SEPTEMBER/OCTOBER 2026 ISSUE

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Sound Connection

for edmonds waterfront center programs

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Johnson Family on Mt. Rainier

EDMONDS Waterfront Center
Connecting & Enriching Our Community

MESSAGE FROM OUR CEO

Don't Fall for Fashion

You always get compliments on those colorful pants when you wear them. Although they are a bit long and can catch on your shoe, you have been planning to hem them when you get a chance. Oh, and those favorite sandals with the awkward heel that have caused you to stumble on occasion, but it's worth it... **it's not worth it!** A simple stumble or fall can change your life forever.

I remember climbing Mt. Rainier in my early 20's with my dad, brothers and my future wife Elaine. Everyone carried an ice axe for balance, wore crampons for traction and were roped up for safety. No one viewed the ice axe as a crutch; it was a life-saving device. Why are older adults reluctant to use a cane for balance and safety? Because they falsely believe that it is a sign of weakness and decline.

Your mother's rug in the entry (a family heirloom) brings you joy but is also a trip hazard. Through our day we are constantly putting ourselves at risk because we are in a hurry, focused on how we look, or have simply not accepted we are aging and need to adjust our movement through life.

September is **Falls Prevention Awareness Month** - a nationwide campaign to raise awareness about the risks of falls, particularly among adults aged 65 and older, and to provide tools and strategies to prevent them. More than one in four older Americans experience a fall each year, leading to approximately 3 million emergency department visits and 1 million hospitalizations.

The National Counsel on Aging is a fantastic resource with educational materials, online resources and a Falls Free Checkup: an online tool offered to help older adults assess their fall risk and receive personalized recommendations. Programs like A Matter of Balance and Tai Chi for Fall Prevention help improve strength, balance, and confidence.

Here is a new mantra you can try on: *"I enjoy life. I want to be active and engaged in the world. I have much to offer. Like climbing Mt Rainier, I am going to take every safety precaution – slow and steady."*

My friend John, who just turned 100 has had a ritual that has kept going strong for more than a century. Whenever he gets up from bed or a chair, he steadies himself, finds a handhold and confirms his balance before taking the first step. It reminds me of the old maritime adage, ***one hand for yourself and one for the ship.*** The phrase originates from maritime practice, where sailors were trained to keep one hand free to steady themselves while using the other hand to perform work on the ship.

Falls are a leading cause of hip fractures and traumatic brain injuries among older adults. They can significantly impact independence and quality of life. Most falls are preventable through education, environmental modifications, strength and balance training, and caution.

Whether you are in your 20's or 80's you are on the same life adventure. Be safe. Don't fall for fashion.

Daniel Johnson, MSW

Edmonds Waterfront Center CEO

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Thrift Store Assistant Managers

Nate Black • Tracy Nyland • Ariel Rose • Dominic Sharp • Randy Wright
Thrift Store & Showroom Sales Associates

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Lorna Butterfield - *Volunteer Coordinator*
Phone: 425.774.5555 ext 120
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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

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

UPCOMING SPECIAL EVENTS & PROGRAM NEWS

COMMUNITY BREAKFAST

Friday, September 4 & October 2 - Cost: $15

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

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

Thank you to our sponsor Vineyard Park at Mountlake Terrace!

HOLIDAY CLOSURES

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

Monday, September 7~ Labor Day

MONTHLY BIRTHDAY CELEBRATION

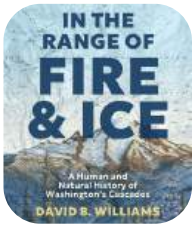
3rd Wednesday of the month - Free

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

EDMONDS AUTHOR & SPEAKER SERIES PRESENTS



"IN THE RANGE OF FIRE & ICE"

with David B. Williams

Thursday, Sep 17
6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

$7.50 per person ~ Sign-up Online https://tinyurl.com/5cmmbhyy or Pay at the door

Blending human and natural history into a vivid portrait of one of North America's most dynamic landscapes, In the Range of Fire and Ice is a lively, groundbreaking exploration of Washington's Cascade Range.

Drawing on conversations with anthropologists, park rangers, ecologists, and climate scientists, as well as firsthand experience, award-winning author David B. Williams brings readers into the mountains to uncover stories etched in the landscape over millennia. Through rich storytelling and careful research, Williams invites readers to see the Cascades not only as mountains, but as a living, evolving realm of fire, ice, and hope.

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

COMMUNITY MOVIE NIGHT

Friday, Sep 18
6:00-8:00pm

IN THE MULTIPURPOSE ROOM 1&2

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

Suggested Donation $10
Please call 425.774.5555 or register online at
www.schedulesplus.com/edmonds

A TASTE OF ITALY!

Tuesday, Sep 22
Doors open at 5:00pm
Meal service at 5:30pm

IN THE WATERFRONT BANQUET ROOM

$20 for Adults | $15 Kids 14 & under

Celebrating National Senior Center Month ~ Everyone is welcome!

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

Registration opens September 1
Please call 425.774.5555 or register online at
www.schedulesplus.com/edmonds

EWC ENVIRONMENTAL SPEAKER SERIES

Hosted by "Ocean Annie" Crawley

"MEET THE GIANT PACIFIC OCTOPUS"

WITH DR. DAVID GIRE

Thursday, Oct 8; 6:30-8:00pm

IN THE WATERFRONT BANQUET ROOM

$7.50 per person ~ Sign-up Online https://tinyurl.com/4ywdvr4k or Pay at the door

The Edmonds Waterfront Center welcomes David Gire, PhD, professor of Psychology and Neuroscience at the University of Washington, for an unforgettable evening exploring the fascinating science behind one of the Salish Sea's most iconic marine animals.

Hosted by award-winning producer, photographer, filmmaker, author, and ocean advocate Annie Crawley as part of her Environmental Speaker Series, this engaging presentation explores how giant Pacific octopuses perceive the world, solve problems, hunt, learn, interact with their environment, and play a critical role in carbon sequestration.

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

UPCOMING SPECIAL EVENTS & PROGRAM NEWS

NORTHWESTERN WINDS CHAMBER MUSIC CONCERT "AMERICA AT 250"

Tuesday, Oct 13
Doors open at 6:30pm
Event starts at 7:00pm

IN THE WATERFRONT BANQUET ROOM

$15 General Admission | $5 Students of any age

Please call to register for student tickets

Northwestern Winds launches a new concert series at the Edmonds Waterfront Center with a celebration of "America at 250," featuring American classics for wind quintet by Leonard Bernstein, George Gershwin, Scott Joplin, and more. Ensemble members have performed with leading orchestras, opera companies, ballet companies, and music festivals across the country.

Registration opens September 1
vPlease call 425.774.5555 or register online at
www.schedulesplus.com/edmonds

THE LEGACY UKULELE ENSEMBLE WITH PETER LUONGO

Sunday, Oct 18
Doors open at 10:30am
Event starts at 11:00am

IN THE WATERFRONT BANQUET ROOM

$10 per person ~ Everyone is welcome!

Join us for an entertaining and inspiring hour of music with the Legacy Ukulele Ensemble, a group of 14 musicians from across the U.S. and Canada. Since 2016, the ensemble has performed a diverse repertoire spanning Hawaiian, classical, folk, rock, pop, and country. The group is led by acclaimed educator Peter Luongo, who has dedicated more than 40 years to teaching and sharing the joy of music.

Registration opens September 1
Please call 425.774.5555 or register online at
www.schedulesplus.com/edmonds

OKTOBERFEST DINNER

Thursday, Oct 22
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 a live performance by the Bonnie Birch Trio!
Sing along with friends to Bier Her, Edelweiss and more ~
Appetizers, non-alcoholic beverages and meal is included with cost of admission - We will be serving brats on rolls with onions, German potato salad and sauerkraut.
Beer and wine will be available for purchase (21+)

Everyone is welcome!

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

Thank you to our sponser Fairwinds Brighton Court Lynnwood

Registration opens September 1
Please call 425.774.5555 or register online at
www.schedulesplus.com/edmonds

TRICK OR TREAT TRIVIA NIGHT!

Thursday, Oct 29
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 September 1
Please call 425.774.5555 or register online at
www.schedulesplus.com/edmonds

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

THRIFT STORE NEWS ~ OPEN 7 DAYS A WEEK!

Edmonds Senior Center

Thrift Store

STORE HOURS

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

DONATIONS:

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

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

PHONE: 425.977.0411

EMAIL THE STORE:
thriftstore@EdmondsWaterfrontCenter.org

We look forward to seeing you in the store!

DID YOU KNOW?

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

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

EDMONDS SENIOR CENTER Showroom

"Come find a new treasure"

Showrom Hours:
Thursday - Sunday
11am - 4pm

(425) 245-7902

Located at
120 W. Dayton St. Building 2, Suite A7
showroom@edmondswaterfrontcent.org

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

2026 BOARD OF DIRECTORS

BOARD OF DIRECTORS MEETINGS

Thu, Sep 24, Oct 22 at 3:00pm
Meets in Community Room B & Zoom
Meeting minutes available upon request

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
Tom Harrison
Phil Lovell
Nina Odell
Maggie Peterson
Jeanett Quintanilla
Brook Roberts
Kay Shin
Tabatha Shoemake
Rosemary Wander

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

SPECIAL ANNOUNCEMENTS

Finding Balance

Costs are going up everywhere – the grocery store, gas, eating out, housing... Well, it's true at the EWC as well. And both at home and at the EWC we are always balancing revenue and expenses. Most EWC program fees have changed little if at all since the building opened in 2021.

With the exponential growth we have experienced (now 4,400 members and a $4M budget) costs are climbing for staffing, food, and services. For example, printing and mailing the six issues of the newsletter costs $40,000. A special shoutout to the 400 members who have opted out of having their newsletter mailed to them in favor of a digital copy – saving money and trees! Our lunch program is a signature program but operates at a $60K deficit each year. This past year we lost nearly $100,000 in government funding. Offsetting these losses are generous gifts from our supporters.

We are committed to balancing our pledge to offer affordable programs with our mandate to run a sustainable organization. Our scholarship program helps ensure cost is never a barrier to service.

In tracking area membership fees, we found that the EWC has the lowest membership rates among all the Senior Centers in Snohomish County. **As a result, effective January 1st, 2027, we will be increasing our annual membership rate to $45 for an individual, $70 for dual, and $90 for a family.**

What won't change is $1 member coffee. Interesting fact: there have been 17,337 member drips sold in the last 12 months.

We are also looking at ways to increase the number of popular classes we offer. An 8:30 am exercise class is in the works, as well as additional class offerings in the evening. Some classes may also be moved to a different room to increase efficiency – we hate telling members their class is full. We will keep you updated with any new developments.

In the meantime, we appreciate your patience and understanding as we navigate rising costs and increased demand. This is what success looks like. We are in this together.

OUR ANNUAL BOARD ELECTION WILL BE COMING UP THIS FALL! IF YOU ARE INTERESTED IN JOINING THE EDMONDS WATERFRONT CENTER BOARD OF DIRECTORS, PLEASE SEND AN EMAIL TO INFO@EDMONDSWATERFRONTCENTER.ORG
DEADLINE FOR SUBMISSION IS SEPTEMBER 30, 2026.
All submissions by the board development committee will be presented at the October Board of Directors meeting. From there, the slate of board candidates will be presented to the membership for a vote during October to be conducted by the date of the November Board meeting. Election results will be presented to the BOD at the December Board meeting.

STEWARDSHIP

Sharing Their Treasures

In Memory

A gentleman came into the center and wrote a check for $10,500 in memory of this late mother who had just passed but had enjoyed the Center over the years. As he turned to leave, he said, *"I know my mother is smiling right now"*.

Someone who gave it all - On Sunday, July 26 more than 125 friends and family celebrated the life of **Patsy Ethridge-Neal**. Patsy was a tireless and stalwart supporter of the senior center for nearly three decades. She served on the Board of Directors for 12 years and on the influential Finance Committee for more than 20. Patsy was the center's historian and represented the voice of the seniors who came before her, always ensuring we did not stray from the heart of the original senior center. She generously gave her time, talent and treasure. In 2022 she was honored with the Rose Cantwell Leadership award alongside Gary Haakenson. From the day we raised the first flag on the EWC flagpole the flag (and there have been many) came from Patsy and the VFW where served. The flag waves above the center, as if Patsy is watching over us.

—

Legacy Circle – ensuring the EWC continues to thrive for generations

Mark your calendars for September 15th from 3:30 – 5:00 for our next free, Legacy Circle event – "Finding Joy." Building on our Flight Plan for Retirement which takes a holistic view of the many aspects of a happy and fulfilling retirement, this session will focus on finding joy. Our guest speaker will be our celebrated Graceful Aging instructor, **Mary Davis**.

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**

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

STEWARDSHIP

Spring gifts – Thank you to the *57* friends and families who contributed to our spring drive raising $34,630. Special thanks to Vern Thoreson, John Osberg, Constance Thayer, Lee Lagaeschulte, Joe Sambataro, and Ruth Shimondle for your leadership gifts.

Grants

Special thanks to:

The Young Foundation

—

Giving Their Time

If you ever come in the EWC and notice a ladder with two legs at the top (the body inserted into the ceiling) that is seventy-four-year-old Greg Gadbois – retired after career in heating and cooling. A tireless member of the Facilities Committee, he feels personally responsible for the air quality at the EWC. Greg volunteers several times a month to service (clean or replace) 90 air filters spread throughout the building. All the filters are replaced from a ladder, sometimes hidden behind multiple trap doors above the suspended ceiling. "*I like to come in at 6:30 am, before anyone is in the building,*" said Greg. "*It takes me between 2 ½ and 3 ½ hours.*" Thank you, Greg. We promise we are recruiting an apprentice.

—

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** - $62,000 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 SEPTEMBER 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 TUESDAY, SEPTEMBER 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 availalble on both buses

BOEHM'S CANDIES & CHOCOLATES TOUR

Thursday, September 17
Depart: 11:45am **Return:** 3:30pm
Cost: $35M/$52NM
Moderate Walking/Stairs ++
Spots Available: 13
Meet at: Lake Ballinger Center

On this guided tour you'll be escorted through Boehm's chocolate factory to experience the art of handmade chocolate making and see the magic at work in the candy kitchen — complete with tasty samples along the way! The tour also includes a visit to the authentic chalet where the founder once lived, and the beautiful High Alpine Chapel. Plan to end the tour with a stop in the retail shop where you can purchase some of the candies you saw being made!

WOODLAND PARK ZOO

Wednesday, September 23
Depart: 10:15am; **Return:** 4:00pm
Cost: $52M/$77NM
Moderate to Lots of Walking ++/+++
Spots Available: 13
Meet at: Lake Ballinger Center

Discover the amazing animals that await you when you explore the award-winning exhibits at Woodland Park Zoo. More than 800 animals and 250 species, including some of the world's most critically endangered, can be seen across 92 acres, featuring different natural habitats ranging from humid tropical rain forests and coastal deserts to temperate rain forests like those of the Pacific Northwest. Bring a brown bag lunch or purchase from concessions on site (Cost OYO).

UW BIOLOGY GREENHOUSE TOUR

Tuesday, September 29
Depart: 12:00pm; **Return:** 4:00pm
Cost: $30M/$45NM
Moderate Walking ++
Spots Available: 13
Meet at: Lake Ballinger Center

For nearly 70 years, the Biology Greenhouse at the University of Washington has played a vital role in research and teaching. Whether focusing on plant-pollinator interactions, paleoclimatology, or other biological questions, this teaching collection has enhanced and inspired UW biological research. During a docent led tour you will learn about their four collection rooms of unique plant species and environments at the Biology Greenhouse ~ a great experience for any plant enthusiast!

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

DAY TRIPS - SIGN UPS OPEN ON SEPTEMBER 1

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

QUIL CEDA CREEK CASINO

Tuesday, October 6
Depart: 10:30am; **Return:** 4:00pm
Cost: $22M/$33NM
Little to Moderate Walking ++
Spots Available: 23
Meet at: Lake Ballinger Center

Senior Tuesday at the Q includes special promos. Try your luck at slots or table games. Lunch available at The Kitchen food court (Cost OYO).

WALK TO END ALZHEIMER'S

Saturday, October 10
Depart: 10:00am; **Return:** 3:30pm
Cost: $20M/$30NM
Moderate Walking ++
Spots Available: 20
Meet at: Lake Ballinger Center

Join our team for the Snohomish County Walk in Everett. EWC will make a donation for each person who registers. Walk distance is approximately 2 miles. Stop on the way home for late breakfast/ early lunch (Cost OYO).

CARNATION FARMS HARVEST MARKET & HISTORIC TOUR

Saturday, October 17
Depart: 10:00am; **Return:** 3:00pm
Cost: $35M/$52NM
Moderate Walking/Uneven Ground ++/+++
Spots Available: 20
Meet at: Lake Ballinger Center

Shop the harvest market for autumn decor, handmade soaps, art, clothes, and sweets from dozens of local vendors up at the historic Hippodrome. Join the farm archivist for a guided walking tour around the historic main grounds and museum to learn about the property's rich past. Enjoy hot food, seasonal drinks, and farm-fresh flavors as you celebrate the bounty of Autumn.

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

EWC TRAVEL CLUB

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

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

Edmonds Waterfront Center Travel Club presents...

Southern Charm

April 5 – 11, 2027

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

collette

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

Edmonds Waterfront Center Travel Club presents...

Discover Canadian Maritimes and Coastal Wonders

September 3 – 13, 2027

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

collette

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

OVER THE HILL HIKERS

*ONLINE REGISTRATION IS AVAILABLE

www.schedulesplus.com/edmonds
CALL 425.774.5555
or visit the 2nd floor Reception Desk

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

SIGN-UPS OPEN ON SEPTEMBER 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 - FRAGRANCE LAKE LOOP/LARRABEE STATE PARK (BELLINGHAM)

Thu, September 10 | Depart: 8:00am.
Difficulty: Medium. 5.4 Miles Round Trip
Elevation Gain: 1026 ft.

HIKE - HUNTOON PT/ARTIST RIDGE WILD GOOSE TRAIL (MT BAKER)

Thu, September 24 | Depart: 7:00am.
Difficulty: Medium. 4.4 Miles Round Trip
Elevation Gain: 988 ft.

HIKE - IRON GOAT/ WELLINGTON-MARTIN CREEK (STEVENS PASS)

Thu, October 8 | Depart: 8:00am.
Difficulty: Easy-Medium. 5.6 Miles Round Trip
Elevation Gain: 659 ft.

HIKE - HOVANDER FARM HOMESTEAD (FERNDALE)

Thu, October 22 | Depart: 7:00am.
Difficulty: Easy. 5 Miles Round Trip
Elevation Gain: 0 ft.

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

CLINE JEWELERS

Jewelry & Gold Buyers

Record Highs in Gold & Silver

Let's turn that into cash or new jewelry!

- Gold, Silver & Platinum
- Jewelry in Any Condition
- Estate Jewelry
- Dental Gold
- Sterling Silver Flatware
- Gemstone Jewelry
- Natural Diamond Jewelry
- Silver Coins
- Gold Coins
- Not sure what you have? We can help!

Looking for jewelry appraisals for estate or insurance purposes?
We have graduate gemologists on staff that can provide those documents **starting at $145**.

SELLERS BONUS! **RECEIVE AN EXTRA 20%** value towards in-stock jewelry or custom redesign*

By appointment only. Please **call or text 425-673-9090** to schedule or visit us at clinejewelers.com to schedule your appointment.

BEST IN THE PNW The Seattle Times WINNER 2025 THE PEOPLE'S CHOICE

BEST OF EDMONDS 2025

100 5th Ave N., Edmonds, WA 98020 *(Next to the fountain)*
clinejewelers.com | (425) 673-9090

EWC WORKSHOPS - sign-ups for all workshops open on SEPTEMBER 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, Sep 9, 23, Oct 14, 28; 6:00pm-8:00pm
Thursday, Sep 3, 17, Oct 1, 15; 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.*

DEMYSTIFYING MEDICAL BILLS

Tuesday, Sep 15, 1:00pm-2:30pm
Location: Community Room B
Cost: None
Facilitator: Jim Becker
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
Medical bills can feel like they are written in a foreign language. Unexpected charges, confusing codes, and insurance explanations that seem designed to baffle. It is easy to feel overwhelmed and powerless. This free workshop, led by longtime Seattle resident Jim Becker, is designed to change that. Drawing on decades of experience developing and supporting healthcare software systems, Jim breaks down exactly how medical bills are structured, what the common line items mean, and how insurance claims translate into what a patient owes.

WHAT I WISH I'D KNOWN - A STROKE SURVIVOR'S GUIDE TO PREVENTION (ZOOM WORKSHOP)

Thursday, Sep 17, 1:00pm-2:00pm
Location: Zoom
Cost: $20 member | $30 non-member
Facilitator: Ellia Harris
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
Join us for a powerful and practical Zoom presentation led by a stroke survivor who has lived through the reality of what happens when every second counts. This session delivers actionable, life-saving information to help you recognize the signs of a stroke before it's too late. You'll learn how to spot a stroke as it's happening, understand why immediate action is critical, identify who is most at risk, and discover practical steps for managing the after-effects. Whether for yourself or someone you love, this guide could save a life.

PERFECT POSTURE & HEALTHY BACK WORKSHOP

Tuesday, Sep 22, 1:30pm-2:30pm
Location: Community Room B
Cost: $10 member | $15 non-member
Facilitators: Sean Master, CES, CNS - Olympic Spine & Sport Therapy
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
This interactive workshop is designed to help our community better understand posture and common movement dysfunctions that can contribute to tension and even pain. Our session will cover practical techniques to improve alignment, reduce tension and build strength and improve confidence.

INTRODUCTION TO MINDFULNESS

Thursday, Sep 24, 1:00pm-2:00pm
Location: Community Room B
Cost: None
Facilitators: Mary Davis, MSN
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
What is Mindfulness and how can it improve your life? Learn easy practices to improve your attention and well being. Instructor Mary Davis MSN brings to the class a background of 35 years in Family Practice Medicine, Meditation Instructor Certification and Mindfulness Instructor Certification

BETTER BALANCE BEATS BUMBLING BLUNDERS!

Tuesday, Sep 29, 1:00pm-3:00pm
Location: Community Room B
Cost: None
Facilitators: Dr. Alyssa Lenix. DC
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
Join Dr. Lenox for a closer look at the science behind balance and participate in some exercises for stability and coordination. Tongue twister not required for entry!

REIMAGINING RETIREMENT: CREATING WHAT'S NEXT FROM REFLECTION TO A PLAN

Thursday, Oct 1, 1:00pm-2:30pm
Location: Multipurpose Room 1 & 2
Cost: $20 member | $30 non-member
Facilitators: Paula Rosecky
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
A more practical and emotional exploration of retirement that moves beyond financial planning to consider identity, purpose, and how people want to spend this next chapter. As circumstances change, more people live longer and redefine what retirement can look like. This workshop invites reflection on what a fulfilling next phase could be.

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

Tuesday, Oct 6, 1:00pm-2:30pm
Location: Community Room B
Cost: None
Facilitators: Wall Law Group
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
Attend an informational presentation by an attorney from Wall Group Law specializing in Elder Law and Estate Planning. We will discuss documents important to create legal solutions and bring you peace of mind. Bring your questions and learn from this interactive presentation. All ages and levels of knowledge welcome.

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

EWC WORKSHOPS - sign-ups for all workshops open on SEPTEMBER 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.

DEALING WITH DEMENTIA
Thursday, Oct 8, 1:00pm-5:00pm
Location: Community Room B
Cost: $40 member | $60 non-member
Facilitators: Carol Redfield
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
A workshop for caregivers to those with Alzheimer's Disease. Participants in the Dealing with Dementia workshop is proven to increase dementia knowledge and confidence in the caregiver's ability to provide care. Those that complete the 4-hour workshop will receive the comprehensive Dealing with Dementia guidebook for caregivers.

THE TALK YOU OWE YOURSELF: FUNERAL & CEMETERY PLANNING 101
Tuesday, Oct 13, 1:00pm-3:30pm
Location: Community Room B
Cost: No cost
Facilitators: Leah Crane
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
This interactive seminar focuses on funeral and cemetery-planning basics and regulations. Learn the answers to all your questions, and answers to questions you didn't know you had! We'll discuss why and how to plan your funeral care needs, whether you fund them or not, the costs, and whether you plan to have formal services or not. You will learn how to make sure your family is protected, your wishes are carried out the way you want, and ensure the right people have the final say.

EWC TRAVEL - LEARN ABOUT UPCOMING TOURS WITH COLLETTE
Tuesday, Oct 20, 10:00am-11:30pm
Location: Community Room B
Cost: None
Register: Opens Sep 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.

UNDERSTANDING HOSPICE AND END OF LIFE CARE
Tuesday, Oct 20, 1:00pm-2:30pm
Location: Community Room B
Cost: No Cost
Facilitators: Bill Dehmer
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
The goal of this workshop is to understand the difference between home health, hospice and palliative care services. What are the myths about hospice and understanding end-of-life issues that patients and families deal with on hospice.

FOOD, MOOD & ENERGY AFTER 40
Wednesday, Oct 21, 6:30pm-8:00pm
1:00pm-2:30pm
Location: Community Room B
Cost: $10 member | $15 non-member
Facilitators: Tammie Starwich - Holistic Health Coach
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
Learn how what you eat and how you eat directly influences your mood, sleep quality, and hormonal rhythms. This class bridges the gap between nutrition science and nervous system regulation, offering practical, gentle strategies to help you feel more stable, rested, and resilient.

FROM OUR HOLIDAY TABLE TO YOURS
Friday, Oct 23, 1:00pm-3:00pm
Location: Multipurpose Room 1 & 2
Cost: $20 member | $30 non-member
Facilitators: Nutrition with Heart
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
Join us for a festive afternoon celebrating good food, connection, and the joy of sharing a meal. Together, we'll prepare a delicious starter, flavorful main course, and dessert while learning practical nutrition tips, kitchen techniques, and simple ways to approach holiday eating with flexibility and intention. Leave with new recipes and inspiration to bring more nourishment, flavor, and enjoyment to your holiday table.

PRACTICAL SELF-CARE: SIMPLE TOOLS TO THRIVE IN DAILY LIFE
Tuesday, Oct 27, 1:00pm-3:00pm
Location: Community Room B
Cost: $10 member | $10 non-member
Facilitators: Inside Health Institute
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
Discover practical, accessible self-care techniques for managing stress, practicing mindfulness, supporting nutrition, and connecting with nature. Learn simple strategies you can incorporate into your daily routine, including guided journaling, nervous system regulation exercises, and nature-based practices. Leave with an easy-to-use toolkit to reduce stress, improve well-being, and navigate life with greater ease and balance.

GET YOUR DUCKS IN A ROW
Thursday, Oct 29, 1:00pm-3:00pm
Location: Community Room B
Cost: None
Facilitators: Marta Street, Concierge Care Advisors
Register: Opens Sep 1; Online/Phone/2nd Floor Reception
Please join us as a senior housing and care exert, 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.

BONE HEALTH ESSENTIALS: MANAGING LOW BONE DENSITY
Friday, Oct 30, 1:00pm-2:30pm
Location: Community Room B
Cost: None
Facilitators: Elaine Henderson, RN
Register: Opens Sep 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, Sep 8 & Oct 13; 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, Sep 14
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

verdant HEALTH COMMISSION SERVING SOUTH SNOHOMISH COUNTY

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

FOOT CARE CLINIC

1st & 2nd Wednesday/Thursday
Sep 2, 3, 9, 10 & Oct 7, 8, 14
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, Sep 9, 16, 23 & Oct 14, 21, 28
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

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, Sep 18 & Oct 16
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!

Bloodworks Northwest

POP UP BLOOD DRIVE - BLOODWORKS NW

Tuesday, Sep 29; 9:30am-3:30pm
Monday, Oct 26; 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.

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

Compassionate Support for Life's Transitions

Peaceful Pathways provides compassionate in-home support and companionship for seniors and their families. Visits are scheduled with a two-hour minimum, offering flexibility for families and clients.

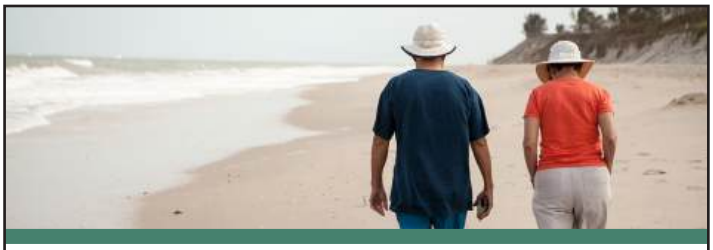
Offering personalized services, such as:

- Companionship and social support
- Light housekeeping
- Meal planning and preparation
- Grocery shopping and errands
- Transportation to appointments and social activities
- Assistance coordinating appointments
- Support locating and transitioning to a care facility when needed
- End-of-life doula services

Peaceful Pathways

Walking beside you, every step of the way

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



Don't get caught unprepared!

Create an Estate Plan that clearly states YOUR needs and wishes.

Act now and bring yourself and your loved ones Peace of Mind.
Set up a 30 minute complimentary initial consultation by QR CODE, website or call **425.670.1560**

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Wills • Trusts • POAs • Probate • Business
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Edmonds, WA 98020
www.WallGroupLaw.com

Visiting Angels® LIVING ASSISTANCE SERVICES

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Visiting Angels provides essential senior home care, allowing your loved one to remain where they are the most comfortable…in their own home.

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- Assistance with Walking
- Medication Reminders
- Errands & Shopping
- Light Housekeeping
- Meal Preparation
- Companion Care
- Respite Care for Families
- Live-In Care
- Flexible Hourly Care
- Veterans Care

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MEMORY CARE

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

Call us today to schedule a tour.

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425.673.2875 | 728 Edmonds Way | Edmonds WA
www.RosewoodCourte.com

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

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; Oct 27 & 28
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: Sep 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-2:15pm
Room: Community Room B
Facilitator: Michael Knapp (morning), Andy Rogers (afternoon)
Monthly Cost: $5 member | $10 non-member
Register: Morning sessions contact Michael Knapp at *mknapp@uw.edu*. Afternoon sessions contact Vicki Sween at *vsween4@gmail.com*. Contact before start of meeting to sign up or be added to wait list.
A courteous and respectful group made up of seniors from all walks of life who meet to share ideas regarding current events of every kind. With a moderator who guides the group discussion, attendees are called upon to offer a topic for discussion and address their issue, then the others in the group can comment.

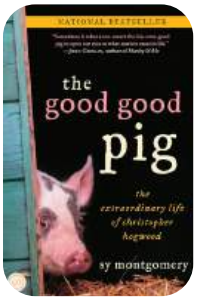
DRIFTWOOD SCULPTURE
Does not meet Sep 7
Mondays | 12:00pm-3:00pm
Room: Multipurpose Room 4
Instructor: Dave Sao
Cost per Class: $5 member | $10 non-member
Register: Online/2nd Floor Reception
Artists work independently on their own projects with guidance. Will need to bring own tools. All levels welcome. 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: Aug 14 for Sep classes, Sep 15 for Oct classes
Open to anyone who wants to write. Join fellow writers each week to show up, sit down, and get words on the page. No critiques. No sharing. No pressure. Just focused writing.

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
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
Sep 24 - Book Title: "Sing, Unburied, Sing" by Jasmyn Ward
Oct 22 - Book Title: "The Good Good Pig" by Sunday Montgomery



LIVE MUSIC DAILY
Enjoy coffee or lunch with live music in the Banquet Room Community Cafe featuring:
Jan - Monday (1st/3rd/5th) 11:30-1:00
Lito - Monday (2nd & 4th) 11:30-1:30
Jack - Tuesday 11:30-1:00
Nick - Wednesday 11:00-1:00
Ruben - Thursday (1st/3rd/5th) 12:00-1:00
Bob - Thursday (2nd & 4th) 12:00-1:30
DaveN'Joanna - Friday (Last) 9:30-11:00
Mark Ellis Trio - (1st/2nd) Friday 11:30-1:00
Danilo - (3rd/4th/5th) Friday 11:30-1:30

NO FEAR DRAWING
Wednesdays | 10:30am-12:30pm
Sep 9 - Oct 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: Aug 14
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
Sep 10 - Oct 29 (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: Aug 14
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

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CALL 425.774.5555 or visit the 2nd floor Reception Desk
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NO FEAR WATERCOLOR (BEGINNER LEVEL)

Fridays | 10:30am-12:30pm
Sep 11 - Oct 30 (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: Aug 14
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
Sep 10 - Oct 29 (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: Aug 14
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 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

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 independantly on your braided rug or observe and see how braided rugs are made. Limited instruction available. Limit of 8 participants per session.

SENIOR SWINGERS ORCHESTRA

Thursdays |12:45pm-2:30pm
Room: Multpurpose Room 1&2
Conductor: Terry Wergeland
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.

SMART PHONE BASICS WITH LIAM

Tuesday, Sep 15 | 10:00am-12:00pm
Room: Community Room B
Facilitators: Margaret Elwood & Patsy Simon
Cost: None
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14
This smart phone basics class will cover the fundamentals of phones and how to get the most out of this powerful tool. We will show you how to message/call, how to avoid fraud, use social media, and more. Time at the end of the presentation for your questions.

SOUND SINGERS

Tuesdays | 1:00pm-3:00pm
Room: Multpurpose 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
Sep 2, 16, Oct 7, 21 | 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: Aug 14 for Sep appointments, Sep 15 for Oct 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: Multpurpose 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.

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

DANCE & EVENING - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds
CALL 425.774.5555 or visit the 2nd floor Reception Desk
Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

ACOUSTIC GUITAR GROUP

Does not meet Sep 7
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: Aug 14 for Sep classes, Sep 15 for Oct 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, Oct 1 | 5:00pm-6:30pm
Room: Multipurpose Room 4
Facilitators: Joe Dalan
Cost: $5 Suggested Donation
Register: Online/Phone/2nd Floor Reception
Registration Opens: Sep 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.

ART WITH NATALIYA

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: Aug 14 for Sep classes, Sep 15 for Oct classes
Class Limit: 20 students
Notes: 48 hour cancellation notice required for refunds/credits. All materials are provided. No experience needed.

Sep 17: Landscapes of the Pacific Northwest (Mini Watercolor)
Paint a miniature Pacific Northwest landscape while learning composition, color theory, washes, and blending techniques.

Sep 24 - Watercolor & Pen & Ink: Local Wild Mushrooms
Learn to draw and paint a variety of local wild mushrooms using pen & ink and watercolor. Explore line work, texture, and watercolor techniques as you create a beautiful woodland-inspired illustration.

Oct 1 - Mini Seattle Cityscape (Watercolor)
Paint a charming miniature watercolor cityscape of Seattle while learning composition, perspective, washes, and layering techniques.

Oct 8 - Watercolor & Pen & Ink: Local Leaves
Learn to draw and paint the beautiful leaves of local plants, including fern, Japanese maple, and more. Practice expressive pen & ink line work and watercolor techniques to create a vibrant botanical illustration

Oct 15 - Forest in Fall (Acrylic Painting Without Brushes)
Come and learn to paint a beautiful autumn forest using acrylics and a variety of unconventional tools instead of brushes. Explore fun, creative techniques to create rich textures, colorful foliage, and a vibrant fall scene.

Oct 22 - Aboriginal-Inspired Dot Art
Create your own acrylic-on-canvas painting using the beautiful dot painting technique inspired by the traditional art of Australia's Aboriginal peoples.

Oct 29 - Pacific Northwest Landscape: Golden Larch Trees (Watercolor)
Capture the beauty of autumn in the Pacific Northwest by painting a landscape featuring brilliant golden larch trees. Learn watercolor techniques for creating glowing fall colors, distant mountains, and atmospheric depth.

DANCING & LIVE MUSIC AT THE LAKE

Tuesdays | 1:00pm-3:00pm
Location: Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace
Room: Lakeview Room
Cost: $10 member | $15 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.
Musian Schedule:
Lauren Petrie: Sep 1, 8, 22, Oct 13, 27
The WAVE Band: Sep 15, 29, Oct 6, 20

NEW! EDMONDS CRAFTERS GROUP

Tuesday | 3:30pm-5:00pm
Room: Multipurpose Room 4
Facilitators: Kathleen Hanser
Cost: $5 Donation
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct classes
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.

- September 1, Acrylic puzzle suncatcher, $13+
- September 8 and 15, Pearl Painting, $8+
- September 22, Coloring, $4
- September 29, Bring your own project, Free
- October 6 and 13, Fall-themed diamond painting, $8-10
- October 20, Small hydrangea paint-by-number kit, $10-15
- October 27, Bring your own project, Free

NEW! EVENING PRENATAL YOGA

Does not meet Sep 2
Wednesdays | 6:00-7:30pm
Room: Multipurpose Room 4
Instructor: Colette Crawford, RN, BSN, IBCLC; Nisreen Azar
Cost: $100 member | $140 non-member
$30 member | $40 non-member for drop-in
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct 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.*

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.

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: Aug 14 for Sep classes, Sep 15 for Oct 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.***

NEW! GREAT DECISIONS 2026
Does not meet Nov 24
Tuesdays | 4:00pm-5:30pm
Oct 6 - Dec 1 (8 sessions)
Room: Community Room B
Facilitator: Larry Fuell
Cost: $35 member | $50 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: Sep 15
Great Decisions focuses on eight critical global issues facing America and the world today. Weekly discussions will be moderated by Larry Fuell, former Director of the Global Affairs Center at Shoreline Community College. Registration and payment are required at sign-up, which includes briefing papers for all 8 discussions. Late sign-up is allowed however cost will not be pro-rated, whether you attend 1 or all 8 discussions.
Once you have registered:
- You will receive a volume of briefing papers for the discussions, please contact Michelle Neu.
- Participants read the relevant briefing paper before each discussion.

JAZZERCISE DANCE FITNESS & STRENGTH TRAINING (ALL LEVELS)
Does not meet Sep 7
Monday-Wednesday | 4:15pm-5:15pm
Thursday | 4:30pm-5:30pm
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.

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: Aug 14 for Sep classes, Sep 15 for Oct classes; Drop-in OK (cost is same per month if you attend one or all)
We encourage anyone looking to learn how to knit, or perhaps remember how to knit, to join us! Practice new skills through swatch knitting and receive a pattern for a simple hat knit in the round. As knitters gain confidence, we'll offer mini-lessons on gauge, matching needle size to yarn weight, blocking, and more. Knitting together is fun, social, and brain positive! Experienced knitters are welcome. Needles and yarn loaned for beginner swatch knitting.

LINE DANCING (BEGINNER)
Wednesdays | 4:15pm-5:15pm
Does not meet Sep 16, Oct 14 & 21
Sep Cost: $40 member | $60 non-member
Oct Cost: $20 member | $30 non-member
Fridays | 1:15pm-2:15pm
Does not meet Sep 18, Oct 16 & 23
Sep Cost: $30 member | $45 non-member
Oct 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: Aug 14 for Sep classes, Sep 15 for Oct 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 Oct 20
Tuesdays | 6:00pm-7:00pm
Room: Multipurpose Room 1&2
Instructor: Marie Gallaher
Class Limit: 30 students
Sep Cost: $50 member | $75 non-member
Oct Cost: $30 member | $45 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct 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 Sep 18, Oct 16 & 23
Fridays | 2:30pm-3:30pm
Room: Multipurpose Room 3
Instructor: Marie Gallaher
Class Limit: 12 students
Sep Cost: $30 member | $45 non-member
Oct Cost: $30 member | $45 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct classes; No Drop In
Have fun learning more challenging steps.

NEW! PAINT & SIP - FALL THEME
Monday, Oct 12 | 6:30pm-8:30pm
Room: Multipurpose Room 1 & 2
Instructor: Liz Peterson
Cost per Session: $40 member | $55 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: Sep 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.

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

Experience
THE DIFFERENCE

Not every real estate agent understands what it means to make a move later in life. As a Seniors Real Estate Specialist (SRES®), I've completed specialized training to guide you through the decisions, timing, and emotions that this kind of change can bring—backed by over 40 years of experience serving clients right here in Edmonds.

THE EXPERTISE YOU DESERVE

- SRES®-certified: specialized training in senior real estate transitions
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Schedule a complimentary consultation and see the difference for yourself.

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Windermere REAL ESTATE
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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.

SOUND BATH

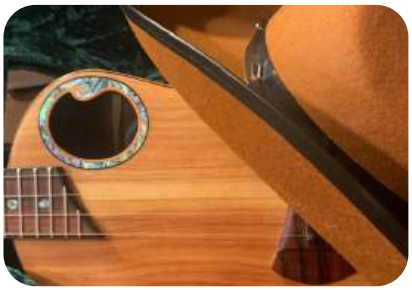
Monday | 6:30pm-7:30pm
Room: Multipurpose Room 3
Instructor: Savannah Powers, Ethereal Health & Wellness
Cost per Session: $40 member | $55 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct classes

Golden Hour Sound Bath | Sep 28
A deeply soothing and healing experience designed to capture the tranquility and warmth of the late afternoon light, often just before sunset. This sound bath is infused with the energy of the "golden hour"—that magical time when the sun casts a warm, golden glow over everything. The idea is to create a space where you can unwind and bask in the restorative vibrations of sound while symbolically connecting with the peaceful beauty of the setting sun.

Sound Bath By Candlelight | Oct 26
A serene and immersive experience designed to promote relaxation and mindfulness. Participants typically lie comfortably on mats or cushions in a dimly lit space illuminated by soft candlelight. The session often features a variety of sound healing instruments such as crystal bowls, gongs, chimes, and drums, which are played to create soothing soundscapes.

(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

Wednesdays | 6:00pm-8:00pm
Room: Multpurpose 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.

ASSISTED LIVING | MEMORY CARE

Discover Vibrant Senior Living in Edmonds

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

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

BEST ASSISTED LIVING U.S.News & World Report 2025
BEST MEMORY CARE U.S.News & World Report 2025

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

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EXERCISE & MOVEMENT - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds
CALL 425.774.5555 or visit the 2nd floor Reception Desk
Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

AGELESS STRENGTH: BALANCE, FLEXIBILITY & POWER

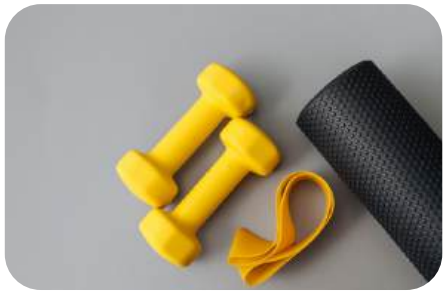
Does not meet Sep 7
Mondays | 9:30am-10:15am
Room: Multipurpose Room 1& 2
Instructor: Pat Belasco
Sep Cost: $33.75 member | $41.25 non-member
Oct Cost: $45 member | $55 non-member
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct classes
Comprehensive 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 Sep 7
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: Aug 14 for Sep classes, Sep 15 for Oct 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

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: Aug 14 for Sep classes, Sep 15 for Oct 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

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: Aug 14 for Sep classes, Sep 15 for Oct 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

Does not meet Sep 7
Mondays | 10:45am-11:30am
Room: Multipurpose Room 1& 2
Instructor: Pat Balasco
Sep Cost: $33.75 member | $41.25 non-member
Oct Cost: $45 member | $55 non-member
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct classes
Register: Online/Phone/2nd Floor Reception
Gentle Chair Yoga is a soothing and accessible yoga program designed for seniors and individuals with limited mobility. Performed primarily while seated (or using a chair for support), this class combines gentle stretches, mindful breathing, and light strength-building exercises to improve flexibility, reduce stiffness, and promote relaxation. Whether you're recovering from an injury, managing joint pain, or simply looking for a low-impact way to stay active, this program offers a safe and effective way to enhance well-being.

GENTLE YOGA

Tuesdays | 10:00am-11:00am
Thursdays | 9:00am-10:00am
Room: Multipurpose Room 1& 2
Instructor: Terra Lea
Cost: $50 member | $60 non-member
sign ups monthly - no drop in; must sign-up for Tuesday & Thursday classes separately.
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct classes
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
Sep Cost: $75 for members
$95 for non-members; $20 Guest/Drop In
Oct Cost: $60 for members
$80 for non-members; $20 Guest/Drop In
Facilitator: Peggy Potz
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct 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.

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.

MOVEMENT FOR LIFE/PD DANCE FOR ANY BODY
Thursdays | 1:00pm-2:15pm
Room: Multipurpose Room 4
Facilitator: Deborah Magallanes
Cost: $15 Donation per class
Register: Pay Instructor
Registration: On-going; drop in ok
We welcome adults with balance or movement challenges, or who are looking for a relaxed approach to exercise. Based on the Dance for PD program, we move, dance, smile, and enjoy ourselves, embracing movement in chairs, at the barre, or standing—whichever is right for you. This method empowers participants to engage sight, sound, touch, thought, and imagination to inspire movement and expression. Caregivers, attendants are welcome, too!

PRENATAL YOGA
Does not meet Sep 7
Monday/Wednesday/Friday
9:00am-10:00am
Room: Multpurpose Room 3
Instructor: Nisreen Azar
Monthly Cost: $180 member
$200 non-member; or $20 drop-in
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct 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
Sep Cost: $45 member | $55 non-member
Oct Cost: $56.25 member | $68.75 non-member
Room: Multipurpose Room 1&2
Facilitator: Frank Mateo
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct classes
This class focuses on learning key soft style Tai Chi concepts, emphasizing stance and hand positioning for balance and harmony. We discuss movement in physiological terms to engage heart and mind. ***Note: Requires a moderate range of motion and physicality.***

TAI CHI (INTERMEDIATE)
Tuesdays | 11:30am-12:30am
Sep Cost: $56.25 member | $68.75 non-member
Oct Cost: $45 member | $55 non-member
Room: Multipurpose Room 1&2
Facilitator: Frank Mateo
Register: Online/Phone/2nd Floor Reception
Registration Opens: Aug 14 for Sep classes, Sep 15 for Oct classes
Continue with this intermediate-level Tai Chi class, these students already understand movements past Single Whip and into Crane Stance. The soft style foundation learned here can be transformed into hard style for increased strength and confidence. ***Note: Requires more advanced movement and physicality.***

TODDLER PLAY GROUP
Does not meet Sep 7
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
Sep 28, Oct 26
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 (MP3) | Fridays (MP4)
12:15pm-3:00pm
Room: Multipurpose Room 3 & 4
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 FRIDAY OF EACH MONTH**, for 4 consecutive sessions. New and experienced players are always welcome! Pay when you play.

MAH JONGG - CHINESE
1st & 3rd Wednesday; Sep 2, 16, Oct 7, 21
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.

This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

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This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

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.

AGING WELL W/ HEALTH & HAPPINESS, & MINDFUL MEDITATION GROUP

Starts Sep 18
Does not meet Sep 25 & Oct 23
Fridays | 1:00pm-2:30pm
Room: Multipurpose Room 1&2
Instructor: Mary Davis, MSN, FNP
Cost: None
Register: Not Required; Drop-in ok.
What causes aging in the body, and what we can do to slow it down? Simple practices to increase health and happiness as we age. A weekly group including presentations of the physiology of aging and disease, followed by questions and group discussion about how to implement the practices in your life.
**Last ½ hour optional Mindful Meditation*

ALZHEIMER'S CAREGIVER SUPPORT GROUP

2nd Tuesday, Sep 8, Oct 13
- 5:30pm-6:30pm
2nd Wednesday, Sep 8, Oct 14
- 2:00pm-3:30pm
4th Wednesday, Sep 23, Oct 28
- 2:30pm-4:00pm
Room: Multipurpose Room 3, CRB
Cost: None
Register: Call 800.272.3900
Build a support network with people who understand. Alzheimer's Association® support groups offer a safe, welcoming space for people living with dementia and their caregivers to share experiences, discuss challenges, learn coping strategies, and connect with helpful community resources.

APPLY FOR A REDUCTION IN YOUR PROPERTY TAXES

3rd Thursday, Sep 17, Oct 15
10:00am-4:00pm
Room: Studio
Cost: None
Register: By apointment 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 <u>two services</u>: **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, Sep 2, 16, Oct 7, 21
11:00am-2:00pm
Room: Community Lounge
Cost: None
Facilitator: Sno-Isle Library (Edmonds)
Register: None required; Drop in ok
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.

NEW! DEMYSTIFYING MEDICAL BILLS ONE-ON-ONE CLINIC

4th Tuesday, Sep 22, Oct 27
10:00am-12:00pm
Room: Clinic Rooms
Facilitator: Jim Becker
Cost: None
Register: By apointment only. Please call guest services to schedule.
Free, one-on-one guidance to help people make sense of a particular bill or insurance explanation of benefits. Jim can help identify common errors, confusing line items, or questionable charges on an actual bill you have in hand.

RETURNS! EWC PRIDE CIRCLE

3rd Friday, Sep 18, Oct 16
9:30am-11:00am
Room: Community Room A
Register: Not Required
Are you part of the Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ) community? Join us for a monthly social discussion group to meet new friends and be part of a supportive community. There is no set agenda, just a space and a place where all can feel welcome.

FINANCIAL SERVICES

2nd Monday, Sep 14, Oct 12
10:00am-12:00pm
Room: Clinic Room 1
Facilitator: Kylle 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, Sep 18, Oct 16
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, Sep 8, Oct 13
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, Sep 28, Oct 26
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 no-cost, brief consultations with an attorney for qualified Snohomish County residents who meet income requirements. Topics may include divorce, parenting plans, visitation, housing, and creditor/debtor issues. Appointments recommended; walk-ins welcome but not guaranteed.

PRESCRIPTION DRUG ASSISTANCE NETWORK (PDAN)

2nd & 4th Friday, Sep 11, 25, Oct 9, 23
9:30am-12:30pm
Room: Clinic Room 1
Facilitator: Rod Schutt
Cost: None
Register: Call 206.518.0839
If you're having trouble paying for prescriptions, PDAN may help identify patient assistance programs, navigate requirements, prepare paperwork, and submit required documents.

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

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COMMUNITY

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111 5th Ave S, Edmonds

NEW WORLD COMMUNICATIONS
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SENIOR SERVICES

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AEGIS LIVING
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This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

BUSINESS MEMBERS - Thank you for your support!

SENIOR SERVICES (CONT.)

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21006 72nd Ave W, Edmonds

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

CRISTA SENIOR LIVING
www.cristaseniorliving.org
(206) 210-1306
19301 King's Garden Dr N, Shoreline

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9815 Cherry St, Edmonds

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2340 N. 179th St, Shoreline

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23326 97th Pl W, Edmonds

HOME COMFORT CAREGIVERS
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hccedmonds@gmail.com

NORTHWEST NEIGHBORS NETWORK
www.northwestneighborsnetwork.org
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PO Box 293, Edmonds

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(206) 667-9719

SENIOR HELPERS OF EDMONDS
www.seniorhelpers.com/wa/edmonds/
(425) 207-5757
113624 Hwy 99 #B3,Lynnwood

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PO Box 55982, Shoreline, WA

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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

LAKE BALLINGER CENTER

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

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This newsletter is made possible by funding from **Snohomish County Human Services** and **Tulalip Tribes**. Special thanks to **The Printing Connection.**

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Tax ID # 91-0828576
PO Box 717 | Edmonds WA | 98020
www.edmondswaterfrontcenter.org

MEMBERSHIP FORM – For Single, Dual & Family

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 ☐ RENEWAL ☐		Membership: NEW ☐ RENEWAL ☐	
First Name:	M.I.:	First Name:	M.I.:
Last Name:		Last Name:	
Nickname/Salutation:		Nickname/Salutation:	
Mailing Address (Include Apt #):		*Dual memberships are only available to members of the same household.*	
City, State, Zip:			
Phone (H):	Cell:	Phone (H):	Cell:
Email:		Email:	
Date of Birth (Month/Day/Year): ___ ___/___ ___/___ ___ ___ ___ Check if 90+ yrs ☐		Date of Birth (Month/Day/Year): ___ ___/___ ___/___ ___ ___ ___ Check if 90+ yrs ☐	
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 3: 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 ☐ Dual ☐ Family ☐ Scholarship ☐ Administrative: _____

SPLUS ☐ CARD(s) ☐ COUPON ☐ IN-PERSON ☐ MAILED ☐ AUDIT ☐ CARD(s) Date input ☐

MEMBERSHIP FORM – For Single, Dual & Family

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

MEMBER 1	MEMBER 2
1. How many people live in your household and have been there more than 2 months? Include yourself: _____	
2. Marital Status: ☐ Married ☐ Single ☐ Partnership ☐ Divorced ☐ Widowed	2. Marital Status: ☐ Married ☐ Single ☐ Partnership ☐ Divorced ☐ Widowed
3. Gender: ☐ Male ☐ Female ☐ Non-Binary ☐ Other:_____	3. Gender: ☐ Male ☐ Female ☐ Non-Binary ☐ Other:_____
4. What is your race? ☐ American Indian or Alaska Native ☐ Asian ☐ Black or African American ☐ Hispanic, Latino or Spanish origin ☐ Native Hawaiian or other Pacific Islander ☐ White/Caucasian ☐ Other, specify: _____	4. What is your race? ☐ American Indian or Alaska Native ☐ Asian ☐ Black or African American ☐ Hispanic, Latino or Spanish origin ☐ Native Hawaiian or other Pacific Islander ☐ White/Caucasian ☐ Other, specify: _____
5. Are you active US military or veteran? ☐ Yes ☐ No	5. Are you active US military or veteran? ☐ Yes ☐ No
6. What are your top two interests at EWC? (*Check only two*) ☐ Arts/Crafts/Music ☐ Meals ☐ Education/Information ☐ Travel/Trips ☐ Health/Wellness ☐ Social Connections ☐ Volunteering ☐ Other, specify: _____	6. What are your top two interests at EWC? (*Check only two*) ☐ Arts/Crafts/Music ☐ Meals ☐ Education/Information ☐ Travel/Trips ☐ Health/Wellness ☐ Social Connections ☐ Volunteer Opportunities ☐ Other, specify: _____
7. What is your highest level of formal education? ☐ Postgraduate work/degree ☐ 4-year college graduate ☐ Some college/technical training ☐ High school grad/GED ☐ Did not complete high school	7. What is your highest level of formal education? ☐ Postgraduate work/degree ☐ 4-year college graduate ☐ Some college/technical training ☐ High school grad/GED ☐ 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 total household income from all sources? ☐ Less than $20,000 ☐ $25,000 - $34,999 ☐ $45,000 - $54,999 ☐ $75,000 and over ☐ $20,000 - $24,999 ☐ $35,000 - $44,999 ☐ $55,000 - $74,999	
I would like to receive the newsletter by EMAIL ☐ I would like to receive the newsletter by US MAIL ☐	I would like to receive the newsletter by EMAIL ☐ One copy of the newsletter may be sent to each household

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

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

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We love our volunteers!
Thank you for all your hard work

IN MEMORIAM

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

Jeff Ackles
Francoise Feliberti
Joe Fox
Bernard Goldman
Ed Graves
Michael Jones
Georgine "Jeanne" Lindelof
Ada Rae Roberts
Joe Stanek
Jean Walkinshaw

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

In Honor of
Janet Young
Peg & Rick Young Foundation

In Memory of
Patsy Ethridge-Neal
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Alma Ohtomo
Analia Chapter 112
Barb Halseth

In Memory of
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