



# 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



**Daniel Johnson, MSW**

Edmonds Waterfront Center CEO





## STAFF

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### EVENTS & RENTALS:

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www.edmondswaterfrontevents.com

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

Facilities Assistants

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Thrift Store Assistant Managers

**Tracy Nyland**

Thrift Store Showroom Assistant Manager

**Dannika Burke • Dominic Sharp**

Thrift Store Donation Attendants

### VOLUNTEERING & INFORMATION:

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**Volunteer Inquiries**

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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.

*Looking for Sponsor! Contact Michelle Neu*

### **SPECIAL HOLIDAY LUNCHES**

**Mother's Day | Friday, May 8**

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

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



The Edmonds Senior Thrift Store is looking for volunteers!

Drop by the store or give us a call at 425.977.0411





THRIFT STORE SHOWROOM NOW OPEN!



Edmonds Senior Center Thrift Store

# Showroom



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CLOSED</b>	<b>10% OFF Bookcases</b>	<b>10% OFF Lamps</b>	<b>10% OFF Mirrors</b>	<b>10% OFF Desks</b>	<b>10% OFF Rugs</b>	<b>CLOSED</b>
	<b>10% OFF Décor</b>	<b>10% OFF Side Tables</b>	<b>10% OFF Dressers</b>	<b>10% OFF Framed Artwork</b>	<b>10% OFF Chairs</b>	
	<b>All Books Buy One Get One!</b>		<b>All Media Buy One Get One!</b>	<b>10% OFF Couches</b>	<b>10% OFF Hutches</b>	

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

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

(425) 245 - 7902

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

Edmonds Senior Center Thrift Store  
**Showroom**

**120 W. Dayton ST.**  
**Edmonds WA, 98020**

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

**DONATE YOUR MEDIA**

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](mailto: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](http://www.edmondswaterfrontcenter.org/donate)

**DAY TRIPS - SIGN UPS OPEN ON MAY 4**

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

**SIGN-UPS OPEN ON  
MONDAY, 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: 5:30pm; 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](http://www.schedulesplus.com/edmonds)  
CALL 425.774.5555 or visit the 2<sup>nd</sup> 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**

Thursday, June 25

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

Cost: \$75M/\$100NM

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

**CALL 425.774.5555**

**or visit the 2nd floor Reception Desk**

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

**SIGN-UPS OPEN ON 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 HEAD/LIGHTHOUSE PT (DECEPTION PASS)**

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

Difficulty: Medium. 5 Miles Round Trip

Elevation Gain: 1000 ft.

**HIKE - EBAY'S LANDING (COUPEVILLE WHIDBEY ISLAND)**

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

Difficulty: Medium. 6 Miles Round Trip

Elevation Gain: 260 ft.

\*BRING MONEY/ORCA CARD; GROUP WILL WALK ON FERRY

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

**CALL 425.774.5555 or visit the 2nd floor Reception Desk**

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

### WELCOME TO MEDICARE

**Wednesday, 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](mailto:shibasnohomish@gmail.com)

For additional information visit the SHIBA page on our website:

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

All presentations are given using Zoom platform. The Welcome

to Medicare presentation will cover the following:

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

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

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

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

**CALL 425.774.5555 or visit the 2nd floor Reception Desk**

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

### 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\*

### 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.

### 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.



### 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.

### 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.

## HEALTH & WELLNESS PROGRAMS - CLINICAL

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

**CALL 425.774.5555 or visit the 2nd floor Reception Desk**

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

### ACHES & PAINS INJURY SCREEN WITH GRACE

**2nd Tuesday, 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](http://www.seattlecca.org/mammography)

**Who is Eligible for a Screening Mammogram?**

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



### FOOT CARE CLINIC

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

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



## 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](https://STELLARLIVING.COM/EDMONDS)



## ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

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

**CALL 425.774.5555 or visit the 2nd floor Reception Desk**

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

### AARP DRIVER REFRESHER

**Tuesday, Wednesday; 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](mailto:mknapp@uw.edu) before start of meeting to sign up or be added to wait list. Afternoon sessions contact Vicki Sween at [vsween4@gmail.com](mailto:vsween4@gmail.com) before start of meeting to sign up or be added to wait list.

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

### DRIFTWOOD SCULPTURE

**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**

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

**CALL 425.774.5555 or visit the 2nd floor Reception Desk**

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

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

**CALL 425.774.5555 or visit the 2nd floor Reception Desk**

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

### 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](http://Bit.ly/EdmondsJazzercise) or phone 206-225-6665

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

### NEW! KNIT (K)NOW

**Tuesdays | 3:30-5:00pm**

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

**Room:** Multipurpose Room 3

**Instructor:** Debby Grant & Sandra Roulette

**Class Limit:** 12 students

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

**Registration Opens:** Apr 15 for May

classes, May 15 for Jun classes; Drop-in OK

cost is same per month if you attend one or all

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 May 1, 6, 8, 13, 15, Jun 19**

**Wednesdays | 4:15pm-5:15pm**

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

**Fridays | 1:15pm-2:15pm**

**May Cost:** \$20 member | \$30 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.

## CLINE JEWELERS

# Jewelry & Gold Buyers

### Record Highs in Gold & Silver

Let's turn that into cash or new jewelry!

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Looking for jewelry appraisals for estate or insurance purposes?

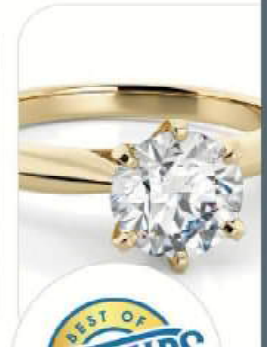
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## DANCE & EVENING - CLASSES & PROGRAMS

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

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

### LINE DANCING (EVENING BEGINNER+)

**Does not meet May 7, 14**

**Tuesdays | 6:00pm-7:00pm**

**Room:** Multipurpose Room 1 & 2

**Instructor:** Marie Gallaher

**Class Limit:** 30 students

**May Cost:** \$20 member | \$30 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)

**Does not meet May 1, 6, 8, 13, 15, Jun 19**

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

**Room:** Multipurpose Room 3

**Instructor:** Marie Gallaher

**Class Limit:** 12 students

**May Cost:** \$20 member | \$30 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.



**SUNRISE**  
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## Discover Vibrant Senior Living in Edmonds

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

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

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## EXERCISE & MOVEMENT - CLASSES & PROGRAMS

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

**CALL 425.774.5555 or visit the 2nd floor Reception Desk**

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

### AGELESS STRENGTH: BALANCE, FLEXIBILITY & POWER

**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

**Does not meet June 23, 25, & 30**

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

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

**Room:** Multipurpose Room 1 & 2

**Instructor:** Terra Lea

**May Cost:** \$50 member | \$60 non-member

**Jun Cost:** \$40 member | \$50 non-member;

sign ups monthly - 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 &amp; MOVEMENT - CLASSES &amp; PROGRAMS

## GAMES

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

**CALL 425.774.5555 or visit the 2nd floor Reception Desk**

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

**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.

**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.

**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.

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 Marshal

**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.



# RC Rosewood Courte MEMORY CARE

*Collaborative, Compassionate Care for those with memory impairments*  
*We offer long term residency as well as a complete day stay and respite program*



**Call us today to schedule a tour.**  
**425.673.2875**

425.673.2875 | 728 Edmonds Way | Edmonds WA  
[www.RosewoodCourte.com](http://www.RosewoodCourte.com)

## RESOURCES & SUPPORT

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

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

### ALZHEIMER'S CAREGIVER SUPPORT GROUP

**2nd Tuesday, 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](mailto: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.  
Simple practices to increase health and happiness as we age. A weekly group including short presentations, followed by questions and group discussion about how to implement the practices in your life.

\*Last ½ hour optional Mindful Meditation



## BUSINESS MEMBERS - Thank you for your support!

### ART/ARTISTS

#### **CASCADE SYMPHONY ORCHESTRA**

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

#### **CASCADIA ART MUSEUM**

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

### BEAUTY/HEALTH/FITNESS

#### **AMARI MASSAGE STUDIO**

www.amarimassage.studio  
(206) 550-6807  
420 5th Ave S #207, Edmonds

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

www.andersonsobelcosmetic.com  
(425) 453-9060

#### **HONEYBEE NATURAL MEDICINE**

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

#### **INTERIM HEALTH CARE**

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

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

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

#### **SIRIUS HEALING**

www.siriushealingartist.com  
(425) 866-9410  
300 Admiral Way, Suite 208, Edmonds

#### **TORRES AESTHETICS & HEALTH**

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

### COMMUNITY

#### **EDMONDS BEACON**

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

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

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

#### **MY EDMONDS NEWS**

www.myedmondsnews.com  
www.myneighborhoodnewsnetwork.com

#### **NORTHWEST NEIGHBORS NETWORK**

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

### FINANCIAL

#### **COASTAL COMMUNITY BANK**

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

#### **CORIENT**

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

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

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

#### **KEY BANK**

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

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

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

#### **RBC WEALTH MANAGEMENT**

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

#### **TWIGHT FINANCIAL EDUCATION**

www.findanafc.org/search/nX4MRg-Yammg6zAEd/  
(206) 355-8093

### FOOD & DRINK

#### **JEFF UNCORKED**

www.jeffuncorked.com  
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#### **SALISH SEA BREWING CO.**

www.salishbrewing.com  
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### LEGAL

#### **COMPASSIONATE LEGAL CARE**

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

#### **WALL GROUP LAW**

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

### REAL ESTATE

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

www.amiearmstronghomes.com  
amiearmstrong@windermere.com  
(425) 773-4381

#### **CENTURY 21 REAL ESTATE CENTER**

- GENET SOLOMON  
www.genetsolomon-realestatecenter.  
sites.c21.homes  
(206) 579-0379  
genet@genetrealstate.com

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

joan@joanlongstaff.com  
(425) 773-1274

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

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

#### **WINDERMERE REAL ESTATE**

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

#### **WINDERMERE REAL ESTATE**

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

#### **WINDERMERE REAL ESTATE**

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

### RETAIL/SERVICES

#### **ADOBE ACROBAT**

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

#### **BARBARA KINDNESS COMMUNICATIONS**

(206) 473-9416

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

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

#### **CLINE JEWELERS**

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

#### **CREATE NEXT STEPS**

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

#### **DAISY & WISH**

www.daisyandwish.com  
(206) 890-7115

#### **EDMONDS BOOKSHOP**

www.edmondsbookshop.com  
(425) 775-2789  
111 5th Ave S, Edmonds

#### **JESSEN ARCHITECTS**

www.jessenarchitects.com  
(206) 288-9119  
123 2nd Ave S Suite 230, Edmonds

#### **NEW WORLD COMMUNICATIONS**

www.newworldcom.com  
(206) 920-8067

#### **THE PRINTING CONNECTION**

www.printcnx.com  
(800) 786-5490

#### **PUGET SOUND ORGANIZERS**

www.pugetsoundorganizers.com  
(206) 999-6977

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

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

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

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

#### **THE WOODEN SPOON**

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

#### **ZENBUSINESS**

www.zenbusiness.com/washington-llc

### SENIOR SERVICES

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

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

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

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

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

www.cedarcreekedmonds.com  
(425) 678-8001  
21006 72nd Ave W, Edmonds

#### **CRISTA SENIOR LIVING**

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

#### **EDMONDS POST ACUTE**

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

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

www.cogirusa.com/communities/edmonds-landing/  
(425) 744-1181  
180 2nd Ave S, Edmonds

**BUSINESS MEMBERS - Thank you for your support!**

SENIOR SERVICES  
(CONT.)

**EDMONDS VILLAGE SENIOR LIVING**

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

**FIRST GOLDEN CARE**

www.firstgoldencare.com  
(425) 371-4723  
4618 181st PL SW, Lynnwood

**FOREVER CARE SERVICES**

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

**GREENHAVEN SENIOR CARE**

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

**HOME COMFORT CAREGIVERS**

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

**QUAIL PARK OF LYNNWOOD**

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

**ROSEWOOD COURTE MEMORY CARE**

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

**SAGE SENIOR NETWORK**

www.sageseniornetwork.com  
(206) 667-9719

**SENIORS HELPING SENIORS**

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

**SUNRISE OF EDMONDS**

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

**VINEYARD PARK MOUNTLAKE TERRACE**

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

TRANSPORTATION

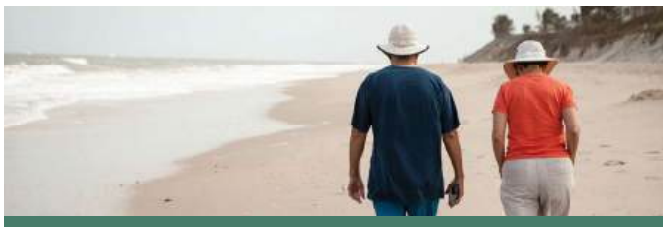
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ART AT THE EWC

ART NEWS



Port 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](mailto: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](http://www.edmondswaterfrontcenter.org)

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

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

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

### Diversity, Equity & Inclusion

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

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

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

# MEMBERSHIP FORM – For Single, Dual & Family

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

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

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

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

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

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

## DONATIONS

Please mail all donations to:  
P.O. BOX 717  
Edmonds, WA  
98020

A HEARTFELT  
THANK YOU  
TO ALL WHO  
HAVE DONATED!

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Yun Hong &  
Kay Shin

## IN MEMORIAM

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

Patsy Ethridge-Neal  
Christa Gerdes  
Nancy Heun  
Helen Jolly  
Annette Kennedy  
Ellen Kester  
David MacGregor  
Joan Maybank  
Shirl Laneville Roach  
Thomas Robinson

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

*In Memory of*  
*Don Hallum*  
Phil & Reidun Kollen  
Ingrid Osterhaug



## LAKE BALLINGER CENTER

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

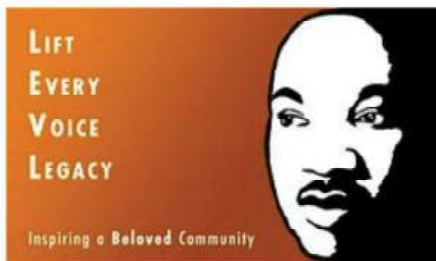
**EWC PROGRAMS ARE MADE POSSIBLE BY GENEROUS CONTRIBUTIONS FROM PEOPLE LIKE YOU!**

Please consider making a gift today. Call 425.774.5555 or Visit our website  
[WWW.EDMONDSWATERFRONTCENTER.ORG/DONATE](http://WWW.EDMONDSWATERFRONTCENTER.ORG/DONATE)

# JUNETEENTH AT THE BEACH

Save the Date June 19, 2026 11:00am - 2:00pm

Edmonds Waterfront Center - 220 Railroad Ave Edmonds, WA 98020



## CELEBRATE FREEDOM