NOVEMBER/DECEMBER 2026 ISSUE

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Sound Connection

for edmonds waterfront center programs

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EWC Instructor & Retired Nurse Practioner Mary Davis

EDMONDS Waterfront Center
Connecting & Enriching Our Community

MESSAGE FROM OUR CEO

Personal Agency

The rain starts coming down hard as you get into your car. You are running late for your morning exercise class at the EWC. As you back out of your driveway, you hear someone yell, "HEY!" It's a pedestrian with their dog, and they are not happy. You slam on the brakes, which sends your coffee flying... You think to yourself, *why is the universe conspiring against me? This is not going to be a good day.*

Are you someone who feels you have no control over the world around you and must just navigate what comes? Or do you feel you have influence over your life? It comes down to your *locus of control*. Locus of control is a psychological concept introduced by Julian Rotter in 1954. It describes how people explain the causes of events in their lives. **Internal locus of control** means you believe your actions shape outcomes, while **external locus of control** means you see outcomes as driven by luck, fate, or other outside forces. Whatever you put out into the universe, you will likely get back.

The good news is that you are not hardwired. Your locus of control is determined by social learning. You can learn to control your self-talk, the voice that provides the personal commentary interpreting the recent event. Following an epic failure at the piano, your self-talk can be, "I am just not musical. I will never learn to play." Or, "I am going to master this. Anything worth doing takes practice." My first attempt at piano lessons at age 8 ended in tears and later taking up the drums.

Personal agency is confidence that you can influence your life path and not just be subject to life forces outside your control. With intention, you can change your life, effectively shaping your circumstances. Life does not happen "to you"; it happens "for you."

Among our team of talented volunteer instructors at the EWC is retired nurse practitioner **Mary Davis**. She leads a free workshop series on aging well with health & happiness. Her classes always fill up. Everything she teaches is evidence-based. She shares with her classes simple ways to increase joy in your life. Here are some simple tips to get you started.

- **Smile** – stimulates the release of neurohormones that make you feel better.
- **Help someone** – giving kindness reduces cortisol and blood pressure and decreases the risk of premature death.
- **Call a friend** – a broad range of friends strengthens your immune system.
- **Walk in a forest** – increases antioxidants, boosts the immune system, and decreases stress hormones.

Give it a try. Find your personal agency. At the EWC, we embrace both life's good and life's hard stuff, while reminding people, **every day is a gift**.

Poet Mary Oliver said it best, *"Tell me, what do you plan to do with your one wild and precious life?"*



Daniel Johnson, MSW

Edmonds Waterfront Center CEO

STAFF

OFFICE:

Daniel Johnson, MSW - *CEO*
Phone: 425.977.0410
Daniel.Johnson@EdmondsWaterfrontCenter.org

Robin Ullman - *COO*
Phone: 425.954.2518
Robin.Ullman@EdmondsWaterfrontCenter.org

Brandon Boyer - *CFO*
Phone: 425.954.2519
Brandon.Boyer@EdmondsWaterfrontCenter.org

Brady Boun - *Finance & Data Analyst*
Brady.Boun@EdmondsWaterfrontCenter.org

Kathie Hervey
HR/Finance & Payroll Coordinator, Advisor Showroom
Phone: 425.774.5555 ext 117
Kathie.Hervey@EdmondsWaterfrontCenter.org

Carl Setzer - *IT & Systems Analyst*
Phone: 425.774.5555
Carl.Setzer@EdmondsWaterfrontCenter.org

Andrea Uchytil
Administrative Assistant Operations & Programs
Phone: 425.954.2521
Andrea.Uchytil@EdmondsWaterfrontCenter.org

COMMUNITY CONNECTIONS:

Michelle Neu - *Liaison*
Phone: 425.954.2520
Michelle.Neu@EdmondsWaterfrontCenter.org

DEVELOPMENT:

Joan Morrison - *Stewardship Director*
Phone: 425.774.5555 ext 121
Joan.Morrison@EdmondsWaterfrontCenter.org

EVENTS & RENTALS:

Ilham Lioui - *Rental & Events Director*
Phone: 425.977.0414
Ilham.Lioui@EdmondsWaterfrontCenter.org

Nancy Hamilton - *Rental & Events Coordinator*
Phone: 425.678.3662
Nancy.Hamilton@EdmondsWaterfrontCenter.org

Rental Inquiries:
www.edmondswaterfrontevents.com

FACILITIES:

Patrick Carter - *Facilities Director*
Phone: 425.977.0412
Patrick.Carter@EdmondsWaterfrontCenter.org

Bill Berni & Tom Schofield
Facilities Assistants

FOODSERVICES:

Ali Jewell
CommonGrounds Manager
Phone: 425.678.3661
CommonGrounds@EdmondsWaterfrontCenter.org

Kayla Blincow
Chef, Community Cafe

FOOTCARE CLINIC:

Kirsten Beck - *Footcare Clinic Manager*
Phone: 425.725.3668
Kirsten.Beck@EdmondsWaterfrontCenter.org

PROGRAM RESEARCH & EVALUATION:

Michelle Reitan, MSW - *Director of Impact*
Phone: 425.954.2523
Michelle.Reitan@EdmondsWaterfrontCenter.org

Patrick Cho - *Program Coordinator*
Phone: 425.997.0409
Patrick.Cho@EdmondsWaterfrontCenter.org

SHIBA:

Celeste Virago
SHIBA Coordinator
Phone: 425.954.2522
Celeste.Virago@EdmondsWaterfrontCenter.org

Jeri Hansen
SHIBA Outreach Coordinator
SHIBASnohomish@gmail.com

THRIFT STORE & SHOWROOM:

Brett McCaffray - *Thrift Store Manager*
Phone: 425.977.0411
ThriftStore@EdmondsWaterfrontCenter.org

Lynne Mckinney • Ethan Pilla
Thrift Store Assistant Managers

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

Heidi Marsh
Managing Consultant

VOLUNTEERING & INFORMATION:

General Information & Volunteer Inquiries
Phone: 425.774.5555
Info@EdmondsWaterfrontCenter.org

Lorna Butterfield - *Volunteer Coordinator*
Phone: 425.774.5555 ext 120
Lorna.Butterfield@EdmondsWaterfrontCenter.org

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, November 6 & December 4 - 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:

November 11 ~ Veterans Day
November 26-27 ~ Thanksgiving
December 24-25 ~ Christmas Eve & 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

SPECIAL HOLIDAY LUNCHES

Friday, November 20 & December 18

Join us for a special holiday lunch menu. Lunch tickets go on sale at 11:00am the day of the lunch. Lunch service from 11:30am-12:30pm. No pre-registration required. First come, first served until we sell out. $5 suggested donation for those 60+ and $9 for all others.

HOLIDAY CONCERTS

SOUND SINGERS CHOIR
Tuesday, December 1
2:00pm in the Banquet Room

SENIOR SWINGERS ORCHESTRA
Thursday, December 10
2:00pm in the Banquet Room

ROLLING CRONE SINGERS
Wednesday, December 16
2:00pm in the Banquet Room

WEATHER CLOSURE POLICY

For the safety of our members, when the Edmonds School District is closed due to weather or unsafe road conditions, EWC will also be closed. Watch the news for details. If you are not sure or if school is on break, call the EWC office before you come to the Center or check our website.





UPCOMING SPECIAL EVENTS, PROGRAM NEWS & HIGHLIGHTS

CASCADE SYMPHONY ORCHESTRA PRESENTS A FALL CHAMBER MUSIC CONCERT



Tuesday, Nov 10
Doors open at 6:30pm
Event starts at 7:00pm
IN THE WATERFRONT BANQUET ROOM
$15 General admission
$5 Students of any age
(Call to register for students)

Cascade Symphony partners with the Edmonds Waterfront Center to open the 2nd year of our joint chamber music series with a concert on Tuesday, November 10. The performance takes place in the large room at the Waterfront Center overlooking beautiful Puget Sound.

The program opens with a beautiful sextet for horns and strings by Beethoven. Other selections performed by Cascade Symphony instrumentalists include music for wind quintet, percussion ensemble, a work for 3 cellos and piano and more. The audience is sure to walk out with a smile following the surprise finale.

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

EWC ENVIRONMENTAL SPEAKER SERIES

Hosted by "Ocean Annie" Crawley

"THE SECRET LIVES OF CRABS, SHRIMP & CREATURES LURKING IN THE SALISH SEA" WITH DR. GREG JENSEN



Thursday, Nov 19; 6:30-8:00pm
IN THE WATERFRONT BANQUET ROOM
$7.50 per person ~ Sign-up Online
https://tinyurl.com/kr8hny28 or Pay at the door

University of Washington biologist Dr. Greg Jensen explores the surprising behaviors and unsung ecological roles of crustaceans during Annie Crawley's Environmental Speaker Series at The Edmonds Waterfront Center.

Jensen brings "The Secret Lives of Crabs, Shrimp and Creatures Lurking in the Salish Sea" to the Edmonds Waterfront Center as part of Annie Crawley's Environmental Speaker Series. Drawing on more than 50 years of diving in the Pacific Northwest, he will share photographs, video, and observations that challenge familiar assumptions about these animals. His stories begin with the pleasure of watching closely—and lead to discoveries that even the textbooks have missed.

THE HEART OF HELPING AT EWC



Our Guest Services volunteers play a vital role at the Edmonds Waterfront Center. Located at our upstairs reception desk, they work closely with Andrea, Administrative Assistant to Operations & Programs, helping guests navigate all that EWC has to offer. They are the go-to team for information, registrations, memberships, and sometimes what feels like a thousand questions a day!

No two days are the same. Volunteers may register guests for classes, the Senior Lunch program, or events; process memberships; or answer questions about EWC programs and services. It's a fun, fast-paced role that keeps you engaged.

Our Guest Services volunteers rock!

EDMONDS Waterfront Center
Connecting & Enriching Our Community

Homage Lunch Program

Served
Monday - Friday

Check in begins
at 11am

Lunch served
11:30-12:30pm
or until sold out.

IMPORTANT CHECK-IN POLICY:
Guests must be physically present to check in for lunch.
No exceptions.

Thank you for your understanding and cooperation!

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.

THRIFT STORE SPECIALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL CLOTHES & SHOES BUY ONE GET ONE FREE *Of equal to, or lesser value.*	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 Houseware **50% OFF**	Sets of Dishes **50% OFF** Clothing **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.*

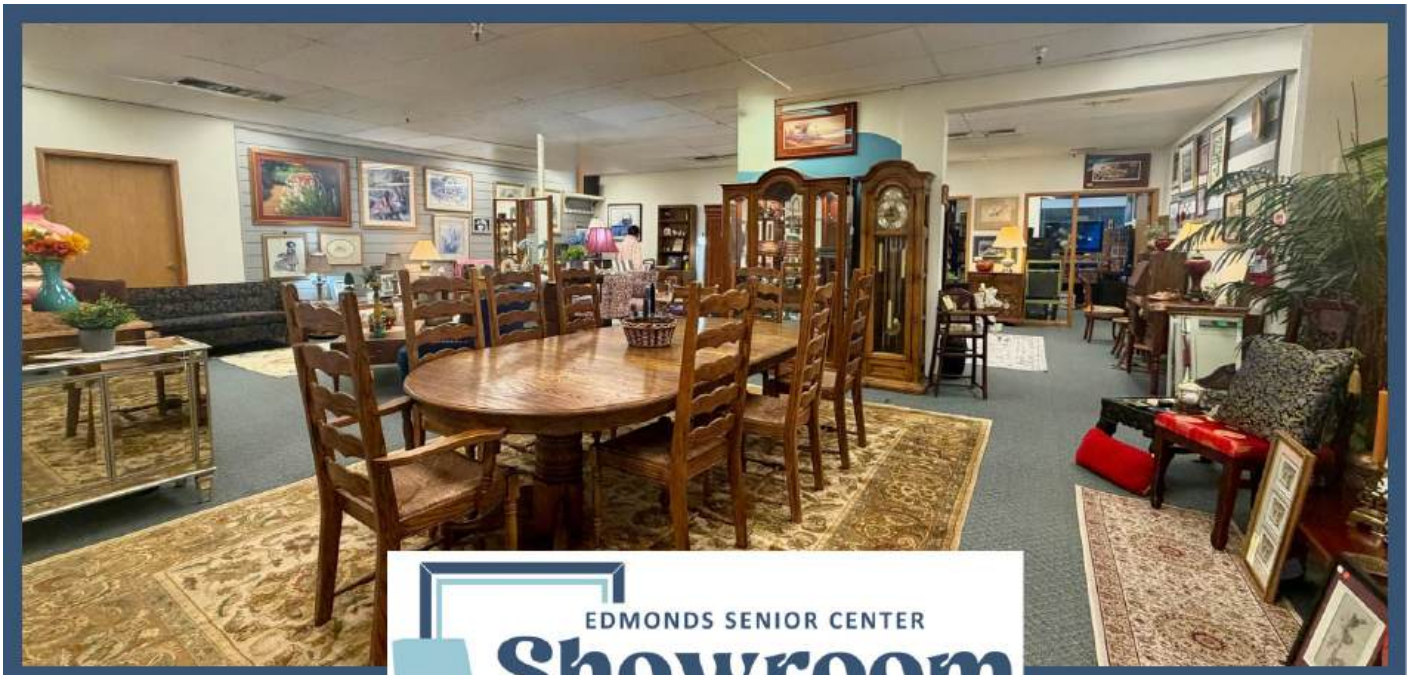


The Edmonds Senior Thrift Store is looking for volunteers!

Drop by the store or give us a call at 425.977.0411



EDMONDS SENIOR CENTER SHOWROOM



EDMONDS SENIOR CENTER
Showroom



Did You Know?

Every year, Americans throw away more than 12 million tons of furniture?

Giving Furniture a Second Life
The Showroom helps keep quality furniture out of the landfill and in our community. By donating and shopping secondhand, you extend the life of beautiful pieces, reduce waste, and help create a more sustainable future—one piece at a time.

Location:
120 W. Dayton St., Suite A7, Edmonds, WA 98020
(in the Harbor Square Business Complex)
Call: 425-245-7902
Email: showroom@edmondswaterfrontcenter.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, Nov 19, Dec 17 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 - Maggie Peterson, Chair

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

STRATEGIC PLANNING - Doug Purcell, Chair

SPECIAL ANNOUNCEMENTS

Aligning the EWC Values

Our beloved newsletter is a key communication tool to our 4,400 members. It is the source of information for dates and times, for favorite classes and trips, as well as the lunch menu and dates for our free cultural events. We are committed to ensuring it is accessible to everyone. The newsletter is not going to change.

Our challenge is the cost of printing and mailing ($20 for six issues a year per person) as well as the number of trees who give up their lives for those who pick up copies of each issue... sometimes multiple copies.

Here is our plan. Effective January 1, 2027.

- Every member will have the newsletter emailed to them as well as accessing the newsletter on our website.
- Newsletters will be printed and on hand at the EWC. We ask people to take just one.
- Separate from your membership, at any time, you can purchase a newsletter subscription for $20 / year (our hard cost for printing and mailing) and we will mail them to you.

We consider ourselves environmental stewards. We proudly built a LEED GOLD building. To live those values we are committed to reducing our use of resources, like water, electricity and consumables. Even our thrift store keeps items out of the landfill.

Thank you for your understanding. This initiative helps us live our values.

EWC IS LOOKING TO GROW THE MEMBERSHIP COMMITTEE

We're looking for enthusiastic volunteers with great ideas and a collaborative spirit who will be able to attend a once a month meeting and help shape the vision of the Membership Committee - which is to grow and enhance our membership.

For more information contact Maggie Peterson at Mag2Teach@comcast.net or (425) 308-4013.

STEWARDSHIP

Fifth Annual EWC Gala Exceeds $500K Raised

Edmonds, WA – The Edmonds Waterfront Center's annual Bridging Generations Gala and auction raised more than $500,000 in support of the center's programs.

"The stars aligned on Saturday night," said EWC CEO Daniel Johnson. "Our team worked hard to bring mission into the room for the guest experience. Patrons kicked up their heels for line dancing, played trivia, and shopped for collectibles at the thrift store pop-up."





EWC Board Chair Lillyan Hendershot called it her favorite Gala yet, praising the genuine connections and engaging activities.

Emcee Carolyn Douglas and auctioneer Shelby Stokes led a lively auction featuring a four-night Iditarod adventure, which sold for $11,000, and a Bali trip for seven that sold twice. Rick Steves also helped sell two of his popular European trips.

Longtime EWC member Ingrid Osterhaug received the **Rose Cantwell Leadership Award** for her advocacy and commitment to programs that connect people. Senator Maria Cantwell attended to honor her mother Rose's legacy.

The evening's Fund-a-Need raised nearly $300,000 for EWC programs, with gifts ranging from $100 to $80,000 from a longtime supporter celebrating their 80th birthday.

Event Co-Chairs Lillyan Hendershot and Board Member Sonia Gilman said planning for next year's Gala has already begun.

Thank You To Our Gala Sponsers!

Presenting Sponsor - SASH Realty

Platinum
- Reyes & Bodero Family Trust
- Rosewood Courte Memory Care

Silver
- DMC CPA
- Edmonds College
- Sunrise Senior Living
- Puguet Sound Energy
- RBC Wealth Management Krause Collective

Gold
- Edmonds Village
- Cogir Senior Living
- Edmonds Landing

Bronze
- Aegis Living
- Brown Bear Car Wash
- Corient
- Jessen Architechs
- KeyBank
- Northwest Neighborhood Network
- The Printing Connection



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

STEWARDSHIP



Land Acknowledgement

Diana White has been our guide as we build partnerships with local tribes. Diana was unable to attend this evening but asked us to share her comments.

"I began working with the EWC before they had started construction of the new Waterfront Center building. I was proud to be part of the land purification ceremony, after the old building had been demolished. I invited tribal leaders on hard-hat tours during construction of the new center to share the vision.

Our native carved welcoming figure, Kaya's Gift, depicts a grandmother and granddaughter welcoming all who pass - an enduring symbol honoring the generations who came before us and those who will follow us. Through the Coast Salish art collection on display and the stubus - Indigenous Walking Tour - EWC honors our regional cultural history.

Coast Salish tribes have served as stewards of the land and water of the Salish Sea for thousands of years. With great honor we pay our respects to indigenous peoples past and present."

Legacy Circle

Leave a Legacy that reflects what you cherish. The Edmonds Waterfront Center has evolved into a multigenerational, multicultural community hub helping people live their best lives.

The ***Legacy Circle*** is an association of friends and supporters of the EWC from across the region who seek to ensure the dynamic EWC programs and activities will thrive for generations to come, by including the EWC in their estate plan. This may include a will, a charitable gift annuity, a donor advised fund, a trust or an insurance policy. If you would like to learn more about joining the Legacy Circle, contact Daniel Johnson: (206) 293-4823.

Legacy Circle Founding Members

- Steve Beck
- Al Bodero & Evelyn Reyes
- Nancy Ekrem
- Julaine Fleetwood
- Christine Foster
- Devnee & Greg Gadbois
- Sonia Gilman
- Bob Gould
- Bill & Bette Harvey
- Carolyn Johnson
- Daniel Johnson & Elaine Sonntag
- Carol Krantz
- Phil & Gail Lovell
- David & Eilene Niven
- Kim Nguyen
- Alma Ohtomo
- Terry & Leanna Olmsted
- John Osberg
- Ingrid Osterhaug
- Doug Purcell
- Heidi Rentz
- Helena Rowse
- Rick Steves
- Rosemary Wander

Please consider making a year-end gift from your Donor Advised Fund or IRA. Tax planning with heart.

Questions? Please contact Joan Morrison, Stewardship Director at joan.morrison@edmondswaterfrontcenter.org or 206.724.4757

DAY TRIPS - SIGN UPS OPEN ON NOVEMBER 2

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

SIGN-UPS OPEN ON TUESDAY, NOVEMBER 2

9AM - IN PERSON (2nd floor reception - We begin handing out numbers at 8am)

12PM - ONLINE/OVER THE PHONE

PARKING & DEPARTURE LOCATION:

Lake Ballinger Center
23000 Lakeview Dr.
Mountlake Terrace, 98043

Meet and park in the south east section of the parking lot.

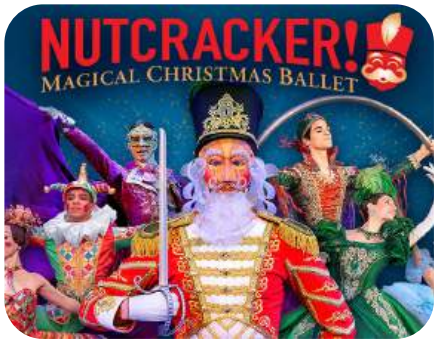
PAYMENTS:
We take credit card payments over the phone 425.774.5555 or sign up online

REFUNDS AND CANCELLATIONS:
EWC requires 48 hours notice for cancellations for all day trips and hikes

- No refunds or credits will be given if a cancellation is received less than 48 hours from the departure time of the trip
- No refunds or credits are given when tickets and/or services cannot be refunded to EWC
- Cancellations received more than 48 hours from the trip departure time will be given a Prepay credit to your account which can be used toward another trip, program or event
- Full refunds will only be given if the trip is cancelled by the EWC

PLEASE BE MINDFUL OF THE FOLLOWING:

- The bus will depart the pick up location promptly at the stated departure time. Please arrive 15 minutes before the trip leaves
- Buses are not wheelchair accessible
- Trip participants must ride with the group both ways
- Participants who need special care are required to bring a chaperone
- Please do not wear any fragrance on trips or hikes
- Please allow those with mobility challenges to sit in the front row
- Masks are recommended for all bus trips and are availalble on both buses



NUTCRACKER MAGICAL CHRISTMAS BALLET AT THE MOORE THEATRE

Sunday, November 22
Depart: 12:45pm **Return:** 6:30pm
Cost: $85M/$120NM
Some Walking/Stairs ++
Spots Available: 9
Meet at: Lake Ballinger Center

Celebrate America's favorite Christmas tradition with the thrill of world-class international dancers, breathtaking acrobatics, towering puppets, and the larger-than-life Rat King—all set to Tchaikovsky's unforgettable music. Seats are on the Main Level Center. Dinner nearby after the show (Cost OYO).



THE WIZARD OF OZ AT THE 5TH AVE THEATRE

Sunday, November 29
Depart: 12:15pm; **Return:** 5:00pm
Cost: $110M/$155NM
Some Walking/Stairs ++
Spots Available: 8
Meet at: Lake Ballinger Center

There's no place like home-especially during the holidays. Ruby slippers. Flying monkeys. Emerald City dreams. Based on the beloved novel and classic film, this timeless musical bursts with warmth and heart. Follow the Yellow Brick Road back to The Wizard of Oz, the original story that has filled generations with wonder and imagination. You'll be awed at every twist and turn of Dorothy's journey with unforgettable music, jaw-dropping theatrical magic, as you head over the rainbow to the Merry Old Land of Oz! Seats are Upper Mezzanine Level.



LIGHTS OF CHRISTMAS DRIVE THRU

Thursday, December 3
Depart: 4:00pm; **Return:** 8:00pm
Cost: $30M/$45NM
Little Walking +
Spots Available: 21
Meet at: Lake Ballinger Center

Celebrating 30 years of Christmas magic! Located in Stanwood, WA, The Lights of Christmas is a holiday tradition in the Pacific Northwest. Over a million spectacular lights, dazzling displays, Christmas music and costume characters create a fantastic Christmas experience for people of all ages. No food stop, please eat ahead of time or bring snacks.

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 NOVEMBER 2

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



ARGOSY CHRISTMAS SHIP

Sunday, December 6
Depart: 6:15pm; **Return:** 9:00pm
Cost: $85M/$120NM
Moderate Walking/Includes Ramp to Board Ship ++/+++
Spots Available: 11
Meet at: Lake Ballinger Center

Hop aboard the official Christmas Ship, the Spirit of Seattle, departing out of Edmonds. This experience includes a 1.5-hour cruise with stops for shoreline performances, caroling with an on board community choir, snacks, sweets and full-service bar (cost OYO) also available.

SEATTLE CHRISTMAS MARKET AT SEATTLE CENTER

Thursday, December 10
Depart: 2:30pm; **Return:** 8:00pm
Cost: $35M/$55NM
Lots of Walking ++/+++
Spots Available: 14
Meet at: Lake Ballinger Center

A beloved Seattle Center holiday tradition! Delight in a wonderland of authentic European sweets, treats & treasures, shop local vendors and enjoy holiday entertainment, festive drinks and more, there's a little something for everyone. Food and beverage available for purchase at the venue (Cost OYO).





SENIOR HOLIDAY PARTY AT SHERATON GRAND SEATTLE

Thursday, December 17
Depart: 12:15pm; **Return:** 5:30pm
Cost: $15M/$25NM
Little to Moderate Walking ++
Spots Available: 21
Meet at: Lake Ballinger Center

All seniors are invited to the Seattle Sheraton's Grand Ballroom for the annual Holiday party. Enjoy an afternoon of music, dancing and good company. Light refreshments will be provided. Be sure to visit the Gingerbread Village located on the main floor of the hotel.



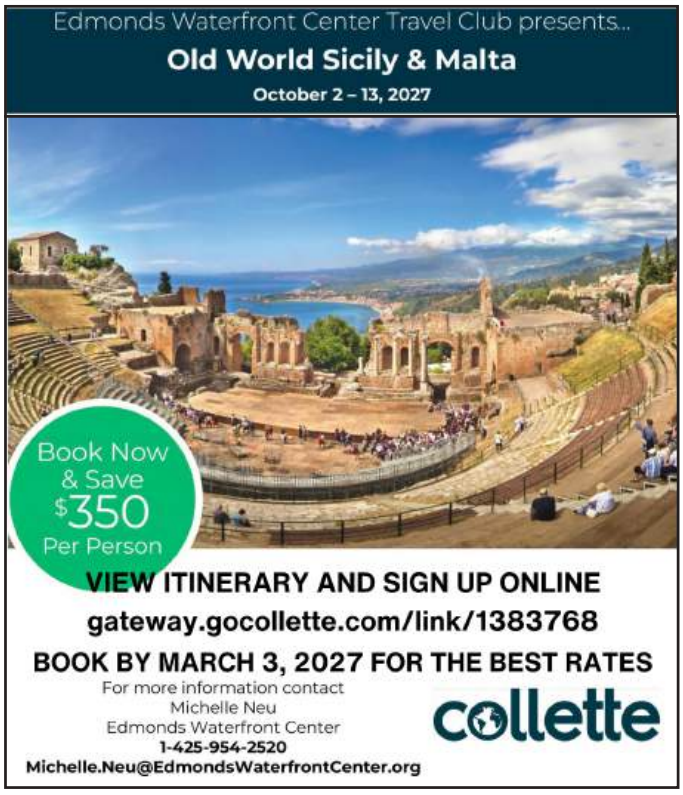
Take a trip with us!
Let our driver worry about traffic or parking ~ Bring a friend and make new friends!

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





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 NOVEMBER 2

9AM - IN PERSON (2nd floor reception - We begin handing out numbers at 8am)
12PM - ONLINE/OVER THE PHONE

HIKE COST PER PERSON:
$25 MEMBER/$40 NON-MEMBER

PARKING & DEPARTURE LOCATION FOR HIKES:
Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace
Meet & park in the southeast section of the parking lot

First time hiking with our group?
You MUST contact Kandace Aksnes at 425.778.4607 before you sign up!

For older adults who love to travel the NW trails and back roads. You will need hiking boots, outdoor gear, water, sack lunch. Be sure to dress in layers (no jeans). For **Snowshoe (SNSH)** you will need to bring your own equipment make sure it is in proper working order & can put equipment on.

HIKE - PASS LK - ANACORTES/DECEPTION PASS

Thu, December 3 | Depart: 8:00am.
Difficulty: Easy-Medium. 5 Miles Round Trip
Elevation Gain: 400 ft.

HIKE - WALLACE FALLS - GOLD BAR HWY 2 VIA WOODY TRAIL

Thu, December 17 | Depart: 8:00am.
Difficulty: Medium-Difficult. 5.2 Miles Round Trip
Elevation Gain: 1469 ft.



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







EDMONDS VILLAGE

A STELLAR LIVING COMMUNITY

New Spaces, Fresh Energy, Better Living

Now open – we're ready to help you feel right at home. Edmonds Village Senior Living stands ready to serve seniors with new management, outstanding accommodations and upscale amenities. Come embrace our resort-style lifestyle and live the life you've always wanted.

Call to learn more and review our floor plans:
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21200 72nd Ave. W. | Edmonds, WA 98026
Independent Living
STELLARLIVING.COM/EDMONDS

Pet Friendly

EWC WORKSHOPS - sign-ups for all workshops open on NOVEMBER 2

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

SHIBA
OFFICE of the INSURANCE COMMISSIONER

WELCOME TO MEDICARE

Wednesday, Nov 18, Dec 9, 16; 6:00pm-8:00pm
Thursday, Nov 5, 19, Dec 17; 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.*



LET'S TALK: A WORKSHOP FOR BREAKING FREE FROM FRUSTRATING CONVERSATIONS

Tuesday, Nov 10 & 17 1:00pm-3:00pm
(2-part series)
Location: Community Room B
Cost: $20 member | $30 non-member
Facilitator: Cindy Zody
Register: Opens Nov 2; Online/Phone/2nd Floor Reception
Do you ever find yourself trapped in the same conversation, cycling through frustration with no resolution in sight? You're not alone, and you don't have to stay stuck. In this transformative workshop, we move beyond winning or losing and into a space where everyone feels truly heard and respected. Drawing on the compassionate, practical work of Marshall Rosenberg's Nonviolent Communication, you'll learn how to raise difficult issues without triggering blame or defensiveness. Together, we'll turn tricky conversations into bridges of connection and conflict into a source of mutually satisfying solutions. You'll practice a powerful new way to process difficult feelings, break old reactive patterns, and finally step out of the argument loop.
Come discover how to speak honestly, listen fully, and reconnect, even when it feels impossible



SCIENCE OF HAPPINESS

Thursday, Nov 19, 1:00pm-2:00pm
Location: Community Room B
Cost: None
Facilitator: Mary Davis, MSN
Register: Opens Nov 2; Online/Phone/2nd Floor Reception
What makes people happy? Learn simple way to increase your enjoyment of life, and improve happiness. Instructor Mary Davis MSN brings to the class a background of 35 years in Family Practice Medicine, Meditation Instructor Certification and Mindfulness Instructor Certification



FLAVORS OF THE MIDDLE EAST - LEBANESE COOKING DEMO

Friday, Nov 20, 1:30pm-2:30pm
Location: Community Room B
Cost: None
Facilitators: Haifa Fakih Alhussieni - Owner Cafe Louvre
Register: Opens Nov 2; Online/Phone/2nd Floor Reception
Enjoy an authentic taste of the Levant with this flavorful Lebanese vegan menu. This experience features Herb Pie (Manakish), a fragrant flatbread topped with aromatic herbs; Baba Ghanoush Dip, a smoky and creamy roasted eggplant spread; Green Beans, prepared with savory Mediterranean flavors; and Fattoush Salad, a fresh and zesty salad tossed with crisp vegetables and toasted pita. Together, these dishes offer a delicious balance of herbs, spices, fresh flavors, and comforting Mediterranean tradition.v

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 NOVEMBER 2

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



GET EMPOWERED: EMBRACE YOUR MENTAL WELL-BEING

Monday, Dec 7, 14, & 21, 1:00pm-2:30pm
(3-Part Series)
Location: Community Room B
Cost: None
Facilitators: Daniel Johnson, Michelle Reitan
Register: Opens Nov 2; Online/Phone/2nd Floor Reception
Your mental health is an important part of aging well. Join Edmonds Waterfront Center CEO Daniel Johnson and Director of Impact Michelle Reitan for this free 3-part workshop exploring the difference between mental health and mental illness, the impact of mental health stigma, and practical self-care tips and strategies. Participants will also learn how to access community resources and support to help maintain their mental well-being.



BOOSTING BRAIN HEALTH: ENHANCING COGNITIVE WELLNESS & EMOTIONAL BALANCE

Tuesday, Dec 8, 1:00pm-3:00pm
Location: Community Room B
Cost: $10 member | $15 non-member
Facilitators: Inside Health Institute
Register: Opens Nov 2; Online/Phone/2nd Floor Reception
Unlock actionable strategies to support brain health and emotional resilience, with special attention to neurodiversity, trauma, and the impact of lifestyle choices. Explore how nutrition, movement, sleep, and mental stimulation can enhance cognitive function and emotional balance, along with organizational strategies, approaches for managing ADHD, and techniques for navigating social and emotional challenges. Through hands-on cognitive exercises, group discussions, and demonstrations of memory support tools, focus strategies, and stress management practices, participants will leave with a toolbox of actionable steps to enhance brain health and a renewed sense of community and understanding of cognitive wellness.



HOLIDAY TREATS REIMAGINED COOKING DEMO

Friday, Dec 11, 1:00pm-3:00pm
Location: Community Room B
Cost: $10 member | $15 non-member
Facilitators: Amelia Wood
Register: Opens Nov 2; Online/Phone/2nd Floor Reception
Healthy Holiday Treats - Are you dreading the holiday hangover of too much sugar everywhere? Join this cooking demo to learn how to make tasty, holiday treats without the use of cane sugar, grains or dairy. Don't worry, chocolate is still on the menu!



5 LITTLE KNOWN SECRETS TO MAKING DEMENTIA CAREGIVING EASIER

Tuesday, Dec 15 1:00pm-3:00pm
1:00pm-2:30pm
Location: Community Room B
Cost: $25 member | $30 non-member
Facilitators: Tracy Cram Perkins
Register: Opens Nov 2; Online/Phone/2nd Floor Reception
Join Tracy to learn skills to cope with repetitive questions, hallucinations, bathing issues, wandering, sundowning and more, including inexpensive fixes found at hardware or office supply stores. Students can expect to learn practical tips and skills to use their loved ones.

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
Tuesday, Dec 8
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, Nov 9
Call to schedule your Mammogram 206.606.7800
The Fred Hutchinson Cancer Center Mammogram Van will be at the EWC to provide a convenient way to get the screening you need. The appointment takes 15 minutes. No referral is needed. A nurse navigator will be on hand to answer breast health questions. For more information go to www.seattlecca.org/mammography
Who is Eligible for a Screening Mammogram?
- Women age 40 and over
- Women who have not had a mammogram in the past year
- Women who are symptom free of any breast issue



FOOT CARE CLINIC
1st & 2nd Wednesday/Thursday
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
1:00pm-4:00pm
Call 425.290.1260 to schedule an appointment
Homage Senior Services will provide free 1:1 Counseling Services for Seniors. These services are available to support seniors experiencing depression, grief, or anxiety, and are provided in a caring and respectful environment

INSIDE HEALTH INSTITUTE CLINIC
Mondays, 9:00am-12:00pm
Location: Clinic Room
Cost: $20M/$20NM
Facilitators: Inside Health Institute
Register: Call 425-256-2125
Each visit is $20 (paid to EWC), waived in cases of hardship. Counselors provide a whole-person approach integrating mind, body, and environment—combining trauma-informed counseling with naturopathic wellness to support emotional balance, and physical vitality.

NOURISH & THRIVE: YOUR PERSONALIZED NUTRITION SESSION
3rd Friday
9:00am-11:00am (20 minute session)
Location: Clinic Room
Cost: $5M/$10NM
Facilitators: Nutrition with a Heart
Register: Phone/2nd Floor Reception/Online
Get expert one-on-one guidance tailored to your unique health goals! In this quick, focused session, we'll craft simple, actionable steps to boost your energy, optimize your diet, and fuel your best self. Perfect for busy lifestyles—let's make healthy eating work for you!

POP UP BLOOD DRIVE - BLOODWORKS NW
Tuesday, Nov 24; 9:30am-3:30pm
Monday, Dec 22; 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.**

Edmonds Villa High Acuity Adult Family Home

An RN owned facility specializing in complex medical care.

We can manage Oncology, Dementia, Parkinsons, and more

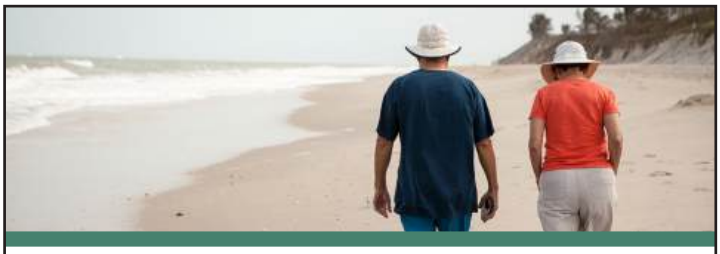


Sandra Namwase, RN, BSN Owner, 10+ years of ICU and Geriatrics Experience



Daily Activites including:
Range of Motion Exercise
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Call today for a free tour!
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edmondsvilla.com (425) 400-3184



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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VA and Medicaid Benefits

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Our loving & compassionate caregivers are there to help. We offer all the services you need.



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- 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

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
Registration for Nov classes opens Oct 15; Dec classes opens Nov 13
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.



CURRENT EVENTS DISCUSSION GROUP

Does not meet Nov 11
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

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.

EDMONDS WRITERS GROUP

Tuesdays | 12:30pm-3:00pm
Room: Multipurpose Room 4
Facilitator: Cindy Bruce
Cost: $5 member | $10 non-member
Register: Online/Phone/2nd Floor Reception
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.



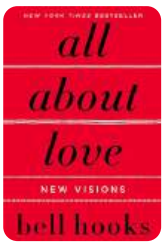
FRIENDSHIP QUILTERS

Does not meet Nov 11
Wednesdays | 9:30am-12:30pm
Room: Multipurpose Room 4
Facilitators: Margie Adelman
Monthly Cost: $5 member | $10 non-member
Register: In person with Instructor; drop in ok
Bring your own project or work on the group project. Open to new members.



GERMAN CLUB

Does not meet Nov 26, Dec 24
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

Does not meet in Dec
Thursday | 1:30pm-3:00pm
Facilitator: Elaine Sonntag-Johnson
Location: Online via Zoom
Cost: None
Register: Online/Phone/2nd Floor Reception
Nov 19 - Book Title: "All About Love" by Bell Hooks



LIVE MUSIC DAILY

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

NO FEAR TORN PAPER MOSAICS

Does not meet Nov 25, Dec 23 & 30
Wednesdays | 10:30am-12:30pm
Nov 18 - Jan 20 (7 classes)
Room: Multipurpose Room 3
Instructor: Ruth Barth
Cost: $56.50 member | $78.75 non-member
Register: Online/Phone/2nd Floor Reception; must sign up for entire session - no drop ins
Class Limit: 15 students
Explore line, shape, proportion, shadows, hatching, stippling, texture, positive and negative space. Contact Guest Services for materials list. ***New students MUST attend first class session. Those who do not attend may be dropped from the course.***

ARTS, EDUCATION & MUSIC - CLASSES & PROGRAMS

HOW TO REGISTER: Online - Go to: www.schedulesplus.com/edmonds
CALL 425.774.5555 or visit the 2nd floor Reception Desk
Registration for Nov classes opens Oct 15; Dec classes opens Nov 13
Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

NO FEAR WATERCOLOR (BEGINNER)

Does not meet Nov 27, Dec 25 & Jan 1
Fridays | 10:30am-12:30pm
Nov 20 - Jan 22 (7 classes)
Room: Multipurpose Room 3
Instructor: Ruth Barth
Cost: $56.50 member | $78.75 non-member
Register: Online/Phone/2nd Floor Reception; must sign up for entire session - no drop ins
Class Limit: 15 students
Explore the spontaneous qualities of watercolor and learn techniques, light, shade and form. Drawing skills are not required to take this class. Contact Guest Services for materials list. ***New students MUST attend first class session. Those who do not attend may be dropped from the course.***



NO FEAR WATERCOLOR (INTERMEDIATE LEVEL)

Does not meet Nov 26, Dec 24 & 31
Thursdays | 10:30am-12:30pm
Nov 19 - Jan 21 (7 classes)
Room: Multipurpose Room 3
Instructor: Ruth Barth
Cost: $56.50 member | $78.75 non-member
Register: Online/Phone/2nd Floor Reception; must sign up for entire session - no drop ins
Class Limit: 15 students
Explore the spontaneous qualities of watercolor and learn techniques, light, shade and form. Drawing skills are not required to take this class. Contact Guest Services for materials list. ***New students MUST attend first class session. Those who do not attend may be dropped from the course.***



ROLLING CRONE SINGERS

Mondays | 12:00pm-2:00pm
A women's choral group that performs a variety of music, including Broadway, jazz, and classical using 3 and 4 part harmony. Group is currently full please contact Gail at gailalov@comcast.net

RUG BRAIDING

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

Does not meet Nov 26, Dec 24
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.

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

Does not meet Nov 4
1st & 3rd Wednesdays
Nov 18, Dec 2, 16 | 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
****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)

Does not meet Nov 11
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

Does not meet Nov 26, Dec 24
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
Registration for Nov classes opens Oct 15; Dec classes opens Nov 13
Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

ACOUSTIC GUITAR GROUP

Mondays | 4:00pm-6:00pm
Room: Multipurpose Room 3
Facilitators: Gary Larson, Annie & Jack Roy-Feczko, Robert Brooks
Monthly Cost: $5 member | $10 non-member
Register: Online/Phone/2nd Floor Reception
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.



ART WITH NATALIYA: ELEMENTS OF ART, AN INSPIRING ART CLASS SERIES

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
Class Limit: 20 students

Discover the building blocks of art in this fun, hands-on series of beginner-friendly classes! Each session focuses on an essential element of art, including line, shape, form, color, value, texture, space, and composition. Through creative exercises and art projects inspired by famous artists, you'll explore new techniques, experiment with different materials, and discover how artists use these elements to express ideas and bring their work to life.

Take one class or join the entire series! Each session stands on its own, giving you the flexibility to explore the topics that interest you most or build your skills one element at a time.

Come explore, experiment, and discover your own artistic voice!

- **November 5**: Composition
- **November 12**: Line
- **November 19**: Color
- **December 3**: Value
- **December 10**: Shape & Form
- **December 17**: Space

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

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.



EDMONDS CRAFTERS GROUP

Tuesday | 3:30pm-5:00pm
Room: Multipurpose Room 4
Facilitators: Kathleen Hanser
Cost: $5 Donation
Register: Online/Phone/2nd Floor Reception
The Edmonds Crafters is a different type of crafters group. While you are welcome to bring your own project, the emphasis is on exploring new arts and crafts projects that participants buy in advance. In any event, we always have fun and enjoy each other's company! Visit https://edmondscrafters.weebly.com or come by the Waterfront Center for complete information. Schedule below. You are not required to participate in every project.

- **November 3, 10, 17, and 24**, Dot Painting. $5 each, paid to instructor
- **December 1 and 8**, Christmas card-making, cost TBD
- **December 15 and 22**, Christmas ornament-making, cost 75 cents each
- **December 29**, Bring your own project, free

EVENING PRENATAL YOGA

Does not meet Nov 11, 25, Dec 23, 30
Wednesdays | 6:00-7:30pm
Room: Multipurpose Room 4
Instructor: Colette Crawford, RN, BSN, IBCLC; Nisreen Azar
Nov Cost: $50 member | $70 non-member
Dec Cost: $75 member | $105 non-member
$30 member | $40 non-member for drop-in
Register: Online/Phone/2nd Floor Reception
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.*

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
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.

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
Registration for Nov classes opens Oct 15; Dec classes opens Nov 13
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.



HATHA YOGA - EVENING RESET
Does not meet Nov 26, Dec 24, 31
Thursdays | 6:30-7:45pm
Room: Multipurpose Room 1 & 2
Instructor: Kerry Brockman
Cost: $45 member | $60 non-member; $20 member | $25 non-member for drop-in
Register: Online/Phone/2nd Floor Reception
Unwind, slow down and reconnect with your body in this calming Hatha Yoga class. Through mindful movement, gentle stretching, and relaxing breath practices, you'll release the tension of the day while building strength, flexibility and balance. This supportive class moves at a comfortable pace with options to modify poses and work at your own level. Whether you are new to yoga or looking to deepen your existing practice, you'll have space to breathe, move, and reset - leaving you feeling relaxed, refreshed and ready for a restful evening. Bring a yoga mat. Ages 16 and older. ***Cancellation Policy: 24 hour notice before start of the session required for refund.***

JAZZERCISE DANCE FITNESS & STRENGTH TRAINING (ALL LEVELS)
Does not meet Nov 11, 26, Dec 24
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
Drop-in OK (cost is same per month if you attend one or all)
Knit a Helix Hat with us during our November and December Knit Along (KAL). Make your hat a beanie or longer elf-style, holiday colors or not, your choice. You'll buy your own pattern for the KAL; we'll have a limited supply of free yarn and needles. We encourage anyone looking to learn how to knit or perhaps remember how to knit, to join us. If you're new, you'll knit a few swatches to learn basic skills. We'll loan needles and provide yarn for basic skills practice. If you are already an experienced knitter and looking for a group to join, stop by and check us out.



LINE DANCING - LEVEL 1
Wednesdays | 4:15pm-5:15pm
Does not meet Nov 11
Nov Cost: $30 member | $45 non-member
Dec Cost: $40 member | $60 non-member
Fridays | 1:15pm-2:15pm
Does not meet Nov 27, Dec 25
Nov Cost: $30 member | $45 non-member
Dec Cost: $30 member | $45 non-member
Room: Multipurpose Room 3
Instructor: Marie Gallaher
Class Limit: 12 students
Register: Online/Phone/2nd Floor Reception
Work on your agility and have fun by learning easy line dances designed for seniors at the beginner level.

LINE DANCING - LEVEL 2
Tuesdays | 6:00pm-7:00pm
Room: Multipurpose Room 1&2
Instructor: Marie Gallaher
Class Limit: 30 students
Nov Cost: $40 member | $60 non-member
Dec Cost: $50 member | $75 non-member
Register: Online/Phone/2nd Floor Reception
Work on your agility and have fun by learning easy line dances designed for seniors at an intermediate level.

LINE DANCING - LEVEL 3
Does not meet Nov 27, Dec 25
Fridays | 2:30pm-3:30pm
Room: Multipurpose Room 3
Instructor: Marie Gallaher
Class Limit: 12 students
Nov Cost: $30 member | $45 non-member
Dec Cost: $30 member | $45 non-member
Register: Online/Phone/2nd Floor Reception
Have fun learning more challenging steps at an expert level.



NEW! PAINT & SIP - HOLIDAY THEME
Monday, Dec 14 | 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
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. 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.**



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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
Registration for Nov classes opens Oct 15; Dec classes opens Nov 13
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 BY CANDLELIGHT

Monday, Nov 23 | 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

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. As the sounds resonate throughout the room, participants are encouraged to focus on their breath and let go of tension, allowing the vibrations to wash over them. This combination of sound and gentle ambiance fosters a deep sense of calm, helping to reduce stress and enhance mental clarity. The class may also incorporate guided meditation or visualization to deepen the experience, making it a perfect opportunity for self-care and rejuvenation.

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

Please arrive 10-15 minutes early. To ensure everyone receives the full benefit of the session, we ask that all participants be on time.



STRUM

Does not meet Nov 11
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.

Annual Chuseok Lunar Festival Celebration Highlights at EWC!



Chuseok Traditonal Performers



EWC Board Member
Kay Shin & Granddaughter

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

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
Registration for Nov classes opens Oct 15; Dec classes opens Nov 13
Some programs require in person/phone registration with the facilitator or instructor. Please see the course description for more details about specific programs including cost, location, and registration information.

AGELESS STRENGTH: BALANCE, FLEXIBILITY & POWER

Mondays | 9:30am-10:15am
Room: Multipurpose Room 1& 2
Instructor: Pat Belasco
Nov Cost: $56.25 member | $68.75 non-member
Dec Cost: $45 member | $55 non-member
Register: Online/Phone/2nd Floor Reception
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 Nov 27, Dec 25
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
Drop in OK.
Nurture your postpartum body with baby at your side. This gentle and supportive class focuses on the restoration of mind and body after childbirth. Cultivate relaxation and playfully connect with your new baby. Regain muscle strength of the pelvic floor and abdomen and alleviate common discomforts of the neck, shoulders and back. Class is gentle and suitable for all yoga levels. Newborn to crawling babies are welcome with their parents or caregivers.

FOREVER FIT

Does not meet Nov 11
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
Forever Fit is a gentle class with upbeat music. The class is designed to improve cardiovascular health as well as balance, strength, and posture. We will do this using a mix of weights and bands while mostly sitting in a chair.

FUNCTIONAL FITNESS

Does not meet Nov 11
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
Come get active and join the fun in a lively, upbeat low low-impact class. This total body workout will include a mix of cardiovascular exercises & strength training using light weights, resistance bands, and chairs. Modifications will be provided as needed. Wear athletic shoes and bring a water bottle to class. Equipment will be provided, and all levels are welcome. Especially geared towards active agers.



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

Mondays | 10:45am-11:30am
Room: Multipurpose Room 1& 2
Instructor: Pat Balasco
Nov Cost: $56.25 member | $68.75 non-member
Dec Cost: $45 member | $55 non-member
Register: Online/Phone/2nd Floor Reception
Gentle Chair Yoga is a soothing and accessible yoga program designed for seniors and individuals with limited mobility. Performed primarily while seated (or using a chair for support), this class combines gentle stretches, mindful breathing, and light strength-building exercises to improve flexibility, reduce stiffness, and promote relaxation. Whether you're recovering from an injury, managing joint pain, or simply looking for a low-impact way to stay active, this program offers a safe and effective way to enhance well-being.

GENTLE YOGA

Does not meet Nov 26, Dec 24 (Thursday classes)
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.
Register: Online/Phone/2nd Floor Reception
Come stretch and breathe, release tense muscles, and invite ease in the body. End with a restorative rest, in yoga nidra, a guided meditation to bring full relaxation to body, mind and heart. Please bring a yoga mat, and a towel or blanket. Chairs, blocks, and blankets available for use.

IMPROVING MOVEMENT WITH THE FELDENKRAIS METHOD - GROUP SERIES

Does not meet Nov 11
Wednesdays | 2:30pm-3:30pm
Location: Multipurpose Room 4
Nov Cost: $45 for members
$60 for non-members; $20 Guest/Drop In
Dec Cost: $75 for members
$95 for non-members; $20 Guest/Drop In
Facilitator: Peggy Potz
Register: Online/Phone/2nd Floor Reception
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
Registration for Nov classes opens Oct 15; Dec classes opens Nov 13
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

Does not meet Nov 26, Dec 24
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 Nov 11, 27, Dec 25
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
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)

Does not meet Nov 26, Dec 24
Thursdays | 11:00am-12:00pm
Nov Cost: $33.75 member | $41.25 non-member
Dec Cost: $45 member | $55 non-member
Room: Multipurpose Room 1&2
Facilitator: Frank Mateo
Register: Online/Phone/2nd Floor Reception
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
Nov Cost: $45 member | $55 non-member
Dec Cost: $56.25 member | $68.75 non-member
Room: Multipurpose Room 1&2
Facilitator: Frank Mateo
Register: Online/Phone/2nd Floor Reception
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

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

Nov 30 *(No Bingo in Dec)*
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
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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EVERY STEP OF THE WAY



Moving to your next chapter is a deeply personal journey. We walk beside you with kindness, patience, and trusted guidance—connecting you to the right people to make the process easier, from start to finish. You are not alone here in Edmonds.

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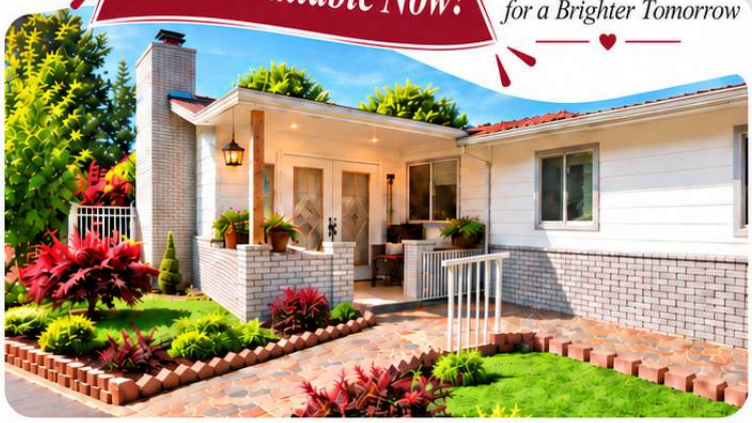


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RESOURCES & SUPPORT

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

AGING WELL W/ HEALTH & HAPPINESS, & MINDFUL MEDITATION GROUP
Does not meet Nov 27, Dec 25
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, 5:30pm-6:30pm
2nd Wednesday, 2:00pm-3:30pm
4th Wednesday, 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
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
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
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.

EWC PRIDE CIRCLE
3rd Friday
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
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.

GRIEF SUPPORT GROUP
3rd Friday
10:00am-11:00am
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
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
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)
Does not meet Nov 27, Dec 25
2nd & 4th Friday
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

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(425) 670-1496
121 5th Ave N, Edmonds

EDMONDS COLLEGE FOUNDATION
www.edmonds.edu
(425) 640-1459
20000 68th Ave. W, Lynnwood

MY EDMONDS NEWS
www.myedmondsnews.com
www.myneigborhoodnewsnetwork.com

PORT OF EDMONDS
www.portofedmonds.gov
471 Admiral Way, Edmonds
(425) 775-4588

SNO-KING COMMUNITY CHORALE
www.sno-kingchorale.org
PO Box 382, Edmonds

FINANCIAL

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

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

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

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

KIM PRATER - RETIREMENT MORTGAGE SPECIALIST
www.fairwayreverse.com
(206) 948-2176
3400 188th St SW #185, Lynnwood

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

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

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KELNERO & VINBERO
www.kelnero.bar
(425) 967-5687
www.vinbero.bar
(425) 640-8949

SALISH SEA BREWING CO.
www.salishbrewing.com
(425) 582-8474/(425) 835-0989
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AZAPRO ROOFING
www.azaproroofing.com
(425) 567-4514

GP GENERAL CORP
www.gpgeneralcorp.com/siding-contractor-edmonds
(206) 499-9212

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www.jessenarchitects.com
(425) 344-9635
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21216 86th Pl W, Edmonds

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4215 198th St SW, Suite 106, Lynnwood

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

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AMIE ARMSTRONG HOMES - WINDERMERE
www.amiearmstronghomes.com
amiearmstrong@windermere.com
(425) 773-4381

CENTURY 21 REAL ESTATE CENTER - GENET SOLOMON
www.genetsolomon-realestatecenter.sites.c21.homes
(206) 579-0379
genet@genetrealestate.com

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joan@joanlongstaff.com
(425) 773-1274

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

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www.sashservices.com
(206) 501-4375
6811 S. 204th St. Suite 395, Kent

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www.wendykondohomes.com
kondoqueen@windermere.com
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(425) 330-2811

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(206) 799-9500

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THE PRINTING CONNECTION
www.printcnx.com
(800) 786-5490

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

VACATION PLANNING WITH RENE
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(425) 591-6357
renegalloway@comcast.net

WENDI VALLES - STATE FARM
www.wendiismyagent.com
(206) 784-6560
1501 N 200th Street Suite 201, Shoreline

SENIOR SERVICES

ABSOLUTE CARE ADULT FAMILY HOME
www.absolutecareafhs.com
(206) 854-5846
18404 58th PL W, Lynnwood

AEGIS LIVING
www.aegisliving.com
(866) 923-2712
415 118th Ave SE, Bellevue

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.)

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

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

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

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

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

CRYSTAL FALLS & EVERGREEN
www.apexjuris.com/crystal-falls-adult-family-home
(206) 499-0414
9815 Cherry St, Edmonds

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

EDMONDS VILLA ADULT FAMILY HOME
www.seattlesadultfamilyhome.com
(425) 400-3184
5119 144th St SW, Edmonds

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

FAMILY RESOURCE HOME CARE
www.familyresourcehomecare.com
(206) 545-1092
10700 Meridian Ave N #106, Seattle

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

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

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

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

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

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

ROSEWOOD COURTE MEMORY CARE
www.rosewoodcourte.com
(425) 673-2875
728 Edmonds Way, Edmonds

SAGE SENIOR NETWORK
www.sageseniornetwork.com
(206) 667-9719

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

SENIORS HELPING SENIORS
www.snokingseniorcare.com
(206) 542-4743
PO Box 55982, Shoreline, WA

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

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

VINEYARD PARK MOUNTLAKE TERRACE
www.vineyardparkliving.com/communities/wa/vineyard-park-montlake-terrace/
(425) 442-2542
23008 56th Ave W, Mountlake Terrace

VISITING ANGELS
www.visitingangels.com/everett
(425) 348-9914
3311 Wetmore Avenue, Everett



BECOME AN EWC BUSINESS MEMBER FOR JUST $125 PER YEAR!

Learn more at www.edmondswaterfrontcenter.org/membership
Or contact Michelle Neu 425.954.2520

ART AT THE EWC

ART NEWS



GALLERY 1
Currently Showing
October to December, 2026
Lake City Seniors Watercolor Group, a welcoming community built on creative expression and connection. A diverse mix of people, cultures and abilities who come together to paint every week. lakecityseniors.org/art/



GALLERY 1
January to March, 2027
Artists of ArtWorks

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

DANCING & LIVE MUSIC AT THE LAKE
Tuesdays | 1:00pm-3:00pm
Location: Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace
Room: Lakeview Room
Cost: $6 member | $10 non-member
Register: Pay at the door; drop in ok
Live bands play a wide variety of music: Ballroom, Swing, Latin, Rock/Pop, Country and more! Dance on a great hardwood floor. Lauren Petrie 2nd/4th Tuesday; WAVE 1st/3rd/5th Tuesday. Masks are recommended.

JOYFUL TAP DANCING
Fridays | 1:00pm-2:00pm
Location: Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace
Cost: $6 member | $10 non-member
Instructor: Terra Morgan
Escape daily stresses and release your endorphins our tap dancing class to naturally lift your mood. **Please bring your own tap dancing shoes, or contact LBC for more resources.**

QIGONG
Wednesdays | 10:00am-11:00pm
Location: Lake Ballinger Center
23000 Lakeview Dr, Mountlake Terrace
Cost: $6 member | $10 non-member
Instructor: Peter Chang
Focus on gentle, slow movements combined with breathing exercises and meditation to improve energy flow (Qi), balance, and well-being.

SENIOR MEAL PROGRAM
Enjoy $5 senior lunches Tuesday, Thursday & Fridays

THERE'S MORE!
Chair Yoga & Gentle Yoga, Beginners Guitar, Writer's Workshop, Piano Singalongs and more.

ALL PROGRAM SIGN-UPS TAKE PLACE AT LAKE BALLINGER CENTER. CHECK THE WEBSITE OR CALL FOR MORE INFO!

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

EDMONDS Waterfront Center

425.774.5555
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:

DONATIONS

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

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Sharon Ruff
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Sue & KC Chen
Tom & Joyce Whitson



Happy Holidays from the
Edmonds Waterfront Center!

IN MEMORIAM

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

Richard Chaffee
Al Clausen
Dorothy Harper
Pete Kalapaca
Patricia Knutson
Bob Ledford
Hertha Ledford
Raymond Martin
Rita Requa
Susie Schaefer
Kari Thompson

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

In Honor of
Elaine Johnson
Keith & Cecily Huetson

In Memory of
Dianne Gaughan
Flo Humann

In Memory of
Drs. Peter & Susan Knutson
Carol Krantz

In Memory of
Patsy Ethridge-Neal
Ingrid Osterhaug
Robyn Redfield



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Please consider making a gift today. Call 425.774.5555 or Visit our website
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