lake Ballinger Center

All seniors are invited to the Seattle Sheraton's Grand Ballroom for the annual Holiday party. Enjoy an afternoon of music, dancing and good company. Light refreshments will be provided. Be sure to visit the Gingerbread Village located in the on the main floor of the hotel.



NUTCRACKER SWEETS PRESENTED BY ARC DANCE

Saturday, December 20

Depart: 12:00pm; Return: 3:30pm

Cost: \$55M/\$75NM

Moderate Walking ++/+++

Spots Available: 15

Meet at: Lake Ballinger Center

ARC Dance brings the magic of The Nutcracker alive for the community in this holiday classic ballet that will warm your spirit. A favorite tradition for families across Seattle, Nutcracker Sweets will showcase the talented students of ARC School along with members of the professional Company, ARC Dance. You are sure to be captivated by the magic of the music, costumes, and beautiful dancing.

TULALIP CASINO, LIGHTS AND VENDOR MARKET

Tuesday, December 30

Depart: 3:00pm; Return: 7:00pm

Cost: \$20M/\$30NM

Moderate Walking ++

Spots Available: 23

Meet at: Lake Ballinger Center

Quil Ceda Village presents Tulalip Lights & Ice, a holiday event located at the Tulalip Amphitheatre featuring an ice-skating rink with real ice, holiday light display with over 9.7 million lights, gifts and treats from local vendors. Shop, gamble, dine - it is up to you how you want to spend your time!



Windermere
REAL ESTATE



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— SHAY —**

All in, for you.®

206 979-6069
kimberlyshay@windermere.com
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EWC TRAVEL CLUB

BOOK A TOUR WITH COLLETTE TRAVEL AND BENEFIT THE EDMONDS SENIOR PROGRAMS AT THE SAME TIME!

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

Edmonds Waterfront Center Travel Club presents...

Mackinac Island

May 10 – 18, 2026



Book Now
& Save
\$100
Per Person

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Edmonds Waterfront Center Travel Club presents...

Discover Spectacular Scandinavia

with Optional 3-Night Iceland Post Tour Extension

August 4 – 18, 2026



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& 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 NOVEMBER 3

**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 - OLD SAUK TRAIL (DARRINGTON)

Thu, Nov 6 | Depart: 8:00am.

Difficulty: Easy. 6 Miles Round Trip

Elevation Gain: 50 ft.

HIKE - HEYBROOK RIDGE/LOOKOUT LOOP

Thu, Nov 20 | Depart: 8:00am.

Difficulty: Medium. 7 Miles Round Trip

Elevation Gain: 775 ft.

HIKE - SNOHOMISH RIVER DIKE

Thu, Dec 11 | Depart: 8:00am.

Difficulty: Easy. 4-5 Miles Round Trip

Elevation Gain: -0- ft.





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Collaborative, Compassionate Care for those with memory impairments
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www.RosewoodCourte.com

EWC WORKSHOPS - sign-ups for all workshops open on OCTOBER 31

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, Nov 12, 26, Dec 10, 24; 6:00pm-8:00pm

Thursday, Nov 6, 20, Dec 4, 18; 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.*

GET EMPOWERED: EMBRACE YOUR MENTAL WELL-BEING

Wednesday, Nov 12, 19, Dec 3, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Daniel Johnson & Michelle Reitan

Register: Opens Oct 31; 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.

GET YOUR DUCKS IN A ROW

Thursday, Nov 13, 1:30pm-3:30pm

Location: Community Room B

Cost: None

Facilitator: Concierge Care Advisors

Register: Opens Oct 31; Online/Phone/2nd Floor Reception

Join senior housing and care expert Marta Street for a welcoming panel discussion on navigating the transition into senior housing. Whether you're planning ahead for yourself or helping a loved one, this conversation offers practical guidance and peace of mind. Our panel includes a Senior Real Estate Specialist, Elder Law Attorney, and Senior Care and Living Advisors—a friendly, informative way to start (or continue) getting your ducks in a row.

DO YOU QUALIFY FOR A REDUCTION IN YOUR PROPERTY TAXES?

Friday, Nov 14, 1:30pm-2:30pm

Location: MP1&2

Cost: None

Facilitator: Theresa Hollis

Register: Opens Oct 31; Online/Phone/2nd Floor Reception

Snohomish County seniors and disabled residents may qualify for this program if their 2024 disposable income is \$75,000 or less after medical, dental, and vision costs are deducted. This 30-minute seminar will share key information, provide application forms, and offer a welcoming space to get your questions answered. Need

help completing your application? Schedule an appointment during the monthly workshops held the third week of every month at the Edmonds Waterfront Center, or contact the County Tax Assessor's Office for assistance.



SOUND BATH BY CANDLELIGHT

Monday, Nov 17, Dec 22 | 6:30pm-7:30pm

Room: Multipurpose Room 3

Instructor: Savannah Powers, Ethereal Health & Wellness

Cost per Session: \$40 member | \$55 non-member

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

Note: No refunds or credits will be given if cancellation occurs within 24 hours prior to start of the program.

Sound Bath by Candlelight is a serene and immersive experience designed to promote relaxation and mindfulness. Participants typically lie comfortably on mats or cushions (please bring your own) 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.

A CONVERSATION ABOUT CHRONIC PAIN AS WE AGE: WHAT WORKS?

Tuesday, Nov 18, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Dr. Michael Parchman

Register: Opens Oct 31; Online/Phone/2nd Floor Reception

In this interactive class we will discuss our expanding understanding of chronic pain, how aging impacts our approach to managing pain, and provide some practical tools and tips for managing pain. We will discuss the pros and cons of long-term opioid medications as we age, and share stories about our own experiences.

BEYOND GOOGLE

Thursday, Nov 20, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Susan Banks, MLIS

Register: Opens Oct 31; Online/Phone/2nd Floor Reception

Do you rely on Dr. Google for health information? How do you know whether the information is trustworthy. In this class, participants will learn about reliable health resources, improve their search skills, and develop critical evaluation skills. Please bring your laptop/device if you want to follow along. The presentation will be an hour. The last 30 minutes (optional) will be for questions, further discussion and to practice search skills.

EWC WORKSHOPS - sign-ups for all workshops open on OCTOBER 31

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.



UNDERSTANDING YOUR CHILD'S FEELINGS & BEHAVIORS: A BRAIN-BASED GUIDE

Thursday, Nov 20, 6:00pm-7:30pm

Location: Community Room B

Cost: None

Facilitators: Ericka Wild, LICSW

Register: Opens Oct 31; Online/Phone/2nd Floor Reception

Parenting is an amazing journey, but it can also be confusing when our kids struggle with emotions, tough behaviors, or seem overwhelmed. This session helps you understand the "why" behind these challenges by exploring how your child's brain works. It's open to all parents, caregivers, and adults who support kids. The tools we discuss are useful for every child, whether they are neurotypical, neurodivergent (like ADHD or autism), or you're just not sure yet. Our goal is to empower you with knowledge and practical strategies to be the best support for the child in your life.

EWC TRAVEL - LEARN ABOUT UPCOMING TOURS WITH COLLETTE

Tuesday, Nov 25, 10:00am-12:30pm

Location: Community Room B

Cost: None

Facilitators: Toni Ray-Ingram

Register: Opens Oct 31; 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. For more information about our current travel offerings, please see page 12.

YOUR LIFE/YOUR WISHES - GUIDE TO DEVELOPING AN ADVANCED DIRECTIVE

Tuesday, Dec 2, 1:00pm-3:30pm

Location: Community Room B

Cost: None

Facilitators: Sue Shearer & Michelle Reitan

Register: Opens Oct 31; Online/Phone/2nd Floor Reception

While most Americans hope to spend their final days at home surrounded by loved ones, more than 70% pass away in hospitals or nursing homes. Planning ahead with your doctor can make a profound difference—studies show it helps people feel more in control, less anxious, and more confident their wishes will be honored. This workshop will guide you through understanding how your values shape end-of-life care decisions, choosing someone to speak on your behalf, learning about life-sustaining treatments, completing essential forms, and exploring burial options in Washington State.

UNDERSTANDING HOSPICE AND END OF LIFE CARE

Tuesday, Dec 9, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Bill Dehmer

Register: Opens Oct 31; Online/Phone/2nd Floor Reception

The goal of this workshop is to understand the difference between home health, hospice and palliative care services. What are the myths about hospice and understanding end-of-life issues that patients and families deal with on hospice.

RESTORATIVE YOGA

Thursday, Dec 4, 11, 6:00pm-7:00pm

Location: Multipurpose Room 1 & 2

Cost per session: \$15 member / \$20 non-member

Facilitators: Kerry Brockmann

Register: Opens Oct 31; Online/Phone/2nd Floor Reception

Take a break from the busy Holiday season and treat yourself to this gentle Restorative Yoga class. In this relaxing class, we will focus on breathwork, stretching and an extended relaxation to calm the mind as well as soothe the body and soul. Leave feeling relaxed and refreshed. Please bring a pillow and a couple of thick blankets.



COPING SKILLS FOR PEOPLE WITH HEARING LOSS & THEIR FAMILY

Thursday, Dec 16, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Dean Olson

Register: Opens Oct 31; 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.

FUNDRAISING CORNER

EWC Gala Sets Records at Annual Event

Saturday, October 4, 2025 –It was a night to remember. First, we had a record sold out crowd of 230 guests, and we exceeded our \$400,000 goal, raising \$425,240 (with more gifts coming in) in support of more than a hundred vital programs.

Emcee, Jessica Hong (comedian by night) kept guests laughing and was a good partner for seasoned auctioneer, Shelby Stokes. Reminding people of the organization's mission, each year the EWC presents the Rose Cantwell Leadership Award to an individual who is an exceptional champion and advocate for older adults.

The 2024 recipient was Representative Phyllis Gutierrez Kenny. Sadly, Phyllis unexpectedly passed away in the spring. A special toast to Phyllis's memory was made, before announcing the 2025 recipient, former EWC Board Chair Julaine Fleetwood.

The live auction was a lively affair. Among the new items that caught the bidder's attention were:

- **A Feast For The Senses** for eight people, infusing fine art and fine food at the art hub Graphite and Charcoal restaurant.
- **An Introduction to Scuba Diving** with local master diver and filmmaker Annie Crawley "Ocean Annie".
- **A Mariners Suite** with 24 game tickets and parking, and
- **NW Seafood Feast For 20 At The EWC**

The highlight of the evening was Fund-a-Need when guests are asked to consider making a gift to go directly to support EWC programs. The auctioneer announced EWC's bold goal of \$200,000.

Following a brief video, 87-year-old Alma Ohtomo was interviewed. Alma has been involved with the center for nearly 20 years, presently serving on the Board of Directors, as well as chairing the Membership Committee and serving on the Finance and Strategic Planning Committees. Oh, and she coordinates ukulele and Sound Singers – a full plate.

When asked why the EWC is important to her, Alma bluntly said, "If I had not found the center and was just at home watching TV, I would be dead by now. They are my family. I have friends who take care of me, and I take care of them. I like to help keep things moving forward." Alma received a standing ovation.

When the auctioneer asked if anyone would give \$50,000, a bid card went up. Long-time supporter Helena Rowse announced it was her 79th birthday and would like to give \$79,000 to mark the occasion. Another standing ovation. Thanks to a room full of generous guests, in the end the \$200,000 goal was reached – another record.



FUNDRAISING CORNER

(Gala Sets Record Continued)



Later in the evening, Rick Steves went to the stage to thank people for their generous support of the EWC programs and to share his thoughts about the importance of also ensuring the EWC continues to thrive for generations through legacy gifts. Enduring organizations establish endowments to create future anchor funding for programs. Endowments are funded by legacy gifts from smart estate planning from supporters.

With his signature Rick Steves humor, he reminded people, "At the end of your life you can't take it with you – the Romans and Egyptians tried." He went on to say, "Of course we will take care of our loved ones, and I think of the EWC as a loved one, so I have included the EWC in my estate plan." He then announced that the EWC has wisely established a **Legacy Circle** – for people who want to join him in investing in the long-term future of the EWC.

When the numbers were tallied, everyone was thrilled to set a new Gala record of \$425,240 raised. Planning has already begun for the 2026 Gala on Saturday, October 3rd.

Event sponsors:

Platinum Sponsors:

- Bodero & Reyes Family Trust
- Rosewood Coutre Memory Care

Gold Sponsors:

- Edmonds Village
- Terry Vehrs

Silver Sponsors

- Edmonds College
- Puget Sound Energy
- Sunrise Edmonds

Bronze

- Brown Bear Car Wash
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- Corient
- Edmonds Landing Cogir
- First Financial NW Bank
- Key Bank
- Printing Connections
- RBC Krause & Thorpe Wealth Management



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

2nd Tuesday, Dec 9; 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, Dec 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, Nov 4, 18, Dec 2, 16; 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

Nov 5, 6, 12, 13, Dec 3, 4, 10, 11

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, Nov 21, Dec 19

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

Location: Clinic Room

Cost: \$5M/\$10NM

Facilitators: 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, Nov 25; 9:30am-3:30pm

Monday, Dec 15; 9:30am-3:30pm

Monday, Dec 23; 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, Nov 18, Dec 16

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, Nov 4, 25, Dec 2, 9, 23

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.



ASSISTED LIVING | MEMORY CARE

Discover Vibrant Senior Living in Edmonds

Every day at Sunrise of Edmonds is designed to keep you inspired. Residents enjoy chef-prepared meals, curated social events, and local excursions. With beautifully maintained surroundings and expert care, you'll discover a community where you can embrace an engaging lifestyle.

We were recognized as part of U.S. News & World Report's Best Senior Living ratings for 2025.

To book a personal tour, call 425-546-0489 or email edmonds.dos@sunriseseniorliving.com.

©2025 Sunrise Senior Living



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

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



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OF SENIOR TRANSITION



A SMOOTH JOURNEY TO TRANSITION

The process of moving to a new home is often filled with challenges, but for seniors, it can feel especially overwhelming. Whether downsizing or relocating to be closer to loved ones, the transition brings unique emotional and logistical hurdles. It's important to approach this new chapter with care, ensuring that seniors feel supported and comfortable as they settle into their new surroundings.

OUR EXCEPTIONAL SERVICE & ATTENTION TO DETAIL

- **Organizing assistance:** We help you sort and organize your belongings, making the process of decluttering smoother.
- **Estate sale support:** We assist in organizing an estate sale, helping you sell items you no longer need or want.
- **Donation coordination:** We help you donate unwanted items to organizations that will benefit from them, ensuring they go to good use.
- **Home repairs and upgrades:** We recommend affordable repairs and upgrades to enhance your home's appeal to potential buyers, and I work with trusted professionals to carry out the necessary work.
- **Final cleaning:** We arrange a thorough final cleaning of your home to ensure it looks its best.


Windermere
REAL ESTATE
Windermere Real Estate/M2 LLC



A STRESS-FREE JOURNEY

As an SRES® designee with years of expertise in assisting seniors with real estate, I understand the complexities that come with these moves. My goal is to make the journey as stress-free as possible, from navigating the housing market to coordinating a seamless move.

I'm committed to helping seniors not only find the right home but also feel confident and at ease throughout the entire process.

Terry Vehrs

Managing Broker
206-799-9500
vehrs@windermere.com



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.***ACOUSTIC GUITAR GROUP****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**Does not meet Nov 11****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). World War II will be the focus this term.**CURRENT EVENTS DISCUSSION GROUP****Does not meet Dec 24****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.

*Coming in January: we will be adding a second Current Events Discussion group which will meet on Wednesdays in the afternoon. Please contact the group leader for more information or to register!***DRIFTWOOD SCULPTURE****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

Artists work independently on their own projects with guidance. Will need to bring own tools. All levels welcome. Drop in ok.

**FRIENDSHIP QUILTERS****Does not meet Dec 24****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****Does not meet Nov 27, Dec 25****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)**Does not meet Dec 24****Wednesdays | 4:30pm-5:30pm****Nov 5 - Dec 31 (8 classes)****Room:** Online with Zoom**Facilitator:** Ariele Huff**Cost:** \$59 member | \$88 non-member**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 Nov 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**Register:** Online/Phone/2nd Floor Reception

Great Decisions explores eight critical global issues facing America and the world today through weekly discussions moderated by Larry Fuell, former Director of the Global Affairs Center at Shoreline Community College. Registration and payment are required at sign-up, which includes briefing papers for all 8 discussions. Late sign-up is allowed however cost will not be prorated, whether you attend 1 or all 8 discussions. Once you have registered:

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

HANDMADE GREETING CARDS**Friday, Nov 14 - FALL GRATITUDE****Friday Dec 5 - 'TIS THE SEASON****1:00pm-3:00pm****Room:** Multipurpose Room 4**Instructor:** Nicola Davies, Create Next Steps**Class Limit:** 16 students**Cost:** \$15 member | \$20 non-member**Register:** Online/Phone/2nd Floor Reception**Registration Opens:** Oct 15 for Nov class, Nov 14 for Dec class

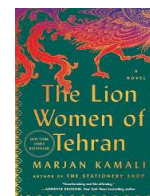
Experiment with a variety of art materials and learn new techniques to make creative greeting cards. No drawing skills or "talent" required and all materials will be provided. Simply bring your enthusiasm!

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**Nov 20 - Book Title:** "Frozen River"

by Ariel Lawhon

Dec 18 -Book Title:
"The Lion Women
of Tehran"

by Marjan Kamali



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.

LIVE MUSIC DAILY

Enjoy coffee or lunch with live music in the Banquet Room Community Cafe 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

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: Oct 15 for Nov

classes, Nov 14 for Dec 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

Does not meet Nov 26, Dec 24

Wednesdays | 10:30am-12:30pm

Nov 12 - Jan 21 (11 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: Oct 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

Does not meet Nov 27, Dec 25

Thursdays | 1:30pm-3:30pm

Nov 13 - Jan 22 (11 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: Oct 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)

Does not meet Nov 28, Dec 26

Fridays | 10:30am-12:30pm

Nov 14 - Jan 23 (11 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: Oct 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)

Does not meet Nov 27, Dec 25

Thursdays | 10:30am-12:30pm

Nov 13 - Jan 22 (11 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: Oct 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.**



ROLLING CRONE SINGERS

Does not meet Dec 22, 29

Mondays | 12:00pm-2:00pm

A women's choral group that performs a variety of music, including Broadway, jazz, and classical using 3 and 4 part harmony. Group is currently full please contact Gail at gailalov@comcast.net

RUG BRAIDING

Does not meet Nov 28, Dec 26

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

Does not meet Nov 27, Dec 25

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.

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.***SOUND SINGERS****Does not meet Nov 11****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**Does not meet Dec 24****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****Nov 5, 19, Dec 3, 17 | 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:** Oct 15 for Nov classes, Nov 14 for Dec 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.

**NEW! UKRAINIAN CUT PAPER ART****Tuesday, Dec 2****Session 1: 4:00pm-6:00pm****Session 2: 6:30pm-8:30pm****Room:** Multipurpose Room 3**Instructor:** Nataliya Zigelboym**Cost Per Class:** \$35 member | \$45 non-member**Register:** Online/Phone/2nd Floor Reception;

Register for each class separately

Registration Opens: Nov 14**Class Limit:** 20 students

Learn the art of Vytynanka - Ukrainian Cut Paper. Emerging in the 19th century, Vytynanka was an affordable way for rural families to decorate their homes, especially for holidays. Designs often include geometric or floral patterns, animals, houses, and can represent stories about village events, births, weddings, or holidays. Today, the art form has evolved into a contemporary art practice, with artists creating both traditional and modern designs for interior decoration and other purposes. No experience necessary. All materials and tools are provided. All participants will go home with 2 pieces of art they have created.

Note: 48 hour cancellation notice required for refunds/credits.**NEW! UKRAINIAN FOLK PAINTING****Tuesday, Dec 16****Session 1: 4:00pm-6:00pm****Session 2: 6:30pm-8:30pm****Room:** Multipurpose Room 3**Instructor:** Nataliya Zigelboym**Cost Per Class:** \$35 member | \$45 non-member**Register:** Online/Phone/2nd Floor Reception;

Register for each class separately

Registration Opens: Nov 14**Class Limit:** 20 students

Petrykivka is a Ukrainian ornamental folk art painting style, originating from the rural settlement of Petrykivka in Dnipropetrovsk Oblast of Ukraine, where it was traditionally used to decorate house walls and everyday household items. No experience necessary. All materials and tools are provided. All

participants will go home with the art they have created.

Note: 48 hour cancellation notice required for refunds/credits.**NEW! UKRAINIAN PRINTMAKING****Tuesday, Dec 30****Session 1: 4:00pm-6:00pm****Session 2: 6:30pm-8:30pm****Room:** Multipurpose Room 3**Instructor:** Nataliya Zigelboym**Cost Per Class:** \$35 member | \$45 non-member**Register:** Online/Phone/2nd Floor Reception;

Register for each class separately

Registration Opens: Nov 14**Class Limit:** 20 students

Printmaking is the process and art of imprinting or stamping an engraved image onto paper, cloth, or leather. Unlike engravings or lithographs, prints are not necessarily made to be printed in books but are works of art that exist independently of textual material. Learn more about the elements, techniques and history of Ukrainian printmaking and create your own work of art. No experience necessary. All materials and tools are provided. All participants will go home with the art they have created.

Note: 48 hour cancellation notice required for refunds/credits.**UKULELE AIKANES (FRIENDS)****Does not meet Dec 24, 31****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**Does not meet Dec 25****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.



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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****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:** Oct 15 for Nov classes, Nov 14 for Dec 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**Does not meet Nov 28, Dec 26****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:** Oct 15 for Nov classes, Nov 14 for Dec 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.

NEW! FOREVER FIT**Does not meet Nov 28, Dec 24 & 26****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:** Oct 15 for Nov classes, Nov 14 for Dec 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**Does not meet Nov 28, Dec 24 & 26****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:** Oct 15 for Nov classes, Nov 14 for Dec 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**Mondays | 10:45am-11:30am****Room:** Multipurpose Room 1 & 2**Instructor:** Pat Balasco**Monthly Cost:** \$45 member | \$55 non-member**Registration Opens:** Oct 15 for Nov classes, Nov 14 for Dec 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**Does not meet Nov 27, Dec 25****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: Oct 15 for Nov classes, Nov 14 for Dec classes; drop in ok.

Register: Online/Phone/2nd Floor Reception
Come stretch and breathe, release tense muscles, and invite ease in the body. End with

a restorative rest, in yoga nidra, a guided meditation to bring full relaxation to body, mind and heart. Please bring a yoga mat, and a towel or blanket. Chairs, blocks, and blankets available for use.

IMPROVING MOVEMENT WITH THE FELDENKRAIS METHOD - GROUP SERIES**Does not meet Dec 24****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:** Oct 15 for Nov classes, Nov 14 for Dec 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.

**JAZZERCISE DANCE FITNESS & STRENGTH TRAINING (ALL LEVELS)****Does not meet Nov 11, 27, Dec 24, 25****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.

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.

LINE DANCING (BEGINNER)

Does not meet Nov 28, Dec 24, 26
Wednesdays | 4:15pm-5:15pm

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

Fridays | 1:15pm-2:15pm

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

Room: Multipurpose Room 3

Instructor: Marie Gallaher

Class Limit: 12 students

Register: Online/Phone/2nd Floor Reception

Registration Opens: Oct 15 for Nov classes, Nov 14 for Dec 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 Nov 11

Tuesdays | 6:00pm-7:00pm

Room: Multipurpose Room 1&2

Instructor: Marie Gallaher

Class Limit: 25 students

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Oct 15 for Nov classes, Nov 14 for Dec classes; No Drop In

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

LINE DANCING (INTERMEDIATE)

Does not meet Nov 28, Dec 26

Fridays | 2:30pm-3:30pm

Room: Multipurpose Room 3

Instructor: Marie Gallaher

Class Limit: 12 students

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Oct 15 for Nov classes, Nov 14 for Dec classes; No Drop In

Have fun learning more challenging steps.



MOVEMENT FOR LIFE/PD DANCE FOR ANY BODY

Does not meet Nov 27, Dec 25

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!

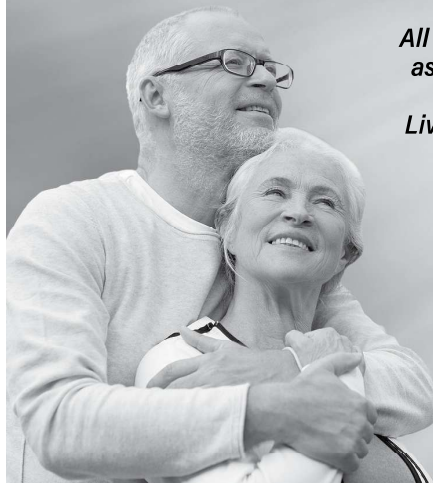


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DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS**GAMES****HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds****CALL 425.774.5555 or visit the 2nd floor Reception Desk**

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.

PRENATAL & BEGINNING YOGA**No class in November****Does not meet Dec 24, 26****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:** Nov 14 for Dec 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.

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**Does not meet Nov 11****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.

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 *****Nov 24, Dec 29**

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

Join and play with experienced and semi-experienced Mah Jongg Mavens. WELCOME NEW LEARNERS! Instruction available at 12:15pm starting the FIRST TUESDAY OF EACH MONTH, for 4 consecutive sessions. Contact Jani Sharp. New and experienced players are always welcome! Pay when you play. Walk in ok

MAH JONGG - CHINESE**1st & 3rd Wednesday****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, Nov 11, Dec 9

- 5:30pm-6:30pm

2nd Wednesday, Nov 12, Dec 10

- 2:00pm-3:30pm

4th Wednesday, Nov 26

- 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

Nov 19, 20, Dec 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.



NEW! ASK A LIBRARIAN

1st & 3rd Wednesday, Nov 5, 19, Dec 3, 17

11:00am-2:00pm

Room: Community Lounge

Cost: None

Facilitator: Sno-Isle Library (Edmonds)

Register: None required; Drop in ok

Looking for research help? Want new reading recommendations? Need to update your library account? Librarians from the Edmonds Library will assist with these and show how to access library resources such as eBooks, digital audiobooks, streaming media, and online learning databases. The program is for everyone.

FINANCIAL SERVICES

2nd Monday, Nov 10, Dec 8

10:00am-12:00pm

Room: Clinic Room 1

Facilitator: Kylene 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, Nov 11, Dec 9

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, Nov 24, Dec 22

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, Nov 14, Dec 12

9:30am-12:30pm

Room: Clinic Room 1

Facilitator: Rod Schutt

Cost: None

Register: Call 206.518.0839

If you are having trouble paying for your prescriptions PDAN may be able to help 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

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**



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ART/ARTISTS

CASCADE SYMPHONY ORCHESTRA

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

CASCADIA ART MUSEUM

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

BEAUTY/HEALTH/FITNESS

ANDERSON SOBEL COSMETIC SURGERY

www.andersonsobelcosmetic.com
(425) 453-9060

EDMONDS ELEVATED DENTAL

www.edmondselateddental.com
(425) 672-1400
23416 Hwy 99 #1D, Edmonds

HONEYBEE NATURAL MEDICINE

www.honeybeenaturalmedicine.com
(206) 629-5180
617 5th Ave S, Edmonds

INTERIM HEALTH CARE

www.interimhealthcare.com
(425) 800-6221
1950 112th Ave NE, Suite 201, Bellevue

LINDA BEERS MOBILE CUT & STYLE

www.linda-beers.com
beers-linda@comcast.net
(425) 791-4581

OMBU SALON + SPA

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

SIRIUS HEALING

www.siriushealingartist.com
(425) 866-9410
123 2nd Ave S, Suite 230, Edmonds

TORRES AESTHETICS & HEALTH

www.torresaesthetics.com
(425) 307-4682
111 Sunset Ave N, Suite 100, Edmonds

COMMUNITY

EDMONDS BEACON

www.edmondsbeacon.com
(425) 347-5634
728 3rd St, Suite D, Mukilteo

EDMONDS CHAMBER OF COMMERCE

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

EDMONDS KIWANIS CLUB

www.edmondskiwanis.org
(425) 776-2870

MY EDMONDS NEWS

www.myedmondsnews.com
www.myneighborhoodnewsnetwork.com

FINANCIAL

COASTAL COMMUNITY BANK

www.coastalbank.com/edmonds
(425) 640-3530
123 3rd Ave S, Edmonds

CORIENT

www.corient.com
(206) 257-3577
1910 Fairview Ave E, Suite 200, Seattle

DME CPA GROUP PC

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

KEY BANK

www.key.com
(425) 329-3662
9930 Edmonds Way, Edmonds

KIM PRATER - RETIREMENT MORTGAGE SPECIALIST

www.fairwayreverse.com
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3400 188th St SW #185, Lynnwood

KRAUSE & THORPE WEALTH MANAGEMENT TEAM

www.krauseandthorpe.com
(425) 712-7300
303 5th Ave S, Suite 100, Edmonds

PEOPLES BANK

www.peoplesbank-wa.com
(425) 789-3445
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FOOD & DRINK

JEFF UNCORKED

www.jeffuncorked.com
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(425) 582-8474/(425) 835-0989
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(206) 782-5382
4215 198th St SW, Suite 106, Lynnwood

WALL GROUP LAW

www.wallgrouplaw.com
(425) 670-1560
51 West Dayton St, Suite 305, Edmonds

REAL ESTATE

JOAN LONGSTAFF & ASSOCIATES

joan@joanlongstaff.com
(425) 773-1274

KENNEDY VENTURES

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

REECE HOMES - JAMIE REECE

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

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WINDERMERE REAL ESTATE

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

WINDERMERE REAL ESTATE

- KIPPIE PASOWICZ
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www.yourhomeyourlifemypassion.com
(425) 330-2811

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vehrs@windermere.com
(206) 799-9500

RETAIL/SERVICES

ADOBE ACROBAT

www.adobe.com/acrobat/online/
add-pdf-page-numbers.html

BARBARA KINDNESS

COMMUNICATIONS
(206) 473-9416

BEST WESTERN PLUS HARBOR INN

www.bestwestern.com
(425) 771-5021
130 W Dayton St, Edmonds

CLINE JEWELERS

www.clinejewelers.com
(425) 673-9090
100 5th Ave N, Edmonds

CREATE NEXT STEPS

www.createnextsteps.com
(206) 276-8357
190 W. Dayton St Suite 203, Edmonds

NEW WORLD COMMUNICATIONS

www.newworldcom.com
(206) 920-8067

THE PRINTING CONNECTION

www.printcnx.com
(800) 786-5490

PUGET SOUND ORGANIZERS

www.pugetsoundorganizers.com
(206) 999-6977

WALLS & WEEDS, INC ARCHITECTURE

www.wallsandweeds.com
(425) 599-5381
21216 86th Pl W, Edmonds

THE WOODEN SPOON

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

ZENBUSINESS

www.zenbusiness.com/washington-llc

SENIOR SERVICES

ALPHA HOME HEALTH & HOSPICE

www.alphahomehealthhospice.com
(425) 357-1790
10530 19th Ave SE, Everett

CEDAR CREEK MEMORY CARE

www.cedarcreekedmonds.com
(425) 678-8001
211006 72nd Ave W, Edmonds

COGIR OF EDMONDS

www.cogirusa.com/communities/
cogir-of-edmonds
(425) 776-3600
21500 72nd Ave W, Edmonds

CRISTA SENIOR LIVING

www.cristasenioringiving.org
(206) 210-1306
19301 King's Garden Dr N, Shoreline

EDMONDS CARE

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

EDMONDS VILLAGE SENIOR LIVING

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

FAMILY RESOURCE HOME CARE

www.familyresourcehomecare.com
(425) 361-0044
2722 Colby Ave Unit #702, Everett

FOREVER CARE SERVICES

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

GREENHAVEN SENIOR CARE

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

PATHWAYS IN AGING

www.pathwaysinaging.com
herbert@pathwaysinaging.com
(703) 634-3879

BUSINESS MEMBERS - Thank you for your support!

SENIOR SERVICES (CONTINUED)

QUAIL PARK OF LYNNWOOD

www.livingcarelifestyles.com/
quail-park-lynnwood
(425) 640-8529
4015 164th St SW, Lynnwood

ROSEWOOD COURTE MEMORY CARE

www.rosewoodcourte.com
(425) 673-2875
728 Edmonds Way, Edmonds

SENIORS HELPING SENIORS

www.snokingseniorcare.com
(206) 542-4743
18804 Wallingford Ave N, Shoreline

SERENGETI HOME CARE

www.serengeticare.com
(206) 960-2704
19109 36th Ave W, Suite 206, Lynnwood

SUNRISE OF EDMONDS

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

VINEYARD PARK MOUNTLAKE TERRACE

www.carepartnersliving.com
(425) 442-2542
23008 56th Ave W, Mountlake Terrace

WARM BEACH SENIOR COMMUNITY

www.warmbeach.org
(360) 652-7585
20420 Marine Dr, Stanwood

TRANSPORTATION

COMMUNITY TRANSIT

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



Community events for all ages!
*Kay Shin with daughter Jessica and
granddaughter, at the Chuseok Korean
Harvest Moon Festival*



**BECOME
AN EWC
BUSINESS MEMBER
FOR JUST
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Learn more at www.edmondswaterfrontcenter.org/membership
Or contact Michelle Neu 425.954.2520

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21500 72ND AVE. W,
EDMONDS, WA 98026
COGIROFEDMONDS.COM

ART AT THE EWC

ART NEWS



GALLERY 1

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

GALLERY 1

January to March, 2026
Artists Connect
A group of local artists
April to June, 2026
ArtWorks Artists
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!

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 ☐ RENEWAL ☐		Membership: NEW ☐ RENEWAL ☐	
First Name:	M.I.:	First Name:	M.I.:
Last Name:		Last Name:	
Nickname/Salutation:		Nickname/Salutation:	
Mailing Address (Include Apt #):		Dual memberships are only available to members of the same household.	
City, State, Zip:			
Phone (H):	Cell:	Phone (H):	Cell:
Email:		Email:	
Date of Birth (Month/Day/Year): ____/____/____ Check if 90+ yrs ☐		Date of Birth (Month/Day/Year): ____/____/____ Check if 90+ yrs ☐	
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 ☐	Dual ☐	Family ☐	Scholarship ☐	Administrative: _____
SPLUS ☐	CARD(s) ☐	COUPON ☐	IN-PERSON ☐	MAILED ☐
AUDIT ☐	CARD(s) Date input ☐			

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: ☐ Married ☐ Single ☐ Partnership ☐ Divorced ☐ Widowed	2. Marital Status: ☐ Married ☐ Single ☐ Partnership ☐ Divorced ☐ Widowed
3. Gender: ☐ Male ☐ Female ☐ Non-Binary ☐ Other: _____	3. Gender: ☐ Male ☐ Female ☐ Non-Binary ☐ Other: _____
4. What is your race? ☐ American Indian or Alaska Native ☐ Asian ☐ Black or African American ☐ Hispanic, Latino or Spanish origin ☐ Native Hawaiian or other Pacific Islander ☐ White/Caucasian ☐ Other, specify: _____	4. What is your race? ☐ American Indian or Alaska Native ☐ Asian ☐ Black or African American ☐ Hispanic, Latino or Spanish origin ☐ Native Hawaiian or other Pacific Islander ☐ White/Caucasian ☐ Other, specify: _____
5. Are you active US military or veteran? ☐ Yes ☐ No	5. Are you active US military or veteran? ☐ Yes ☐ No
6. What are your top two interests at EWC? (Check <u>only two</u>) ☐ Arts/Crafts/Music ☐ Meals ☐ Education/Information ☐ Travel/Trips ☐ Health/Wellness ☐ Social Connections ☐ Volunteering ☐ Other, specify: _____	6. What are your top two interests at EWC? (Check <u>only two</u>) ☐ Arts/Crafts/Music ☐ Meals ☐ Education/Information ☐ Travel/Trips ☐ Health/Wellness ☐ Social Connections ☐ Volunteer Opportunities ☐ Other, specify: _____
7. What is your <u>highest</u> level of formal education? ☐ Postgraduate work/degree ☐ 4-year college graduate ☐ Some college/technical training ☐ High school grad/GED ☐ Did not complete high school	7. What is your <u>highest</u> level of formal education? ☐ Postgraduate work/degree ☐ 4-year college graduate ☐ Some college/technical training ☐ High school grad/GED ☐ 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? ☐ Less than \$20,000 ☐ \$25,000 - \$34,999 ☐ \$45,000 - \$54,999 ☐ \$75,000 and over ☐ \$20,000 - \$24,999 ☐ \$35,000 - \$44,999 ☐ \$55,000 - \$74,999	
I would like to receive the newsletter by EMAIL ☐ I would like to receive the newsletter by US MAIL ☐	I would like to receive the newsletter by EMAIL ☐ One copy of the newsletter may be sent to each household
I release the Edmonds Senior Center/Edmonds Waterfront Center and all of its agents from any liability for any accident, injury or damage of any kind to persons or property that might occur while participating in activities.	
MEMBER 1	MEMBER 2
Signature: _____ Date: _____	Signature: _____ Date: _____

DONATIONS

Please mail all donations to:
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**A HEARTFELT
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IN MEMORIAM

OUR THOUGHTS AND FOND
MEMORIES REACH OUT TO
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Carmen Dolan
Michael Forrester
Lucia Hwang
Marlene Johnson
Jan Kinnier
Peter Musland
Carolyn Rice
John Rowland
Phil Sacks
Michael Schendel
Ty Tabor

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



In Memory of
David Matthias
Dave & Judy Matthias

With recent cuts in government feeding programs, food insecurity is reaching a crisis level, putting extra pressure on community food banks and centers serving older adults. The EWC serves 60 hot meals a day for people 60 years of age or older (for a suggested \$4 donation). For many, it is their only hot meal of the day. Equally important are the friendships made at lunch.

***We urge you to consider supporting
this vital program.***

Mail your gift to Edmonds Waterfront Center and
mail to: PO Box 717, Edmonds, WA 98020.



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



HOLIDAY BAZAAR

AT THE EDMONDS WATERFRONT CENTER

FREE ADMISSION ~ FREE PARKING
SHOP FROM MORE THAN 45
LOCAL ARTISANS AND MAKERS!

Sunday, December 7th

10:00 a.m. - 3:00 p.m.

Edmonds Waterfront Center

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