



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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Bill Berni, Gabe Johnson, & Tom Schofield

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Thrift Store Assistant Managers

Tracy Nyland • Ethan Pilla

Thrift Store Showroom Assistant Manager

Dannika Burke • Silviu Istrate • Dominic Sharp

Thrift Store Donation Attendants

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Volunteer Inquiries

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Info@EdmondsWaterfrontCenter.org

General Information Inquiries

Phone: 425.774.5555

Info@EdmondsWaterfrontCenter.org

NOW HIRING: 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

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!

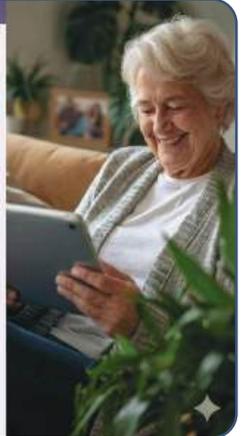
Interactive experience.

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

Presented by:



<https://optinspire.org>
connect@optinspire.org



EWC ENVIRONMENTAL SPEAKER SERIES

Hosted by "Ocean Annie" Crawley



Taken under NMFS permit #26288
www.seadocsociety.org

**"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

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!

International Women's Day

GIVE TO GAIN

Save the Date
March 7, 2026

#GiveToGain | #IWD2026
At the Edmonds Waterfront Center

Keynote Speaker
Alexandria Lutz

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.

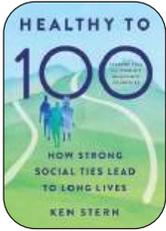
Sign up today ~ Everyone is welcome! Call 425.774.5555 or sign up online <https://schedulesplus.com/edmonds/kiosk/>

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

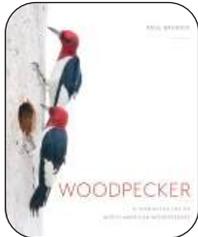
Thursday, Mar 26; 6:30-8:00pm

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 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

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

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 |
|---------------|--------------------------|----------------------------|-------------------------|-------------------------------|------------------------|---------------|
| CLOSED | 10% OFF Bookcases | 10% OFF Lamps | 10% OFF Mirrors | 10% OFF Desks | 10% OFF Rugs | CLOSED |
| | 10% OFF Decor | 10% OFF Side Tables | 10% OFF Dressers | 10% OFF Framed Artwork | 10% OFF Chairs | |
| | | | | 10% OFF Couches | 10% OFF Hutches | |

**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



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

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

DAY TRIPS - SIGN UPS OPEN ON MARCH 2

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

**SIGN-UPS OPEN ON
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
CALL 425.774.5555 or visit the 2nd 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!

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Discover Canadian Maritimes and Coastal Wonders

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OVER THE HILL HIKERS

***ONLINE REGISTRATION IS AVAILABLE**

www.schedulesplus.com/edmonds

CALL 425.774.5555

or visit the 2nd floor Reception Desk

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

SIGN-UPS OPEN ON 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.



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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

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

For additional information visit the SHIBA page on our website:

www.edmondswaterfrontcenter.org

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

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

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

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

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

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

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

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

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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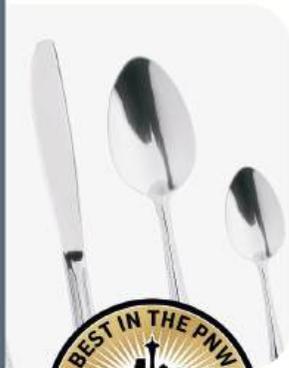
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ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

AARP DRIVER REFRESHER

Tuesday, Wednesday; 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 before start of meeting to sign up or be added to wait list. Afternoon sessions contact Vicki Sween at 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

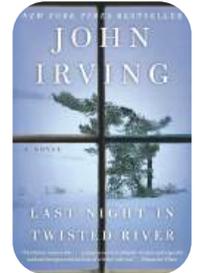
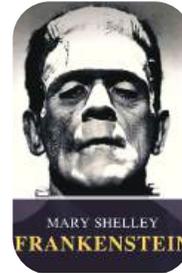
Mar 11 - Apr 29 (8 classes)

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

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

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

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

NEW! UKRAINIAN 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

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
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 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

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
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.



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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

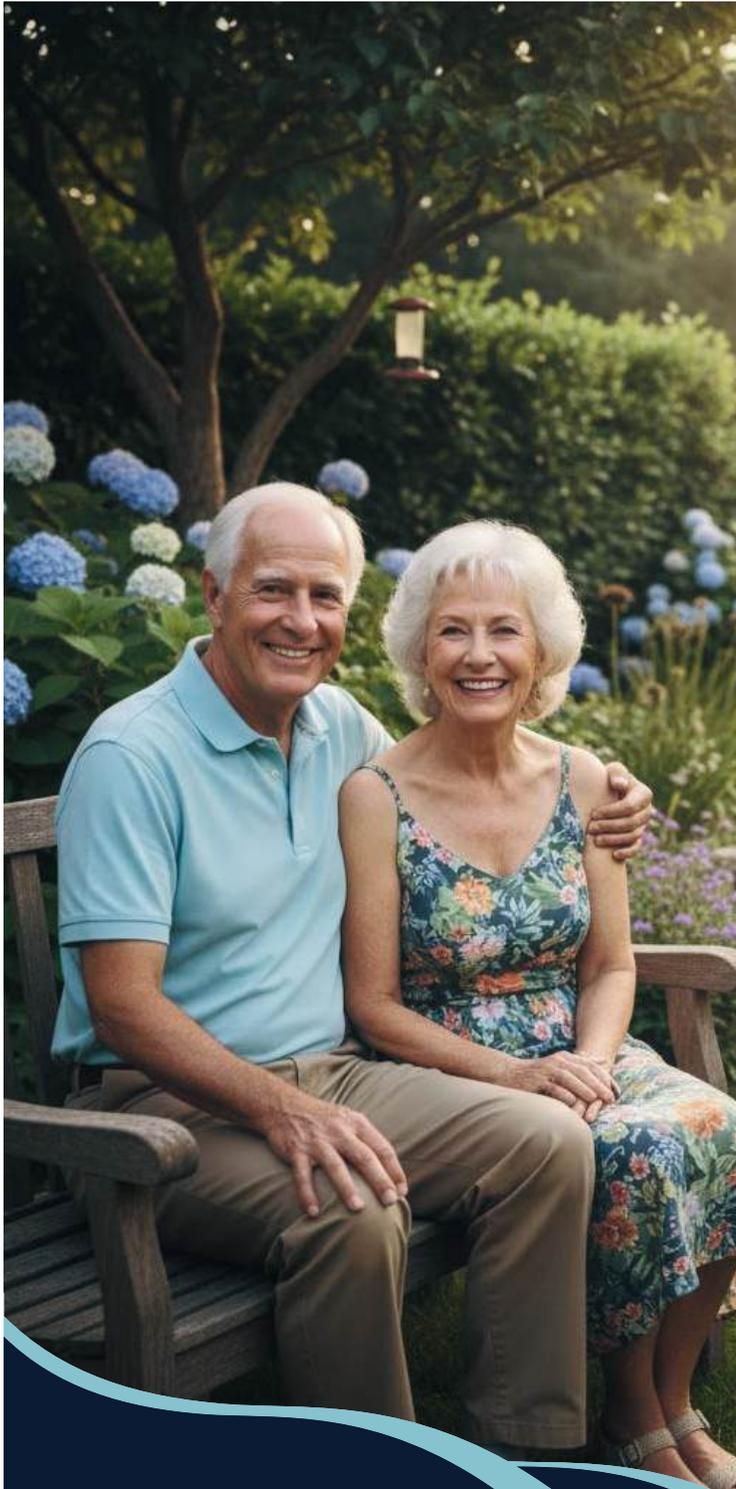
Mon - Fri | 8:30am-4:00pm

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.



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RESOURCES & SUPPORT

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

ALZHEIMER'S CAREGIVER SUPPORT GROUP

2nd Tuesday, 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*



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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
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SALISH SEA BREWING CO.
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www.wallgrouplaw.com
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51 West Dayton St, Suite 305, Edmonds

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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
genet@genetrealestate.com

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joan@joanlongstaff.com
(425) 773-1274

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(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
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2340 N. 179th St, Shoreline

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(206) 259-5157
23326 97th Pl W, Edmonds

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QUAIL PARK OF LYNNWOOD
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BUSINESS MEMBERS - Thank you for your support!

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 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
 Email: info@northwestneighborsnetwork.org
 Phone: 253-237-2848

Obtenga asistencia con Medicare!

Participe en una de nuestras sesiones en línea sobre Medicare.
 El cuatro miércoles del mes, de 3:30 pm a 5 pm:
 25 de febrero de 2026
 25 de marzo de 2026

Unase a la reunión por Zoom o teléfono
 Zoom: <https://tinyurl.com/5f224kbs>
 Teléfono: 253-205-0468, code: 88596388759#

Habrà 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. Cualquiera persona puede participar y no es necesario registrarse.

Consulte los recursos en español disponibles en www.insurance.wa.gov/about-us/language-assistance-services/ como podemos ayudarlo.

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

OFFICE of the INSURANCE COMMISSIONER
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 Or contact Michelle Neu425.954.2520

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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

Seeking donations of Northwest Native Art!



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

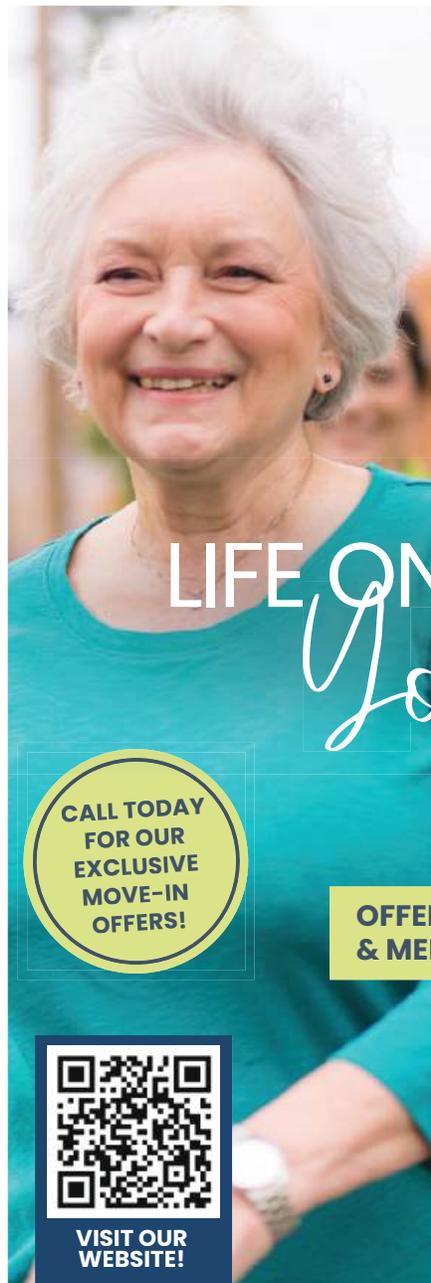
The purpose of our permanent exhibit is to educate visitors on the history, art, and influence of Indigenous Peoples to our region. The EWC's Art Committee evaluates and selects art based on its origin, quality, size, and historical significance.

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



LAKE BALLINGER CENTER

You will find lots of great programs and friendly, even familiar, faces over at the Lake Ballinger Center! Since May 2023, the LBC has taken some of our greatly loved programs under their wing. Membership is reciprocal at the Lake Ballinger Center, so if you are a member of the EWC, you also get discounts on LBC programs, and vice versa! Be sure to visit their Center located at 23000 Lakeview Dr. in Mountlake Terrace or give them a call at 425.672.2407. You can also find them online at www.lakeballingercenter.org



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MEMBERSHIP FORM – For Single, Dual & Family

page 1 of 2

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

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

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

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

Diversity, Equity & Inclusion

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

SIGNATURE REQUIRED ON BACK (Continue to page 2) ➡

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

MEMBERSHIP FORM – For Single, Dual & Family

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

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

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

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

| MEMBER 1 | MEMBER 2 |
|------------------------------|------------------------------|
| Signature: _____ Date: _____ | Signature: _____ Date: _____ |

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IN MEMORIAM

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
 Estate of Lucia

In Memory of
Diane Morey
 Marisa Arbanas
 Mike Benolt



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