



Sound Connection for edmonds waterfront center programs

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MESSAGE FROM OUR CEO

A Self-Fulfilling Prophecy

You have been invited to a friend’s 60th birthday party. You grab some black balloons and a funny card about having one foot on a skateboard and the other in the grave. When you arrive, you are relieved because many guests have brought gifts and cards with a similar sentiment, suggesting that after age 60 it is all downhill from there. That is ageism. It makes no sense – would you leave after the intermission of a play? The second half is when the story all comes together.

Ageism is one of the last “isms” that we accept personally and in our society. Discounting people based on a person’s age is ignorant and harmful. Ageism in the workplace affects hiring and promotion decisions and potentially being forced out of one’s job late in a career. In health settings, ageism may influence treatment decisions. People can for example, incorrectly assume older adults are too frail for more aggressive treatment options. The potential of rich intergenerational relationships is lost when people assume they have nothing in common with different generations.

Most harmful are our own opinions we hold about ageing. What is your self-talk? Is your focus on loss or adjusting to changes and building resilience? You can be your own worst enemy. If the voice inside your head is saying “I am too old for... finding love, finding joy, traveling, learning something new...” you need to slam on the brakes! By changing our frame to lifelong learning, openness to new experiences and discovery, we can remain in the driver’s seat of our life rather than just becoming a passenger.

Becca Levy, PhD, a professor of epidemiology at Yale School of Public

Health and of psychology, works to chip away at age stereotypes. In her recent book, *Breaking the Age Code: How Your Beliefs About Aging Determine How Long and Well You Live*, she shares her groundbreaking research where she has found **people with a positive outlook on aging can add an average of 8 years to their life – eight years!**

People are living longer. For the first time in history a large share of people will live close to 100, yet our “education, career, retirement” roadmap is outdated. We certainly need to understand age related change but imagine what might be possible if your mindset is one of reinvention, discovery and purpose rather than of decline.

In 2018, The Stanford Center on Longevity launched an initiative called **The New Map of Life**. The premise is that our society needs to plan for a hundred-year life from the beginning, optimizing each stage of life along the way. We need to shift our focus from life span to health span, elevating the wisdom and value of older adults and building age friendly communities. Lifelong learning will be a hallmark of this new path. We can meet the challenges and opportunities that longevity creates if we act now with a focus on maximizing human potential at every age.

If you believe something will happen -positive or negative - you will often consciously or subconsciously make it happen.



Heather Krause facilitates breakout session at EWC Retirement Planning Workshop



Daniel Johnson, MSW

Edmonds Waterfront Center CEO



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www.edmondswaterfrontevents.com

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ThriftStore@EdmondsWaterfrontCenter.org

Lynne McKinney • Ethan Pilla

Thrift Store Assistant Managers

Tracy Nyland

Thrift Store Donation Attendant

Dannika Burke • Dominic Sharp

Thrift Store Donation Attendants

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Volunteer Inquiries

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Info@EdmondsWaterfrontCenter.org

General Information Inquiries

Phone: 425.774.5555

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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

On Break July & August
Returns on September 4th!

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.

Sponsored by Alpha Home, Health & Hospice

PUBLIC BUILDING TOURS

August 5 at 10:00am

Free - Meet in the first floor Lobby

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

Please call 425.774.5555 or sign up online at

www.schedulesplus.com/edmonds

HALLS & WALLS

Coming Soon!

HOLIDAY CLOSURES

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

Friday, July 3 ~ Independence Day (Observed)

UPCOMING SPECIAL EVENTS & PROGRAM NEWS

EDMONDS AUTHOR & SPEAKER SERIES PRESENTS



“SAILING ADVENTURE TO TAHITI”

with Daniel & David Johnson

Thursday, July 23
6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

\$7.50 per person ~ Sign-up Online

<https://tinyurl.com/2a96zhey> or Pay at the door

As teenagers, Daniel Johnson, CEO of the Edmonds Waterfront Center, and his twin brother Dave embarked on an extraordinary journey that would take them 14,000 miles across the Pacific to French Polynesia and back.

At age 17, Daniel and Dave decided they wanted to sail to Tahiti, but they did not have a boat and had never sailed on the ocean. That dream set them off on an odyssey that would change their lives forever. It took 3 ½ years to build the boat with high school friends Kerry and Marty. They laid up the 40’ fiberglass hull, built the interior installed the diesel engine, electronics and rigging – learning from mentors along the way.

They set sail at age 20. Building the boat was one thing. Learning to navigate with a sextant, weather storms, manage sea sickness, equipment failure and personality conflicts was another. Come and enjoy slides and stories about their 14,000-mile adventure to French Polynesia and back..

Join us for an evening of photos, journal entries, and stories from the remarkable 11-month adventure that changed their lives.

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

SUMMER LUAU DINNER

Thursday, Aug 20
Doors open at 5:00pm
Music starts at 5:30pm



IN THE WATERFRONT BANQUET ROOM

\$20 Members | \$30 Non-members | \$15 Kids 14 & under
Each individual must register separately!

Join us for performances by Edmonds Ukulele Aikanes & Sound Singers Choir! Meal is included with cost of admission and will be a Hawaiian plate meal of pork, rice, mac salad and fruit. Appetizers and non-alcoholic beverages are also included. Beer & wine will be available for purchase for those 21 and older.

Everyone is welcome!

Limited tickets may be available at the door if we are not sold out.

Registration opens July 1

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

Special thank you to our sponsors!



ALL AGES TRIVIA NIGHT!

Thursday, Aug 27
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

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 Red Twig Cafe & Bakery!

Suggested Donation \$5 ~ Registration opens July 1

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

ASC Asian Service Center
— Breaking Barriers • Building Bridges —

Dragon Boat Festival 2026

JULY 31, 2026
4:00 PM – 7:00 PM
EDMONDS WATERFRONT CENTER

Join us for an evening of dragon boat racing, cultural performances, community engagement, family activities, food, and fun!

FESTIVAL HIGHLIGHTS

- Dragon Boat Demonstrations
- Cultural Performances
- Community Vendors
- Family-Friendly Activities
- Food & Refreshments

COMMUNITY • CULTURE • COMPETITION

Thank You to Our Sponsors!

1ST SECURITY BANK
EDMONDS COLLEGE
Rotary Club of Edmonds

Asian Service Center (ASC) • Breaking Barriers • Building Bridges

THRIFT STORE NEWS ~ OPEN 7 DAYS A WEEK!



Edmonds Senior Center

Thrift Store



STORE HOURS

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

DONATIONS:

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

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

PHONE: 425.977.0411

EMAIL THE STORE:
thriftstore@EdmondsWaterfrontCenter.org

We look forward to seeing you in the store!

DID YOU KNOW?

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

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

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



The Edmonds Senior Thrift Store is looking for volunteers!

Drop by the store or give us a call at 425.977.0411





EDMONDS SENIOR CENTER SHOWROOM ~ NEW HOURS



New Hours:
Thursday - Sunday
11am - 4pm

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

(425) 245 - 7902

showroom@edmondswaterfrontcenter.org



2026 BOARD OF DIRECTORS

BOARD OF DIRECTORS MEETINGS

Thu, July 23, August 27 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

THE LUNCH BUNCH AT EDMONDS WATERFRONT CENTER!



Behind every lunch served at EWC is a dedicated team of volunteers known as the Lunch Bunch. These amazing volunteers serve much more than a meal; they create connection, community, and a warm welcome for every guest they serve.

The Senior Lunch program has become an important gathering place for many in our community, offering not only nutritious meals but also opportunities for social connection and friendship. The Lunch Bunch team keeps the program running smoothly week after week, and they play an important role in creating an atmosphere that is friendly, caring, and inclusive. We are incredibly grateful for everything they do.

PS... And we have the best chef in 98020!

The Edmonds Waterfront Community Café is a partnership between Homage Senior Services and the Edmonds Waterfront Center.

Lunch Hours are Monday through Friday: 11:30 am – 12:30 pm or until sold out.

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

HEALTHY FEET, HAPPY STEPS

Foot health is easy to overlook until pain or mobility issues affect daily life. The EWC Foot Care Clinic provides comfortable, judgment-free care that supports independence, mobility, and overall well-being through affordable preventive care at just \$40 per session.

Last year, 2,615 appointments were completed at EWC, reflecting the community's trust in this essential service. Care is provided by 16 experienced nurses with backgrounds in home health, wound care, acute and intensive care, memory care, infusion, and surgical services, supported by 8 dedicated volunteers who assist with scheduling, registration, and reminder calls to ensure a welcoming experience for every client.

Services include:

- Nail trimming and routine care
- Callus and skin care
- Foot health assessments
- Education for ongoing wellness
- No age restrictions

Call **425-725-3668(FOOT)** to reserve your spot.
 Healthy feet make a big difference!

STEWARDSHIP

Sharing Their Treasures



Terry Olmsted and dog Ivy
(PS Ivy gets to go to the new home!)

Terry Olmsted –

Terry and his wife Leanna live in Woodway and are both active members at the EWC. Terry had a career as a Geotech. He served on the EWC Board and was instrumental, helping us navigate the design and construction of the new building. Today, he never misses the monthly Facilities Committee meeting. Leanna has been described as the spiritual leader of the EWC Quilters who meet regularly at the EWC.

After almost 50 years in their Woodway home they have decided to move to a retirement community. *“It is amazing how much art you can collect over decades of travel and rich relationships,”* said Terry from his now empty home. *“We are delighted that we can donate these treasures to the EWC where they can find new homes and support the EWC programs we love.”*

Legacy Circle – ensuring the EWC continues to thrive for generations

Mary is an EWC member and an active volunteer for the past four years. She is one of the friendly faces you see at the front desk. *“I discovered the EWC when I was looking for a volunteer experience,”* said Mary. *“It was love at first sight – the location, the building and the positive energy.”*

In 2024 Mary became a donor, making two gifts from her IRA. Recently, Mary attended a Planning for Retirement Workshop at the EWC which takes a holistic approach to planning and living your best life. After the workshop, Mary commented, *“Since this place is taking care of me, I want to take care of the EWC. I have decided to join the Legacy Circle, by including the EWC in my will.”*



Mary Kendall, 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.

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

STEWARDSHIP

Spring gifts – Thank you to the 49 friends and families who contributed to our spring drive raising \$25,760.

Grants

Special thanks to:

The Hazel Miller Foundation for the \$10,000 grant in support of our Senior Lunch Program. Each day (M-F) a hot meal is served to individuals who are 60 years of age or older (and registered for the program) for a \$5 donation. Participants make social connections while enjoying the view and live music. Last year we served 12,575 meals to seniors.

Puget Sound Energy - \$2,234 for an emergency repair for our walk-in refrigerator. We also received a second grant in the amount of \$3,000 for emergency preparedness.



Giving Their Time

A heartfelt thanks to our 250 volunteers who dedicate their time to delivering on our mission. In 2025 volunteers devoted more than 36,000 volunteer hours. The Independent Sector values a volunteer hour of service in Washington State at \$42.98, which translates to a value to the EWC of \$1,547,280!

EWC Wish List

- **Scholarships** – these funds are used to cover the cost of lunch, membership, footcare or class fees to ensure cost is not a barrier to service
- **New Bus Fund** - \$55,000 raised toward \$105K goal
- **Livestreaming** capability in banquet room - \$10,000
- **Bookshelves** for mini library on second floor - \$6,500
- **Ice cream cart** to allow outdoor sales during peak periods - \$4,500
- **Footcare supplies and equipment** - \$1,500
- **Replace equipment in exercise classes** - \$1,000

DAY TRIPS - SIGN UPS OPEN ON JULY 1

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

SIGN-UPS OPEN ON WEDNESDAY, JULY 1

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



“DANCE THIS” AT MOORE THEATRE

Friday, July 10
Depart: 11:30am Return: 4:00pm
Cost: \$27M/\$40NM
Little walking/stairs ++
Spots Available: 20
Meet at: Lake Ballinger Center
Seattle Theatre Group’s signature dance program, now in its 28th year, brings together youth & adult performers from diverse communities for collaboration & to share their culture through the art of dance at Seattle’s oldest active theater. No food stop, concessions available at venue (Cost OYO)..



COMMUNITY SING ALONG TO BEACH BOYS MUSIC AT THE KPC

Tuesday, July 14
Depart: 5:30pm; Return: 9:00pm
Cost: \$25M/\$37NM
Little walking/some stairs +/++
Spots Available: 14
Meet at: Lake Ballinger Center
Sun, surf, and singalong — no beach required! Laurel Canyon Legacy brings the timeless sound of the Beach Boys to life for a full hour of feel-good classics at the Kirkland Performance Center. Lyrics will be on screen, with live band in full swing, and a room full of people all

singing together — just like it was meant to be heard. Come ready to sing. Loudly. Proudly. Perfectly off-key if needed! No food stop, concessions available at venue (Cost OYO).

EDMONDS IN BLOOM GARDEN TOUR
Sunday, July 19

Depart: 11:00am; Return: 4:00pm
Cost: \$44M/\$66NM
Lots of Walking/Uneven Ground/Stairs +++
Spots Available: 11
Meet at: Lake Ballinger Center
Tour six unique private gardens in Edmonds. Each garden host has invested much effort, love, and care into their gardens to create welcoming spaces of beauty, peace, and tranquility for you to view. While you wander each beautiful garden, enjoy live music performed by local musicians and watch artists create original works on-site. We guarantee you’ll be inspired.



MARINERS SENIOR DAY

Wednesday, July 22
Depart: 10:45am; Return: 4:00pm
Cost: \$88M/\$123NM
Moderate to Lots of Walking/Stairs ++/+++
Spots Available: 9
Meet at: Lake Ballinger Center
It’s Senior Appreciation Day at T-Mobile Park! The Mariners will be playing the Cincinnati Reds. Club Level seats (Section 244, Row 11). Enjoy a complimentary lunch of hot dog, pasta salad, chips, popcorn, dessert, and drinks. This venue is cashless, please bring a credit/debit card for souvenirs or concession purchases.

DAY TRIPS - SIGN UPS OPEN ON JULY 1

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



ANACORTES ARTS FESTIVAL

Friday, July 31

Depart: 9:30am; Return: 4:00pm

Cost: \$30M/\$45NM

Moderate to Lots of Walking ++/+++

Spots Available: 23

Meet at: Lake Ballinger Center

Located on breathtaking Fidalgo Island at the front of the San Juan Islands, Anacortes annual Arts Festival is in its 65th year. This event hosts more than 220 booth artisans and a highly acclaimed fine art show along with two stages of free entertainment, food trucks and more. Bring money for purchases and lunch (or brown bag it).

MOHAI

Thursday, August 6

Depart: 9:00am; Return: 3:30pm

Cost: \$33M/\$50NM

Moderate to Lots of Walking ++/+++

Spots Available: 23

Meet at: Lake Ballinger Center

MOHAI is one of 8 locations chosen to host the Freedom Plane National Tour: Documents That Forged a Nation in celebration of the nation's 250th anniversary. Inspired by the Freedom Train, which carried historic documents across the country during the Bicentennial, this tour shares original founding-era records from the National Archives. Featured documents include the Original Engraving of the Declaration of Independence, the Secret Printing of the Constitution in Draft Form, the Treaty of Paris, and the Bill of Rights. Access to MOHAI's permanent exhibits included with your ticket. Lunch

at the museum café (Cost OYO) or brown bag it.

DECEPTION PASS CRAB CRUISE

Wednesday, August 12

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

Cost: \$110M/\$155NM

Some Walking w/ Steps & Boat Ramp ++

Spots Available: 24

Meet at: Lake Ballinger Center

Departing from La Conner, this scenic 2.5-hour lunch cruise features a freshly prepared Dungeness crab and baked chicken meal, unparalleled scenery, informative narration from the captain and crew, and breathtaking views of the Swinomish Channel with passage underneath the stunning Deception Pass Bridge. Enjoy the comfort of a 60-foot vessel with inside seating and outdoor viewing on two levels as you sit back and watch the scenery unfold!



MOPOP

Friday, August 14

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

Cost: \$35M/\$52NM

Lots of Walking ++/+++

Spots Available: 15

Meet at: Lake Ballinger Center

In celebration of the Seattle Mariners' 50th season, MOPOP (Museum of Pop Culture) steps up to the plate with an artifact spotlight honoring half a century of baseball and the fans who made every inning count. Spanning the team's inaugural 1977 season, the unforgettable "Refuse to Lose" run of 1995, and the All-Star players who defined generations, this display brings

together iconic artifacts including Griffey Jr's game-worn 1994 home jersey. Enjoy access to all current traveling and permanent exhibits. Lunch at the museum café or Seattle Center armory food court (Cost OYO).



EMERALD DOWNS CHAMPIONSHIP SUNDAY

Sunday, August 16

Depart: 11:30am; Return: 8:30pm

Cost: \$45M/\$68NM

Moderate Walking & Steps ++/+++

Spots Available: 13

Meet at: Lake Ballinger Center

Get ready for the biggest day of racing in the Pacific Northwest with four championship races including the Longacres Mile. Reserved Grandstand seating, program and tip sheet included. Bring credit/debit for food & beverages and cash for placing your bets.

EVERGREEN STATE FAIR SENIOR DAY

Monday, August 31

Depart: 10:00am; Return: 4:30pm

Cost: \$26M/\$39NM

Moderate to Lots of Walking ++/+++

Spots Available: 23

Meet at: Lake Ballinger Center

Enjoy a day at the Fair! Visit the Western Heritage Museum, see roving entertainers, special displays, shopping, lots of fair food, farm animals and more. Admission is included. All food cost is OYO.

EWC TRAVEL CLUB

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

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

Edmonds Waterfront Center Travel Club presents...

Southern Charm

April 5 – 11, 2027



Book Now & Save
\$200
Per Person

For more information contact
Michelle Neu 425-954-2520
Michelle.Neu@EdmondsWaterfrontCenter.org



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OVER THE HILL HIKERS

***ONLINE REGISTRATION IS AVAILABLE**

www.schedulesplus.com/edmonds
CALL 425.774.5555

or visit the 2nd floor Reception Desk

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

SIGN-UPS OPEN ON JULY 1

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 - LAKE 22 (MOUNTAIN LOOP HWY)

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

Difficulty: Medium-Difficult. 6.1 Miles Round Trip

Elevation Gain: 1350 ft.

HIKE - THUNDER KNOB/THUNDER CREEK (HWY 20 NORTH CASCADES)

Thu, July 23 | Depart: 7:00am.

Difficulty: Easy-Medium. 5 Miles Round Trip

Elevation Gain: 635 ft.

HIKE - HEART LAKE/SUGARLOAF (ANACORTES COMMUNITY FOREST)

Thu, August 13 | Depart: 7:00am.

Difficulty: Medium-Difficult. 6.1 Miles Round Trip

Elevation Gain: 1050 ft.

HIKE - HAPPY PANTHER (NORTH CASCADES HWY)

Thu, August 27 | Depart: 7:00am.

Difficulty: Medium. 6 Miles Round Trip

Elevation Gain: 550 ft.



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

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

WELCOME TO MEDICARE

Wednesday, Jul 8 & 22; 6:00pm-8:00pm

Thursday, Jul 2, 16, Aug 6, 20; 1:30pm-3:00pm

Facilitators: SHIBA Volunteers

Pre-Registration required: Call 425.290.1276

or email shibasnohomish@gmail.com

For additional information visit the SHIBA page on our website:

www.edmondswaterfrontcenter.org

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

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

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

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

GET YOUR DUCKS IN A ROW

Tuesday, Jul 7, 1:00pm-3:00pm

Location: Community Room B

Cost: None

Facilitator: Marta Street, Conceirge Care Advisors e

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

Please join us as a senior housing and care expert, Marta Street, leads a panel discussion on preparing to transition into senior housing. This discussion will be relevant for senior who wish to plan ahead or adult children seeking more information on how to best support their aging parents. Panelists include a Senior Real Estate Specialist, Elder Law Attorney, and Senior Care and Senior Living Advisors. This is an excellent start (or continuation) to learning how to get your own ducks in a row.

THE GUT-BRAIN CONNECTION: ENHANCING HEALTH FROM WITHIN

Tuesday, Jul 21, 1:00pm-3:00pm

Location: Community Room B

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

Facilitator: Inside Health Institute

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

Understanding the powerful connection between the gut and brain is key to unlocking better digestion, a brighter mood, and robust overall health. This class offers a comprehensive look at how the gut microbiome and the nervous system constantly communicate, influencing everything from your food cravings to your anxiety levels.

EMPOWERING YOU AGAINST FRAUD: PRACTICAL SKILLS FOR DIGITAL SECURITY WORKSHOP

Tuesday, Jul 28, 1:30pm-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 July 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.

FROM YOUR KITCHEN TO OURS: A HEART-CENTERED SUMMER COOKING CLASS

Friday, Aug 7, 1:00pm-3:00pm

Location: Multipurpose Room 1 & 2

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

Facilitators: Nutrition with Heart

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

Together, we'll prepare a delicious starter, flavorful main course, and wholesome dessert using our team's own anti-inflammatory, heart-centered recipes. Along the way, you'll learn practical nutrition tips to support energy, heart health, blood sugar balance, and overall wellness—whether you're managing a chronic condition or just seeking fresh kitchen inspiration. Leave feeling empowered, connected, and encouraged.

EWC TRAVEL - LEARN ABOUT UPCOMING TOURS WITH COLLETTE

Tuesday, Aug 11, 10:00am-11:30pm

Location: Community Room B

Cost: None

Register: Opens July 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.



CONNECTIONS MATTER

Tuesday, Aug 11, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Paula Rosecky

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

A workshop designed to explore the impact of connection and belonging in our lives. Drawing on research, including findings from the Harvard Study of Adult Development, we'll look at what contributes to feelings of isolation and, more importantly, offer participants a chance to experience meaningful connection in real time.

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

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

TOUCH, SMELL, CREATE: A NATURE SENSORY WORKSHOP FOR ALL AGES

Friday, Aug 14, 1:00pm-3:00pm

Location: Multipurpose Room 1 & 2

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

Facilitators: Christina Masters

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

Discover the quiet magic of working with natural materials in this hands-on, all-ages craft class. Designed as an introduction to nature therapy, this workshop invites you to slow down, engage your senses, and create something beautiful from the natural world. Each session includes an assortment of plant cuttings, wood, stones, and other organic treasures, though you're welcome to bring your own found objects. Using these materials, you'll create small decorations such as bouquets, nosegays, boughs, or simple centerpieces. Along the way, you'll be encouraged to touch, smell, listen to, and closely observe each item, turning the creative process into a mindful sensory experience.

GRIEF AND COPING STRATEGIES WORKSHOP

Tuesday, Aug 18, 12:00pm-1:30pm

Location: Community Room B

Cost: None

Facilitators: Homage Senior Services

Register: Opens July 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.

SUSHI MADE SIMPLE: CRAFT CALIFORNIA & SPICY TUNA ROLLS WITH CONFIDENCE - COOKING DEMO

Wednesday, Aug 19, 6:00pm-8:00pm

Location: Multipurpose Room 1 & 2

Cost: \$50 member | \$65 non-member

Facilitators: Chef Bobby Seutsugu

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

Join us to discover just how easy and enjoyable making sushi at home can be. In this hands-on experience, you'll learn essential techniques, from preparing seasoned sushi rice to rolling like a pro. We'll guide you step by step through two crowd-favorite rolls: the classic California roll and a bold spicy tuna roll. By the end, you'll have the skills and confidence to impress family and friends with restaurant-quality sushi anytime. No experience needed, just bring your appetite to learn and create!

CALMING THE MIDLIFE BODY

Wednesday, Aug 19, 6:30pm-8:00pm

Location: Community Room B

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

Facilitators: Tammie Starwich - Holistic Health Coach

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

This compassionate, evidence-informed class offers practical tools for managing the common challenges of perimenopause, menopause, and other hormonal transitions. Learn simple, low-effort strategies to reduce stress, improve sleep, manage night sweats, and navigate mood changes

with greater ease. Through breathwork, mindfulness techniques, cooling practices, and self-compassion tools, you'll discover ways to support your overall well-being while responding to hormonal mood triggers with greater awareness, confidence, and self-compassion.



CHOLESTEROL UNLOCKED: RETHINKING HEART HEALTH, SATURATED FAT & HEALTHY FATS WORKSHOP

Friday, Aug 21, 1:00pm-3:00pm

Location: Community Room B

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

Facilitators: Amelia Wood

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

Do you have cholesterol confusion? Join this 2 hour class to get answers to the most common questions about heart health, saturated fat and cholesterol. We will include short videos that explain how our bodies can thrive and heal by prioritizing eating healthy fat and protein.

EVERYDAY WELLNESS FOR HEALTHY AGING: PRACTICAL NUTRITION, STRESS RELIEF & DAILY ROUTINES AT ANY AGE

3 Sessions | Tuesdays, Aug 25, Sep 1, & 8

1:00pm-2:30pm

Location: Community Room B

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

Facilitators: Tammie Starwich - Holistic Health Coach

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

Stop guessing at the grocery store. This hands-on class teaches you how to read food labels, identify hidden inflammatory ingredients, and make simple, satisfying swaps that support hormone health, steady energy, and overall wellness. Learn how to navigate ingredient lists, nutrition labels, and common marketing claims while gaining a better understanding of healthy fats, added sugars, refined starches, and other ingredients that can impact inflammation. You'll leave with practical strategies and realistic food swaps that can be easily applied to everyday shopping, cooking, and eating.

BONE HEALTH ESSENTIALS: MANAGING LOW BONE DENSITY

Friday, Aug 28, 1:00pm-2:30pm

Location: Community Room B

Cost: None

Facilitators: Elaine Henderson, RN

Register: Opens July 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.

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

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

ACHES & PAINS INJURY SCREEN WITH GRACE**2nd Tuesday, Jul 14 & Aug 11; 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, Jul 13****Call to schedule your Mammogram 206.606.7800**

The Fred Hutchinson Cancer Center Mammogram Van will be at the EWC to provide a convenient way to get the screening you need. The appointment takes 15 minutes. No referral is needed. A nurse navigator will be on hand to answer breast health questions. For more information go to www.seattlecca.org/mammography

Who is Eligible for a Screening Mammogram?

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



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

FOOT CARE CLINIC**1st & 2nd Wednesday/Thursday****Jul 1, 2, 8, 9 & Aug 5, 6, 12, 13****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, Jul 8, 15, 22 & Aug 12, 19, 26****1:00pm-4:00pm****Call 425.290.1260 to schedule an appointment**

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

**INSIDE HEALTH INSTITUTE CLINIC****Mondays, 9:00am-12:00pm**

Location: Clinic Room

Cost: \$20M/\$20NM**Facilitators:** Inside Health Institute**Register:** Call 425-256-2125

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, Jul 17 & Aug 21****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****Tuesday, Jul 28; 9:30am-3:30pm****Monday, Aug 24; 9:30am-3:30pm****TO MAKE AN APPOINTMENT ~ call: 1.800.398.7888**

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



A Move Can Be Emotional

WE'RE HERE TO MAKE IT EASIER



Letting go of a longtime home is not just a practical decision it is a personal one. Every room holds stories. Every routine holds meaning. We understand how deeply this transition touches your life. Our role is to guide you through the moving process with kindness and clarity from understanding your goals to preparing the home for sale to supporting the steps that come after. Edmonds families rely on us because we stay steady and present through every decision.



WHAT WE BRING TO YOUR TRANSITION

- A listening ear and a steady guide
- Support that respects your feelings and timing
- Clear steps for moving forward without pressure
- Help preparing organizing and coordinating each part of the move

Whenever you're ready let's talk through your next steps together.



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ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

AARP DRIVER REFRESHER

Tuesday, Wednesday; Aug 25 & 26
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: Jul 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.

CURRENT EVENTS DISCUSSION GROUP

Wednesdays

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

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

Room: Community Room B

Facilitator: Michael Knapp (morning), Andy Rogers (afternoon)

Monthly Cost: \$5 member | \$10 non-member
Register: Morning sessions contact Michael Knapp via email at mknapp@uw.edu before start of meeting to sign up or be added to wait list. Afternoon sessions contact Vicki Sween at vsween4@gmail.com before start of meeting to sign up or be added to wait list.

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

DRIFTWOOD SCULPTURE

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: Jun 15 for Jul classes, Jul 15 for Aug 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: 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 Jul 2-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.

INTERGENERATIONAL BOOK GROUP

Thursday | 1:30pm-3:00pm

Facilitator: Elaine Sonntag-Johnson

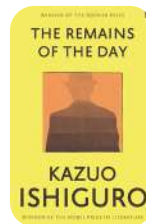
Location: Online via Zoom

Cost: None

Register: Online/Phone/2nd Floor Reception

Jul 23 - Book Title: "As Long as the Lemon Trees Grow" by Zoufka Katouh

Aug 27 - Book Title: "Remains of The Day" by Kazuo Ishiguro



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

Seth - Thursday 10:30-11:30

Ruben - Thursday (1st/3rd/5th) 12:00-1:00

Bob - Thursday (2nd & 4th) 12:00-1:30

DaveN'Joanna - Friday (Last) 9:30-11:00

Danilo - Friday 11:30-1:30



NO FEAR DRAWING

Wednesdays | 10:30am-12:30pm

Jul 8 - Aug 26 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

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

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

Registration Opens: 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.**

NO FEAR PORTRAITS

Thursdays | 1:30pm-3:30pm

Jul 9 - Aug 27 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

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

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

Registration Opens: 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.**



ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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



NO FEAR WATERCOLOR (BEGINNER LEVEL)

Fridays | 10:30am-12:30pm

Jul 10 - Aug 28 (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 27 (8 classes)

Room: Multipurpose Room 3

Instructor: Ruth Barth

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

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

Registration Opens: 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 Jul 6-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 Jul 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 Jul 2-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

Jul 1, 15, Aug 5, 19 | 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: Jun 15 for Jul appointments, Jul 15 for Aug 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.

DANCE & EVENING - CLASSES & PROGRAMS

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

ACOUSTIC GUITAR GROUP

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: Jun 15 for Jul classes, Jul 15 for Aug 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.

NEW! ACROSTICA - INTERACTIVE WRITING CHALLENGE

Thursday, Jul 23 | 5:00pm-6:30pm

Room: Multipurpose Room 4

Facilitators: Joe Dalan

Cost: \$5 Suggested Donation

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15

Open to people of all ages! A fun and mentally stimulating game for those who like writing and might need an extra little push. The mission: complete a short (but meaningful) writing prompt with the clock ticking. Then compare results and let that round's judge declare the winner. The first to win 3 rounds becomes champion of Acrostica! Materials will be provided.



NEW! DROP IN & DRAW

Tuesdays | 6:00pm-7:15pm

Room: Multipurpose Room 4

Facilitators: Andrew Mecum

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

(+\$5 fee paid to instructor for materials)

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15

A fun, low pressure drawing session focused on creative exploration and sketching. Bring an open mind! Learn basic skills and tips. Open to all levels. Great for families & friend groups. Pencils and paper are provided (one time materials fee of \$5 paid to instructor).



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! EDMONDS CRAFTERS GROUP

Tuesday, Aug 4 - 25 | 3:30pm-5:00pm

Room: Multipurpose Room 4

Facilitators: Kathleen Hanser

Cost: \$5 Donation

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jul 15

The Edmonds Crafters will be a different type of crafters group. While you are welcome to bring your own project, the emphasis will be on exploring new arts and crafts projects that participants will buy in advance. In any event, we will have fun and enjoy each other's company! Write edmondscrafters@gmail.com or stop by the Waterfront Center for a complete description of projects and prices. Schedule below. You are not required to participate in every project.

- August 4: Paint by Sticker, \$3 materials cost (paid to instructor)
- August 11: Faux stained-glass, \$12-15 materials cost (paid to instructor)
- August 18: Paint party, flower, \$5 materials cost (paid to instructor)
- August 25: Bring your own project



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: Jun 15 for Jul classes, Jul 15 for Aug classes

Class Limit: 20 students

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

Jul 16: 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.

Jul 23 - Flower Bouquet Watercolor

Join a relaxing, beginner-friendly one session watercolor workshop where you will learn to paint different flowers. Follow step-by-step guidance while learning composition, color theory, and essential techniques like washes and blending.

Jul 30 - Aboriginal Dot Art

Join a relaxing, beginner-friendly one session acrylic on canvas workshop where you'll create your own painting inspired by Aboriginal Dot Art from Australia. Follow step-by-step guidance while learning composition, color theory, and essential dot technique.

Aug 6 - Fruit Still Life Watercolor

Join a relaxing, beginner-friendly one session watercolor workshop where you'll paint a Still life with fruits. Follow step-by-step guidance while learning composition, color theory, and essential techniques like washes and blending.

Aug 20 & 27 - "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.

***Note: This art class is two sessions:**

\$80 member | \$110 non-member

DANCE & EVENING - CLASSES & PROGRAMS

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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



NEW! EVENING PRENATAL YOGA

Wednesdays | 6:00-7:30pm

Room: Multipurpose Room 4

Instructor: Colette Crawford, RN, BSN, IBCLC; Nisreen Azar

Cost: \$120 member | \$160 non-member; \$35 member | \$45 non-member for drop-in

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15 for Jul classes, Jul 15 for Aug classes; drop in ok

Experience your pregnancy more deeply by learning to connect with your changing body and growing baby while building strength, flexibility, and resilience. This Prenatal Yoga class helps ease common discomforts, support overall wellness, and prepare you for childbirth and the journey into motherhood. Led by Colette, a registered nurse specializing in maternal and child health, each class includes yoga poses, breathing techniques, meditation, visualization, prenatal anatomy education, labor preparation, and time for community and connection with other women. This **women-only** class is safe and gentle for those preparing for pregnancy or in any trimester, with no prior yoga experience required. A *light snack is recommended at least one hour before class.*

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: Jun 15 for Jul classes, Jul 15 for Aug 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.

JAZZERCISE DANCE FITNESS & STRENGTH TRAINING (ALL LEVELS)

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

Room: Multipurpose Room 1&2

Instructor: Amy Williams-Derry

Cost: \$94 member (recurring); \$104 non-member (recurring); \$30 drop-in

Registration: On-going, join any time

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

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



NEW! KNIT (K)NOW

Tuesdays | 3:30-5:00pm

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: Jun 15 for Jul classes, Jul 15 for Aug 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 Jul 3, & Aug 5, 7

Wednesdays | 4:15pm-5:15pm

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

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

Fridays | 1:15pm-2:15pm

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

Aug 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: Jun 15 for Jul classes, Jul 15 for Aug classes; No Drop In

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

LINE DANCING (EVENING BEGINNER+)

Does not meet Aug 4

Tuesdays | 6:00pm-7:00pm

Room: Multipurpose Room 1&2

Instructor: Marie Gallaher

Class Limit: 30 students

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15 for Jul classes, Jul 15 for Aug 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 Jul 3 & Aug 7

Fridays | 2:30pm-3:30pm

Room: Multipurpose Room 3

Instructor: Marie Gallaher

Class Limit: 12 students

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15 for Jul classes, Jul 15 for Aug classes; No Drop In

Have fun learning more challenging steps.



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DANCE & EVENING - CLASSES & PROGRAMS

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

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



NEW! PAINT & SIP

Wednesday, Aug 5 | 6:30pm-7:30pm

Room: Multipurpose Room 1 & 2

Instructor: Liz Peterson

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jul 15

Come out to the EWC for a fun evening of creative artistic expression with Edmonds own Paints & Pints founder, Liz Peterson. Liz will be guiding painters step by step in creating their own beautiful masterpiece. The theme for August is part of her Travel series of paintings where she finds inspiration from abroad, called Costa Rica

sunset. No experience necessary. All materials and tools are provided. All participants will go home with the art they have created. One 21+ beverage included with admission and non-alcoholic beverages also provided.

*Note: 48 hours notice is required for cancellation in order to receive refund or credit.



CRYSTAL SOUND BATH

Monday, Jul 13 & Aug 10 | 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: Jun 15 for Jul session, Jul 15 for Aug session

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 Jul 1-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.

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EXERCISE & MOVEMENT - CLASSES & PROGRAMS

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

AGELESS STRENGTH: BALANCE, FLEXIBILITY & POWER

Mondays | 9:30am-10:15am

Room: Multipurpose Room 1 & 2

Instructor: Pat Belasco

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15 for Jul classes, Jul 15 for Aug 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 Jul 3

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: Jun 15 for Jul classes, Jul 15 for Aug 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 Jul 3

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

Room: Multipurpose Room 1 & 2

Instructor: Jennifer Larson

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15 for Jul classes, Jul 15 for Aug classes

Forever Fit is a gentle class with upbeat music. The class is designed to improve cardiovascular health as well as balance, strength, and posture. We will do this using a mix of weights and

bands while mostly sitting in a chair.

FUNCTIONAL FITNESS

Does not meet Jul 3

Wednesday/Friday | 9:45am-10:30am

Room: Multipurpose Room 1 & 2

Instructor: Jennifer Larson

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

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

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15 for Jul classes, Jul 15 for Aug classes

Come get active and join the fun in a lively, upbeat low low-impact class. This total body workout will include a mix of cardiovascular exercises & strength training using light weights, resistance bands, and chairs. Modifications will be provided as needed. Wear athletic shoes and bring a water bottle to class. Equipment will be provided, and all levels are welcome. Especially geared towards active agers.

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

Mondays | 10:45am-11:30am

Room: Multipurpose Room 1 & 2

Instructor: Pat Balasco

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

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

Registration Opens: Jun 15 for Jul classes, Jul 15 for Aug 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 Jul 2

Tuesdays | 10:00am-11:00am

Thursdays | 9:00am-10:00am

Room: Multipurpose Room 1 & 2

Instructor: Terra Lea

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

sign ups monthly - no drop in; must sign-up for Tuesday & Thursday classes separately.

Registration Opens: Jun 15 for Jul classes, Jul 15 for Aug 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

Jul Cost: \$75 for members

\$95 for non-members; \$20 Guest/Drop In

Aug Cost: \$60 for members

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

Facilitator: Peggy Potz

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15 for Jul classes, Jul 15 for Aug classes; drop in ok.

Equipment: Bring a mat

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

MOVEMENT FOR LIFE/PD DANCE FOR ANY BODY

Thursdays | 1:00pm-2:15pm

Room: Multipurpose Room 4

Facilitator: Deborah Magallanes

Cost: \$15 Donation per class

Register: Pay Instructor

Registration: On-going; drop in ok

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

EXERCISE & MOVEMENT - CLASSES & PROGRAMS

GAMES

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

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

PRENATAL YOGA

Does not meet Jul 3; No classes in Aug
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: Jun 15 for Jul classes,
Jul 15 for Aug 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.



TAI CHI (BEGINNER)

Thursdays | 11:00am-12:00pm

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

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

Room: Multipurpose Room 1&2

Facilitator: Frank Mateo

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15 for Jul classes,
Jul 15 for Aug 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.

TAI CHI (INTERMEDIATE)

Tuesdays | 11:30am-12:30am

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

Room: Multipurpose Room 1&2

Facilitator: Frank Mateo

Register: Online/Phone/2nd Floor Reception

Registration Opens: Jun 15 for Jul classes,
Jul 15 for Aug classes

Continue with this intermediate-level Tai Chi class focused on refining form, balance, breath control, and flow. Build on foundational movements while deepening the connection between mindful movement, meditation, and martial application.

TODDLER PLAY GROUP

Cancelled for Jul & Aug

Mondays | 9:00am-10:00am

Room: Multipurpose Room 4

Facilitator: Shaylee Vigil

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

Register: Not required

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



TUESDAY WALKERS

Tuesdays | 9:30am

Location: Meet outside by the Wedding Circle

Cost: None; Complete waiver with walk leader

Join the Tuesday Walkers for a rejuvenating walk around downtown Edmonds. Walks will typically be 2-3 miles and will take about an hour to complete.

BINGO

Mondays | 1:00pm-3:00pm

Room: Multipurpose Room 1&2

Cost: None. 8 games, max 4 cards each game.
We have disposable paper cards

*** SUPER BINGO MONDAYS ***

Jul 27, Aug 31

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; Jul 1, 15, Aug 5, 19

1:00pm-3:30pm

Room: Multipurpose Room 3

Facilitator: Merrie Emmons

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

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

PING PONG (TABLE TENNIS)

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

Room: Game Room

Friday | 12:00pm-3:30pm

Room: The Studio (3 tables)

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

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

PINOCHLE

Tuesdays | 8:30am-12:00pm

Room: Multipurpose Room 3

Facilitator: Mel Marshel

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

Pay when you play.

POOL/BILLIARDS

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

Room: Game Room

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

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


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RESOURCES & SUPPORT

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

CALL 425.774.5555 or visit the 2nd floor Reception Desk

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

ALZHEIMER'S CAREGIVER SUPPORT GROUP

2nd Tuesday, Jul 14, Aug 11

- 5:30pm-6:30pm

2nd Wednesday, Jul 8, Aug 12

- 2:00pm-3:30pm

4th Wednesday, Jul 22, Aug 26

- 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, Jul 16, Aug 20

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, Jul 1, 15, Aug 5, 19

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, Jul 13, Aug 10

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.

NEW! GRIEF SUPPORT GROUP

3rd Friday, Aug 21

10:00am-12:00pm

Room: Community Room B

Facilitator: Melody West

Register: None required; Drop in ok

The Grief Support Group is a compassionate and supportive space for people navigating grief, loss, and life transitions. Participants are invited to share, reflect, and connect with others who understand the many forms grief can take. Common losses include loved ones, health, relationships, pets, career changes, and other significant life transitions. All are welcome, wherever they are on their grief journey. Melody West is a resilience and grief coach.

MEMORY CAFÉ: EARLY STAGE WITH CAREGIVERS

2nd Tuesday, Jul 14, Aug 11

2:00pm-3:30pm

Room: Community Room A

Cost: None (coffee available for purchase)

Register: Please call ahead 800.272.3900
At a Memory Cafe, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed cafe

setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and nonjudgmental.

LEGAL ADVISOR

4th Monday, Jul 27, Aug 24

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, Jul 10, 24, Aug 14, 28

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 Jul 3 - 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

ANGEL SALON
www.andersonsobelcosmetic.com
(206) 265-0557
angelmlt613@gmail.com

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

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

SNO-KING COMMUNITY CHORALE
www.sno-kingchorale.org
PO Box 382, 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/
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FOOD & DRINK

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www.jeffuncorked.com
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SALISH SEA BREWING CO.
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WALL GROUP LAW
www.wallgrouplaw.com
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joan@joanlongstaff.com
(425) 773-1274

REECE HOMES - JAMIE REECE
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109 Main St, Suite 2, Edmonds

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(206) 890-7115

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(206) 750-4166

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(206) 999-6977

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(425) 775-3344
104 5th Ave S, Edmonds

ZENBUSINESS
www.zenbusiness.com/washington-llc

SENIOR SERVICES

AGAPE CARE PLACEMENT AGENCY
www.agapecareplacementagency.com
(425) 540-6178
agapecareplacementagency@gmail.com

ALPHA HOME HEALTH & HOSPICE
www.alphahomehealthhospice.com
(425) 357-1790
10530 19th Ave SE, Everett

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

COGIR OF EDMONDS
www.cogirusa.com/communities/cogir-of-edmonds/
(425) 599-1950
21500 72nd Ave W, Edmonds

BUSINESS MEMBERS - Thank you for your support!

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(206) 210-1306
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(425) 744-1181
180 2nd Ave S, Edmonds

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(425) 400-3184
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www.stellarliving.com
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(206) 545-1092
10700 Meridian Ave N #106, Seattle

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

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

SUNSET VILLA
www.sunsetvillaafh.com
(206) 779-6648
1418 9th Ave North, Edmonds

VINEYARD PARK MOUNTLAKE TERRACE
www.carepartnersliving.com
(425) 442-2542
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3311 Wetmore Avenue, Everett

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- Assistance coordinating appointments
- Support locating and transitioning to a care facility when needed
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Peaceful Pathways
Walking beside you, every step of the way

(206) 750-4166
peacefulpathwayswa@gmail.com
www.PeacefulPathwaysWA.com

EDMONDS WATERFRONT CENTER
220 Railroad Ave
www.edmondswaterfrontcenter.org

WELCOME TO MEDICARE

Presented by
SHIBA
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Join us for an in-person introduction to the world of Medicare

Led by a highly knowledgeable SHIBA advisor, you will learn about timelines, the two pathways to getting coverage, and money saving programs.

Tuesday, July 21st
10am – 12pm

Washington State Insurance Commissioner **Patty Kuderer** will also be in attendance and able to take questions after the presentation.

Free and Open to the Public

Questions? Call 425-954-2522

ASL & interpreter services available upon request

SHIBA
OFFICE of the
INSURANCE COMMISSIONER
WASHINGTON STATE

SMP 6/1-6/30
MEDICARE FRAUD PREVENTION MONTH!

ART AT THE EWC

ART NEWS



GALLERY 1

Currently Showing

July to September, 2026

It's A Small World After All

A group of three local artists: Sofia Grajal, Carolyn McConnell, and Helena Puche



GALLERY 1

October to December, 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



JOIN US IN OUR NEW INITIATIVE

GO PAPERLESS!

WWW.EDMONDSWATERFRONTCENTER.ORG



JOIN OUR NEWSLETTER MAILING LIST

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- IT'S CONVENIENT!
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THE PLANET THANKS YOU!



SCAN HERE AND GO PAPERLESS!

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

MEMBERSHIP FORM – For Single, Dual & Family

page 1 of 2

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

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

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

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

Diversity, Equity & Inclusion

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

SIGNATURE REQUIRED ON BACK (Continue to page 2) →

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

MEMBERSHIP FORM – For Single, Dual & Family

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

MEMBER 1	MEMBER 2
1. How many people live in your household and have been there more than 2 months? Include yourself: _____	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 <input type="checkbox"/> I would like to receive the newsletter by US MAIL <input type="checkbox"/>	I would like to receive the newsletter by EMAIL <input type="checkbox"/> One copy of the newsletter may be sent to each household
<i>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.</i>	
MEMBER 1	MEMBER 2
Signature: _____ Date: _____	Signature: _____ Date: _____

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TO ALL WHO
HAVE DONATED!**

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Todd Reber
Vee Harris
Vern & Mary Thoreson
Vivian Olson
Wally Webster
Whitney & John Jessen

IN MEMORIAM

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

Chuck Elven
Jerry Fireman
Laurel Hill
Dale Hoggins
Colette Laico
Mike Lacy
Joan Marks
Dee Smith

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

*In Memory of
Patsy Ethridge-Neal
Alice Rundle
Barb Halseth*

*In Memory of
Mike Forrester
Sharon Salyer*



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Dressed for the Music
Fashion Through the Decades

August
30th

11:00AM
Shopping

1:00PM
Fashion Show

Hosted at the **Edmonds Waterfront Center**

Tickets go on sale **August 1, 2026**

