

Sound Connection

for edmonds waterfront center programs

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Celebrating Janet Young's 99th birthday



MESSAGE FROM OUR CEO

When Life is Too Much

Last week I met a mother of a 15-year-old daughter. Tragically, this mother's teen had just died of cancer; an unimaginable loss. She was planning the celebration of life at the EWC. On the same day I was invited to a friend's 99th birthday gathering.

How does one navigate the pain associated with tragedy and loss? Long life comes with both joy and tragedy.

Celebrated documentary filmmaker Ken Burns talks about how the loss of his mother to cancer when he was eleven years old defined how he viewed the world. This experience shaped his life's path, making documentaries of catastrophes and triumph. When neighbors - with limited means - pitched in to help pay his mother's medical bills, he said, "I understood something about community and courage, about constant struggle and little victories." He instilled in his own children the knowledge that when life is too much to bear, know this: **This to Shall Pass, Seek the Help of Others, Give Yourself Grace.**

Knowing that **this will pass** does not diminish the pain or grief, it reminds you that there is a path forward - a time ahead when you will again be able to experience joy. In fact, there is often a transformation that occurs when life is most unbearable. Loss can be the catalyst that creates insight, peace and compassion. Struggle is what brings meaning to life. The Buddhist teaching **to live with death on your shoulder** reminds us not to take life for granted and to live fully.

A willingness to **ask for help** when you are feeling vulnerable is a strength and an important part of well-being. A reluctance

to ask for help is often rooted in shame and fear that it will be perceived as a weakness. This is especially difficult for men. As a representative of this gender I can say I have this tendency (confirmed by my wife) - of not wanting to admit I need help. Researcher and CEO of **Better Age**, Jim Firman, has found that asking for help is a "protective factor" strongly associated with happiness and well-being among older adults. My wise wife also likes to remind me of the African adage, "If you want to go fast, go alone. If you want to go far, go together."

Among the recommendations cited by Ken Burns, perhaps the most important is the willingness to **extend to yourself grace**. We are often our own worst critics. We play into society's stereotypes, with criticism blaring at full volume in our heads in the form of destructive self-talk - "it's my fault, I need to be stronger. I am failing the people who depend on me..." This type of self-talk is damaging and leads to isolation at a time when you need others most. We are imperfect and not at our best, especially in times of crisis. Forgiving yourself is the first step in healing.

We all face headwinds in life and some turn into catastrophes that can shake us to our very core. Know that when navigating life's challenges, even when they seem insurmountable, there is a path forward that begins with the support of others and forgiving yourself.



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Center
CEO



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& Lynne McKinney

Thrift Store Assistant Managers

Tracy Nyland • Ethan Pilla

Thrift Store Showroom Assistant Manager

Dannika Burke • Silviu Istrate • Dominic Sharp

Thrift Store Donation Attendants

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Volunteer Inquiries

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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, January 2, February 6 - 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:

January 1 ~ New Year's Day

January 19 ~ Martin Luther King, Jr. Day

February 16 ~ Presidents' Day

MONTHLY BIRTHDAY CELEBRATION

3rd Wednesday of the month - Free

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

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

PUBLIC BUILDING TOURS

1st Wednesday of the month at 10:00am

Free - Meet in the first floor Lobby

Have you seen the magnificent views from our upstairs classrooms or the historical photos linking this building to the old senior center? Viewed the ever-changing hallway gallery or noticed original art on most of the walls?

Tour size is limited. Registration is required.

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

WEATHER CLOSURE POLICY

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

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

Starting February 2nd AARP Tax-Aide volunteers will be available to prepare & E-File 2025 federal tax returns for seniors and lower-income families and individuals. IRS-certified volunteer tax preparers will be at the Edmonds Waterfront Center on Mondays & Tuesdays 9am-3pm and at Edmonds United Methodist Church on Fridays and Saturdays 9am-3pm.

Beginning in mid-January you can schedule an appointment online at www.aarp.org/taxhelp or text or call (425) 666-9335 for assistance. To prepare for your appointment, pick up a tax packet at EWC. At the time of your appointment, bring your completed tax packet, Social Security cards for all individuals listed on your return, picture IDs for all taxpayers (if married, both spouses must attend the appointment), all 2025 tax forms (W-2, 1099, etc), and deductions information. Bring last year's tax return if possible.

The Edmonds Waterfront Center

Where celebrations come alive!
Breathtaking views • Flexible spaces

WINTER DISCOUNT 10% OFF

Special pricing for your
Jan – Mar 2026 events!
Plan your next event with us!

edmondswaterfrontevents.com





International Women's Day

GIVE TO GAIN

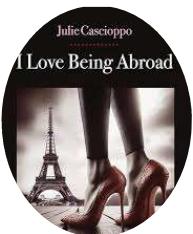
Save the Date
March 7, 2026 11:00- 3:00pm
#GiveToGain | #IWD2026
At the Edmonds Waterfront Center





UPCOMING SPECIAL EVENTS & PROGRAM NEWS

EDMONDS AUTHOR & SPEAKER SERIES PRESENTS



"I LOVE BEING ABROAD"

with author Julie Cascioppo

Thursday, Jan 29; 6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/42jrp9ed> or Pay at the door

"I Love Being Abroad" is a vibrant memoir chronicling Julie Cascioppo's transformative decade as an American jazz singer in 1980s Paris. What begins as a one-month escape from Seattle becomes an eight-year journey of artistic discovery, romantic entanglements, and personal reinvention in the City of Light. Julie's story resonates with anyone who has taken a leap of faith, stepped outside their comfort zone, or pursued a creative dream against conventional wisdom. Special thanks to our program partners My Edmonds News & Edmonds Bookshop!

EWC ENVIRONMENTAL SPEAKER SERIES

Hosted by "Ocean Annie" Crawley



"SHARKS OF WASHINGTON"

WITH LISA HILLIER, VETERAN RESEARCH SCIENTIST & SENIOR BIOLOGIST W/ THE WASHINGTON DEPT. OF FISH & WILDLIFE

Thursday, Feb 5; 6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

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

Washington's coastal waters and the greater Salish Sea are home to a surprisingly diverse community of sharks—keystone predators that help maintain the structure, balance, and resilience of marine ecosystems. Yet these species remain largely unseen, misunderstood, and under-studied. Lisa Hillier presents about Sharks of Washington — diversity, management, and new research on species expanding into the Puget Sound area of the Salish Sea

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

ALL AGES TRIVIA NIGHT!



Thursday, Feb 26
Check in starts at 6:30pm
Event starts at 7:00pm

IN THE WATERFRONT BANQUET ROOM

All ages event ~ Everyone is welcome!

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

Bring your own team or join one and make new friends! Each person must register individually, even if you are on a team. Light refreshments will be provided.

Thank You Destinations Lynnwood!

Suggested Donation \$5 ~ Registration opens January 2

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

VOLUNTEER HIGHLIGHT!

Sweet Mary Kendall



Mary began volunteering at EWC in May 2022 and has been a warm, steady presence ever since. She brings a calm, welcoming energy and is known for her genuine kindness. Mary greets everyone with a friendly smile and always offers thoughtful, helpful answers to any question. You'll find her at our downstairs Reception desk on Thursday mornings, sharing that same sincerity with every guest who walks through the door.

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:

- Lunch Service
- Foot Care
- Thrift Store
- Bingo caller
- Wellness Calls
- Reception

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



THRIFT STORE NEWS ~ OPEN 7 DAYS A WEEK!

STORE HOURS

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

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](http://www.ebay.com/usr/edmondsthriftstore)



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



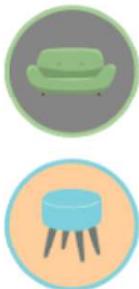
The Edmonds Senior Thrift Store is looking for volunteers!

Drop by the store or give us a call at 425.977.0411





THRIFT STORE SHOWROOM NOW OPEN!



Edmonds Senior Center Thrift Store



Showroom



“The Happiest Place In Edmonds!”

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

**The Showroom is open Tuesday - Saturday
11:00AM - 6:PM Donations 11:00 AM - 4:30PM**

**Located in the Harbor Square Business Complex
120 W. Dayton St. Building 2, Suite A7**

(425) 245 - 7902

showroom@edmondswaterfrontcenter.org



2025 BOARD OF DIRECTORS

BOARD OF DIRECTORS MEETINGS

Thu, Jan 22, Feb 26 at 3:00pm

Meets in Community Room B & Zoom

President: TBD

Vice-President: TBD

Treasurer: TBD

Secretary: TBD

Past President: Devnee Gadbois

Alison Alfonzo Pence

Karen Barnes

Rick Canning

Nancy Ekrem

Sonia Gilman

Bob Gould

Lillyan Hendershot

Jeannie Kiewicz-Brooks

Phil Lovell

Nina Odell

Maggie Peterson

Doug Purcell

Jeanett Quintanilla

Brook Roberts

Kay Shin

Tabatha Shoemake

Rosemary Wander

Terri Wilson

WELCOME NEW & RE-ELECTED BOARD MEMBERS FOR 2026!

**Alison
Alfonzo
Pence**



**Richard
Canning**



**Nancy
Ekrem**



**Jeannie
Kiewicz-
Brooks**



**Maggie
Peterson**



**Doug
Purcell**



**Rosemary
Wander**



COMMITTEES

ART - TBD

BOARD DEVELOPMENT - TBD

EXECUTIVE - TBD

FACILITIES & TRANSPORTATION -

TBD

FINANCE - TBD

FUNDRAISING - TBD

GOVERNANCE - TBD

MARKETING & COMMUNICATIONS -
TBD

MEMBERSHIP - TBD

PROGRAMS - TBD

STRATEGIC PLANNING - TBD



SPECIAL ANNOUNCEMENTS

Introducing Our New Thrift Store Manager Brett McCaffray



Rick Steve's Creative Retirement Institute at Edmonds College

CREATIVE RETIREMENT INSTITUTE SPECIAL EVENT

Rick Steves'
"On the Hippie Trail"

Thursday, January 22, 6-8 p.m.
Edmonds Center for the Arts (ECA)
Hosted by the Creative Retirement Institute (CRI)



Your Personalized Health & Well-Being Report – Coming Soon

Imagine taking a brief health & well-being survey then immediately receiving a snapshot of your strengths and areas that may need some attention. The survey includes measures of physical health, mental health, emotional well-being, social connectedness, health barriers, life satisfaction, purpose, and personal priorities for improvement.

The EWC is excited to partner with **BetterAge**, a nationwide health research organization focused on helping individuals live their best life. **BetterAge** provides a digital tool designed to help older adults improve their health and well-being.

In January, EWC members will receive access to a personalized health snapshot. Simply follow the link to our custom site, complete the 7–10-minute well-being survey, and receive your report instantly. There is no fee for the service. From there, the EWC is ready to help you with next-step resources. Keep an eye on your inbox.



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19109 36th Ave W Suite 206 Lynnwood, WA 98036

www.sereneticare.com



Exceptional In-Home Care Tailored to Your Needs



- **Personalized Care**
- **Transportation**
- **Specialized Care**
- **Live-In Care**
- **Transition Care**
- **End of Life Care**

Call us Today!
206.960.2704



DAY TRIPS - SIGN UPS OPEN ON JANUARY 5

**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, JANUARY 5**

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

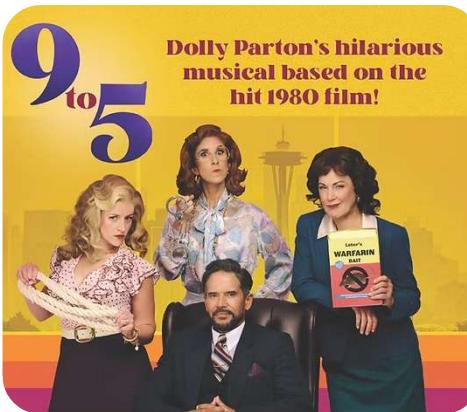
REFUNDS AND CANCELLATIONS:

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



**9 TO 5 THE MUSICAL
AT THE EVERETT VILLAGE THEATRE**

Thursday, January 22

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

Cost: \$40M/\$60NM

Little Walking +/++

Spots Available: 9

Meet at: Lake Ballinger Center

Tumble out of bed and stumble to the theater for this delicious workplace revenge comedy from living legend Dolly Parton. Pushed to the boiling point by their sexist, egotistical, lying, hypocritical boss, three female co-workers concoct a plan to get even—a plan that spins wildly and hilariously out of control. Set in the Rolodex era, when shag rugs, pet rocks, and disco were the grooviest things around, this must-see, dance-filled musical is based on the hit 1980 film and features the blockbuster title song—plus a new score of 18 original numbers by Dolly Parton herself. Outrageous, big-hearted, and even a little romantic, 9 to 5 The Musical is about teaming up and getting credit, taking care of business, and it's about to put a huge smile on your face. **Please be advised this program includes adult content matter

**AN ENCHANTED NIGHT WALK
AMONGST THE STARS**

Sunday, January 25

Depart: 4:15pm; Return: 8:00pm

Cost: \$55M/\$75NM

Moderate to Lots of Walking ++/+++

Spots Available: 12

Meet at: Lake Ballinger Center

Astra Lumina is a one-mile-long enchanted night walk through the Seattle Chinese Garden that takes visitors on a journey to discover the wonder of visiting stars. Through the magic of projections, lighting, and music, astral energy transforms the garden into a celestial pathway, connecting visitors to the stars and the vast world around them. Astra Lumina invites you to journey across mysterious grounds and discover a celestial pathway of light, sound, and imagination. Explore nine unique thematic areas featuring light installations, immersive 360° creations, and pathways lined with hundreds of dancing lights — all synchronized to an original cosmic soundtrack. This is an outdoor experience — please dress for the weather.



DAY TRIPS - SIGN UPS OPEN ON JANUARY 5

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



NATIONAL NORDIC MUSEUM

Thursday, February 5

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

Cost: \$20M/\$30NM

Moderate to Lots of Walking ++/+++

Spots Available: 18

Meet at: Lake Ballinger Center

The National Nordic Museum's core exhibition, *Nordic Journeys*, spans centuries, from prehistoric migrations to Viking adventures to modern-day challenges and triumphs. Go on a journey across 1.3 million square miles and twelve thousand years to explore the Nordic region. Then, follow in the footsteps of Nordic immigrants to North America. Located in Seattle, WA, the museum traces the Nordic themes of connection to nature, sustainability, social justice, and innovation from the earliest anthropological records through contemporary Nordic society. Lunch at the museum café or a nearby restaurant (Cost OYO).



NORTHWEST FLOWER & GARDEN FESTIVAL

Thursday, February 19

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

Cost: \$35M/\$50NM

Moderate to Lots of Walking ++/+++

Spots Available: 10

Meet at: Lake Ballinger Center

Celebrate the season at the 2026 Northwest Flower and Garden Festival. Join us at this year's Spring Parade featuring over 20 display gardens, more than 115 sessions and hands on learning activities, and thousands of unique treasures in the garden marketplace. Whether you're a seasoned green thumb or just starting to dig into gardening, this is the ultimate annual event to spark creativity and gather ideas for beautiful, thriving living spaces. There's truly something for everyone—come grow with us! Lunch at the exhibition hall or a nearby restaurant (Cost OYO).

GATES DISCOVERY CENTER – INNOVATION IN ACTION TOUR

Thursday, February 26

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

Cost: \$20M/\$30NM

Moderate Walking ++

Spots Available: 15

Meet at: Lake Ballinger Center

The Discovery Center's interactive exhibits let you explore first-hand bold, innovative solutions to the most pressing challenges facing communities around the globe. Bring your curiosity and leave inspired to take action on a cause you care about. See, touch, and explore the ideas and innovations shaping a healthier, more equitable world. This tour highlights real-world objects—from simple tools to cutting-edge technologies—that are improving lives and driving progress toward helping everyone live a healthy and productive life. This tour will involve storytelling, discussion, and hands on engagement with examples. Lunch after the tour (Cost OYO).



Take a trip with us!
 Let our driver worry
 about traffic or parking
 ~ Bring a friend and
 make new friends!



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

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

Edmonds Waterfront Center Travel Club presents...

Discover Spectacular Scandinavia

with Optional 3-Night Iceland Post Tour Extension

August 4 – 18, 2026



Book Now
& Save
\$100
Per Person

VIEW THE ITINERARY AND SIGN-UP ONLINE AT:
<https://gateway.gocollette.com/link/1327110>

OVER THE HILL HIKERS

*ONLINE REGISTRATION IS AVAILABLE

www.schedulesplus.com/edmonds

CALL 425.774.5555

or visit the 2nd floor Reception Desk

MASKS ARE RECOMMENDED FOR ALL BUS TRIPS AND WILL BE AVAILABLE ON BOTH BUSES

SIGN-UPS OPEN ON JANUARY 5

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)** you will need to bring your own equipment make sure it is in proper working order & can put equipment on.

HIKE - LANGUS RIVERFRONT PARK (EVERETT)

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

Difficulty: Easy. 5 Miles Round Trip

Elevation Gain: 10 ft.

SNOWSHOE - CABIN CREEK SNO-PARK (SNOQ. PASS)

Thu, Jan 22 | Depart: 8:00am.

Difficulty: Easy-Medium. 3.2 Miles Round Trip

Elevation Gain: 318 ft.

HIKE - BELLEVUE BOTANICAL GARDEN (BELLEVUE + WILLBURTON PARK)

Thu, Feb 12 | Depart: 8:00am.

Difficulty: Easy. 3-5 Miles Round Trip

Elevation Gain: 175 ft.

SNOWSHOE - WHITEHORSE TRAIL (DARRINGTON)

Thu, Feb 26 | Depart: 8:00am.

Difficulty: Easy. 3 Miles Round Trip

Elevation Gain: 50 ft.



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- Natural Diamond Jewelry
- Silver Coins
- Gold Coins
- Not sure what you have?
We can help!

Looking for jewelry appraisals for estate or insurance purposes?

We have graduate gemologists on staff that can provide those
documents starting at \$145





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

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

WELCOME TO MEDICARE

Wednesday, Jan 14, 28, Feb 11, 25; 6:00pm-8:00pm

Thursday, Jan 15, Feb 5, 19; 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.



PERFECT POSTURE & HEALTHY BACK WORKSHOP

Thursday, Jan 15, 1:00pm-2:30pm

Location: Community Room B

Cost: \$10 member | \$15 non-member

Facilitators: Sean Master, CES, CNS

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

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



FUEL YOUR BODY, BALANCE YOUR HEALTH: NUTRITION FOR DIABETES & HYPERTENSION

Tuesday, Jan 20, 27, 1:00pm-2:00pm

Location: Community Room B

Cost: \$10 member | \$15 non-member

Facilitators: Amelia Wood

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

Join Certified Personal Trainer and Nutrition Advisor, Amelia, for an insightful 45-minute workshop designed to empower you with knowledge and practical tools for managing diabetes and hypertension through the power of nutrition. This evidence-based presentation delves into the critical connection between these two common conditions. We will explore their common causes and symptoms and then focus on the transformative role a nutrient-dense diet plays in reducing these symptoms and promoting overall wellness.

STARRY NIGHT SOUND BATH

Monday, Jan 26, Feb 23 | 6:30pm-7:30pm

Room: Multipurpose Room 3

Instructor: Savannah Powers, Ethereal Health & Wellness

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

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

Immerse yourself in the healing vibrations of singing bowls and gongs, all while enjoying the ambiance of a starry night with our Galaxy Projector. During this full body listening experience you will hear and feel the sound waves as they flow throughout the room and guide your mind into a deeply restful state. The power of sound can help us achieve tranquility in mind, body, and spirit. Participants will typically bring a blanket, yoga mat, pillow, water, or anything need to be comfortable.

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

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

SURVIVE & THRIVE WITH CHRONIC KIDNEY DISEASE

Wednesday, Jan 28, Feb 4, 11, 18, 25, 2:30pm-4:00pm

Location: Community Room B

Cost: None

Facilitators: Puget Sound Kidney Center

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

Take charge of your health in a fun and interactive, in-person learning environment. This 5-week program is for people with CKD stages 2-4, their family, and friends. In weekly classes you will learn about kidneys and what they do, how to promote kidney health with good nutrition and lifestyle changes, how to make a plan for your life and learn about treatment choices.

OUTSMART SCAMS FOR SENIORS

Thursday, Jan 29, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Lynda Myrick, CMG Home Loans

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

This class equips seniors with practical tools to recognize and avoid fraud. Participants will learn how to spot common scams, protect personal information, and safeguard their finances. This session will cover phone scams as well as real estate and mortgage fraud.

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

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

BEFRIEND YOUR MIND: REWIRE YOUR THOUGHTS TO EASE WORRY & LIFT YOUR MOOD

Thursday, Feb 12, 12:00pm-1:00pm

Location: Community Room B

Cost: None

Facilitators: Colleen Holbrook, LICSW, CMHS

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

We all experience those days. Days when our inner critic takes over, we feel stuck in a cycle of worry or low mood, and we become our own worst enemy instead of our own best friend. This workshop is for navigating those common bumps in the road, not for clinical anxiety or depression (which are important to discuss with a doctor).

In this insightful session, you will discover the profound power of your thoughts and how the messages you give yourself directly impact how you feel and act. Guided by a blend of proven therapeutic approaches, you will learn a powerful process of self-discovery.



A LOVING GIFT TO YOURSELF: A HEART-CENTERED ANTI-INFLAMMATORY COOKING DEMO

Friday, Feb 13, 1:00pm-3:00pm

Location: Community Room B

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

Facilitators: Nutrition With Heart

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

Join us for a warm and nourishing cooking demo, created to bring comfort, connection, and delicious anti-inflammatory flavors to your day. Registered Dietitians from Nutrition with Heart, your local, award-winning nutrition counseling practice, will lovingly guide you through a hands-on cooking class featuring a three-course menu crafted with care. Together, we'll prepare a wholesome starter, a vibrant and satisfying main dish, and a softly sweet dessert, all made from our signature NWH anti-inflammatory recipes. This gentle, heart-centered class is designed to support your well-being while inviting you to slow down, savor, and enjoy the simple joy of creating beautiful food. It's also a lovely way to begin your Valentine's weekend — a thoughtful gift to yourself that nourishes both heart and body. Whether you're hoping to learn something new, feel inspired, or simply treat yourself with kindness, you'll be welcomed with warmth every step of the way. We can't wait to cook with you and share this special day.

DO I NEED A WILL OR A TRUST? HOW CAN I AVOID PROBATE?

Tuesday, Feb 17, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Wall Law Group

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

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

INTRODUCTION TO MINDFULNESS

Thursday, Feb 19, 1:00pm-2:00pm

Location: Community Room B

Cost: None

Facilitators: Mary Davis, MSN.

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

What is Mindfulness and how can it improve your life? Learn easy practices to improve your attention and well being. Instructor Mary Davis MSN brings to the class a background of 35 years in Family Practice Medicine, Meditation Instructor Certification and Mindfulness Instructor Certification.

DEMYSTIFYING HERBAL & DIETARY SUPPLEMENTS

Tuesday, Feb 24, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Susan Banks, MLIS

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

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

BONE HEALTH ESSENTIALS: MANAGING LOW BONE DENSITY

Friday, Feb 27, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Elaine Henderson, RN

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

This class provides foundational knowledge about low bone density, including its causes, risks, and practical strategies to maintain and improve bone health. Participants will gain insights into the anatomy of key areas like the spine and hip, learn targeted exercises, and discover ways to enhance balance and prevent falls. The session will also cover safe movement techniques and the role of nutrition in supporting bone strength.



FUNDRAISING CORNER

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

A special thanks to our supporters!

Recent Grants

• Verdant Health Commission for Enhanced Wellness	\$136,080
• Norlife Foundation for Senior Lunch program	\$45,000
• Hazel Miller for Senior Lunch program	\$10,000
• Rick & Peg Young Foundation for General Operating	\$10,000

Current Needs

Senior Lunch Program — Monday through Friday we serve 60 to 70 hot nutritious meals to people 60 years of age or older (who are registered for the program) for a suggested \$4 donation. If someone cannot afford the lunch it is provided at no charge. In 2025 we have served nearly 17,000 lunches. While the meals are subsidized, we still must raise \$70,000 per year to cover the costs of this vital program.

Scholarships — We never want the cost to be a barrier for someone from participating in our programs. Upon request, we provide up to \$150 in scholarships for an individual to help with the cost of membership, programs or trips. Our goal is to maintain a scholar fund of \$5,000.

Wishlist

- Bus replacement - \$60K raised toward \$120K goal
- Built-in bookshelves for 2nd floor library - \$6,500
- 20 replacement banquet tables - \$2,500
- 80 replacement chairs - \$20,000
- Livestreaming capability - \$10,000

At Right: Peter uses the new Automatic ADA Push Pad door opening system.

Enhancements were added to all restroom doors and the main entrance of the building.

If you are interested in learning more about making a gift,
contact Daniel Johnson or visit our website
WWW.EDMONDSWATERFRONTCENTER.ORG/DONATE



FUNDRAISING CORNER

Legacy Circle

We are delighted to introduce the *Edmonds Waterfront Center Legacy Circle*, created for those who wish to secure the future of our life-changing programs. By including the EWC in their estate plan, people can ensure their impact endures for generations to come. To support this permanent legacy, we have partnered with the Community Foundation of Snohomish County to manage the EWC Endowment.

What is the Legacy Circle?

The Legacy Circle is an association of friends and supporters of the EWC across the region. Like you, these people seek to ensure that the dynamic EWC programs and activities will thrive for generations to come, by including the EWC in their estate plan. Legacy Circle giving may include a will, a charitable gift annuity, a trust, or a life insurance policy.

If you would like to learn more about how you can participate, contact Daniel Johnson; daniel.johnson@edmondswaterfrontcenter.org

—

Experiencing the Joy of Giving Today

I have been a longtime supporter of the EWC. It is a truly remarkable place. The building location on the water and the welcoming staff make it a healing place. I also feel that the spirit of the Coast Salish People is present and reminds us of the interconnectedness of the land, sea, and all living things.

Earlier this year I joined the EWC Legacy Circle, a group of people dedicated to ensuring the EWC continues to thrive for future generations. I made the EWC the beneficiary of annuity my late husband established for me.

Since I do not need the money for living expenses, I realized I do not need to wait for my passing to contribute the money, I can give it now. So, I have transferred those funds, and it feels great! If you are grateful to the EWC like I am and want to help ensure that it continues to thrive in the future, I encourage you to consider joining the EWC Legacy Circle and make a gift today.

Heidi Renz





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, Jan 13 ; 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, Jan 12

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

FOOT CARE CLINIC

1st & 2nd Wednesday/Thursday

Jan 7, 8, 14, Feb 4, 5, 11, 12

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.

INSIDE HEALTH INSTITUTE CLINIC

Mondays, 9:00am-12:00pm

Location: Clinic Room

Cost: \$20M/\$20NM

Facilitators: Inside Health Institute

Register: Call 425-256-2125

\$20 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. Clinicians are pre-licensed professionals/student interns in their last year of school. All clinicians are supervised by a licensed counselor.

NOURISH & THRIVE: YOUR PERSONALIZED NUTRITION SESSION

3rd Friday, Jan 16, Feb 20

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

Monday, Jan 26; 9:30am-3:30pm

Monday, Feb 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.

SOUND HEALING/REIKI COMBINATION

1st, 2nd & 4th Tuesdays, Jan 6, 13, 27, Feb 3, 10, 24

12:30pm-3:00pm

Location: Clinic Room

Cost: \$5.5 member | \$80 non-member - 1 hr session

Facilitators: Catherine Braun

Register: Phone/2nd Floor Reception

Release stress and allow the soothing sound vibrations and Reiki healing to gently guide you to deep relaxation and well-being. Your customizable session begins with a personalized guided imagery meditation that helps to open your heart and set intentions for your healing journey. Then therapeutic frequencies of crystal and Tibetan singing bowls harmonize with Reiki's restorative energy, nurturing inner peace and self-healing. Together, these holistic modalities create a profoundly calming experience that soothes the nervous system and restores balance to your entire being.

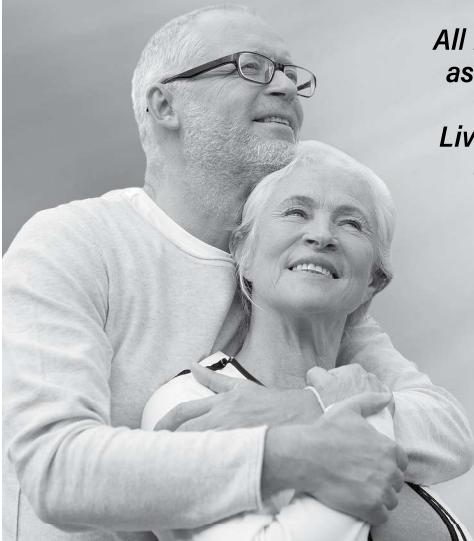


Joy. Lived out.

Warm Beach Senior Community offers Four Independent and Three Assisted Living Neighborhoods, all nestled on a beautiful 100 acre park-like campus in Stanwood Washington.

All facilities are complete with an abundance of amenities to help assure all residents a joyful life - nurturing body, mind and soul.

Living here you're never alone but part of a faith-based Christian community filled with love, support and encouragement.



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

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THE SOUND CONNECTION: a publication by the Edmonds Waterfront Center



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ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

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

Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

AARP DRIVER REFRESHER

Tuesday, Wednesday; Jan 27 & 28
9:00am-1:00pm (2 days/8 hours total)
Room: Community Room A
Instructor: Tom Curley
Cost: \$20 AARP member | \$25 non AARP member
 pay instructor day of class (cash or check)
Register: Online/Phone/2nd Floor Reception
Registration Opens: Dec 15
 Refresh your driving skills and receive a discount on your car insurance. Must attend entire two-day session for credit. Pay instructor. Must bring AARP member card to get discount.

ACOUSTIC GUITAR GROUP

Does not meet Jan 19, Feb 16
Mondays | 4:00pm-6:00pm
Room: Multipurpose Room 3
Facilitators: Gary Larson, Annie & Jack Roy-Feczko, Sharon Jenson
Monthly Cost: \$5 member | \$10 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb classes
 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.

CURRENT EVENTS DISCUSSION GROUP

Wednesdays
Morning Session | 10:00am-12:00pm
Afternoon Session | 12:30pm-1:45pm
Room: Community Room B
Facilitator: Michael Knapp (morning), Andy Rogers (afternoon)
Monthly Cost: \$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.
Starting 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

Does not meet Jan 19, Feb 16
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

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 Jan 1
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.

GOOD WORK WRITING GROUP (ZOOM)

Wednesdays | 4:30pm-5:30pm
Jan 7 - Feb 25 (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).

INTERGENERATIONAL BOOK GROUP

Thursday | 1:30pm-3:00pm
Facilitator: Elaine Sonntag-Johnson
Location: Online via Zoom
Cost: None
Register: Online/Phone/2nd Floor Reception
Jan 22 - Book Title: "Frozen River" by Ariel Lawhon
Feb 26 - Book Title: "The Lion Women of Tehran" by Marjan Kamali



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
Nick - Wednesday 11:00-1:00
Rebecca - Thursday (2nd & 4th) 9:30-11:00
Ruben - Thursday (1st/3rd/5th) 12:00-1:00
Bob - Thursday (2nd & 4th) 12:00-1:30
Mark Ellis Trio - Friday (1st/2nd) 11:30-1:00
Danilo - Friday (3rd/4th/5th) 11:30-1:30



MUSIC WELLNESS AND CONNECTION FOR SENIORS

Does not meet Jan 19, Feb 16
Mondays | 12:00pm-1:00pm
Room: Community Room A
Facilitator: Leslie Lawrence, MT-BC, NMT
Monthly Cost: \$26 member | \$34 non-member; Sign up is monthly - no drop in
Register: Online/Phone/2nd Floor Reception
Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb 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. Live music making with a board certified music therapist. Caregivers welcome at no cost.



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.

NO FEAR DRAWING

Wednesdays | 10:30am-12:30pm

Feb 4 - Mar 25 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

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

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

Registration Opens: Jan 15

Class Limit: 15 students

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

NO FEAR TORN PAPER MOSAICS

Thursdays | 1:30pm-3:30pm

Feb 5 - Mar 26 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

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

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

Registration Opens: Jan 15

Class Limit: 15 students

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

NO FEAR WATERCOLOR (BEGINNER LEVEL)

Fridays | 10:30am-12:30pm

Feb 6 - Mar 27 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

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

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

Registration Opens: Jan 15

Class Limit: 15 students

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

NO FEAR WATERCOLOR (INTERMEDIATE LEVEL)

Thursdays | 10:30am-12:30pm

Feb 5 - Mar 26 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

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

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

Registration Opens: Jan 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 Jan 19, Feb 16

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

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 independantly 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

Thursdays | 12:45pm-2:30pm

Room: Multipurpose Room 1&2

Musical Director & Conductor: TBA

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

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

SOUND SINGERS

Tuesdays | 1:00pm-3:00pm

Room: Multipurpose Room 1&2

Musical Director: Barbara Scheel

Facilitator: Alma Ohtomo

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

Register: Online/Phone/2nd Floor Reception
All are welcome! All you need is to love to sing.

STRUM

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

Jan 7, 21, Feb 4, 18 | 9:00am-12:00pm

Room: Community Room A

Facilitators: Rob Scarr, Gabe Johnson, Joe Herr

Cost: \$5 per appointment

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb 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, Jan 22

4:00pm-6:00pm

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: Dec 15

Class Limit: 20 students

Learn the art of Vytyrnanka, Ukrainian cut paper. Emerging in the 19th century, it was an affordable way for rural families to decorate their homes, especially for holidays. Designs often feature geometric or floral patterns, animals, and houses, and may depict stories of village life, including births, weddings, and seasonal celebrations. All materials and tools are provided. Participants will go home with two completed pieces of art.

Note: 48 hour cancellation notice required for refunds/credits.

ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

NEW! UKRAINIAN FOLK PAINTING

Tuesday, Jan 29

4:00pm-6:00pm

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: Dec 15

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.



UKULELE AIKANES (FRIENDS)

Wednesdays | 1:00pm-2:30pm

Room: Multipurpose Room 1&2

Facilitators: Alma Ohtomo & Audrey Parks

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

Register: Online/Phone/2nd Floor Reception

New and experienced players are welcome.

WOODCARVING

Does not meet Jan 1

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.



cogir

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OUR EXCEPTIONAL SERVICE

- Support that feels like a trusted friend
- Guidance that respects your pace and your needs
- A clear path forward with no pressure

Give me a call to schedule a no-pressure conversation.

Terry Vehrs

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



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Windermere Real Estate/M2 LLC

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.

AGELESS STRENGTH: BALANCE, FLEXIBILITY & POWER

Does not meet Jan 19, Feb 16

Mondays | 9:30am-10:15am

Room: Multipurpose Room 1 & 2

Instructor: Pat Belasco

Monthly Cost: \$34 member | \$42 non-member

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb 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 Jan 19, Feb 16

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: Dec 15 for Jan classes, Jan 15 for Feb classes; drop in ok.

Nurture your postpartum body with baby at your side. This gentle and supportive class focuses on the restoration of mind and body after childbirth. Cultivate relaxation and playfully connect with your new baby. Regain muscle strength of the pelvic floor and abdomen and alleviate common discomforts of the neck, shoulders and back. Class is gentle and suitable for all yoga levels. Newborn to crawling babies are welcome with their parents or caregivers.

EVENING YOGA

Thursdays | 6:30-7:45pm

Room: Multipurpose Room 1 & 2

Instructor: Kerry Brockman

Monthly Cost: \$60 member | \$80 non-member

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb classes

End the day with gentle yoga postures that are suitable for all levels. Whether you are new to yoga or are a seasoned practitioner, Kerry's classes are not only great for building strength and flexibility but excellent for quieting and calming the mind. With over 25 years of experience teaching, Kerry fuses traditional

yoga postures with the elements of core stability for an all-encompassing practice. Bring a yoga mat. Ages 16 and older. **Cancellation Policy:** 24 hour notice before start of the session required for refund.

FOREVER FIT

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

Room: Multipurpose Room 1 & 2

Instructor: Jennifer Larson

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb 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.



FUNCTIONAL FITNESS

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

Room: Multipurpose Room 1 & 2

Instructor: Jennifer Larson

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb 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.

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

Does not meet Jan 19, Feb 16

Mondays | 10:45am-11:30am

Room: Multipurpose Room 1 & 2

Instructor: Pat Belasco

Monthly Cost: \$34 member | \$42 non-member

Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb 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 Jan 1

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: Dec 15 for Jan classes, Jan 15 for Feb 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

Wednesdays | 2:30pm-3:30pm

Location: Multipurpose Room 4

Monthly Cost: \$60 for members
\$80 for non-members; \$20 Guest/Drop In

Facilitator: Laura McMurray

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb classes; drop in ok.

Equipment: Bring a mat

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



DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS

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

Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

JAZZERCISE DANCE FITNESS & STRENGTH TRAINING (ALL LEVELS)

Does not meet Jan 1, 19, & Feb 16

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

Room: Multipurpose Room 1 & 2

Instructor: Amy Williams-Derry

Monthly Cost: \$89 member (recurring)

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

Registration: On-going, join any time

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

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

LINE DANCING (BEGINNER)

Wednesdays | 4:15pm-5:15pm

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

Fridays | 1:15pm-2:15pm

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

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

Room: Multipurpose Room 3

Instructor: Marie Gallaher

Class Limit: 12 students

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes,

Jan 15 for Feb classes; No Drop In

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



LINE DANCING (INTERMEDIATE)

Fridays | 2:30pm-3:30pm

Room: Multipurpose Room 3

Instructor: Marie Gallaher

Class Limit: 12 students

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes,

Jan 15 for Feb classes; No Drop In

Have fun learning more challenging steps.

LINE DANCING (EVENING BEGINNER+)

Tuesdays | 6:00pm-7:00pm

Room: Multipurpose Room 1 & 2

Instructor: Marie Gallaher

Class Limit: 30 students

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes,

Jan 15 for Feb classes; No Drop In

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



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

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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.

NEW! MIND-BODY MEDICINE SKILLS GROUP

Thursdays starting Jan 8

4:00pm-6:00pm

Room: Multipurpose Room 4

Facilitator: Erian Goodman

Cost: \$15M/\$20NM per session

Register: Online/Phone/2nd Floor Reception

Registration: Ongoing; Drop In ok

This weekly group offers a supportive and welcoming space to relax, recharge, and connect. You'll learn simple mind-body practices like breathing, movement, creative expression to support stress reduction and increase participants general wellbeing. By the end of the group, you'll have practical tools to manage stress feel calmer, and connect more deeply to yourself and others. The skills offered in this group can support participants well-being in everyday life.

Cancellation Policy: 48 hour notice before start of the session required for refund.

MOVEMENT FOR LIFE/PD DANCE FOR ANY BODY

Does not meet Jan 1

Thursdays | 1:00pm-2:15pm

Room: Multipurpose Room 4

Facilitator: Deborah Magallanes

Cost: \$15 Donation per class

Register: Pay Instructor

Registration: Ongoing; Drop In ok

We welcome adults with balance or movement challenges, or who are looking for a relaxed approach to exercise. Based on the Dance for PD program, we move, dance, smile, and enjoy ourselves, embracing movement in chairs, at the barre, or standing—whichever is right for you. This method empowers participants to engage sight, sound, touch, thought, and imagination to inspire movement and expression. Caregivers, attendants are welcome, too!



PRENATAL YOGA

Does not meet Jan 19, Feb 16

**Monday/Wednesday/Friday
9:00am-10:00am**

Room: Multipurpose Room 3

Instructor: Nisreen Azar

Monthly Cost: \$180 member

\$200 non-member; or \$20 drop-in

Register: Online/Phone/2nd Floor Reception

Registration Opens: Dec 15 for Jan classes, Jan 15 for Feb classes; drop in ok

Nurture yourself and your growing baby with prenatal yoga for every stage of pregnancy. Develop internal and external strength and flexibility, manage pregnancy discomforts, deepen your connection to your baby and prepare for the incredible experience of childbirth and motherhood. Class is gentle and suitable for all yoga levels. No yoga experience necessary.

TODDLER PLAY GROUP

Does not meet Jan 19, Feb 16

Mondays | 9:00am-10:00am

Room: Multipurpose Room 4

Facilitator: Shaylee Vigil

Cost: \$10 member | \$15 non-member

Register: Not required

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

TUESDAY WALKERS

Tuesdays | 9:30am

Location: Meet outside by the Wedding Circle

Cost: None; Complete waiver with walk leader
Join the Tuesday Walkers for a rejuvenating walk around downtown Edmonds. Walks will typically be 2-3 miles and will take about an hour to complete.

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

Jan 26 Feb 23

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; Jan 7, 21, Feb 4, 18
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, Jan 13, Feb 10

- 5:30pm-6:30pm

2nd Wednesday, Jan 14, Feb 11

- 2:00pm-3:30pm

4th Wednesday, Jan 28, Feb 25

- 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

Will Return in March

4th Thursday

10:00am-2:30pm

Room: Studio

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, Jan 7, 21, Feb 4, 18

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, Jan 12, Feb 9

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, Jan 13, Feb 10

2:00pm-3:30pm

Room: Community Room A

Cost: None (coffee available for purchase)

Register: Please call ahead 800.272.3900
At a Memory Cafe, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed cafe setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and nonjudgmental.

LEGAL ADVISOR

4th Monday, Jan 26, Feb 23

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, Jan 9, 23 Feb 13, 27

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 1/2 hour optional Mindful Meditation**



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 121 3rd Ave N, Edmonds

SIRIUS HEALING
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 (425) 866-9410
 300 Admiral Way, Suite 208, Edmonds

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

COMMUNITY

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 728 3rd St, Suite D, Mukilteo

EDMONDS CHAMBER OF COMMERCE
www.edmondschamber.com
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 121 5th Ave N, Edmonds

MY EDMONDS NEWS
www.myedmondsnews.com
www.myneighborhoodnewsnetwork.com

NORTHWEST NEIGHBORS NETWORK
www.northwestneighborsnetwork.org
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 PO Box 293, Edmonds

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

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 9930 Edmonds Way, Edmonds

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 303 5th Ave S, Suite 100, Edmonds

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 4215 198th St SW, Suite 106, Lynnwood

WALL GROUP LAW
www.wallgrouplaw.com
 (425) 670-1560
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REAL ESTATE
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amiearmstrong@windermere.com
 (425) 773-4381
JOAN LONGSTAFF & ASSOCIATES
joan@joanlongstaff.com
 (425) 773-1274

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kennedyventuresllc@gmail.com
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kondoqueen@windermere.com
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vehrs@windermere.com
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www.adobe.com/acrobat/online/add-pdf-page-numbers.html

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 130 W Dayton St, Edmonds

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 (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
 21100 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.cristaseniorliving.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

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

BUSINESS MEMBERS - Thank you for your support!

SENIOR SERVICES (CONT.)

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.sereneticare.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

TRANSPORTATION

COMMUNITY TRANSIT

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

COMMONGROUNDS CAFE

Hours of Operation:
Monday - Sunday | 8am - 4pm

Membership Lunch Special

Enjoy 20% off lunch items
11:30am - 1:00pm
Monday-Friday

Proof of membership required

Offer excludes pastries.
Ask our team about becoming a member today!



**BECOME
AN EWC
BUSINESS MEMBER
FOR JUST
\$125 PER YEAR!**

Learn more at www.edmondswaterfrontcenter.org/membership
Or contact Michelle Neu 425.954.2520

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ART AT THE EWC
ART NEWS

GALLERY 1

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

GALLERY 1

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!



425.774.5555

Tax ID # 91-0828576

PO Box 717 | Edmonds WA | 98026

www.edmondswaterfrontcenter.org

MEMBERSHIP FORM – For Single, Dual & Family

page 1 of 2

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

RATES: \$35 SINGLE \$55 DUAL \$70 FAMILY		GOOD FOR: 12 months from date of sign-up	
All fields on this page are required information for membership. Please print for legibly. Your data is kept confidential. Other programs may use different forms.			
MEMBER 1		MEMBER 2	
Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/>		Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/>	
First Name:	M.I.:	First Name:	M.I.:
Last Name:		Last Name:	
Nickname/Salutation:		Nickname/Salutation:	
Mailing Address (Include Apt #):		<i>Dual memberships are only available to members of the same household.</i>	
City, State, Zip:			
Phone (H):	Cell:	Phone (H):	Cell:
Email:		Email:	
Date of Birth (Month/Day/Year): ____/____/____ Check if 90+ yrs <input type="checkbox"/>		Date of Birth (Month/Day/Year): ____/____/____ Check if 90+ yrs <input type="checkbox"/>	
Emergency First Name:	Emergency Last Name:	Emergency First Name:	Emergency Last Name:
Emergency Phone:	Relationship to Member 1:	Emergency Phone:	Relationship to Member 2:
A family membership is defined as two adults living in the same household and their minor dependents 18 or younger (*exceptions may be made for currently enrolled college students aged 22 years or younger and living in the same household). Please use an additional form for larger families.			
Minor 1: First & Last Name		Minor 2: First & Last Name	
Date of Birth (Month/Day/Year): ____/____/____		Date of Birth (Month/Day/Year): ____/____/____	
Minor 2: First & Last Name		Minor 4: First & Last Name	
Date of Birth (Month/Day/Year): ____/____/____		Date of Birth (Month/Day/Year): ____/____/____	

Diversity, Equity & Inclusion

Edmonds Waterfront Center is a community asset where everyone is welcome. We are committed to outreach and inclusion. We continually work to ensure our program offerings and the makeup of our staff, valued volunteers and Board reflect the rich diversity of our region.

SIGNATURE REQUIRED ON BACK (Continue to page 2) ➔

EDMONDS WATERFRONT CENTER – FOR OFFICE-USE ONLY					4/2025
Date Received: <input type="text"/> CASH <input type="text"/> CHECK <input type="text"/> CREDIT CARD <input type="text"/> PAY PAL <input type="text"/>					
Single <input type="checkbox"/> Dual <input type="checkbox"/> Family <input type="checkbox"/> Scholarship <input type="checkbox"/>					Administrative: <input type="text"/>
SPLUS <input type="checkbox"/> CARD(s) <input type="checkbox"/> COUPON <input type="checkbox"/> IN-PERSON <input type="checkbox"/> MAILED <input type="checkbox"/> AUDIT <input type="checkbox"/>					CARD(s) Date input <input type="text"/>

MEMBERSHIP FORM – For Single, Dual & Family

page 2 of 2

DEMOGRAPHIC INFORMATION is CONFIDENTIAL and CRITICAL to our GRANT FUNDING and PROGRAM PLANNING. Responses are grouped for analysis. Thank you for your time completing this survey.

MEMBER 1	MEMBER 2
1. How many people live in your household and have been there more than 2 months? Include yourself: _____	
2. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed	2. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed
3. Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-Binary <input type="checkbox"/> Other: _____	3. Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-Binary <input type="checkbox"/> Other: _____
4. What is your race? <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic, Latino or Spanish origin <input type="checkbox"/> Native Hawaiian or other Pacific Islander <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Other, specify: _____	4. What is your race? <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic, Latino or Spanish origin <input type="checkbox"/> Native Hawaiian or other Pacific Islander <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Other, specify: _____
5. Are you active US military or veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No	5. Are you active US military or veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No
6. What are your top two interests at EWC? <i>(Check only two)</i> <input type="checkbox"/> Arts/Crafts/Music <input type="checkbox"/> Meals <input type="checkbox"/> Education/Information <input type="checkbox"/> Travel/Trips <input type="checkbox"/> Health/Wellness <input type="checkbox"/> Social Connections <input type="checkbox"/> Volunteering <input type="checkbox"/> Other, specify: _____	6. What are your top two interests at EWC? <i>(Check only two)</i> <input type="checkbox"/> Arts/Crafts/Music <input type="checkbox"/> Meals <input type="checkbox"/> Education/Information <input type="checkbox"/> Travel/Trips <input type="checkbox"/> Health/Wellness <input type="checkbox"/> Social Connections <input type="checkbox"/> Volunteer Opportunities <input type="checkbox"/> Other, specify: _____
7. What is your <u>highest</u> level of formal education? <input type="checkbox"/> Postgraduate work/degree <input type="checkbox"/> 4-year college graduate <input type="checkbox"/> Some college/technical training <input type="checkbox"/> High school grad/GED <input type="checkbox"/> Did not complete high school	7. What is your <u>highest</u> level of formal education? <input type="checkbox"/> Postgraduate work/degree <input type="checkbox"/> 4-year college graduate <input type="checkbox"/> Some college/technical training <input type="checkbox"/> High school grad/GED <input type="checkbox"/> Did not complete high school
8. How many children under 18 years old live in your household? _____ <i>(if none, enter zero)</i>	
9. During the past 12 months, what was your approximate <u>total household</u> income from all sources? <input type="checkbox"/> Less than \$20,000 <input type="checkbox"/> \$25,000 - \$34,999 <input type="checkbox"/> \$45,000 - \$54,999 <input type="checkbox"/> \$75,000 and over <input type="checkbox"/> \$20,000 - \$24,999 <input type="checkbox"/> \$35,000 - \$44,999 <input type="checkbox"/> \$55,000 - \$74,999	

I would like to receive the newsletter by EMAIL <input type="checkbox"/>	I would like to receive the newsletter by EMAIL <input type="checkbox"/>
I would like to receive the newsletter by US MAIL <input type="checkbox"/>	One copy of the newsletter may be sent to each household

I 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: _____

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Please mail all donations to:
**P.O. BOX 717
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 THANK YOU**
**TO ALL WHO HAVE
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IN MEMORIAM

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

Mary Catey
 Maury Crum
 Chuck Elven
 Callee Gray
 Diana Hunke
 Donald Mohs
 Marcia Moser
 Dr. Anna Payne
 Geraldine "Jeri" Rask
 Darryl Rogers
 Erma Snook

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

*In Memory of
 Betty Jensen
 Alisan Tucker-Giesy
 Gordon & MaryAnne James
 Marie Dickerson*

*In Memory of
 Carmen Dolan
 Ingrid Osterhaug*

*In Memory of
 Ron Galletly
 Wayne Galletly*



Shout out to Alma for sharing your story for the EWC Holiday letter and signing thank you notes to donors!



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



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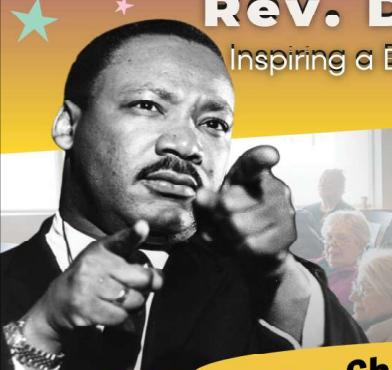
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Inspiring a Beloved Community in Song, Artistic Expression and Dance

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DEMANDS
JUSTICE



For Children and Families

JANUARY 19, 2026
9:30 AM - 12:00 PM

Activities Include:

Preparing Healthy Snacks, Dancing, Games, Children's Book Readings,
Youth Performances and Arts & Crafts

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FREE ADMISSION



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