



Sound Connection

for edmonds waterfront center programs

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MESSAGE FROM OUR CEO

In the Boat

Sitting in the doctor’s office with my wife Elaine, at age 30, and learning that she had a rare blood disease with a life-threatening prognosis, I took her hand and whispered, **“I am in the boat with you.”** We have used the metaphor of being **“in the boat”** throughout our 48 years together.

No one knows what is coming – the waters of life shift under us. Sometimes it is beautifully calm and other times we must navigate rapids or dangerous rocks just below the surface. When you are **in the boat** you are all in, no matter what comes. This role is not for a new friend or acquaintance. This is a person you can turn to in the middle of the night in a crisis and know they will answer, and in turn, you would not hesitate to do the same for them.

In most relationships there are times when one is doing the paddling for both. The roles are always changing – navigating, steering, supporting – each contributes what they can, when they can.

Being **in the boat** as a family can come naturally, but your support system should include people in your broader circle. Close friends are the next tier. Next consider people with shared experiences, a close co-worker or people facing similar life circumstances. The list should also include people of different ages. In each case, the secret is focusing on **being** a friend not **having** a friend or partner. Relationships are reciprocal. Listen more than you talk.

Get out of your comfort zone. I know it may seem that staying home is a safe place where you can guard yourself from the uncertain world. No matter how

comforting that may sound, you need to venture out. The data is clear, social connections and your social health will determine both your life span and your health span.

The Harvard Study of Adult Development, tracking happiness and health, began in 1938 and continues today studying the original 268 college students and their descendants over 3 generations. The 88 year-long study has found that the difference between people who struggle and those who thrive in life is not wealth, genetics or health – **it comes down to being engaged in activities you care about with people you care about.**

Jane Goodall said, *“Each of us matters, has a role to play, and makes a difference. Each of us must take responsibility for our own lives, and above all, show respect and love for living things around us, especially each other.”*

When you take care of others, they will take care of you. This applies to your family, your neighborhood and your community.

Take inventory of your family and friends list. Invest in those relationships. Ask yourself, what am I doing alone that I could do with others? **Make room in your boat!**



We’re in this boat together



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Edmonds Waterfront Center CEO





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General Information Inquiries

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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, May 1, June 5 - Cost: \$15

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

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

Thank you to our sponsor Vineyard Park at Mountlake Terrace!

Community breakfast will break during Summer and resume in the Fall

HOLIDAY CLOSURES

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

Monday, May 25 ~ Memorial Day

Friday, June 19 ~ Juneteenth

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!*

SPECIAL HOLIDAY LUNCHESES

Mother's Day | Friday, May 15

Father's Day | Thursday, June 18

11:30am-12:30pm

IN THE WATERFRONT BANQUET ROOM

\$5 Donation Ages 60+ | \$9 Cost Ages 59 & Younger

Everyone is welcome! Lunches available until supplies last.

SPRING CONCERTS AT THE EWC

IN THE WATERFRONT BANQUET ROOM

Open to the public, all are welcome to attend

Thursday, May 7 at 2pm
Senior Swingers Orchestra



Monday, May 18 at 2pm
Rolling Crone Singers

Tuesday, June 9 at 2pm
Sound Singers Choir



PARTNER HIGHLIGHT - NW NEIGHBORS NETWORK

A growing number of our neighbors are isolated at home, unable to get to appointments or connect with family and friends. EWC members, who are unable to drive cannot take advantage of the full offerings at the Center.

NW Neighbors Network (NNN) creates neighborly connections, fosters engagement, and empowers seniors and adults with disabilities to thrive in the place they call home.

NNN and the EWC have formed a new partnership. NNN needs volunteers. EWC members need help at home, getting to appointments and to the Center. Now you can learn about volunteer opportunities at both organizations by going through the EWC volunteer onboarding process.

If you need help at home, or getting to where you need to go, we will assist you in getting signed up for NNN services. NNN is a membership based organization (scholarships are available). "Although all seniors and adults with disabilities are welcome, we emphasize serving low to moderate income members," said Executive Director, Alison Pence.

Ask about how you can volunteer or how you can personally benefit from NNN services. We are in this together!



Alison Alfonzo Pence, Executive Director of NW Neighbors Network

EWC MAIFEST CRAB FEED FUNDRAISER

Thursday, May 14
Doors open at 5:00pm
Meal service at 5:30pm

IN THE WATERFRONT BANQUET ROOM

\$35 Members | \$45 Non-members | \$20 Kids 14 & under

Each individual must register separately!

Join us for our first annual all-you-can-eat crab feed! Meal includes Dungeness crab, salad, garlic bread and non-alcoholic beverages. Beer & wine will be available for purchase for those 21 and older. This is a fundraiser to support the programs of the Edmonds Waterfront Center. *Limited tickets may be available at the door if we are not sold out.*

Special thank you our sponser Wall Group Law!

Registration opens May 1

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



UPCOMING SPECIAL EVENTS & PROGRAM NEWS

ALL AGES TRIVIA NIGHT!

Thursday, May 21

Check-in at 6:30pm

Event starts at 7:00pm

IN THE WATERFRONT BANQUET ROOM

All ages event ~ Everyone is welcome!

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



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

Thank You Destinations Lynnwood!

Suggested Donation \$5 ~ Registration opens May 1

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



COMMUNITY MOVIE NIGHT

Friday, May 22

6:00-8:00pm

IN THE MULTIPURPOSE ROOM 1&2

Join us for a Community Movie Night designed with accessibility and belonging in mind. This event creates a flexible space where children of all neurotypes and their families can relax and enjoy a movie together. The environment supports a range of needs—attendees are welcome to move, talk, stim, or take breaks. Sensory supports and a separate low-sensory space will be available. We hope families can enjoy a movie together while feeling supported and welcome.

Suggested Donation \$10

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

EDMONDS AUTHOR & SPEAKER SERIES PRESENTS



**AUTHOR TALK
WITH DAVID HORSEY**

Thursday, May 28

6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/ym7j3un4> or Pay at the door

David Horsey is a two-time recipient of the Pulitzer Prize for Editorial Cartooning. After a long career at The Seattle Post-Intelligencer and six years as a political commentator for The Los Angeles Times, Horsey is now based at The Seattle Times. Horsey's well-received first novel, "Beach of Stars" is now available. He has published eleven books of cartoons, including "Refuge of Scoundrels", "Top of the Ticket", "Drawing Apart" and "Unhinged USA".

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

EWC ENVIRONMENTAL SPEAKER SERIES

Hosted by "Ocean Annie" Crawley



**"OUR UNDERWATER
RAINFORESTS"**

WITH DR. OLIVIA GRAHAM

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

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/23nduvca> or Pay at the door

The Environmental Speaker Series at the Edmonds Waterfront Center continues with an inspiring and science-driven presentation by Olivia J. Graham, a leading voice in eelgrass research and coastal ecosystem resilience, for an evening exploring the "rainforests" of our local waters. Hosted by ocean advocate and filmmaker Annie Crawley, this event invites the community to discover the hidden underwater habitats that sustain life in the Salish Sea. Often called the "rainforests of the Salish Sea," eelgrass meadows provide essential habitat for juvenile salmon and herring, help stabilize shorelines, and play an important role in carbon sequestration. Learn about the eelgrass found just offshore of Edmonds and the environmental challenges these vital ecosystems face, including climate change, pollution, and coastal development.

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

AGING WITH

Pride

BE PROUD OF WHO YOU ARE

COME JOIN US AT
EDMONDS WATERFRONT CENTER!

FRIDAY, JUNE 12TH

1:30 -3:00 PM

FREE

DONATIONS ACCEPTED

RSVP 425-774-5555 OR SIGN UP ONLINE AT
WWW.SCHEDULESPUS.COM/EDMONDS



THRIFT STORE NEWS ~ OPEN 7 DAYS A WEEK!



Edmonds Senior Center
Thrift Store



STORE HOURS

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

DONATIONS:

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

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

PHONE: 425.977.0411

EMAIL THE STORE:
thriftstore@EdmondsWaterfrontCenter.org

We look forward to seeing you in the store!

DID YOU KNOW?

Edmonds Waterfront Center members receive a 10% discount on all regularly priced items! Just show your membership card at the register upon check out.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------------------|----------------------------------|--|--|--|---------------------------------------|
| <p>ALL CLOTHES & SHOES BUY ONE GET ONE FREE</p> <p><i>Of equal to, or lesser value.</i></p> | 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



| 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 Décor | 10% OFF Side Tables | 10% OFF Dressers | 10% OFF Framed Artwork | 10% OFF Chairs | |
| | All Books Buy One Get One! | | All Media Buy One Get One! | 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

Edmonds Senior Center Thrift Store
Showroom

DONATE YOUR MEDIA

120 W. Dayton ST.
Edmonds WA, 98020

Tuesday - Saturday
11:00am to 6:00pm
(425) - 245 - 7902

Showroom Now Accepts:

- Records, CDs, Cassette Tapes,
- Movies - DVD, VHS, Blu-Ray, Etc.
- Musical Instruments
- Stereo Equipment - Speakers, Receivers, Turntables, Tape Players, Etc.
- Other Electronics

All in good working condition please!



2026 BOARD OF DIRECTORS

BOARD OF DIRECTORS MEETINGS

Thu, May 28, June 25 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

SPECIAL ANNOUNCEMENTS

VOLUNTEER HIGHLIGHT!



"Claudia is truly one of a kind!"

Claudia began volunteering with us when we were the Edmonds Senior Center and was among the first to continue through our transition to the Edmonds Waterfront Center. She brings a wealth of knowledge, a big heart, and a deep dedication to this community.

For the past three years, she has supported the Foot Care Clinic, scheduling over 600 patients and greeting many by name. She also volunteers at the Reception desk.

Claudia shared that while she lives alone, she looks forward to her days at EWC. "It's more than a building, it's a big part of my community." Her kindness and commitment make her an invaluable part of our team.

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

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 -
Tabatha Shoemake, Chair

MEMBERSHIP - Brook Roberts, Chair

PROGRAMS, RESEARCH, & EVALUATION -
Alison Alfonzo Pence, Chair

STRATEGIC PLANNING -
Doug Purcell, Chair

OPIOIDS AWARENESS—ESSENTIAL INFORMATION

Opioid Medication & Pain: What You Need to Know

If you have an injury, surgery, or major dental work, talk with your doctor about getting the most effective pain relief with the least risk.

Start with Non-Opioid Treatments

For short-term pain, non-opioid options often work just as well without the dangers.

- Over-the-counter pain relievers (ibuprofen, acetaminophen)
- Physical therapy and exercise
- Professional help for coping with emotional effects of pain

What Are Opioids?

Opioids (like Vicodin, Percocet, OxyContin) are strong medications for severe pain, but they are powerful and can be deadly. All have serious risks, including addiction and overdose.

Commonly prescribed opioids:

Codeine, Dilaudid, Fentanyl, Hydrocodone (Vicodin), Hydromorphone, Methadone, Meperidine, Morphine, MS Contin, Oxycodone (Opana), Oxycodone (OxyContin), Percocet.

If You Are Prescribed an Opioid:

- It should be for a 3- to 7-day supply only (often as few as 10 pills).
- Take the lowest dose for the shortest time needed.

FUNDRAISING CIRCLE



A special thanks to our sponsors and supporters who attended our *EWC Live Your Best Life Luncheon*, with keynote speaker, Ken Stern, author of *“Health to 100 – How Strong Social Ties Lead To a Long Life”* on March 26. The event raised \$143,000 in support of EWC programs.

Corporate Sponsors: Rosewood Courte, Reys & Bodero Family Trust, Edmonds Landing, Edmonds Village, Sunrise Senior Living, DME CPA Group, Terry Vehrs, KeyBank, Corient, Jessen Architects, Brown Bear Car Wash, and Best Western Plus. **In Kind sponsors:** Shooby Doo Catering, Branding Iron, My Neighborhood New Group and Daisy & Wish.

Current Needs

- Senior Lunch Program – we served 12,575 meals last year to seniors needing extra help. The demand is increasing. Our costs to provide the meals exceed the revenue by nearly \$70,000. Support for this signature program helps us close the gap.
- Scholarship Fund – We never want cost to be a barrier for people participating in our programs. Upon request we provide up to \$150 in scholarships for an individual to help with membership programs or trips. Our goal is to maintain a \$5K fund.
- Bus Replacement – our smaller bus needs to be replaced. A new bus would help us transport our hiking group to trailheads and participants for field trips. We have raised \$62K toward our \$100k goal.

Legacy Circle – ensuring the EWC continues to thrive for generations

“I had a rewarding career in academia as a researcher in health and nutrition. Now in my retirement, I was drawn to the EWC for two reasons - because of the dynamic and innovative approach to helping people age well, and because of their commitment to measuring the impact of their programs. I am now on the Board of Directors.

I was delighted to learn about the EWC Legacy Circle, where I could commit funds from my estate to help ensure this important work continues for generations. It was easy. I simply provided the necessary information to my financial advisor which she formalized for me. It gives me peace of mind knowing I am doing my small part in ensuring a healthy future for this important organization.”



Rosemary Wander, Legacy Circle Member

The Legacy Circle is an association of friends and supporters of the EWC. Members are committed to ensuring the dynamic EWC programs and activities will thrive for generations to come, by including the EWC in their estate plans. Legacy circle giving may include a will, a charitable gift annuity, a trust or, life insurance policy.

Have you checked every box for your retirement roadmap? If not, you won't want to miss the Thursday, June 4th, 3:00 – 4:30 pm Retirement Planning Workshop with breakouts. Listen to presentations from experts in estate planning, wills and trusts, financial planning and health planning. Free – but you must register.

If you are interested in learning more about making a gift, contact Daniel Johnson or visit our website at www.edmondswaterfrontcenter.org/donate

DAY TRIPS - SIGN UPS OPEN ON MAY 4

**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, MAY 4**

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

KARI'S BOG

Wednesday, May 20

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

Cost: \$18M/\$25NM

Short walk on gentle trails ++

Spots Available: 22

Meet at: Lake Ballinger Center

Scenic drive to Trilogy at Redmond Ridge. Easy ten-minute walk to viewing platform to observe the bog and wild birds. Ingrid Osterhaug will give history and significance of Kari's Bog. Return to Edmonds via Redmond, with stop for lunch at Dave's Hot Chicken (Cost OYO).


STARS ON ICE AT CLIMATE PLEDGE

Saturday, May 23

Depart: 5:30am; Return: 10:00pm

Cost: \$68M/\$88NM

Moderate Walking includes steps ++/+++

Spots Available: 9

Meet at: Lake Ballinger Center

U.S. Figure Skating returns from Milan with one of the most decorated American teams in Winter Olympic history - and now you can see them LIVE! Headlining this year's star-studded lineup is Olympic Champion Alysa Liu, alongside Olympic Team Gold and Ice Dance Silver Medalists Madison Chock & Evan Bates and Olympic Team Gold Medalist, two-time World Champion and "Quad god" Ilia Malinin plus many more of the nation's top skaters! Food and drink available for purchase at the venue (Cost OYO).

WHALE WATCHING WITH ISLAND ADVENTURES

Wednesday, May 27

Depart: 11:00am; Return: 6:30pm

Cost: \$109M/\$149NM

Little Walking includes Boat Ramp ++

Spots Available: 20

Meet at: Lake Ballinger Center

The calm waters near the San Juan Islands are one of the best places in the world to view wild orcas. Humpback whales, minke whales, and gray whales also call the region home. Soak in the natural beauty of the Pacific Northwest aboard the finest whale-watching vessel on the entire west coast. Experienced naturalist guides will also highlight many of the other animals and birds you will see on this 3-4 hour excursion. Food & beverage available for purchase aboard the vessel (Cost OYO).

EXQUISITE CREATURES EXHIBIT

Thursday, June 4

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

Cost: \$42M/\$62NM

Moderate Walking ++

Spots Available: 10

Meet at: Lake Ballinger Center

Challenge your perception of the natural world at this stunning bio-sculptural art exhibition. This immersive experience brings together thousands of real specimens—from exotic insects and fish to striking minerals and delicate plants—presented not as a typical museum display, but as breathtaking works of art. Marvel at vibrant mosaics and intricate geometric patterns that celebrate the dazzling colors and forms found in nature. Each piece is a testament to the artist's meticulous process and deep commitment to conservation. All specimens are ethically sourced, either reclaimed or collected through sustainable methods. It's a unique and visually stunning experience that invites you to see our planet's biodiversity with new eyes. Lunch on the Seattle Waterfront after the tour (Cost OYO).

DAY TRIPS - SIGN UPS OPEN ON MAY 4

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



OUTBACK KANGAROO FARM

Thursday, June 11

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

Cost: \$35M/\$50NM

Moderate to Lots of Walking ++/+++

Spots Available: 18

Meet at: Lake Ballinger Center

The Outback Kangaroo Farm wildlife tour features interesting and exotic animals. Ask the farm experts anything you've always wanted to know about these furry and feathered friends as you get up close and personal with the animals. You will see well cared for and friendly animals such as kangaroos, wallabies, tortoises, wallaroos, lemurs, llamas, alpacas, peacocks, Nigerian dwarf goats, mini donkeys, parrots and emus. You might even get to hold one! Lunch stop after the tour at a local restaurant (Cost OYO).



"RUMORS" AT RED CURTAIN THEATRE

Sunday, June 14

Depart: 12:45pm; Return: 4:30pm

Cost: \$35M/\$50NM

Little Walking +

Spots Available: 13

Meet at: Lake Ballinger Center

This farcical Neil Simon play involves four couples arriving at a New York townhouse for a 10th-anniversary party, only to find the host, the Deputy Mayor, has shot himself in a non-fatal incident. Desperate to avoid scandal, they concoct increasingly insane lies, leading to chaos, injuries, and hilarious miscommunications. Refreshments available for purchase at the venue (Cost OYO).

MEET THE MARKET-FOOD AND FUN TOUR AT PIKE PLACE MARKET

Sunday, June 14

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

Cost: \$35M/\$50NM

Lots of Walking +++

Spots Available: 9

Meet at: Lake Ballinger Center

Get to know Pike Place Market's history and importance to Seattle's food scene while learning how to navigate the maze of vendors on this guided tour. Explore this century-old market with a local guide who will take you to James Beard award winning vendors. Meet merchants as you sample their foods and learn about their unique offerings. From cheese to cherries, you'll taste 10 different foods that are among the best in the market along with discounts at all vendor shops visited. We will extend your visit for one hour after the tour to explore on your own or enjoy the view from the new overlook walk.



STAR-SPANGLED SPECTACULAR AT BENAROYA

Thursday, July 2

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

Cost: \$20M/\$25NM

Some Walking +/++

Spots Available: 18

Meet at: Lake Ballinger Center

Performed by the Seattle Wind Symphony & Chorus, this annual "Birthday Celebration for America" is a free community event featuring patriotic classics and contemporary American compositions. Refreshments available for purchase at the venue.



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

EWC TRAVEL CLUB

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

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

Edmonds Waterfront Center Travel Club presents...

Southern Charm

April 5 – 11, 2027



Book Now
& Save
\$200
Per Person

For more information contact
Michelle Neu 425-954-2520

Michelle.Neu@EdmondsWaterfrontCenter.org

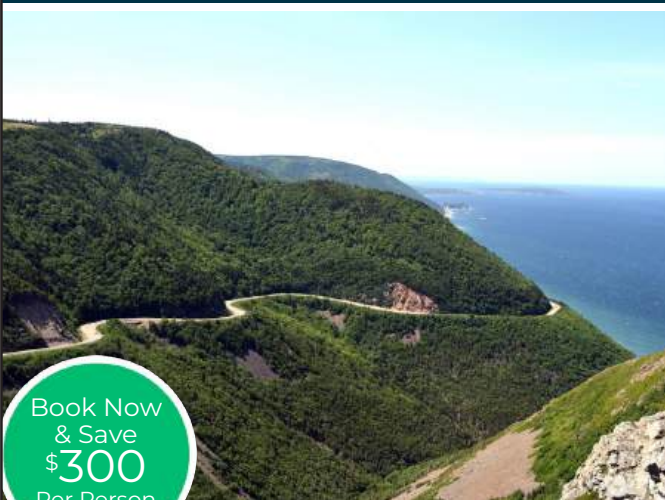
collette

BOOK BY OCTOBER 5, 2026 FOR THE BEST RATES!
Visit <https://groups.gocollette.com/en-US/link/1383419>

Edmonds Waterfront Center Travel Club presents...

Discover Canadian Maritimes and Coastal Wonders

September 3 – 13, 2027



Book Now
& Save
\$300
Per Person

For more information contact
Michelle Neu 425-954-2520

Michelle.Neu@EdmondsWaterfrontCenter.org

collette

BOOK BY MARCH 3, 2027 FOR THE BEST RATES!
visit <https://groups.gocollette.com/en-US/link/1383766>

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 MAY 4

**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 - ROSARIO HD/LIGHTHOUSE PT (DECEPTION PASS)

Thu, May 14 | Depart: 8:00am.

Difficulty: Medium. 5 Miles Round Trip

Elevation Gain: 1000 ft.

HIKE - EBEBY'S LANDING (COUPEVILLE WHIBEY ISLAND)

Thu, May 28 | Depart: 7:00am.

Difficulty: Medium. 6 Miles Round Trip

Elevation Gain: 260 ft.

HIKE - NORTHERN STATE GHOST TOWN (SEDRO WOOLLEY)

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

Difficulty: Medium. 5 Miles Round Trip

Elevation Gain: 50 ft.

HIKE - PADILLA BAY (ANACORTES)

Thu, June 25 | Depart: 8:00am.

Difficulty: Easy. 5 Miles Round Trip

Elevation Gain: 0 ft.

Ready for a New Beginning?

WE HELP YOU FIND CALM IN THE PROCESS



There comes a moment when you start to wonder what your next chapter might look like. Maybe you're curious. Maybe you're uncertain. Maybe you just want to understand your options without feeling any pressure. We understand how personal this decision is. Your home carries stories, routines, and decades of meaning. Our role is to honor all of that while helping you look ahead with confidence.

We take the time to listen, to understand what matters most to you, and to guide you with patience and a steady hand. Edmonds seniors trust us because we never rush, never push we simply walk with you until the path feels clear.

CARE AND EXPERTISE YOU CAN COUNT ON

- Guidance that honors your memories and comfort
- Clear steps to help you understand your best options
- A steady companion throughout your journey
- Practical support through each stage of the moving process

*Let's start with a simple conversation.
Call anytime you're ready.*



Terry Vehrs

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

Windermere Real Estate/M2 LLC

EWC WORKSHOPS - sign-ups for all workshops open on MAY 1

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, May 13, 27, Jun 10, 24; 6:00pm-8:00pm

Thursday, May 7, 21, Jun 4, 18; 1:30pm-3:00pm

Facilitators: SHIBA Volunteers

Pre-Registration required: Call 425.290.1276

or email shibasnohomish@gmail.com

For additional information visit the SHIBA page on our website:

www.edmondswaterfrontcenter.org

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

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

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

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

FLAVORS OF THE MIDDLE EAST - LEBANESE COOKING DEMO

Friday, May 15, 1:00pm-3:00pm

Location: Multipurpose Room 1 & 2

Cost: None

Facilitator: Haifa Fakh Alhussieni - Owner Cafe Louvre

Register: Opens May 1; Online/Phone/2nd Floor Reception

Explore the rich flavors of Middle Eastern cuisine with local café owner Haifa Fakh Alhussieni of Café Louvre. With over a decade in Edmonds, Haifa guides participants through classic dishes: **Spinach Pie, Baba Ghanoush, and Okra and Beef Stew with Rice.**

5 LITTLE KNOWN SECRETS TO MAKING DEMENTIA CAREGIVING EASIER

Tuesday, May 19, 1:00pm-3:00pm

Location: Community Room B

Cost: \$25 member | \$30 non-member

Facilitator: Tracy Cram Perkins

Register: Opens May 1; Online/Phone/2nd Floor Reception

Join Tracy to learn skills to cope with repetitive questions, hallucinations, bathing issues, wandering, sundowning and more, including inexpensive fixes found at hardware or office supply stores. Students can expect to learn practical tips and skills to use their loved ones.

EMPOWERING YOU AGAINST FRAUD: PRACTICAL SKILLS FOR DIGITAL SECURITY WORKSHOP

Thursday, May 21, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Peggy Lawrence - Fraud and Security Officer (1st Security Bank), Justin Gordon - Cyber Security (1st Security Bank)

Register: Opens May 1; Online/Phone/2nd Floor Reception

Fraud attempts are increasing every day. Join this expert-led seminar to learn how to protect yourself, your family, and your financial assets from scams and cybercrime. Topics include common fraud tactics, cybersecurity best practices, and practical steps to secure your financial information. Led by industry professionals Peggy and Justin, who bring over 25 years of combined experience in banking, fraud prevention, and cybersecurity, including partnerships with local law enforcement and community education.



AROUND THE TABLE: CELEBRATING AANHPI HERITAGE MONTH COOKING DEMO

Friday, May 22, 1:00pm-3:00pm

Location: Multipurpose Room 1 & 2

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

Facilitators: Nutrition with Heart

Register: Opens May 1; Online/Phone/2nd Floor Reception

Enjoy a vibrant afternoon celebrating Asian American, Native Hawaiian, and Pacific Islander Heritage Month through cooking, culture, and connection. Registered Dietitians from Nutrition with Heart will lead a hands-on cooking demo featuring a colorful three-course menu inspired by AANHPI cuisines, using an anti-inflammatory approach to eating. Together, we'll prepare a delicious starter, a satisfying main dish, and a refreshing fruit-forward dish, all thoughtfully created using our signature anti-inflammatory approach to eating.

EWC TRAVEL - LEARN ABOUT UPCOMING TOURS WITH COLLETTE

Tuesday, May 26, 10:00am-11:30pm

Location: Community Room B

Cost: None

Register: Opens May 1; 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.

GRIEF AND COPING STRATEGIES WORKSHOP

Tuesday, May 26, 12:00pm-1:30pm

Location: Community Room B

Cost: None

Facilitators: Krissie Dillin - Homage Senior Services

Register: Opens May 1; Online/Phone/2nd Floor Reception

Homage Senior Services invites you to a Grief and Coping Strategies Workshop created especially for seniors. This welcoming session features a 60-minute presentation and group discussion that encourages conversation, shared experiences, and a supportive, group-style atmosphere. Participants will then have the opportunity to work on a relaxing craft project, offering a creative and calming way to connect.

EWC WORKSHOPS - sign-ups for all workshops open on MAY 1

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

BONE HEALTH ESSENTIALS: MANAGING LOW BONE DENSITY

Friday, May 29, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Elaine Henderson, RN

Register: Opens May 1; Online/Phone/2nd Floor Reception

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



COPING SKILLS FOR PEOPLE WITH HEARING LOSS

Thursday, June 4

Session 1 - 12:30pm-2:00pm | Session 2 - 2:30pm-4:00pm

Location: Community Room B

Cost: None

Facilitators: Dean Olson

Register: Opens May 1; Online/Phone/2nd Floor Reception

Designed for individuals experiencing hearing loss, as well as family members, friends, students, professionals, and customer service workers interested in improving communication skills. Participants will learn practical coping strategies and communication skills for those who are hard of hearing, along with effective techniques for anyone looking to better communicate with individuals experiencing hearing loss. **Please bring a notepad, hearing instruments, and any assistive listening devices.**
Note: Registration is separate for each session

MEDICATION SAFETY: A FRIENDLY GUIDE TO STAYING SAFE

Tuesday, June 16, 12:00pm-2:00pm

Location: Community Room B

Cost: None

Facilitators: Danika Hollefreund - Homage Senior Services

Register: Opens May 1; Online/Phone/2nd Floor Reception

Join us for an informative discussion on medication safety, with a focus on common prescriptions for older adults, the safe use of opioids and over-the-counter medications, and proper storage and disposal of unused medications. The session will also cover local drug take-back locations in Snohomish County and offer practical tips to help you get the best results from your medications.

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

Tuesday, June 23, 1:00pm-3:00pm

Location: Community Room B

Cost: None

Facilitators: Wall Law Group

Register: Opens May 1; Online/Phone/2nd Floor Reception

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

TIRED OF BORING MEAL PREP? LET US SHOW YOU HOW TWO PROTEINS BECOME FOUR DELICIOUS DISHES!

Friday, June 5, 1:00pm-3:00pm

Location: Multipurpose Room 1 & 2

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

Facilitators: Amelia Wood

Register: Opens May 1; Online/Phone/2nd Floor Reception

Overwhelmed with boring meal prep? Fear no more! In this cooking demo, we will show you how to use only two proteins but end up with four different flavored dishes! Ideal for people who crave variety and metabolically healthy choices, you will also be able to taste all four dishes and take the recipes home with you.

WHOLE PERSON APPROACHES TO MANAGING CHRONIC PAIN & INFLAMMATION

Tuesday, June 30, 1:00pm-3:00pm

Location: Community Room B

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

Facilitators: Inside Health Institute

Register: Opens May 1; Online/Phone/2nd Floor Reception

Take a holistic approach to managing chronic pain and inflammation through nutrition, lifestyle changes, and emotional well-being. This workshop explores the root causes of inflammation, including the impact of diet, stress, and daily habits, while introducing practical tools such as anti-inflammatory foods, simple therapies, and mindfulness techniques. Participants will also engage in guided discussion to build connection and shared understanding. Participants will leave with practical strategies to manage pain and feel more empowered in their daily lives.

STEPS TOWARD A HEALTHY & INDEPENDENT LIFE, 6 STEPS TO PREVENT A FALL

Tuesday, June 9, 1:00pm-2:00pm

Location: Community Room B

Cost: None

Facilitators: Stephanie Kunold, MS, MA

Register: Opens May 1; 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.

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, May 12 & Jun 9; 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, May 11

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

The Foot Care Clinic is Made Possible through Generous Support from Verdant Health Commission

FOOT CARE CLINIC

1st & 2nd Wednesday/Thursday

May 6, 7, 13, 14, Jun 3, 4, 10, 11

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

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

HOMAGE COUNSELING

2nd, 3rd & 4th Wednesday, May 13, 20, & 27, Jun 10, 17, & 24

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

Does not meet May 25

Mondays, 9:00am-12:00pm

Location: Clinic Room

Cost: \$20M/\$20NM

Facilitators: Inside Health Institute

Register: Call 425-256-2125

Each visit is \$20 (paid to EWC), waived in cases of hardship. Counselors provide a whole-person approach integrating mind, body, and environment—combining trauma-informed counseling with naturopathic wellness to support emotional balance, and physical vitality.

NOURISH & THRIVE: YOUR PERSONALIZED NUTRITION SESSION

3rd Friday, May 15

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, May 26; 9:30am-3:30pm

Monday, June 29; 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.



EDMONDS VILLAGE

A STELLAR LIVING COMMUNITY

New Spaces, Fresh Energy, Better Living

Now open – we’re ready to help you feel right at home.

Edmonds Village Senior Living stands ready to serve seniors with new management, outstanding accommodations and upscale amenities. Come embrace our resort-style lifestyle and live the life you’ve always wanted.

**Call to learn more and review our floor plans:
425-552-2099**

21200 72nd Ave. W. | Edmonds, WA 98026
Independent Living
STELLARLIVING.COM/EDMONDS



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; June 23 & 24

9:00am-1:00pm (2 days/8 hours total)

Room: Community Room A

Instructor: Tom Curley

Cost: \$20 AARP member | \$25 non AARP member pay instructor day of class (cash or check)

Register: Online/Phone/2nd Floor Reception

Registration Opens: May 15

Refresh your driving skills and receive a discount on your car insurance. Must attend entire two-day session for credit. Pay instructor. Must bring AARP member card to get discount.

NEW! AI AND TECHNOLOGY DISCUSSION

Monday, May 18 | 1:00pm-3:00pm

Room: Community Room B

Instructor: Alexander Yu, Computer Engineering Student at UW

Cost: None

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15

The goal of this discussion is to allow participants to feel more informed and confident with AI and the use of AI Technology.

During this discussion you will learn:

- What AI actually is and its different forms
- How AI can help you in everyday life, and where it's already quietly helping you
- What are potential dangers and things to be wary of (scams, misinformation, privacy)
- Demystifying AI so it feels approachable rather than intimidating

CURRENT EVENTS DISCUSSION GROUP

Wednesdays

Morning Session | 10:00am-12:00pm

Afternoon Session | 12:30pm-2:00pm

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

Does not meet May 25

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.

NEW! EDMONDS WRITERS GROUP

Tuesdays | 12:30pm-3:00pm

Room: Multipurpose Room 4

Instructor: Andre Agnew

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May classes, May 15 for June classes

Open to anyone who wants to write. Dedicated time to focus on writing. Bring any current project you are working on. Supportive community of writers for sharing and receiving feedback.

FRIENDSHIP QUILTERS

Wednesdays | 9:30am-12:30pm

Room: Multipurpose Room 4

Facilitators: Judy Salinas & Margie Adelman

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

Register: In person with Instructor; drop in ok Bring your own project or work on the group project. Open to new members.

GERMAN CLUB

Does not meet Jun 18-Sep 3

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.

HANDMADE GREETING CARDS - PERSONAL KEEPSAKES

Friday, June 5 | 1:00pm-3:00pm

Room: Multipurpose Room 4

Instructor: Nicola Davies, Create Next Steps

Class Limit: 16 students

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: May 15

Handmade greeting cards are unique and personal keepsakes for the person you send them to. Customize the designs and create one-of-a-kind treasures. Join us for a fun afternoon of creativity. All materials are provided and no "artistic experience" is required. Let's play!

INTERGENERATIONAL BOOK GROUP

Thursday | 1:30pm-3:00pm

Facilitator: Elaine Sonntag-Johnson

Location: Online via Zoom

Cost: None

Register: Online/Phone/2nd Floor Reception

May 28 - Book Title: "Something in the Water" by Catherine Steadman

Jun 25 - Book Title: "In Five Years" by Rebecca Searle



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

NO FEAR DRAWING

Wednesdays | 10:30am-12:30pm

Jul 8 - Aug 15 (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: Jun 15

Class Limit: 15 students

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

ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

NO FEAR PORTRAITS

Thursdays | 1:30pm-3:30pm

Jul 9 - Aug 16 (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: Jun 15

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)

Fridays | 10:30am-12:30pm

Jul 10 - Aug 17 (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: Jun 15

Class Limit: 15 students

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

NO FEAR WATERCOLOR (INTERMEDIATE LEVEL)

Thursdays | 10:30am-12:30pm

Jul 9 - Aug 16 (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: Jun 15

Class Limit: 15 students

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

ROLLING CRONE SINGERS

Does not meet May 21-Sep 7

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 June 19, July 3-Aug 28

Fridays | 1:00pm-3:00pm

Room: Community Room B

Facilitators: Margaret Elwood & Patsy Simon

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

Register: In Class with Instructor

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

SENIOR SWINGERS ORCHESTRA

Does not meet May 21-Sep 3

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.

TECH HELP 1-ON-1

1st & 3rd Wednesdays

May 6, 20, Jun 3, 17 | 9:00am-12:00pm

Room: Community Room A

Facilitators: Rob Scarr

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May appointments, May 15 for Jun 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.

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.

Another successful community breakfast



Spring has arrived at the Waterfront!

DANCE & EVENING - CLASSES & PROGRAMS

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

ACOUSTIC GUITAR GROUP

Does not meet May 25

Mondays | 4:00pm-6:00pm

Room: Multipurpose Room 3

Facilitators: Gary Larson, Annie & Jack Roy-Feczko, Robert Brooks

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May classes, May 15 for June 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.

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.

NEW! EVENING ART CLASSES

Thursdays | 4:00pm-6:00pm

Room: Multipurpose Room 3

Instructor: Nataliya Zigelboym

Cost Per Class: \$40 member | \$55 non-member

Register: Online/Phone/2nd Floor Reception;

Register for each class separately

Registration Opens: Apr 15 for May classes, May 15 for Jun classes

Class Limit: 20 students

Notes: 48 hour cancellation notice required for refunds/credits. All materials are provided. No experience needed.

May 5: Tulip Fields of Skagit Valley Landscape Mini Watercolor

Join a relaxing, beginner-friendly watercolor workshop where you'll paint a miniature tulip field landscape. Learn basics like composition, color theory, washes, blending, and brush control with step-by-step guidance.

May 21 - Landscapes of the Pacific Northwest Mini Watercolor

Join a relaxing, beginner-friendly watercolor workshop where you'll paint a miniature Pacific Northwest landscape. Follow step-by-step guidance while learning composition, color theory, and essential techniques like washes and blending.

May 28 - "Salmon" Paper Cut Salish Renaissance Inspired Art Class

Create your own salmon-inspired paper cut in this beginner-friendly class influenced by Salish Renaissance art. Learn simple cutting, layering, and design techniques with step-by-step guidance.

Jun 4 - "Old Town" One-Point Perspective Pen & Ink Drawing Class

Join a hands-on, beginner-friendly class where you'll draw a charming old town street using one-point perspective. With step-by-step instruction, you'll learn how to create depth, structure, and detail using pencil and black pen.

Jun 11 - "Optical Illusions" Pen & Ink Drawing Class

Explore the fascinating world of optical illusions in this hands-on, beginner-friendly class inspired by M. C. Escher. Learn to create eye-catching 3D effects on flat paper through step-by-step instruction and guided practice.

Jun 11 - "Abstract Landscape" Acrylic on Canvas

Create a bold and expressive abstract landscape in this hands-on, beginner-friendly acrylic painting class. Using unconventional tools beyond traditional brushes, you'll explore texture, color, and movement to build a unique composition.

EVENING YOGA

Thursdays | 6:30-7:45pm

Room: Multipurpose Room 1 & 2

Instructor: Kerry Brockman

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May classes,

May 15 for June 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.**

GOOD WORK WRITING GROUP

Wednesdays | 4:30pm-5:30pm

May 6 - Jun 24 (8 classes)

Room: Online with Zoom

Facilitator: Arielle 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).

JAZZERCISE DANCE FITNESS & STRENGTH TRAINING (ALL LEVELS)

Does not meet May 25

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

Room: Multipurpose Room 1&2

Instructor: Amy Williams-Derry

Cost: \$94 member (recurring)

\$104 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.

NEW! KNIT (K)NOW

Tuesdays | 3:30-5:00pm

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

Room: Multipurpose Room 3

Instructor: Marie Gallaher

Class Limit: 12 students

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May classes,

May 15 for Jun classes; No Drop In

Discover or rediscover the pleasure and satisfaction of making something from scratch. If you are new to knitting, we can set you up with yarn and needles for your first project. If you are rediscovering or simply want to knit in a fun social environment, bring along a project and join us! This group is open to people of all ages.

LINE DANCING (BEGINNER)

Does not meet Jun 19

Wednesdays | 4:15pm-5:15pm

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

Fridays | 1:15pm-2:15pm

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

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

Room: Multipurpose Room 3

Instructor: Marie Gallaher

Class Limit: 12 students

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May classes,

May 15 for Jun classes; No Drop In

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



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DANCE & EVENING - CLASSES & PROGRAMS

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

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

LINE DANCING (EVENING BEGINNER+)

Tuesdays | 6:00pm-7:00pm

Room: Multipurpose Room 1 & 2

Instructor: Marie Gallaher

Class Limit: 30 students

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May

classes, May 15 for Jun classes; No Drop In
Work on your agility and have fun by learning
easy line dances designed for seniors.

LINE DANCING (INTERMEDIATE)

Fridays | 2:30pm-3:30pm

Room: Multipurpose Room 3

Instructor: Marie Gallaher

Class Limit: 12 students

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May

classes, May 15 for Jun classes; No Drop In
Have fun learning more challenging steps.

CRYSTAL SOUND BATH

Monday, Jun 8 | 6:30pm-7:30pm

Room: Multipurpose Room 3

Instructor: Savannah Powers, Ethereal Health & Wellness

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: May 15

A deeply transformative experience, offering a powerful way to relax, heal, and realign. Whether you're seeking emotional release, mental clarity, or physical relaxation, the crystal bowls and their resonant tones help facilitate a profound journey of self-care and healing.

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.

STRUM

Does not meet Jun 3-Aug 26

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.

NEW! WHEAT HEART STRAW ORNAMENT MAKING CLASS

Two classes - May 5 & Jun 9

Tuesday | 6:00pm-8:00pm

Room: Multipurpose Room 3

Instructor: Kseniia Koshykova

Cost Per Class: \$40 member | \$55 non-member

Registration Opens: Apr 15 for May session, May 15 for Jun session

Register: Online/Phone/2nd Floor Reception
Beginning Discover the rich history and cultural significance of Ukrainian straw weaving, a tradition that has been passed down through generations. In this engaging and hands-on wheat straw ornament workshop, you'll learn the art of plaiting to craft personalized decorations-perfect for gifting or adding a rustic touch to your own space.

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



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

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EXERCISE & MOVEMENT - CLASSES & PROGRAMS

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

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

AGELESS STRENGTH: BALANCE, FLEXIBILITY & POWER

Does not meet May 25

Mondays | 9:30am-10:15am

Room: Multipurpose Room 1 & 2

Instructor: Pat Belasco

May Cost: \$33.75 member | \$41.25 non-member

June Cost: \$56.25 member | \$68.75 non-member

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May classes, May 15 for Jun 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 May 25, Jun 19

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: Apr 15 for May classes, May 15 for Jun 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.

FOREVER FIT

Does not meet Jun 19

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: Apr 15 for May classes, May 15 for Jun 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.

Note starting July in-person classes will increase to \$45 M/\$55NM

FUNCTIONAL FITNESS

Does not meet Jun 19

Wednesday/Friday | 9:45am-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: Apr 15 for May classes, May 15 for Jun classes

Come get active and join the fun in a lively, upbeat 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.

Note starting July in-person classes will increase to \$45 M/\$55NM

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

Does not meet May 25

Mondays | 10:45am-11:30am

Room: Multipurpose Room 1 & 2

Instructor: Pat Belasco

May Cost: \$33.75 member | \$41.25 non-member

June Cost: \$56.25 member | \$68.75 non-member

Registration Opens: Apr 15 for May classes, May 15 for Jun 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: Apr 15 for May classes, May 15 for Jun classes; drop in ok.

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

IMPROVING MOVEMENT WITH THE FELDENKRAIS METHOD - GROUP SERIES

Wednesdays | 2:30pm-3:30pm

Location: Multipurpose Room 4

Monthly Cost: \$60 for members

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

Facilitator: Peggy Potz

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May classes, May 15 for Jun 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.

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!

EXERCISE & MOVEMENT - CLASSES & PROGRAMS

GAMES

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

PRENATAL YOGA

Does not meet May 25, Jun 19

**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: Apr 15 for May

classes, May 15 for Jun 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

Tuesdays | 11:30am-12:30am

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

Jun Cost: \$56.25 member | \$68.75 non-member

Thursdays | 11:00am-12:00pm

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

Room: Multipurpose Room 1&2

Facilitator: Frank Mateo

Register: Online/Phone/2nd Floor Reception

Registration Opens: Apr 15 for May

classes, May 15 for Jun 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**

Does not meet May 25

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.



This ping-pong
duel is
heating up!

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 ***

May 18, Jun 29

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

BRIDGE - PARTY

Tuesdays | 9:00am-11:45am

Room: Multipurpose Room 4

Cost: \$1 member | \$2 non-member

Looking For More Players! Partners not necessary but knowledge of how to play is required. Pay when you play.

MAH JONGG - AMERICAN

Tuesdays | 12:15pm-3:30pm

Room: Multipurpose Room 3

Facilitator: Maureen Martin & Jani Sharp

Cost: \$1 member | \$2 non-member

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

MAH JONGG - CHINESE

1st & 3rd Wednesday; May 6, 20, Jun 3, 17

1:00pm-3:30pm

Room: Multipurpose Room 3

Facilitator: Merrie Emmons

Cost: \$1 member | \$2 non-member

Pay when you play. Walk in ok. New players & all skill levels welcome.

PING PONG (TABLE TENNIS)

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

Room: Game Room

Friday | 12:00pm-3:30pm

Room: The Studio (3 tables)

Cost: \$1 member | \$2 non-member

Pay when you play. Sign in at 2nd floor reception and to check out equipment.

PINOCHLE

Tuesdays | 8:30am-12:00pm

Room: Multipurpose Room 3

Facilitator: Mel Marshel

Cost: \$1 member | \$2 non-member

Pay when you play.

POOL/BILLIARDS

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

Room: Game Room

Cost: \$1 member | \$2 non-member

Pay when you play. Sign in at 2nd floor reception and to check out equipment.



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RESOURCES & SUPPORT

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

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

ALZHEIMER'S CAREGIVER SUPPORT GROUP

2nd Tuesday, May 12, June 9
- 5:30pm-6:30pm
2nd Wednesday, May 13, Jun 10
- 2:00pm-3:30pm
4th Wednesday, May 27, Jun 24
- 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, May 21, Jun 18
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, May 6, 20, Jun 3, 17
11:00am-2:00pm

Room: Community Lounge
Cost: None

Facilitator: Sno-Isle Library (Edmonds)

Register: None required; Drop in ok

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

FINANCIAL SERVICES

2nd Monday, May 11, Jun 8
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, May 12, Jun 9
2:00pm-3:30pm

Room: Community Room A

Cost: None (coffee available for purchase)

Register: Please call ahead 800.272.3900

At a Memory 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.

MOTHER'S VILLAGE GATHERING

Friday, May 8
12:30pm-3:30pm

Room: Multipurpose Room 1 & 2

Facilitator: Colette Crawford & Nisreen Azar
Cost: None

Register: Please email Colette at colette@seattleholisticcenter.com

Gather in a circle of care to nurture, support, and uplift pregnant women and mothers. This welcoming space includes a shared vegetarian meal, meditation, and meaningful conversation, fostering connection and deep

listening. Participants will build confidence, trust their intuition, and gain a sense of belonging while being supported in their personal journey.

MUSIC WELLNESS AND CONNECTION FOR SENIORS

On hiatus until further notice

LEGAL ADVISOR

No appointments May 25

4th Monday, June 22

1:00pm-4:00pm

Room: Clinic Office

Facilitator: Snohomish County Legal Svcs

Cost: None

Register: Phone/2nd Floor Reception

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

PRESCRIPTION DRUG ASSISTANCE NETWORK (PDAN)

2nd & 4th Friday, May 8, 22, Jun 12, 26
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

Does not meet May 15 - Sep 11

Fridays | 1:00pm-2:30pm

Room: Multipurpose Room 1 & 2

Instructor: Mary Davis, MSN, FNP

Cost: None

Register: Not Required; Drop-in ok.

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*Last ½ hour optional Mindful Meditation



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4015 164th St SW, Lynnwood

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ART AT THE EWC

ART NEWS



Part Townsend Tea, Anna Sterner

GALLERY 1

Currently Showing
April to June, 2026
ArtWorks Artists
A group of local artists

GALLERY 1

July to September, 2026
to be announced

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



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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? (Check <u>only two</u>) <input type="checkbox"/> Arts/Crafts/Music <input type="checkbox"/> Meals <input type="checkbox"/> Education/Information <input type="checkbox"/> Travel/Trips <input type="checkbox"/> Health/Wellness <input type="checkbox"/> Social Connections <input type="checkbox"/> Volunteering <input type="checkbox"/> Other, specify: _____ | 6. What are your top two interests at EWC? (Check <u>only two</u>) <input type="checkbox"/> Arts/Crafts/Music <input type="checkbox"/> Meals <input type="checkbox"/> Education/Information <input type="checkbox"/> Travel/Trips <input type="checkbox"/> Health/Wellness <input type="checkbox"/> Social Connections <input type="checkbox"/> Volunteer Opportunities <input type="checkbox"/> Other, specify: _____ |
| 7. What is your <u>highest</u> level of formal education? <input type="checkbox"/> Postgraduate work/degree <input type="checkbox"/> 4-year college graduate <input type="checkbox"/> Some college/technical training <input type="checkbox"/> High school grad/GED <input type="checkbox"/> Did not complete high school | 7. What is your <u>highest</u> level of formal education? <input type="checkbox"/> Postgraduate work/degree <input type="checkbox"/> 4-year college graduate <input type="checkbox"/> Some college/technical training <input type="checkbox"/> High school grad/GED <input type="checkbox"/> Did not complete high school |
| 8. How many children under 18 years old live in your household? _____ (if none, enter zero) | |
| 9. During the past 12 months, what was your approximate <u>total household</u> income from all sources? <input type="checkbox"/> Less than \$20,000 <input type="checkbox"/> \$25,000 - \$34,999 <input type="checkbox"/> \$45,000 - \$54,999 <input type="checkbox"/> \$75,000 and over <input type="checkbox"/> \$20,000 - \$24,999 <input type="checkbox"/> \$35,000 - \$44,999 <input type="checkbox"/> \$55,000 - \$74,999 | |

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

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

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

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

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

In Memory of
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Ingrid Osterhaug



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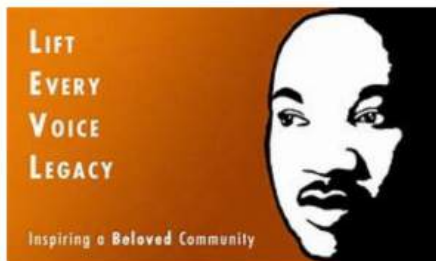
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