



# Sound Connection

for edmonds waterfront center programs

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## MESSAGE FROM OUR CEO

### Together

I was born with a superpower. His name is "Dave," my twin brother. Our first known voice recording was from a cassette tape recorder we received for our fifth birthday. I proudly announced, "My name is Danny & David Johnson", which says it all – we were inseparable. Imagine if whenever you came up with an idea, an enthusiastic voice would say, "YES, let's do it!" Never lonely or bored, he was a constant source of encouragement, validation, and companionship.

Everyone cannot have a twin, but everyone can have a friend, and your life depends on it.

Celebrated longevity expert and author of his recent book, "**Healthy to 100 – How Social Ties Lead to Long Lives**", Ken Stern, said, "If you want to live a healthy and rewarding life, you start with social health." He went on to say, "In much of the West, 90 percent of our effort focuses on our bodily health: diet, nutrition, exercise. It is a big miss..."

Here is the good news. The most important thing you can do to live a long healthy life does not require a gym membership or counting calories. It is investing in your social health – your network of friends and family.

Everyone can develop their own, "social superpower". If you are already isolated, the thought is likely overwhelming. You may be homebound due to depression or a disability. While those circumstances can make this effort more difficult, there is a path forward.

One can feel lonely even as a member of a large family or sitting across the kitchen from your spouse. So, let's crank up your social health. Here are some tips to rekindle those connections:

1. Write down (yes, with a pen and paper) a list of everyone who is or once was in your circle – even if you have lost touch.
2. Beside each name, list their qualities you most admire and a fond memory

3. If you are estranged – add a note about why – we will come back to this.
4. Choose your method of communication – in person, phone, email, a card, or text.
5. Work your way down the list and contact them. Start with the message, "I have been thinking about you..."
6. Back to the estranged list – free yourself and forgive them. Now send the note. My grandfather had a falling out with his brother over a real estate deal, and they never spoke again – it was a self-made tragedy.
7. If all else fails, go out into the world. Smile. Make a new friend.

You may be surprised by the response, since humans are social creatures and by nature hungry to connect.

The lore of the admired self-made man (or woman) in America who through sheer grit and determination carved a path without the help or burden of others, gloriously rides off into the sunset alone.

It's never been true and it is not helpful. The guy on the horse ends up alone, develops a serious health condition, tries to manage it on his own and suffers a long, lonely demise. We do the same thing in sports. We marvel at the speed, and feats of strength by athletes, rarely considering the coaches, supportive parents, and family members who sacrificed so the chosen one can become a champion.

In track, a sport of individual competition, I loved the relay race. Four runners all striving to do their best for the collective win. There is always a "we" before there is greatness. Find your superpower of "together".

P.S. Dave and I continue to connect regularly but expanded our social health considerably by creating new "besties" with our respective wives Elaine and Shelly.



Daniel Johnson & his twin brother David competing in a relay race!



**Daniel Johnson, msw**

Edmonds Waterfront Center  
CEO





## STAFF

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### EVENTS & RENTALS:

**Ilham Lioui - Rental & Events Director**

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**Rental Inquiries:**

www.edmondswaterfrontevents.com

### FACILITIES:

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**Bill Berni, Gabe Johnson, & Tom Schofield**

Facilities Assistants

### FOODSERVICES:

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**Kayla Blincow**

Chef, Community Cafe

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SHIBA Outreach Coordinator

SHIBASnohomish@gmail.com

### THRIFT STORE & SHOWROOM:

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**Audrey Bond • 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

### VOLUNTEERING & INFORMATION:

**Lorna Butterfield - Hospitality Coordinator**

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**Volunteer Inquiries**

Phone: 425.774.5555 ext 120

Info@EdmondsWaterfrontCenter.org

**General Information Inquiries**

Phone: 425.774.5555

Info@EdmondsWaterfrontCenter.org

NOW HIRING: CommonGrounds is seeking a passionate, experienced Assistant Manager for our espresso bar located inside EWC. Minimum two years of supervisory/management and barista experience preferred. See Ali Jewell, Manager

## 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, March 6, April 3 - Cost: \$15

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

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

Thank you to our sponsor Vineyard Park at Mountlake Terrace!

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

**ANNUAL MEMBERSHIP MEETING**

Wednesday, March 18

3:00-4:00pm in the Waterfront Banquet Room

All are welcome to join us for the annual report from the EWC Staff on how the Center did in 2025 and our plans for 2026.

**Confident + Connected:  
Online Safety Presentation**

Monday, March 9th  
2:00 PM | Edmonds Waterfront Center

Join us for a friendly conversation about online safety. We'll share simple, stress-free tips to help you connect with loved ones and use technology with confidence. No tech skills required!

Interactive experience.

Bring your questions and stories, & learn how to stay safe online while connecting with family and friends.

Presented by:

Opt-Inspire, Inc. <https://optinspire.org>  
connect@optinspire.org



**EWC ENVIRONMENTAL SPEAKER SERIES**

Hosted by "Ocean Annie" Crawley

**"TRACKING THE HEALTH OF  
ENDANGERED ORCAS"**

WITH DR. DEBORAH GILES &  
EBA THE WHALE DOG

Thursday, Mar 12; 6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/rhws6pry> or Pay at the door



Taken under NMFS permit #26288  
[www.seadocsociety.org](http://www.seadocsociety.org)

The Edmonds Waterfront Center welcomes Dr. Deborah Giles of SeaDoc Society for a timely presentation on the health of the endangered Southern Resident Killer Whales. Drawing on innovative, non-invasive research, Giles shares how real-time data is helping scientists understand the effects of stress, nutrition, and environmental change on these iconic whales of the Salish Sea. Attendees will also meet Eba, the specially trained detection dog who plays a vital role in this conservation work.

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

**ST PADDY'S DINNER**

Tuesday, March 17

5:00-7:00pm

IN THE WATERFRONT BANQUET ROOM

\$18 for Members/\$25 for Non-Members

Join us for dinner and live music! Included with cost of admission: appetizers, Irish stew with sides, Guinness chocolate cake for dessert and non-alcoholic beverages. Beer and wine also available for purchase.

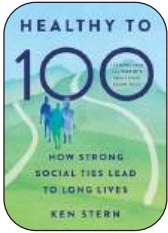
Sign up today ~ Everyone is welcome! Call 425.774.5555 or sign up online <https://schedulesplus.com/edmonds/kiosk/>

Sponsored By



UPCOMING SPECIAL EVENTS & PROGRAM NEWS

EDMONDS AUTHOR & SPEAKER SERIES PRESENTS



**"HEALTHY TO 100: HOW STRONG SOCIAL TIES LEAD TO LONG LIVES"**

with author Ken Stern

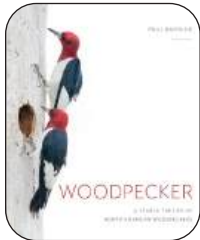
**Thursday, Mar 26; 6:30-8:00pm**

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/yap8khc8> or Pay at the door

*Healthy to 100* challenges the idea that longevity is driven by diet and exercise alone, revealing instead the powerful role of meaningful social connection. Drawing on global research and real-world examples from some of the world's longest-lived cultures, internationally recognized longevity expert Ken Stern explores how purpose, relationships, and community shape health and well-being in the second half of life. The book offers a practical, research-backed perspective on building a longer life by strengthening social health.



**"WOODPECKER: A YEAR IN THE LIFE"**

with author Paul Bannick

**Thursday, Apr 16; 6:30-8:00pm**

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/2shtk8a7> or Pay at the door

Award-winning photographer Paul Bannick uses his intimate yet dramatic images, up-to-date science and first hand narratives to explore the lives of North American Woodpeckers through four seasons including; courtship, mating, and nesting in spring; fledging and feeding of young in summer; dispersal and learning independence in fall; and, finally winter movements and survival. His exploration of these impactful birds and their habitats includes the species from the Arctic through southern Mexico, including those of the Caribbean Islands.

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

AN EVENING WITH PIANIST EXTRAORDINAIRE

**Walt Wagner**



**Thursday, April 16th  
7:30 p.m.**

RICK STEVES | EMCEE

Edmonds Center for the Arts  
410 4 Avenue North | Edmonds, WA 98020

TICKETS:

[ec4arts.org](http://ec4arts.org) or call 425.275.9595

Proceeds benefit: adults \$50

Senior/student \$40

vip with photo op \$75  
(only 25 available)



**EARTH DAY**

**FREE COMMUNITY EVENT!**

**Wednesday, April 22**

**5:00-8:00pm**

IN THE WATERFRONT BANQUET ROOM

The challenges we face today can feel overwhelming, but we know that standing together can change everything. This Earth Day, we are calling on every person to take a stand for clean air, clean water, renewable energy, and the protection of our health and the countless species that share this planet with us.

The EWC will host more than a dozen community organizations making a difference for our planet. We will have tables around the room full of information. Don't miss it!

**CSO SPRING CHAMBER MUSIC CONCERT**



**Tuesday, April 28**

**7:00-9:00pm**

IN THE WATERFRONT BANQUET ROOM

\$15 general | \$5 students any age ~ Sign-up Online

<https://tinyurl.com/5cbmdzmz> or Pay at the door

Cascade Symphony partners with the Edmonds Waterfront Center to present the 2nd year of our joint chamber music series, with concerts. These more intimate concerts, give audience members an opportunity to hear Cascade Symphony instrumentalists in a chamber music context. The Spring program includes two fabulous large scale chamber works by lesser known composers: the String Octet by Reinhold Gliere and the Sinfonietta for Ten Winds by Jachim Raff. You won't want to miss these two marvelous hidden gems.



**VOLUNTEER COMMUNITY FAIR  
APRIL 11, 2026**

Hosted by the Edmonds Waterfront Center for regional nonprofit and advocacy organizations to connect with potential volunteers.  
Event hours are 10:00 AM to 1:00 PM.

[sandra.butterfield@edmondswaterfrontcenter.org](mailto:sandra.butterfield@edmondswaterfrontcenter.org)

**THRIFT STORE NEWS ~ OPEN 7 DAYS A WEEK!**



Edmonds Senior Center  
**Thrift Store**



**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.

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

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



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
<b>CLOSED</b>	<b>10% OFF Bookcases</b>	<b>10% OFF Lamps</b>	<b>10% OFF Mirrors</b>	<b>10% OFF Desks</b>	<b>10% OFF Rugs</b>	<b>CLOSED</b>
	<b>10% OFF Decor</b>	<b>10% OFF Side Tables</b>	<b>10% OFF Dressers</b>	<b>10% OFF Framed Artwork</b>	<b>10% OFF Chairs</b>	
				<b>10% OFF Couches</b>	<b>10% OFF Hutches</b>	

**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](mailto:showroom@edmondswaterfrontcenter.org)**



**2026 BOARD OF DIRECTORS**

**BOARD OF DIRECTORS MEETINGS**

**Thu, Mar 26, Apr 23 at 3:00pm**

Meets in Community Room B & Zoom

**President:** Lillyan Hendershot

**Vice-President:** Doug Purcell

**Treasurer:** Nancy Ekrem

**Secretary:** Jeannie Kiewicz-Brooks

**Past President:** Devnee Gadbois

Alison Alfonzo Pence

Karen Barnes

Rick Canning

Sonia Gilman

Bob Gould

Phil Lovell

Nina Odell

Maggie Peterson

Jeanett Quintanilla

Brook Roberts

Kay Shin

Tabatha Shoemake

Rosemary Wander

Terri Wilson

**COMMITTEES**

**ART** - Julaine Fleetwood, Chair

**BOARD DEVELOPMENT** -

Nina Odell, Chair

**EXECUTIVE** - Lillyan Hendershot, Chair

**FACILITIES & TRANSPORTATION** -

Philip Lovell, Chair

**FINANCE** - Nancy Ekrem, Chair

**FUNDRAISING** - Sonia Gilman, Chair

**GOVERNANCE** - Robert Gould, Chair

**MARKETING & COMMUNICATIONS** -

Tabitha Shoemake, Chair

**MEMBERSHIP** - Brook Roberts, Chair

**PROGRAMS, RESEARCH, & EVALUATION** -

Alison Alfonzo Pence, Chair

**STRATEGIC PLANNING** -

Doug Purcell, Chair

**SPECIAL ANNOUNCEMENTS**

**~SPECIAL SPEAKER SPOTLIGHT~**



**Ken Stern** brings a rare blend of leadership, insight, and lived experience to today's conversations around media, longevity, and civic life. A former CEO of NPR, where he more than doubled the network's audience and helped pioneer modern podcasting, Stern has spent his career shaping how communities stay informed, connected, and engaged.

Today, as Founder and Chair of the Longevity Project and host of Stanford's award-winning *Century Lives* podcast, his focus has turned to one of the most important questions of our time: how we live longer, healthier, more meaningful lives together.

Ken's work invokes the same message at the heart of the Edmonds Waterfront Center—that strong social ties, shared purpose, and intergenerational connection are essential to well-being and longevity. While his keynote appearance at EWC is a sold-out event, we invite those interested to continue the conversation at his upcoming author talk for *Healthy to 100: How Strong Social Ties Lead To Long Lives*, where these ideas come to life in depth.

**VOLUNTEER HIGHLIGHT!**



*"Jeri Hansen... a breath of fresh air with a whole lot of sunshine."*

Jeri is everywhere and does everything at EWC. Seriously! Always friendly and always spot-on, she effortlessly covers our upstairs Guest Services desk, Special Events, and Community Breakfast. When it comes to SHIBA, Jeri is our go-to aficionado, calmly sharing her expertise with patrons. We love her, rely on her, and have her locked into the volunteer schedule through 2059 ~ because leaving is simply not an option.

***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](mailto:Lorna.Butterfield@EdmondsWaterfrontCenter.org)

## LEGACY CIRCLE

We are pleased to announce that we have established the **EWC Endowment** at the Community Foundation of Snohomish County. Our current balance is \$111,000. We recently received a \$25,000 bequest.

### What is the Legacy Circle?

The **Legacy Circle** is an association of friends and supporters of the EWC from across the region who seek to ensure the dynamic EWC programs and activities will thrive for generations to come, by including the EWC in their estate plan. This may include a will, a charitable gift annuity, a donor advised fund, a trust or an insurance policy. If you would like to learn more about joining the Legacy Circle, contact Daniel: (206) 293-4823.

### Founding Members

Al Bodero & Evelyn Reyes	Bob & Pati Gould	Alma Ohtomo
Nancy Ekrem	Bill & Bette Harvey	Terry & Leanna Olmsted
Julaine Fleetwood	Carolyn Johnson	Heidi Renz
Devnee & Greg Gadbois	Daniel & Elaine Johnson	Helena Rowse
Sonia Gilman	Phil Lovell	Rick Steves
	Kim Nguyen	Rosemary Wander



### Julaine Fleetwood – All In

Julaine was first introduced to the Edmonds Senior Center through the Creative Age Festival in 2017. The dynamic classes and workshops for active seniors drew her in — a foreshadowing of what was to come. Because of her background in construction project management, she was invited to join the Building Committee planning the new Waterfront Center. She said yes. Then she volunteered to lead the newly formed **Art Committee** and was soon elected to the **Board of Directors**.

**Julaine is not good at saying “no”.** She rose through the ranks and agreed to serve as Board Chair in 2021 when we opened the new building.

In total, Julaine served on the Board for nine years, including the years of planning, fundraising, and construction. **She has generously given her time and resources,** always one of the first to contribute to every new initiative. In that spirit, she was among the first to join the newly formed **Legacy Circle**.

*For many years I had been wanting to get my will in order; I needed a kick in the butt,” said Julaine. She went on to share, “The Legacy Circle gatherings were fun and informative. Daniel & Angelique met with me and my financial advisor. I was happy to learn that I could make an estate gift while I am still living. My goddaughters were thrilled when I told them they would each be receiving \$10K now. I also took the steps to include the EWC in my estate plan. What a joy and a relief.*



Julaine Fleetwood

Thank you to all of our generous donors! Visit our website to make a donation at [www.edmondswaterfrontcenter.org/donate](http://www.edmondswaterfrontcenter.org/donate)

**DAY TRIPS - SIGN UPS OPEN ON MARCH 2**

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://www.schedulesplus.com/edmonds)  
CALL 425.774.5555 or visit the 2<sup>nd</sup> floor Reception Desk**

**SIGN-UPS OPEN ON  
MONDAY, MARCH 2**

**9AM - IN PERSON** (2nd floor reception  
- We begin handing out numbers at 8am)

**12PM - ONLINE/OVER THE PHONE**

**PARKING & DEPARTURE LOCATION:**

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

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

**PAYMENTS:**

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

**REFUNDS AND CANCELLATIONS:**

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

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

**PLEASE BE MINDFUL OF THE  
FOLLOWING:**

- The bus will depart the pick up location promptly at the stated departure time. Please arrive 15 minutes before the trip leaves
- Buses are not wheelchair accessible
- Trip participants must ride with the group both ways
- Participants who need special care are required to bring a chaperone
- Please do not wear any fragrance on trips or hikes
- Please allow those with mobility challenges to sit in the front row
- Masks are recommended for all bus trips and are available on both buses


**T-MOBILE PARK TOUR – HOME OF  
THE MARINERS**

**Friday, March 20**

**Depart: 11:30am Return: 3:00pm**

**Cost: \$48M/\$70NM**

**Lots of Walking +++**

**Spots Available: 15**

**Meet at: Lake Ballinger Center**

Visit T-Mobile Park for a “behind the seams” experience and visit areas normally restricted to fans on this 75-minute walking tour. Tour stops may include the Owners’ Suite, Muckleshoot Interview Room, Warning Track, Rooftop Boardwalk and Mariners Hall of Fame. (All spaces are subject to change and are based on availability.) No food stop, and no concessions available at the park. Be sure to eat before or bring a snack for the bus.

**UNIVERSITY OF WASHINGTON  
CONIBEAR SHELLHOUSE TOUR**

**Wednesday, April 8**

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

**Cost: \$20M/\$30NM**

**Moderate Walking ++**

**Spots Available: 22**

**Meet at: Lake Ballinger Center**

Have you read or seen “The Boys In The Boat”, the account of how nine ragtag depression era students from the University of Washington went to the 1936 Berlin Olympics and defeated Hitler’s “master race” rowers to bring home the gold? Bob Ernst, a long-time Edmonds resident and crew coach at the UW will host a tour of the crew facilities, highlighting the 100+ year history of rowing at the UW and how, with contributions from men like George Pocock and Al Ulbrickson, it became one of the finest rowing programs in the world going on to win US national rowing championships and Olympic Gold. The tour will include the shell bays and training facilities, plus you will see the cedar shell that won the 1936 Olympics. This will be a tour you won’t forget. Lunch nearby after the tour (Cost OYO).

**COMMUNITY TRANSIT HOW TO RIDE  
EDMONDS TO LYNNWOOD LINK RAIL &  
MOUNTLAKE TERRACE STATIONS**

**Tuesday, March 24**

**Meet: 10:00am; Return: 2:00pm**

**Cost: None**

**Moderate Walking ++**

**Spots Available: 25**

**Meet at: EWC - Community Room A**



Learn about public transit, the new bus routes and new link rail stations beginning with a short info session and Q&A, followed by a guided tour of the new bus route from Downtown Edmonds to the new Light Rail stations in Lynnwood and Mountlake Terrace. Includes a visit to the RideStore at the Lynnwood Transit Center where participants will have the opportunity to sign up for a Senior ORCA card. The group will ride the link between Lynnwood and Mountlake Terrace then return to the EWC by Community Transit bus.

**DAY TRIPS - SIGN UPS OPEN ON MARCH 2**

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://www.schedulesplus.com/edmonds)  
CALL 425.774.5555 or visit the 2<sup>nd</sup> floor Reception Desk**



**ROOZENGAARDE, TULIPS & SALMON BBQ**

**Friday, April 10**

**Depart: 10:15am; Return: 4:30pm**

**Cost: \$45M/\$65NM**

**Moderate to Lots of Walking ++/+++**

**Spots Available: 23**

**Meet at: Lake Ballinger Center**

Enjoy the annual Kiwanis Salmon BBQ lunch, with all the trimmings, at the Hillcrest Park Lodge in Mt. Vernon. (Lunch Cost is on your own, small meal is \$18-\$23). Then, take a driving tour through Skagit Valley to see the acres of tulips with a stop at Roozengarde (admission included). Roozengarde is a world-renowned spring destination featuring a 7+ acre display garden and 50+ acres of tulip and daffodil fields. Each year, the garden is redesigned and replanted by hand with over 1 million bulbs, showcasing nearly 200 varieties of tulips, daffodils, and other flowers. Stop at the Snow Goose Produce & country market on the way back for ice cream or other goodies (Cost OYO).

**ARGOSY SEATTLE LOCKS CRUISE**

**Thursday, April 16**

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

**Cost: \$100M/\$135NM**

**Some Walking +/-**

**Spots Available: 19**

**Meet at: Lake Ballinger Center**

Discover the best of Seattle on a scenic one-way cruise through the heart of the city and experience the iconic Hiram M. Chittenden (Ballard) Locks, a 'boat elevator' connecting Puget Sound and Lake Washington Ship Canal. On the saltwater of Puget Sound, take in breathtaking views of the city skyline and majestic mountain ranges. Then, glide through the freshwater canal for a closer look at historic neighborhoods, commercial fishing vessels, floating homes, seaplanes, and more. Along the way, enjoy captivating stories of Seattle's past and present from a live, local guide. Food available for purchase on the ship (Cost OYO).



**SEATTLE AQUARIUM**

**Tuesday, April 28**

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

**Cost: \$60M/\$85NM**

**Moderate to Lots of Walking ++/+++**

**Spots Available: 18**

**Meet at: Lake Ballinger Center**

Visit the Seattle Aquarium and the newly opened Ocean Pavilion, and explore the underwater world, including sea otters, octopuses, moon jellies and more. Plus diver shows and animal feedings. The region's premier resource for hands-on marine experiences and conservation education, the Seattle Aquarium offers fun, exciting ways to discover more about the amazing Puget Sound and our world's one big ocean. Enjoy lunch at one of many nearby restaurants (Cost OYO) or brown bag it.



**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...

**Discover Spectacular Scandinavia**

with Optional 3-Night Iceland Post Tour Extension

**August 4 – 18, 2026**



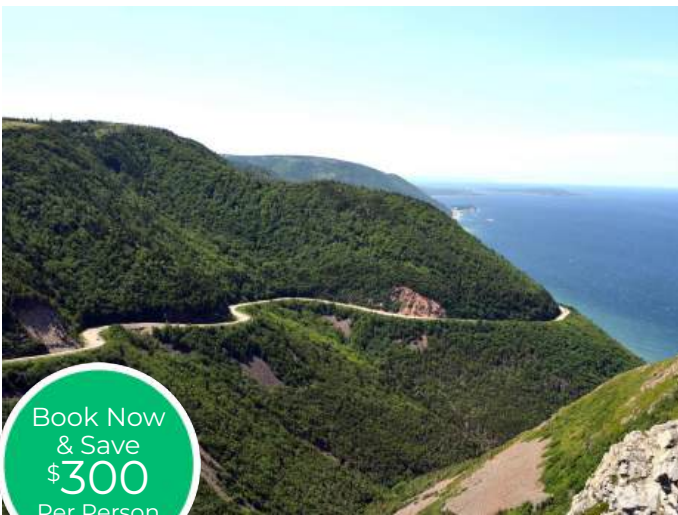
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Edmonds Waterfront Center Travel Club presents...

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**September 3 – 13, 2027**



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**OVER THE HILL HIKERS**

**\*ONLINE REGISTRATION IS AVAILABLE**

[www.schedulesplus.com/edmonds](http://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 MARCH 2**

**9AM - IN PERSON (2nd floor reception**

**- We begin handing out numbers at 8am)**

**12PM - ONLINE/OVER THE PHONE**

**HIKE COST PER PERSON:**

**\$25 MEMBER / \$40 NON-MEMBER**

**PARKING & DEPARTURE LOCATION FOR HIKES:**

**Lake Ballinger Center**

**23000 Lakeview Dr, Mountlake Terrace**

Meet & park in the southeast section of the parking lot

**First time hiking with our group?**

You **MUST** contact Kandace Aksnes at 425.778.4607 before you sign up!

For older adults who love to travel the NW trails and back roads. You will need hiking boots, outdoor gear, water, sack lunch. Be sure to dress in layers (no jeans). For **Snowshoe (SNSH)** you will need to bring your own equipment make sure it is in proper working order & can put equipment on.

**HIKE - WHISTLE LAKE (ANACORTES)**

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

Difficulty: Easy. 4 Miles Round Trip

Elevation Gain: 580 ft.

**SNOWSHOE - SMITHBROOK RD (STEVEN'S PASS EAST)**

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

Difficulty: Easy-Medium. 4 Miles Round Trip

Elevation Gain: 100 ft.

**HIKE - LAKE PADDEN (BELLINGHAM)**

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

Difficulty: Medium. 6-7 Miles Round Trip

Elevation Gain: 400 ft.

**HIKE - BAKER RIVER TRAIL (MT. BAKER)**

Thu, Apr 23 | Depart: 8:00am.

Difficulty: Easy. 5 Miles Round Trip

Elevation Gain: 300 ft.



## EDMONDS VILLAGE

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## EWC WORKSHOPS - sign-ups for all workshops open on MARCH 2

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://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, Mar 11, 25, Apr 8, 22; 6:00pm-8:00pm**

**Thursday, Mar 5, 19, Apr 2, 16; 1:30pm-3:00pm**

**Facilitators:** SHIBA Volunteers

**Pre-Registration required:** Call 425.290.1276

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

For additional information visit the SHIBA page on our website:

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

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

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

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

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

### OLDER ADULTS AND THEIR SEXUAL HEALTH

**Thursday, Mar 19, 1:00pm-2:00pm**

**Location:** Community Room B

**Cost:** None

**Facilitators:** Christina Masters, RN

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

This workshop will focus on the basics of sexual wellness and cover topics specifically concerning senior health, such as cardiac fitness, sexual ailments, treatments, adaptations for physical limitations, and conversations to have with your doctor. Christina Masters works as a nurse in a specialist clinic at a hospital in Kirkland. She earned her bachelor's degree in nursing from the University of Washington after previously working as an inpatient RN. She was part of the team that taught the first Sexual Health for Seniors class at the EWC back in 2022.



### SCIENCE OF HAPPINESS

**Tuesday, Mar 24, 1:00pm-2:00pm**

**Location:** Community Room B

**Cost:** None

**Facilitators:** Mary Davis, MSN

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

What makes people happy? Learn simple way to increase your enjoyment of life, and improve happiness. *Instructor Mary Davis MSN brings to the class a background of 35 years in Family Practice Medicine, Meditation Instructor Certification and Mindfulness Instructor Certification.*

### SOUND BATH

**Golden Hour Sound Bath - Mar 23 | Crystal Sound Bath - Apr 20**

**Monday | 6:30pm-7:30pm**

**Room:** Multipurpose Room 3

**Instructor:** Savannah Powers, Ethereal Health & Wellness

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

**Register:** Open Mar 2; Online/Phone/2nd Floor Reception

Immerse yourself in two distinct sound bath experiences designed to promote relaxation, balance, and renewal. Golden Hour Sound Bath in March draws on the warm, calming energy of late afternoon light, while April's Crystal Sound Bath features the resonant tones of crystal singing bowls to support deep rest and realignment. This full-body listening experience encourages restoration for mind, body, and spirit. Participants are encouraged to bring a blanket, yoga mat, pillow, water, or anything needed 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.\*

### THE MINDFUL BITE: A GUIDED MEDITATION FOR A PEACEFUL RELATIONSHIP WITH FOOD

**Thursday, Mar 26, 1:00pm-2:00pm**

**Location:** Community Room B

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

**Facilitators:** Michael Lynch, RDN, RCEP, CDCES, CHWC

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

Join us for a deeply restorative Guided Food Meditation led by Michael Lynch, Clinic Founder of Nutrition with Heart. During this one-hour immersive experience, you'll be seated comfortably with eyes closed and a single morsel of food nearby. Michael will gently guide you through a full-body meditation that brings awareness, groundedness, and gratitude for the body's remarkable ability to nourish and sustain you. As the meditation unfolds, you'll be guided to mindfully experience one bite of food—exploring how your body receives and distributes nourishment, energizing every cell and fostering healing from within.

**Dietary Considerations:** If you have food restrictions, you may bring your own (we suggest a single nut, raisin, or small piece of dried fruit).

### EWC TRAVEL - LEARN ABOUT UPCOMING TOURS WITH COLLETTE

**Thursday, Mar 26, 2:00pm-3:00pm**

**Location:** Community Room B

**Cost:** None

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

Learn the latest updates on traveling domestically and abroad. Collette partners with the EWC to offer exciting tours that include accommodations and airfare. Get your questions answered and find out about our current and upcoming offerings.



## EWC WORKSHOPS - sign-ups for all workshops open on MARCH 2

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://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.*

### FINDING COMMON GROUND: HOW TO TALK SO EVERYONE FEELS HEARD

**Tuesday, Mar 31, Apr 7, 3:00pm-5:00pm**

**Location:** Community Room B

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

**Facilitators:** Cindy Zody

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

Do you ever find yourself having the same argument over and over, wishing for a better outcome? This workshop helps us to move past frustrating cycles and find a way to communicate where everyone feels respected. Together, we'll explore the practical work of Marshall Rosenberg to learn how to bring up issues in a way that people do not feel blamed. We'll discover how to transform tricky conversations into moments of connection and mutually satisfying solutions. You'll get to practice a new way of processing difficult feelings that breaks old patterns, leading to arguments and frustration.

### STEPS TOWARDS A HEALTHY & INDEPENDENT LIFE, 6 STEPS TO PREVENT A FALL

**Thursday, Apr 2, 1:00pm-2:00pm**

**Location:** Community Room B

**Cost:** None

**Facilitators:** Stephanie Kunold, MS, MA

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

This evidence-based fall prevention program is designed to empower you with the practical knowledge and tools you need to take control of your safety and independence. Contrary to the common misconception that falls are an inevitable part of aging, research confirms that most falls are preventable. This class will guide you through a proactive approach to identify and modify your individual risk factors. The goal is to provide you with a clear, actionable plan to reduce your risk of falling and build the confidence to live life fully.

### BE YOU - ALIGN WITH YOUR CORE VALUES

**Thursday, Apr 9, 1:00pm-3:00pm**

**Location:** Community Room B

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

**Facilitators:** Margaret Smith, MSW

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

This workshop offers an opportunity for introspection and mindful connection, designed for those seeking to refine their priorities. We will engage in thoughtful exercises to foster self-awareness, beginning with practices that encourage presence and authentic engagement with fellow participants. The core of our time will be dedicated to a guided values clarification process, helping you identify the fundamental principles that guide your life and decisions. The session will also explore the practical management of personal energy. You will learn accessible techniques to clear external influences, establish energetic boundaries, and cultivate a resilient presence. This is a chance to pause, reflect, and leave with a clearer perspective on your values and practical tools for navigating life with greater intention and focus.

### UNDERSTANDING MEDICINAL CBD: BENEFITS, USES, AND SAFE PRACTICES

**Tuesday, Apr 14, 1:00pm-2:30pm, Apr 21 10:30am-12:30pm**

**Locations:** Community Room B, Dockside Cannabis Greenlake

**Cost:** \$12 member | \$18 non-member

**Facilitators:** Dockside Cannabis

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

In this two-part workshop, we will explore the science of medicinal CBD (cannabidiol). You will learn how CBD functions, its potential health benefits, safe usage guidelines, and legal considerations in Washington State. Additionally, we will discuss what to expect during a retail experience at a medically endorsed cannabis store. This workshop is perfect for beginners, caregivers, or anyone interested in exploring natural wellness options.

*\*First class will be held at the EWC, and the second class will be a field trip to Dockside Cannabis' Greenlake location.\**

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

**Tuesday, Apr 28, 1:00pm-3:30pm**

**Location:** Community Room B

**Cost:** None

**Facilitators:** Sue Shearer, BSN - Michelle Reitan, MSW

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

While most Americans say they would prefer to live through the end of their lives at home, surrounded by friends and family, more than 70 percent die in hospitals or nursing homes. Studies show that when people age 65 and older plan in advance with their doctors, they are more satisfied with their care, feel less anxious, more in control, and trust that their physicians understand their wishes. This workshop helps participants explore how their values and beliefs can guide medical decisions at the end of life, how to choose the best person to speak for them if they are unable to do so, what life-sustaining treatments may be offered and the pros and cons of each, what forms are needed to document and share their choices with a doctor, and the burial options available in Washington State.

### UNDERSTANDING HOSPICE & END OF LIFE CARE

**Thursday, Apr 30, 1:00pm-2:30pm**

**Location:** Community Room B

**Cost:** None

**Facilitators:** Bill Dehmer, MSW

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

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

## HEALTH & WELLNESS PROGRAMS - CLINICAL

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://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 & PAINS INJURY SCREEN WITH GRACE

**2nd Tuesday, Mar 10 & Apr 14 ; 9:30am -11:30am**

**Location:** Clinic Room

**Cost:** Free 15-minute visit

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

Free Injury Screen with Grace Ellison, DPT at IRG Physical Therapy. Identify early warning signs, address weaknesses and imbalances, and reduce injury risk before it happens. Schedule an appointment to review your symptoms and get direction on the best treatment.

### 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.** This fee can be waived if it is a financial hardship.

The Bastyr Center for Natural Health providers explore issues from a holistic perspective. Treatments may include dietary and lifestyle counseling and education, hands-on physical therapies, and herbal and nutritional supplements.

### BREAST CANCER SCREENINGS

**Monday, Mar 9**

**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. For more information go to [www.seattlecca.org/mammography](http://www.seattlecca.org/mammography)

Who is Eligible for a Screening Mammogram?

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



### FOOT CARE CLINIC

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

**Mar 4, 5, 11, 12, Apr 1, 2, 8, 9**

**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.

### HOMAGE COUNSELING

**2nd & 4th Wednesday, 1:00pm-4:00pm**

**Call 425.290.1260 to schedule an appointment**

Homage Senior Services will provide free 1:1 Counseling Services for Seniors These services are available to support seniors experiencing depression, grief, or anxiety, and are provided in a caring and respectful environment

### 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, Mar 20, Apr 17**

**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, Mar 23; 9:30am-3:30pm**

**Monday, Apr 27; 9:30am-3:30pm**

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

or visit [www.donate.bloodworksnw.org/donor/schedules/geo](http://www.donate.bloodworksnw.org/donor/schedules/geo)  
It takes 1,000 donors a day to sustain a blood supply for patients in our community. Donated blood is crucial for cancer treatment, surgeries, and trauma situations. By donating, you're doing something great for patients and their loved ones, and possibly your loved ones too.

### REIKI HEALING - MINI SESSION

**Tuesday, Mar 17**

**12:30pm-3:00pm** (20 min session)

**Location:** Clinic Room

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

**Facilitator:** Catherine Braun

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

Reiki is a gentle, non-invasive practice that supports relaxation, stress relief, and balance by working with your body's natural energy. This 20-minute mini session is a calming introduction to Reiki and an easy way to recharge and nurture yourself.

### SOUND HEALING/REIKI COMBINATION

**1st, 2nd & 4th Tuesdays, Mar 3, 10, 24, Apr 7, 14, 28**

**12:30pm-3:00pm**

**Location:** Clinic Room

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

**Facilitator:** Catherine Braun

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

Release stress as soothing sound vibrations and Reiki healing gently guide you into deep relaxation and well-being. Your customizable session begins with guided imagery to open the heart and set healing intentions, followed by crystal and Tibetan singing bowls paired with Reiki's restorative energy. Together, these modalities calm the nervous system, restore balance, and nurture inner peace.



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## ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://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; Apr 28 & 29**

**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:** Mar 13

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.



### NEW! ABORIGINAL DOT ART

**Thursday, Apr 2**

**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:** Mar 13

**Class Limit:** 20 students

Aboriginal dot art is a contemporary Indigenous Australian painting style that emerged in the early 1970s, featuring intricate, dotted designs. Artists create patterns by applying paint with sticks, brushes, or their fingers in repeated dots, ranging from fine to large, multi-colored applications. 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.

### ACOUSTIC GUITAR GROUP

**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:** Feb 13 for Mar classes, Mar 13 for Apr 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:** Morning sessions contact Michael Knapp via email at [mknapp@uw.edu](mailto:mknapp@uw.edu) before start of meeting to sign up or be added to wait list. Afternoon sessions contact Vicki Sween at [vsween4@gmail.com](mailto:vsween4@gmail.com) before start of meeting to sign up or be added to wait list.

A courteous and respectful group made up of seniors from all walks of life who meet to share ideas regarding current events of every kind. With a moderator who guides the group discussion, attendees are called upon to offer a topic for discussion and address their issue, then the others in the group can comment.

### DRIFTWOOD SCULPTURE

**Mondays | 12:00pm-3:00pm**

**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

**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**

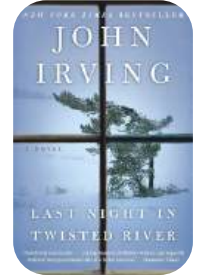
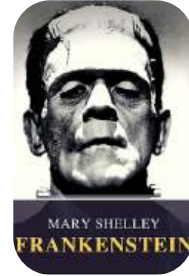
**Mar 11 - Apr 29 (8 classes)**

**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

**Mar 26 - Book Title:** "Frankenstein"

by Mary Shelley

**Apr 23 - Book Title:** "Last Night in Twisted River"

by John Irving

### 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**



## ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://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.*

### MUSIC WELLNESS AND CONNECTION FOR SENIORS

**Mondays | 12:00pm-1:00pm**

**Room:** Community Room A

**Instructor:** Leslie Lawrence, MT-BC, NMT

**March Cost:** \$43.75 member | \$56.25 non-member

**April Cost:** \$35 member | \$45 non-member Sign up is monthly - no drop in

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

**Registration Opens:** Feb 13 for Mar classes, Mar 13 for Apr 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.

### NO FEAR DRAWING

**Does not meet Apr 22**

**Wednesdays | 10:30am-12:30pm**

**Apr 8 - Jun 3 (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:** Mar 13

**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 PORTRAITS

**Does not meet Apr 23**

**Thursdays | 1:30pm-3:30pm**

**Apr 9 - Jun 4 (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:** Mar 13

**Class Limit:** 15 students

Learn how to draw the features and structure in a face by using line, shadows, texture, proportion, positive and negative space, and spatial relationships. Learn how to draw the features and structure in a face by using line, shadows, texture,

proportion, positive and negative space, and spatial relationships. **New students MUST attend first class session. Those who do not attend may be dropped from the course.**

### NO FEAR WATERCOLOR (BEGINNER LEVEL)

**Does not meet Apr 24**

**Fridays | 10:30am-12:30pm**

**Apr 10 - Jun 5 (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:** Mar 13

**Class Limit:** 15 students

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

### NO FEAR WATERCOLOR (INTERMEDIATE LEVEL)

**Does not meet Apr 23**

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

**Apr 9 - Jun 4 (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:** Mar 13

**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

**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](mailto:gailalov@comcast.net)

### RUG BRAIDING

**Does not meet Apr 24**

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

**Room:** Community Room B

**Facilitators:** Margaret Elwood & Patsy Simon

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

**Register:** In Class with Instructor

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

### SENIOR SWINGERS ORCHESTRA

**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**

**Mar 4, 18, Apr 1, 15 | 9:00am-12:00pm**

**Room:** Community Room A

**Facilitators:** Rob Scarr, Joe Herr

**Cost:** \$5 member | \$10 non-member per appointment

**Register:** Online/Phone/2nd Floor Reception **Registration Opens:** Feb 13 for Mar appointments, Mar 13 for Apr appointments **\*\* 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.

## ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

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**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 CUT PAPER ART

Thursday, Mar 19, Apr 30

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: Feb 13 for Mar classes,  
Mar 13 for Apr classes

Class Limit: 20 students

Learn the art of Vytynanka, 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.

### NEW! UKRAINIAN FOLK PAINTING

Thursday, Mar 26, Apr 16

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: Feb 13 for Mar classes,  
Mar 13 for Apr classes

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

Thursdays | 8:30am-11:30am

Room: Multipurpose Room 4

Facilitator: Hal Allen

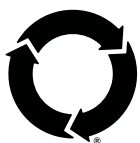
Cost per Class: \$5 member | \$10 non-member

Register: In Person with Instructor (on-going)  
Tools and wood provided or bring your own.  
Drop in ok. No experience necessary.

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## DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://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

**Mondays | 9:30am-10:15am**

**Room:** Multipurpose Room 1 & 2

**Instructor:** Pat Belasco

**March Cost:** \$56.25 member | \$68.75 non-member

**April Cost:** \$45 member | \$55 non-member

**Register:** Online/Phone/2nd Floor Reception  
**Registration Opens:** Feb 13 for Mar classes, Mar 13 for Apr 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 Apr 24**

**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:** Feb 13 for Mar classes, Mar 13 for Apr 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

**Mar Cost:** \$60 member | \$80 non-member

**Apr Cost:** \$75 member | \$100 non-member

\$20 member | 25 non-member drop-in

**Register:** Online/Phone/2nd Floor Reception  
**Registration Opens:** Feb 13 for Mar classes, Mar 13 for Apr classes; drop in ok

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

**Does not meet Apr 24**

**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:** Feb 13 for Mar classes, Mar 13 for Apr 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

**Does not meet Apr 24**

**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:** Feb 13 for Mar classes, Mar 13 for Apr 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

**Mondays | 10:45am-11:30am**

**Room:** Multipurpose Room 1 & 2

**Instructor:** Pat Balasco

**March Cost:** \$56.25 member | \$68.75 non-member

**April Cost:** \$45 member | \$55 non-member

**Registration Opens:** Feb 13 for Mar classes, Mar 13 for Apr classes

**Register:** Online/Phone/2nd Floor Reception  
Gentle Chair Yoga is a soothing and

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

### GENTLE YOGA

**Tuesdays | 10:00am-11:00am**

**Thursdays | 9:00am-10:00am**

**Room:** Multipurpose Room 1 & 2

**Instructor:** Terra Lea

**Monthly Cost:** \$50 member | \$60 non-member; sign up is for the entire month - no drop in; must sign-up for Tuesday & Thursday classes separately.

**Registration Opens:** Feb 13 for Mar classes, Mar 13 for Apr classes; drop in ok.

**Register:** Online/Phone/2nd Floor Reception  
Come stretch and breathe, release tense muscles, and invite ease in the body. End with a restorative rest, in yoga nidra, a guided meditation to bring full relaxation to body, mind and heart. Please bring a yoga mat, and a towel or blanket. Chairs, blocks, and blankets available for use.

### IMPROVING MOVEMENT WITH THE FELDENKRAIS METHOD - GROUP SERIES

**Does not meet Apr 1**

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

**Location:** Multipurpose Room 4

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

**Facilitator:** Peggy Potz

**Register:** Online/Phone/2nd Floor Reception  
**Registration Opens:** Feb 13 for Mar classes, Mar 13 for Apr 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](http://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)

**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](http://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.

### 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.

### LINE DANCING (BEGINNER)

**Does not meet Apr 24**

**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:** Feb 13 for Mar classes,  
Mar 13 for Apr classes; No Drop In

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

### 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:** Feb 13 for Mar classes,  
Mar 13 for Apr classes; No Drop In

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

### LINE DANCING (INTERMEDIATE)

**Does not meet Apr 24**

**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:** Feb 13 for Mar classes,  
Mar 13 for Apr classes; No Drop In

Have fun learning more challenging steps.

### MOVEMENT FOR LIFE/PD DANCE FOR ANY BODY

**Thursdays | 1:00pm-2:15pm**

**Room:** Multipurpose Room 4

**Facilitator:** Deborah Magallanes

**Cost:** \$15 Donation per class

**Register:** Pay Instructor

**Registration:** On-going; 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 Apr 24**

**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:** Feb 13 for Mar classes,  
Mar 13 for Apr 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.

### NEW! TAI CHI

**Thursdays | 11:00am-12:00pm**

**Room:** Multipurpose Room 1 & 2

**Facilitator:** Frank Mateo

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

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

**Registration Opens:** Feb 13 for Mar classes,  
Mar 13 for Apr classes; drop in ok

Discover the ancient Chinese practice of Tai Chi Chuan (Taijiquan), an art form that seamlessly blends meditation, mindful movement, and martial application into a graceful, health-promoting exercise. Often described as "meditation in motion," Tai Chi emphasizes slow, deliberate, and flowing postures synchronized with deep, diaphragmatic breathing.

### TODDLER PLAY GROUP

**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.

**DANCE, EXERCISE & MOVEMENT - CLASSES & PROGRAMS**

**GAMES**

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://www.schedulesplus.com/edmonds)  
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**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 \***

**Mar 30, Apr 27**

We will play 11 games; on the final 3 games you will have a chance to win special prizes provided by *ROSEWOOD COURTE MEMORY CARE!*

**BRIDGE - PARTY**

**Tuesdays | 9:00am-11:45am**

**Room:** Multipurpose Room 4

**Cost:** \$1 member | \$2 non-member  
Looking For More Players! Partners not necessary but knowledge of how to play is required. Pay when you play.

**MAH JONGG - AMERICAN**

**Tuesdays | 12:15pm-3:30pm**

**Room:** Multipurpose Room 3

**Facilitator:** Maureen Martin & Jani Sharp

**Cost:** \$1 member | \$2 non-member  
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; Mar 4, 18, Apr 1, 15  
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.

# WHEN IT'S TIME FOR THE NEXT CHAPTER

## *We Help You Turn the Page Gently*



Your home carries decades of moments, milestones, and meaning. Deciding what comes next can feel overwhelming but you don't have to sort through it alone. We offer thoughtful, step by step guidance that honors your history and your hopes. Seniors across Edmonds count on us to make every transition feel lighter and more manageable.

### WHAT YOU CAN EXPECT FROM US

- Thoughtful support for easing into change
- Guidance shaped around what you want and need
- A steady partner for each decision big or small
- Help with planning organizing and preparing for the move

*Ready when you are. Let's talk through your options together.*



*Terry Vehrs*

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

  
**Windermere**  
REAL ESTATE  
Windermere Real Estate/M2 LLC

## RESOURCES & SUPPORT

**HOW TO REGISTER: Online - Go to: [www.schedulesplus.com/edmonds](http://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, Mar 10, Apr 7**  
- 5:30pm-6:30pm

**2nd Wednesday, Mar 11, Apr 8**  
- 2:00pm-3:30pm

**4th Wednesday, Mar 25, Apr 22**  
- 2:30pm-4:00pm

**Room:** Multipurpose Room 3

**Cost:** None

**Register:** Call 800.272.3900

Build a support network with people who understand. Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care. Develop a support system. Exchange practical information on challenges and possible solutions. Talk through issues and ways of coping. Share feelings, needs and concerns. Learn about community resources.

### APPLY FOR A REDUCTION IN YOUR PROPERTY TAXES

**3rd Thursday, Mar 19, Apr 16**  
10:00am-4:00pm

**Room:** Studio

**Cost:** None

**Register:** By appointment only. Please call guest services to schedule.

Are you qualified for a property tax exemption? This program is for seniors and disabled individuals of any age. There are **two services**:

1) Bring last year's tax return and your 1099-B (stock sales report) and drop in to have a volunteer determine whether you are eligible.

2) Have a 1:1 appointment where a volunteer prepares the application package for Snohomish or King County. You'll be given the list of required documents when you make your appointment. Your household's net disposable income must be less than \$75,000 to qualify. You can apply for 3 historical years and receive a refund of over a third of your property taxes. Don't get overwhelmed by this program - the volunteers get it done for you.



### ASK A LIBRARIAN

**1st & 3rd Wednesday, Mar 4, 18, Apr 1, 15**  
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, Mar 9, Apr 13**  
10:00am-12:00pm

**Room:** Clinic Room 1

**Facilitator:** Kylie Bernethy

**Register:** Online/Phone/2nd Floor Reception  
Complimentary 30 minute one-on-one review. Help to find strategies for financial questions and concerns. \*Securities and advisory services are offered through Innovation Partners, LLC (IPL), a registered broker/dealer, investment advisor and member FINRA/SIPC.

### MEMORY CAFÉ: EARLY STAGE WITH CAREGIVERS

**2nd Tuesday, Mar 10, Apr 14**  
2:00pm-3:30pm

**Room:** Community Room A

**Cost:** None (coffee available for purchase)

**Register:** Please call ahead 800.272.3900

At a Memory 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, Mar 23, Apr 27**  
1:00pm-4:00pm

**Room:** Clinic Office

**Facilitator:** Snohomish County Legal Svcs

**Cost:** None

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

Have questions about a civil legal issue? SCLS provides legal assistance for qualified Snohomish County residents (must meet income requirements). At this clinic, you can meet with an attorney for a NO COST, brief consultation on such issues as divorce, grand/parenting plan, visitation rights, housing, or creditor/debtor issues. Appointments are recommended and receive priority, walk-in appointments are welcome but not guaranteed.



### PRESCRIPTION DRUG ASSISTANCE NETWORK (PDAN)

**2nd & 4th Friday, Mar 13, 27, Apr 10, 24**  
9:30am-12:30pm

**Room:** Clinic Room 1

**Facilitator:** Rod Schutt

**Cost:** None

**Register:** Call 206.518.0839

If you are having trouble paying for your prescriptions PDAN may be able to help with personalized individual assistance to identify appropriate patient assistance programs, navigate requirements, prepare paperwork, and submit required documents.

### SECRETS OF GRACEFUL AGING AND MINDFUL MEDITATION

**Fridays | 10:00am-11:30am**

**Room:** Community Room B

**Instructor:** Mary Davis, MSN, FNP

**Cost:** None

**Register:** Not Required; Drop-in ok.

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

*\*Last ½ hour optional Mindful Meditation*



## BUSINESS MEMBERS - Thank you for your support!

### ART/ARTISTS

#### **CASCADE SYMPHONY ORCHESTRA**

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

#### **CASCADIA ART MUSEUM**

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

### BEAUTY/HEALTH/FITNESS

#### **ANDERSON SOBEL COSMETIC SURGERY**

www.andersonsobelcosmetic.com  
(425) 453-9060

#### **HONEYBEE NATURAL MEDICINE**

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

#### **INTERIM HEALTH CARE**

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

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

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

#### **SIRIUS HEALING**

www.siriushealingartist.com  
(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

#### **EDMONDS BEACON**

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

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

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

#### **MY EDMONDS NEWS**

www.myedmondsnews.com  
www.myneighborhoodnewsnetwork.com

#### **NORTHWEST NEIGHBORS NETWORK**

www.northwestneighborsnetwork.org  
(253) 237-2848  
PO Box 293, Edmonds

### FINANCIAL

#### **COASTAL COMMUNITY BANK**

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

#### **CORIENT**

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

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

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

#### **KEY BANK**

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

#### **KIM PRATER - RETIREMENT MORTGAGE SPECIALIST**

www.fairwayreverse.com  
(206) 948-2176  
3400 188th St SW #185, Lynnwood

#### **PEOPLES BANK**

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

#### **RBC WEALTH MANAGEMENT**

www.us.rbcwealthmanagement.com/  
edmonds  
(425) 712-7300  
303 5th Ave S, Suite 100, Edmonds

### FOOD & DRINK

#### **JEFF UNCORKED**

www.jeffuncorked.com  
(206) 499-9212

#### **SALISH SEA BREWING CO.**

www.salishbrewing.com  
(425) 582-8474/(425) 835-0989  
2 locations on Dayton St, Edmonds

### LEGAL

#### **COMPASSIONATE LEGAL CARE**

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

#### **WALL GROUP LAW**

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

### REAL ESTATE

#### **AMIE ARMSTRONG HOMES - WINDERMERE**

amiearmstrong@windermere.com  
(425) 773-4381

#### **CENTURY 21 REAL ESTATE CENTER - GENET SOLOMON**

www.genetsolomon-realestatecenter.  
sites.c21.homes/  
(206) 579-0379  
genef@genetrealestate.com

#### **JOAN LONGSTAFF & ASSOCIATES**

joan@joanlongstaff.com  
(425) 773-1274

#### **REECE HOMES - JAMIE REECE**

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

#### **WINDERMERE REAL ESTATE - WENDY KONDO**

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

#### **WINDERMERE REAL ESTATE - KIPPIE PASOWICZ**

Seniors Real Estate Specialist® (SRES®)  
www.yourhomeyourlifemypassion.com  
(425) 330-2811

#### **WINDERMERE REAL ESTATE - TERRY VEHR**

www.terryvehrs.com  
vehrs@windermere.com  
(206) 799-9500

### RETAIL/SERVICES

#### **ADOBE ACROBAT**

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

#### **BARBARA KINDNESS COMMUNICATIONS**

(206) 473-9416

#### **BEST WESTERN PLUS HARBOR INN**

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

#### **CLINE JEWELERS**

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

#### **CREATE NEXT STEPS**

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

#### **NEW WORLD COMMUNICATIONS**

www.newworldcom.com  
(206) 920-8067

#### **THE PRINTING CONNECTION**

www.printcnx.com  
(800) 786-5490

#### **PUGET SOUND ORGANIZERS**

www.pugetsoundorganizers.com  
(206) 999-6977

#### **VIVA! PAINTING LLC**

www.vivapainting.com  
vivaptg@gmail.com  
(206) 535-4155

#### **WALLS & WEEDS, INC ARCHITECTURE**

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

#### **THE WOODEN SPOON**

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

#### **ZENBUSINESS**

www.zenbusiness.com/washington-llc

### SENIOR SERVICES

#### **AGAPE CARE PLACEMENT AGENCY**

www.agapecareplacementagency.com  
(425) 540-6178  
agapecareplacementagency@gmail.com

#### **ALPHA HOME HEALTH & HOSPICE**

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

#### **CEDAR CREEK MEMORY CARE**

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

#### **CRISTA SENIOR LIVING**

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

#### **EDMONDS POST ACUTE**

www.edmondspostacute.com  
(425) 775-1961  
21400 72nd Ave W, Edmonds

#### **EDMONDS LANDING BY COGIR**

www.cogirusa.com/communities/edmonds-landing/  
(425) 744-1181  
180 2nd Ave S, 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.greenhavenseniorking.com  
(206) 259-5157  
23326 97th Pl W, Edmonds

#### **HOME COMFORT CAREGIVERS**

www.homecomfortcaregivers.com  
(206) 403-3141  
hccedmonds@gmail.com

#### **QUAIL PARK OF LYNNWOOD**

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

**SUNRISE OF EDMONDS**  
 www.sunriseseniorliving.com  
 (425) 673-9700  
 750 Edmonds Way, Edmonds

**VINEYARD PARK MOUNTLAKE TERRACE**  
 www.carepartnersliving.com  
 (425) 442-2542  
 23008 56th Ave W, Mountlake Terrace

TRANSPORTATION

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

**Northwest Neighbors Network**

**Volunteer with Us!**  
 Volunteers enable neighbors to thrive in the place they call home by providing transportation, personal support, tech help, socialising, and more to our local seniors and adults with disabilities

Visit our website [www.northwestneighborsnetwork.org](http://www.northwestneighborsnetwork.org)  
 Email: [info@northwestneighborsnetwork.org](mailto:info@northwestneighborsnetwork.org)  
 Phone: 253-237-2848

**Obtenga asistencia con Medicare!**

Habr  profesionales del programa Asesores sobre Beneficios del Seguro de Salud a nivel Estatal (Statewide Health Insurance Benefits Advisors, SHIBA) disponibles para responder a todas sus preguntas sobre Medicare. Cualquier persona puede participar y no es necesario registrarse.

Participe en una de nuestras sesiones en l nea sobre Medicare.  
 El cuatro mi rcoles del mes, de 3:30 pm a 5 pm:  
**25 de febrero de 2026**  
**25 de marzo de 2026**

Unase a la reuni n por Zoom o tel fono  
 Zoom: <https://tinyurl.com/5f224kbs>  
 Tel fono: 253-205-0468, code: 88596388759#

Consulte los recursos en espa ol disponibles en [www.insurance.wa.gov/about-us/language-assistance-services/](http://www.insurance.wa.gov/about-us/language-assistance-services/) como podemos ayudarle.

El programa SHIBA es un servicio gratuito, imparcial y confidencial de la Oficina del Comisionado de Seguro del Estado de Washington. NO vendemos ni promovemos ning n producto o servicio.

OFFICE of the **INSURANCE COMMISSIONER**  
 SHIBA

**2025 BUSINESS MEMBER**  
 EDMONDS WATERFRONT CENTER

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

Learn more at [www.edmondswaterfrontcenter.org/membership](http://www.edmondswaterfrontcenter.org/membership)  
 Or contact Michelle Neu425.954.2520

**CommonGrounds**  
 Hours of Operation:  
 Mon-Sun | 8am-4pm

**Membership Lunch Special**  
 Enjoy 20% off lunch items daily  
 11:30am-1:00pm  
 \*Proof of membership required\*  
 Offer excludes pastries

Choose from a variety of delicious coffee blends from Middle Fork Roasters!

Ask our team about becoming a member today!



**SUNRISE**  
 SENIOR LIVING  
 EDMONDS

**ASSISTED LIVING | MEMORY CARE**

**Discover Vibrant Senior Living in Edmonds**

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

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

**To book a personal tour, call 425-546-0489 or email [edmonds.dos@sunriseseniorliving.com](mailto:edmonds.dos@sunriseseniorliving.com).**

©2025 Sunrise Senior Living



ART AT THE EWC

ART NEWS



Artists Connect Exhibition

**GALLERY 1**

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



Artists Connect Exhibition

**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](mailto: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](mailto: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](http://www.lakeballingercenter.org)



**cogir**  
**EDMONDS**  
ASSISTED LIVING  
& MEMORY CARE

LIFE ON  
*Your*  
TERMS

CALL TODAY  
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& MEMORY CARE

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(425) 475-2107



VISIT OUR  
WEBSITE!

21500 72ND AVE. W,  
EDMONDS, WA 98026  
[COGIROFEDMONDS.COM](http://COGIROFEDMONDS.COM)

## MEMBERSHIP FORM – For Single, Dual & Family

page 1 of 2

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

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

All fields on this page are required information for membership. Please print for legibly. Your data is kept confidential. Other programs may use different forms.

MEMBER 1		MEMBER 2	
Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/>		Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/>	
First Name:	M.I.:	First Name:	M.I.:
Last Name:		Last Name:	
Nickname/Salutation:		Nickname/Salutation:	
Mailing Address (Include Apt #):		<i>Dual memberships are only available to members of the same household.</i>	
City, State, Zip:			
Phone (H):	Cell:	Phone (H):	Cell:
Email:		Email:	
Date of Birth (Month/Day/Year): ____/____/____ Check if 90+ yrs <input type="checkbox"/>		Date of Birth (Month/Day/Year): ____/____/____ Check if 90+ yrs <input type="checkbox"/>	
Emergency First Name:	Emergency Last Name:	Emergency First Name:	Emergency Last Name:
Emergency Phone:	Relationship to Member 1:	Emergency Phone:	Relationship to Member 2:
A family membership is defined as two adults living in the same household and their minor dependents 18 or younger (*exceptions may be made for currently enrolled college students aged 22 years or younger and living in the same household). Please use an additional form for larger families.			
Minor 1: First & Last Name		Minor 2: First & Last Name	
Date of Birth (Month/Day/Year): ____/____/____		Date of Birth (Month/Day/Year): ____/____/____	
Minor 2: First & Last Name		Minor 4: First & Last Name	
Date of Birth (Month/Day/Year): ____/____/____		Date of Birth (Month/Day/Year): ____/____/____	

### Diversity, Equity & Inclusion

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

**SIGNATURE REQUIRED ON BACK (Continue to page 2) ➡**

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

# MEMBERSHIP FORM – For Single, Dual & Family

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

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

I would like to receive the newsletter by EMAIL   
I would like to receive the newsletter by US MAIL

I would like to receive the newsletter by EMAIL   
One copy of the newsletter may be sent to each household

*I release the Edmonds Senior Center/Edmonds Waterfront Center and all of its agents from any liability for any accident, injury or damage of any kind to persons or property that might occur while participating in activities.*

MEMBER 1	MEMBER 2
Signature: _____ Date: _____	Signature: _____ Date: _____

**DONATIONS**

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

Al & Peggy Setzer  
 Albert Lutz Jr.  
 Allan Williams  
 Alma Ohtomo  
 Alvin Koenig  
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OUR THOUGHTS AND FOND MEMORIES REACH OUT TO THE FAMILIES AND FRIENDS OF:

Deborah Bezona  
 Harmon Blanch  
 Marilyn Burke  
 Joe Chasteen  
 Christa Gerdes  
 Don Hallum  
 Patricia Helser  
 Thomas Robinson  
 Jose Rosas  
 Marc Stepper

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

*In Memory of*  
**Lucia Myung Ja Hwang**  
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*In Memory of*  
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