The Messenger
LYNNWOOD SENIOR CENTER

OCTOBER / NOVEMBER / DECEMBER 2019

Treats and Treasures  pg8
Urban Hikes  pg11
Skagit River Eagle Watch  pg15
The Lynnwood Senior Center engages older adults in health, wellness, social and recreational opportunities.

Monday–Friday 8:30am–3:00pm | Tuesday 8:30am–5:00pm | Saturday 9:30am–1:30pm

LSC Membership $30/12 months
LSC Associate Membership Age 61 & Under $30/12 months

19000 44th Ave W | PO Box 5008
Lynnwood, WA 98036
(425) 670-5050 Fax: (425) 712-9804

Registration Information
Pre-registration is required for all Lynnwood Senior Center programs. Payment is made at time of registration. Registrations are non-transferable.

M = Member Fee
NM = Non-Member Fee

Trip Registration is by Lottery!
* Trips including pre-purchased items are non-refundable.
** Overnight trips may be withdrawn for credit up to 30 days prior to departure unless otherwise noted.

Registration for trips, hikes, and outdoor recreation is by lottery at the LSC on designated sign-up dates. Numbers may be picked up at the front desk between 8:30am and 9:00am, with registration starting at 9:00am. Numbers are allotted individually. You may register for yourself and one absent person. If you wish to travel with a companion that is present, one number will be given for both of you.

Persons arriving after 9:00am will be taken in list order. Telephone registration with credit card begins at 10:00am. Activities, trip itinerary and times may change due to weather, traffic or other unforeseen events.

Cancellation Policies Registration for activities without an (*) may be withdrawn for credit up to three business days prior to departure.
* Trips including pre-purchased items are non-refundable.
** Overnight trips may be withdrawn for credit up to 30 days prior to departure.

Scholarship Program We want you to have a chance to experience and participate in classes, activities and trips that interest you. The City of Lynnwood offers a scholarship program at the Senior Center. Please do not let cost keep you from enjoying activities. All applications are confidential. For Lynnwood residents 62+.
Please see Mary-Anne Grafton or call 425-670-5051.

Non Discrimination Policy The Lynnwood Senior Center does not discriminate on the basis of race, color, gender, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. On request, people with disabilities will be provided with reasonable accommodations.

Inclement Weather Policy Delays: In the event Edmonds School District announces a delayed start time due to inclement weather, all LSC a.m. programs are cancelled. All programs beginning after 12 noon will run as permissible, please call to confirm.
Cancellations: If Edmonds School District cancels for the day, all programs are cancelled.
Services & Discussion Groups

Bible Study
Join this small group offering biblical study with participation and discussion. The goal is to have an environment open to discussion and Biblical learning, with particular focus on understanding and life application.

4629 Oct 7-Dec 30 Mon 9–10:30am Free/$15NM Facilitator: Ginger Kemp

Chatterboxes
Join the girls! This social club is talking about whatever, doing whatever and enjoying the companionship of a great group of ladies. Keep your hands busy with your own project or just enjoy the conversation.

4679 Oct 4-Dec 27 Fri 12:30–2:30am Free/$15NM Facilitator: Ginger Kemp

Our Choices and Understandings
In a discussion group format, explore ideas of how to develop a better understanding of yourself and how to help others understand you better.

4680 Oct 1-Dec 31 Tue 12:15–1:45pm Free/$15NM Facilitator: Rick Mottau

Veteran’s Coffee Hour
This informal group gives veterans a chance to connect and visit with others who have served.

4681 Oct 1-Dec 31 Tue 11am–12pm Free Facilitator: Bill Dye

Acupuncture Appointments
Acupuncture is one of the oldest medical practices known for healing and pain relief. Register early to schedule your 50-minute appointment.

4685 Oct 7-Dec 16 Mon 9am–1:40pm $18/$23 NM Provider: Cole Alexander

B-12 Injections
Drop-in between 10:30-11:am or 12:10-12:50pm. No appointment necessary.

4689 Dec 16 Mon $20/$25NM Provider: Cole Alexander

Foot Care Appointments
This service includes a foot soak, nail trim, and a foot massage from a licensed esthetician. Call LSC to schedule your thirty-minute appointment. Simple finger nail trim available with foot care for additional $5.

4699 Oct 16 Wed 9am–2pm $25/$30NM
4698 Oct 23 Wed 9am–2pm $25/$30NM
4701 Nov 13 Wed 9am–2pm $25/$30NM
4703 Nov 20 Wed 9am–2pm $25/$30NM
4700 Dec 11 Wed 9am–2pm $25/$30NM
4702 Dec 18 Wed 9am–2pm $25/$30NM Provider: Ann Nguyen

SHIBA Appointments
Statewide Health Insurance Benefits Advisors can help you with your questions about medical and prescription coverage and access, as well as provide information about long term care.

4704 Nov 21 Thu 12–3pm Free
4705 Oct 17 Thu 12–3pm Free
4706 Dec 19 Thu 12–3pm Free Provider: Laura Ballard
**Wellness Corner**

**Enhance Fitness Program**
The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified.

**Lite Enhance Fitness**
This is a gently-paced cardiovascular workout using resistance for strength. Exercise may be in seated or standing positions.

- **3219** Oct 1 - 31 Tue, Thu 9:40–10:40am
- **3217** Nov 5 - 26 Tue, Thu 9:40–10:40am
- **3218** Dec 3 - 19 Tue, Thu 9:40–10:40am

Instructor: Patricia Bozonier
$3 drop-in or $24 for an 8-session pass

**Intermediate Enhance Fitness**
Engage in a moderate workout focused on cardio, flexibility, balance and strength. Instructors are certified. Fitness pass class. No class Nov 11 & 29.

- **3223** Oct 2 - 30 M, W, F 8:45–9:45am
- **3224** Nov 1 - 27 M, W, F 8:45–9:45am
- **3225** Dec 2 - 20 M, W, F 8:45–9:45am

Instructor: Angela Dismuke
Location: Lynnwood Recreation Center, Fitness Studio

**Advanced Enhance Fitness**
Join this fun and energetic group for a challenging cardio exercise using a variety of fitness equipment. Balance work is included. Fitness pass class. No class November 11 & 29.

- **3228** Oct 2 - 30 M, W, F 10–11am
- **3226** Nov 1 - 29 M, W, F 10–11am
- **3227** Dec 2 - 20 M, W, F 10–11am

Instructor: Angela Dismuke
Location: Lynnwood Recreation Center, Fitness Studio

**SAIL Fitness Class**
Stay Active and Independent for Life — developed by the Washington State Department of Health for older adults. This is an intermediate level class, designed for both seated and standing positions. This class is suitable for all fitness levels.

- **3229** Oct 1 - 31 Tue, Thu 10:50–11:50am
- **3231** Nov 5 - 26 Tue, Thu 10:50–11:50am
- **3230** Dec 3 - 31 Tue, Thu 10:50–11:50am

Instructor: Debby Grant
$3 drop-in or $24 for an 8-session pass

**Functional Fitness Check**
Take three simple physical tests that measure mobility and strength to help you assess your risk of falling.

- **3500** Oct 3 Thu 2:30–3pm Free / $5 NM

Instructor: Debby Grant

**BEGINNER PLUS AMERICAN CLOGGING – FOR FUN AND FITNESS**
Add on to what you learned in Beginner American Clogging. You'll learn steps that are a little more challenging and dance to easy, choreographed dances. The instructor always calls out cues and that keeps it fun and easy to continue learning. Come early and overlap with the Beginner class for extra practice and review.

- **4471** Oct 9 - 30 Wed 2–2:45pm $20/$25 NM
- **4473** Nov 6 - 27 Wed 2–2:45pm $20/$25 NM
- **4474** Dec 4 - 18 Wed 2–2:45pm $15/$20 NM

Instructor: Maureen Pettit
Location: Lynnwood Recreation Center, Fitness Studio

**Flow Yoga 62+**
Your day will start on a peaceful note with a gentle, safe and fun Flow Yoga practice. Improve your strength, flexibility, balance, and mobility through practicing standing and seated yoga poses. A chair may be used for support as needed. This class is designed to meet the needs of older adults of all experience levels. Adults of all ages are welcome. No class Oct 15 & 17.

- **3365** Oct 1 - 31 Tue, Thu 8:40–9:30am $40/$45 NM
- **3366** Nov 5 - 26 Tue, Thu 8:40–9:30am $35/$40 NM
- **3364** Dec 3 - 31 Tue, Thu 8:40–9:30am $40/$45 NM

Instructor: Lida (Sungyeo) Kim
$6 drop-in or $48 for an 8-session pass

**NEW Flow Yoga 62+**

**NEW BEGINNER PLUS AMERICAN CLOGGING – FOR FUN AND FITNESS**

**NEW Laughter Yoga**
Invite balance, health, and joy into your life with a chair-based gentle yoga practice that emphasizes mindful awareness of body sensations. What’s unique about this yoga style is that it is combined with fun activities. This is a powerful, life-changing experience. Laughter is the best medicine in the world. $6 drop-in rate. No class Oct 15 &17.

- **3368** Oct 1 - 31 Thu 12–1pm $40/$45 NM
- **3369** Nov 5 - 26 Thu 12–1pm $35/$40 NM
- **3367** Dec 3 - 31 Thu 12–1pm $40/$45 NM

Instructor: Lida (Sungyeo) Kim
$6 drop-in or $48 for an 8-session pass

**NEW Beginner American Clogging – for Fun and Fitness**
No dance experience necessary to join this fun class. You’ll learn the basic steps used in all levels of American Clogging. Brought to America by European immigrants, clogging is a rhythmic, grounded style of dance that uses all music genres. The instructor calls out cues and that keeps it fun and easy to learn. Stay and watch the Beginner Plus class for a preview of what comes next. Shoe styles and taps will be discussed at the first class each month.

- **4467** Oct 9 - 30 Wed 1:30–2:15pm $20/$25 NM
- **4468** Nov 6 - 27 Wed 1:30–2:15pm $20/$25 NM
- **4469** Dec 4 - 18 Wed 1:30–2:15pm $20/$25 NM

Instructor: Maureen Pettit
Location: Lynnwood Recreation Center, Fitness Studio

Call LSC for more information or to register: (425) 670-5050
Korean Language
Laughter Yoga
Invite balance, health, and joy into your life with a chair-based gentle yoga practice that emphasizes mindful awareness of body sensations. What's unique about this yoga style is that it is combined with fun activities. This class is taught in Korean. $6 drop-in rate. No class Oct 11 & 15.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Instructor</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Oct 1-29</td>
<td>Tue, Fri 1:15-2:05pm</td>
<td>$35/$40</td>
<td>Lida (Sungyeo) Kim</td>
<td>$6 drop-in or $48 for an 8-session pass</td>
</tr>
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Tai Chi and Relaxation
Discover the ancient art of health and well-being through gentle, controlled movements focusing on balance. Class is based in traditional Yang Style forms and includes a relaxation practice. Both learning and continuing students are welcome.

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<tbody>
<tr>
<td>Oct 3 - 31</td>
<td>Thu 9-10am</td>
<td>$30/$35</td>
<td>Barbara Glesner</td>
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<tr>
<td>Nov 7 - 21</td>
<td>Thu 9-10am</td>
<td>$18/$23</td>
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<tr>
<td>Dec 5 - 12</td>
<td>Thu 9-10am</td>
<td>$12/$17</td>
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Tai Ji Quan:
Moving for Better Balance
This 12-week class is based on traditional Yang Style Tai Chi movements. It is proven to improve posture, gait, mobility and balance in older adults. Students attend class twice a week. The class was researched and developed by Dr. Fuzhong Li in conjunction with the CDC at the Oregon Research Institute in Eugene. No class Nov 12-29, Dec 24-Jan 3.

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<tbody>
<tr>
<td>Oct 15 - Feb 7</td>
<td>Tue, Fri 9-10am</td>
<td>$120/$125</td>
<td>Debby Grant</td>
<td>Lynnwood Recreation Center, Room 102</td>
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Intermediate Tap Dance
Dust off your tap shoes and join this fun group of dancers. New people are welcome — there's lots of support to get you up to speed. Thursday is instruction; Tuesday is practice and rehearsal.

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<tr>
<td>Oct 1-31</td>
<td>Tue, Thu 12:30-1:30pm</td>
<td>$37/$42</td>
<td>Melissa Olson</td>
<td>Lynnwood Recreation Center, Room 102</td>
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<tr>
<td>Nov 5 - 26</td>
<td>Tue, Thu 12:30-1:30pm</td>
<td>$23/$28</td>
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<tr>
<td>Dec 3 - 19</td>
<td>Tue, Thu 12:30-1:30pm</td>
<td>$23/$28</td>
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Line Dance for All
Line dance continues and it will be all about moving and having fun. In this easy, upbeat class, you'll move to a wide variety of music including Rock & Roll, Hip Hop, Salsa, Cha Cha, Country Western, Zydeco, Cumbia, Merengue, Tango and much more. Exercise never felt like such fun! This class is for people of all experience and ability levels.

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<tbody>
<tr>
<td>Oct 4 - 25</td>
<td>Fri 10:15-11:15am</td>
<td>$20/$25</td>
<td>MaryLee Lykes</td>
<td></td>
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<tr>
<td>Nov 1 - 22</td>
<td>Fri 10:15-11:15am</td>
<td>$20/$25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dec 6 - 27</td>
<td>Fri 10:15-11:15am</td>
<td>$20/$25</td>
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Zumba Gold
You’ve heard people rave about Zumba—a Latin Movement-based dance class that includes Salsa, Merengue, Cha Cha, Tango and more. Zumba Gold is especially adapted for adults 62, for adults who are beginning to increase activity to improve wellness, and for people with physical limitations. You can learn the moves on your feet or in a chair. Don’t miss out on this fun way to fitness! $6 drop in rate. No class Nov 11.

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<td>Wed 9-9:50am</td>
<td>$20/$25</td>
<td>Angela Dismuke</td>
<td></td>
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<tr>
<td>Nov 4 - 25</td>
<td>Mon 9-9:50am</td>
<td>$15/$20</td>
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<td></td>
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<tr>
<td>Dec 2 - 30</td>
<td>Mon 9-9:50am</td>
<td>$25/$30</td>
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Zydeco Movement
Move to Zydeco and Cajun music. No partner required, this is dance moves for exercise. Originating in Louisiana by French Creoles, both Zydeco and Cajun draw from blues and rhythm and blues music styles. Getting fit has never been more fun.

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62 + Pilates: Gentle – an Introduction
Gentle Pilates is done seated, on the floor, or both (depending on ability.) You will be introduced to Pilates terminology, basic principles and simple beginning exercises. This class is suitable for everyone. Bring a towel and Pilates mat to class.

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<td>Wed 11:30am-12:20pm</td>
<td>$30/$35</td>
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<td>Wed 11:30am-12:20pm</td>
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62 + Pilates: Level 1
Pilates for Core Strength & Flexibility Level 1 is done entirely on the floor. Level 1 adds to what you learned in Gentle Pilates. You are familiar with and understand the terminology and basic principles and are able to complete the beginning exercises with little assistance from the instructor. Exercises are more complex. This class requires Instructor’s approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

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62 + Pilates: Level 2
Pilates for Core Strength & Flexibility Level 2 is done entirely on the floor. Exercises continue to grow in complexity and students are challenged. Prerequisites for this class are Pilates Level 1 and Instructor’s approval. You must be able to get up and down on the floor. Bring a towel and Pilates mat to class.

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<td>$24/$29</td>
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</tr>
<tr>
<td>Dec 6 - 20</td>
<td>Fri 11:30am-12:20pm</td>
<td>$18/$23</td>
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Classes & Activities

Art Workshop Drop-in
Artists helping each other create art in a friendly, supportive environment. If you are a beginner wanting to get started, or an expert needing to stay motivated, this is the group for you. Bring your ideas, your materials, and your work-in-progress.

4558  Oct 7 - Dec 30  Mon 12:30–2:30pm  Free / $15 NM
Facilitator: Darlene Burt

NEW Paper Art
Create beautiful paper objects. See how creative you can be! Some work will include recycled material. Bring plain paper, paper glue, scissors, ruler, a pencil and colored pencils to class with you. The instructor may charge a $1 supply fee per person for special papers.

4456  Oct 7 - 31  Thu 1:15–2:45pm  $20/$25 NM
4457  Nov 7 - 21  Thu 1:15–2:45pm  $15/$20 NM
4458  Dec 5 - 19  Thu 1:15–2:45pm  $15/$20 NM
Instructor: Fresia Valdivia

NEW Holiday Cookie Decorating Workshop
Come join us for an afternoon of holiday fun. You’ll take home unique decorated cookies to eat. Or, use your cookies as examples for decorating more at home, then enjoy them or give as gifts. Bring a dozen large plain cookies to class with you. They can be homemade or store-bought. Decorating supplies will be provided.

4946  Dec 13  Fri 12:30–2:30pm  Free / $5 NM
Instructor: Debbie Allen

NEW Introduction to Traditional Chinese Painting
You’ll learn proper brush techniques and how the brushes, ink and color work with special absorbent paper used in Chinese painting. Humans, landscapes, flowers and birds are the top four subjects for Chinese painting. Using basic techniques, you’ll paint two subjects during class sessions. At the first class you’ll be given a supply list and tips on where to find what you need.

4660  Oct 1 - 15  Tue 2:30–4pm  $18/$23 NM
4661  Nov 5 - 19  Tue 2:30–4pm  $18/$23 NM
4662  Dec 3 - 17  Tue 2:30–4pm  $18/$23 NM
Instructor: Koon-Yui Poon

Sketching Into Painting and More
You’ll learn the fundamentals of drawing using a variety of pencils, graphite sticks and pens. A few simple exercises will help you build confidence in your ability to plan and draw a picture. Everyone takes home a finished piece. New and returning students welcome.

4672  Oct 5 - 26  Sat 11:15am–1:15pm  $24/$29 NM
4673  Nov 2 - 23  Sat 11:15am–1:15pm  $24/$29 NM
4674  Dec 7 - 28  Sat 11:15am–1:15pm  $24/$29 NM
Instructor: Donella M Robbins

Red Hats
Join the world-wide movement of women embracing aging. The Lynnwood Senior Center has two chapters that meet once a month. Dress up in purple and red and join the fun.

Crimson Cuties

4627  Oct 2 - Dec 4  Wed 11:30am–12:30pm  Free / $15 NM
Facilitator: Jackie Duell

Ruby Royals

4628  Oct 2 - Dec 4  Wed 1–2:30pm  Free / $15 NM
Facilitator: Hazel Shaw

Flower Arranging
Sign up for this 30-minute class, and every week you’ll take home an artfully designed flower arrangement. You will learn about flower and color combinations, and how to create varied arrangements. You’ll also learn how to work with unexpected materials—Lynnwood Trader Joe’s provides the flowers, so each week is a surprise. Bring a tool to cut flower stems and a vase or plastic bag to take home your arrangement.

Genealogy – Finding Your Roots
Come meet Ron Sailer, our Genealogy facilitator. Ron is on the board of the Sno-Isle Genealogical Society and has been a passionate genealogy researcher for more than 25 years. Join us in April and get to know the group. Tell your story and help set our research priorities. Whether you’re new, experienced or want a refresher, we want you.

4620  Nov 2 -27  Wed 9:30–10am  $8/$13 NM
4559  Dec 4 - 18  Wed 9:30–10am  $5/$10 NM
Instructor: Shanny Peer

Call LSC for more information or to register: (425) 670-5050
Visit our web site at PlayLynnwood.com

**Classes & Activities**

**Book Discussion**
We read modern fiction and an occasional classic. Sometimes we add on a book series to make sure we all stay interested and engaged. You may check out the regular book selections through the front desk at the Lynnwood Library — ask for the Lynnwood Senior Center book group. Then join us on the fourth Tuesday for discussion.

**October selection**
*Cleopatra, A Life* by Stacy Schiff

| 4666 | Oct 22 Tue 2:30–4pm Free/$5 NM |

**November selection**
*The Egg and I* by Betty MacDonald

| 4667 | Nov 26 Tue 2:30–4pm Free/$5 NM |

**December selection**
*Commonwealth* by Anne Patchett

| 4668 | Dec 17 Tue 2:30–4pm Free/$5 NM |

**German Talk Time**
This is a conversational class for those with some German language experience.

| 4622 | Oct 7 - Dec 30 Mon 10:30–11:50am Free/$15 NM |

**Popcorn Cinema**
Movies and More! This film series includes old favorites, new movies, and everything in between. There's discussion following and popcorn provided - bring your own theatre candy. Look for weekly titles posted at the Center.

| 4624 | Oct 1 - Dec 31 Tue 2:15–4:30pm Free/$15 NM |

**Knitting – Learn, Refresh or Refine your Skills**
Bring your choice of yarn or your partly completed project. We'll loan you knitting needles to fit the yarn. Our instructor can teach you from scratch or help you pick your way thru a pattern. Register by the month for two Tuesdays each month.

- **4721** Oct 8 - 15 Tue 2:30–4:30pm $10/$15 NM
- **4722** Nov 12 - 19 Tue 2:30–4:30pm $10/$15 NM
- **4723** Dec 10 - 17 Tue 2:30–4:30pm $10/$15 NM

Instructor: Hazel Shaw

**Knitting to Make A Difference**
Do you have some time on your hands? Are you looking for something to do that will make a difference? Join us in making blankets, hats, and scarves for local newborns and homeless children. Our instructor is an experienced teacher and crafter. Experience is not necessary. All levels are welcome. Needles and yarn provided.

| 4623 | Oct 7 - Dec 30 Mon 9:30–11am Free |

Facilitator: Hazel Shaw

**Quilting**
Try your hand at quilting! Share your work and learn from others. Projects range from traditional hand-quilting to wonderful artistic interpretations. Two weekly sessions are offered, each with a distinctive feel. All levels of experience are welcome. Bring your project and your ideas.

**Quilting - Wednesday**

| 4625 | Oct 2 - Dec 18 Wed 10–11:45am Free/$15 |

Facilitator: Virginia Lovitt

**Quilting - Thursday**

| 4626 | Oct 3 - Dec 26 Thu 12–2pm Free/$15 |

Facilitator: Ruth Beckett

**Cell Phone Assistance**
Puzzled by all the features and options that your cell phone offers? Drop-in and talk with our volunteer and get your questions answered.

| 4718 | Oct 2 - Dec 25 Wed 10am–12pm Free/$5 NM |

Instructor: Mikael Ohman

**Your Next Great Read!**
Do you love to read? Are you always on the hunt for your next favorite book? Join a Sno-Isle Librarian to chat about your favorite books, where to find reading recommendations, and how to download e-books for free from Sno-Isle Libraries. For help with e-books, please bring your phone or tablet with you to class. Brought to you in partnership with Lynnwood Sno-Isle Library.

| 4717 | Nov 14 Thu 1–2pm Free |

Instructor: Lynnwood Librarians

**Using Consumer Reports and Investment Databases**
You've worked hard for your money and the library has tools to make your money work for you! Learn how to use Consumer Reports Database (free through the library) to help you make smart decisions when buying a new car, a new computer, or just about anything else. Explore Value Line and Morningstar Databases (also free through the library) to make smart investment choices for your money! Brought to you in partnership with Lynnwood Sno-Isle Library.

| 4719 | Dec 12 Thu 1–2pm Free |

Instructor: Lynnwood Librarians
## Games & Events

### Ongoing Games

<table>
<thead>
<tr>
<th>Game</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cribbage</td>
<td>Oct 7 - Dec 30</td>
<td>Mon 10–11am</td>
<td>Free/15NM</td>
<td>Barbara Buckler</td>
</tr>
<tr>
<td>Bingo</td>
<td>Oct 7 - Dec 30</td>
<td>Mon 12:30–2:45pm</td>
<td>Free/15NM</td>
<td>Claudette Martinez</td>
</tr>
<tr>
<td>Pinochle</td>
<td>Oct 1 - Dec 31</td>
<td>Tue 9am–12pm</td>
<td>Free/15NM</td>
<td>Jim Condon</td>
</tr>
<tr>
<td>Duplicate Bridge</td>
<td>Oct 1 - Dec 31</td>
<td>Tue 12:30–4pm</td>
<td>Free/15NM</td>
<td>Howard Price</td>
</tr>
<tr>
<td>Scrabble</td>
<td>Oct 2 - Dec 27</td>
<td>Wed, Fri 9:30–11am</td>
<td>Free/15NM</td>
<td>Dora Cantu</td>
</tr>
<tr>
<td>Mexican Train</td>
<td>Oct 2 - Dec 18</td>
<td>Wed 12:30–2:30pm</td>
<td>Free/15NM</td>
<td>Claudette Martinez</td>
</tr>
<tr>
<td>Party Bridge</td>
<td>Oct 3 - Dec 26</td>
<td>Thu 11:30am–2:30pm</td>
<td>Free/15NM</td>
<td>Bev Perkins</td>
</tr>
<tr>
<td>Bunco</td>
<td>Oct 4 - Dec 27</td>
<td>Fri 9:30–11:30am</td>
<td>Free/15NM</td>
<td>Ethel Conrad</td>
</tr>
<tr>
<td>Open Games</td>
<td>Oct 5 - Dec 28</td>
<td>Sat 9:45am–1:15pm</td>
<td>Free/15NM</td>
<td>Dora Cantu</td>
</tr>
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</table>

### Events

**Preregistration is required for all events.**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treats and Treasures</td>
<td>Oct 16, 17, 18</td>
<td>W, T, F 9am–3pm</td>
<td></td>
<td></td>
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<tr>
<td>Birthday Celebration Luncheon</td>
<td>Nov 6</td>
<td>Wed 12–1:30pm</td>
<td>$5/$10 NM</td>
<td>Free for Birthday Members</td>
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<tr>
<td>Veterans Luncheon</td>
<td>Nov 8</td>
<td>Fri 12–2pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thanksgiving Potluck</td>
<td>Nov 28</td>
<td>Thu 11:15am–2pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

GAMES ARE FREE FOR MEMBERS
$15.00 per quarter for non-members

Call LSC for more information or to register: (425) 670-5050
Outdoor Recreation

Hikes

- **PREREQUISITE** -
If you are new to the hike program, you must register for a three heart hike and successfully complete it prior to signing-up for a four-five heart hike.

**October Hikes** – *(Search on-line for details)*
Sign-up ongoing. Ask about current registration availability.

- Oct 2  Heybrook Ridge, Index
- Oct 8  Snoqualmie Valley Trail #5
- Oct 16 Carbon River Road Trail
- Oct 22 Iron Horse Trail, Lake Easton

**Hike Difficulty Key**

- **Easy:** flat trail paved or unpaved
- **Moderately easy:** slight elevation gain with some hills
- **Moderate:** some difficult terrain & elevation gain; you must be steady on your feet
- **Moderately difficult:** steeper elevation gain with switch backs or steps; rocks, roots & challenging footing
- **Difficult:** challenging distance, elevation gain and terrain

**Nisqually National Wildlife Refuge, DuPont**

This is one of our favorite hikes because it’s a great location for the Autumn bird migration. At the mouth of the Nisqually River is a rich, diverse estuary teeming with birds of all kinds, so make sure to bring your binoculars. Before setting out we’ll stop at the visitor center, which includes interpretive exhibits and a gift shop. We’ll walk along the Nisqually Estuary Boardwalk that goes over the tidal flats, and continue on to a pair of old barns where you might find birds of prey hanging out. Please bring your Golden Age Pass if you have one.
- 3 mile round trip
- Minimal elevation gain

**Nisqually National Wildlife Refuge, DuPont**

- 3 mile round trip
- Minimal elevation gain

**Nisqually National Wildlife Refuge, DuPont**

- **Easy:** flat trail paved or unpaved
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- **Difficult:** challenging distance, elevation gain and terrain

**A Latin American Christmas**

Let’s celebrate Christmas Latin American style by eating traditional food from different countries south of the border. After lunch, enjoy singing along to Christmas carol favorites. Santa might make an appearance if you are good. This event is sponsored by Chateau Pacific Senior Living and The Reserve at Lynnwood.

**Armchair Adventures – Kenya**

Come with us to Africa as Joel Faber presents his travels through Kenya. A colorful and dynamic land, Kenya encompasses savannah, lake lands, mountain highlands, and the dramatic Great Rift Valley. It’s also home to wildlife like lions, elephants and rhinos. Joel’s photos will take us to Nairobi, the capital. He’ll also tell us safari stories from Mara Reserve, known for its annual wildebeest and zebra migration.

**Nisqually National Wildlife Refuge, DuPont**

This is one of our favorite hikes because it’s a great location for the Autumn bird migration. At the mouth of the Nisqually River is a rich, diverse estuary teeming with birds of all kinds, so make sure to bring your binoculars. Before setting out we’ll stop at the visitor center, which includes interpretive exhibits and a gift shop. We’ll walk along the Nisqually Estuary Boardwalk that goes over the tidal flats, and continue on to a pair of old barns where you might find birds of prey hanging out. Please bring your Golden Age Pass if you have one.
- 3 mile round trip
- Minimal elevation gain

**Nisqually National Wildlife Refuge, DuPont**

- 3 mile round trip
- Minimal elevation gain

**Nisqually National Wildlife Refuge, DuPont**

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- **Moderately difficult:** steeper elevation gain with switch backs or steps; rocks, roots & challenging footing
- **Difficult:** challenging distance, elevation gain and terrain

**Hiking boots only**

**Athletic shoes okay**

**Visit our web site at PlayLynnwood.com**
Outdoor Recreation

Urban Hikes

Walk the 520 Bridge ❤❤❤ ¬
Challenge yourself to burn calories before the holiday season, not after! Get a fantastic view of Lake Washington from the paved 520 Bridge Trail made just for pedestrians and bicyclists. You’ll start from the Fairweather Nature Preserve in Medina and continue to Union Bay Reach, and back.
• 5.5 mile round trip
• 150 elevation gain
3172 Nov 12 Tue 10am–2:30pm $14/$20 NM
Sign-up date: Oct 18

North Creek Trail, Bothell ❤❤
This is a great way to get in shape before indulging in your upcoming Thanksgiving feast. See birds foraging and fishing as you trek along the scenic North Creek and wetlands. The trail travels on river dikes and through green belts behind neighborhoods and business parks. Trails are mostly paved.
• 3.5 mile round trip
• Minimal elevation gain
3185 Nov 26 Tue 10am–12:15pm $14/$20 NM
Sign-up date: Oct 18

Walk and Wine, Woodinville ❤❤ ¬
We’ll take off on the Sammamish River Trail and head east to the wine tasting hub in Woodinville. You’ll enjoy views of the Sammamish River on one side of the paved path, and agriculture fields on the other. There will be time to enjoy some optional wine tasting or lunch at a cafe on your own before turning back.
• 4 mile round trip
• Minimal elevation gain
3188 Dec 17 Tue 10am–1:30pm $14/$20 NM
Sign-up date: Nov 15

Parks and Pies, Bothell ❤❤
Rove around several parks in Bothell on the Sammamish River Trail. We’ll start and end our trek at the Northshore Senior Center. It just so happens we will be there for their famous Pie Day. We’ll have a quick tour of their center and you’ll have the option to buy a slice of pie ala mode and a hot cup of coffee. Trails are mostly paved.
• 3 mile round trip
• Minimal elevation gain
3187 Dec 3 Tue 10am–1:15pm $14/$20 NM
Sign-up date: Nov 15

Urban Hikes

Proper equipment and attire are required to participate. Please make sure to ask any questions before trip day as your gear will be checked before boarding the bus.

Hiking Essentials
✓ hat & gloves
✓ hiking poles
✓ extra socks
✓ layered clothes
✓ sunscreen & sunglasses
✓ hand warmers
✓ plenty of water, hot beverage and sack lunch
✓ a pad to sit on
✓ tissue
✓ plastic bag for wet items and garbage
✓ cell phone and whistle
✓ personal medication
✓ blister preventive and care kit

Call LSC for more information or to register: (425) 670-5050
Urban Hikes

Cross Kirkland Corridor #1 🍃
Travel along an old railroad bed through the heart of Kirkland. We’ll start at the arboreal Crestwoods Park and continue to Everest Park and back. Along the way, you’ll pass by the backyards of homes and a school on a wooded path. Gravel and paved trail.
• 4 mile round trip
• Minimal elevation gain

4353 Jan 7 Tue 10am–1:15pm $14/$20 NM
Sign up date: Dec 20

Cross Kirkland Corridor #2 🍃🍃🍃🍃
This time the trail will start at a park and cut through the campus of Google. You’ll see their playfields designed to keep their employees active and a train engine that once traveled on the corridor trail. Then we’ll proceed down to the Kirkland waterfront for a break before returning back. Gravel and paved trail.
• 4 mile round trip
• 300 ft elevation gain

4366 Jan 21 Tue 10am–1:45pm $14/$20 NM
Sign up date: Dec 20

End of the Year Potluck
This is our annual end of the year party for LSC’s outdoor recreation programs. Everyone that participated is invited: Outdoor adventures, biking, golfing, hiking and winter sports. It’s always fun to spend time with friends and like-minded people. Bring a main or side dish to share, and don’t forget your photos you have taken throughout the year for the display table.

4180 Dec 4 Wed 12–1:30pm Free

Visit our web site at PlayLynnwood.com
Outdoor Recreation

Winter Recreation Trips

Hyak Sno-Park, I-90
This Sno-Park is great for those who are new to cross-country skiing and snowshoeing. Hyak offers miles of tracks for cross-country skiers with minimal elevation gain. Snowshoers go on the edge of the cross-country ski tracks with an option to do a side trail down to an overlook of Keechelus Lake. There are no lodge or equipment rental facilities at this location. Bring a sack lunch.

Snowshoe • 1-3 mile round trip • Minimal elevation gain

<table>
<thead>
<tr>
<th>Trip Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4068</td>
<td>Jan 3 Fri</td>
<td>9am–4:30pm</td>
<td>$28/$34 NM</td>
<td>Sign-up date: Dec 20</td>
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<tr>
<td>4412</td>
<td>Jan 20 Fri</td>
<td>9am–4:30pm</td>
<td>$10/$15 NM</td>
<td></td>
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</tbody>
</table>

Hyak Sno-Park, I-90

Summit Nordic Center / Gold Creek
The Summit at Snoqualmie Pass offers some great trails for cross-country skiers. Novice skiers are not advised on this trip. The snowshoers will go to Gold Creek Sno-Park for a tromp around a scenic pond. Ski rentals and trail pass fees are not included in the trip fee. There is no lodge at Gold Creek — bring a sack lunch.

Snowshoe Gold Creek • 3 mile round trip • 100 foot elevation gain

<table>
<thead>
<tr>
<th>Trip Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4347</td>
<td>Jan 10 Fri</td>
<td>9am–4:15pm</td>
<td>$28/$34 NM</td>
<td>Sign-up date: Dec 20</td>
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</table>

Winter Trip Registration
Register through the Lynnwood Senior Center at (425) 670-5050, or the Lynnwood Recreation Center at (425) 670-5732. Fees include transportation and Sno-Park passes. Equipment rental costs and Nordic Center passes are not included. Pass fees range from $13 – $17 per person per day. Snowshoe rental is available through the Senior Center on a first-come basis for an additional charge. Weather conditions may require itinerary changes.

Snowshoe Trip Difficulty Key

♥ Easy; slight elevation gain, short distance
♥♥ Moderate; some elevation gain, distance up to three miles round trip
♥♥♥ Moderately difficult; some difficult terrain & elevation gain; you must be steady on your feet

Winter Recreation Preview
This meeting is for anyone interested in LSC’s winter outdoor recreation and urban hike programs. We’ll discuss plans for the upcoming season and how you can participate. If you’ve never been snowshoeing, don’t miss the free lesson and demo.

<table>
<thead>
<tr>
<th>Trip Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3171</td>
<td>Nov 1 Fri</td>
<td>1–2:15pm</td>
<td>Free</td>
<td>Location LSC</td>
</tr>
</tbody>
</table>

Call LSC for more information or to register: (425) 670-5050
Outdoor Recreation

Winter Recreation Trips

**Erling Stordahl at Trollhaugen, I-90**

Go to where the Norwegians like to play in the snow. For a $10 fee on your own, you can warm up in the Sons of Norway Lodge. Erling Stordahl Ski Area has a variety of groomed ski trails for all abilities. There is a 50-foot elevation gain to the lodge.

**Snowshoe ★★★ – ★★★★★**
- up to 3.5 mile round trip
- 200 foot elevation gain

**4351** Jan 24 Fri 9am–3:30pm $28/$34 NM
Sign-up date: Dec 20
4415 Snowshoe Rental: $10/$15 NM

**Lake Wenatchee and Kahler Glen Sno-Park**

Both of these Sno-Parks have numerous trails for snowshoers and cross-country skiers of all abilities. Depending on the snow conditions at each location, you will either enjoy tracks near the lake or around a golf course. There is no lodge at these locations. Cross-country trails have various elevation gain. There are no lodges at these locations. Bring a sack lunch.

**Snowshoe ★★ – ★★★★★**
- up to 3 mile round trip
- up to 300 feet elevation gain

**4352** Jan 29 Wed 9am–6pm $28/$34 NM
Sign-up date: Dec 20
4416 Snowshoe Rental: $10/$15 NM

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**Pacific Crest Trail, Stevens Pass Snowshoe ★★★★**

Enjoy snowshoeing on part of the PCT near Stevens Pass Ski Resort. On this quiet, wooded trail, look for wildlife tracks and a snowy mountain range across the valley. Afterwards, warm up with hot cocoa on your own at the Stevens Pass Ski Resort Lodge.

- 3.5 mile round trip
- 275 foot elevation gain

**4350** Jan 15 Wed 9am–4:15pm $28/$34 NM
Sign-up date: Dec 20
4414 Snowshoe Rental: $10/$15 NM

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**Winter Essentials**

- hat & gloves
- whistle
- ski or hiking poles with baskets for snowshoeing
- fanny or day pack
- gaiter
- extra socks
- layered clothes
- sunscreen & sunglasses
- hand warmers
- blister prevention and care kit
- plenty of water and a hot beverage
- sack lunch
- a pad to sit on
- money for bakery stops
- tissue and/or hand wipes
- plastic bags for garbage and wet boots
- cell phone
- allergy and other personal medications
- snowshoe: waterproof hiking boots or snow boots

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*Trips including pre-purchased items are non-refundable.*

All trip registrations include a $6 non-refundable deposit.

Outdoor recreation registration fees include sales tax.

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The City of Lynnwood Senior Center trips are fragrance-free. Please refrain from wearing perfumes or colognes.

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Visit our web site at **PlayLynnwood.com**
Trips & Excursions

October Trips – (search on-line for details)
Sign-up ongoing. Ask about current registration availability.

Oct 5 Skagit Festival of Family Farms
Oct 12 Dungeness Crab & Seafood Festival, Port Angeles
Oct 17 Tacoma Holiday Food & Gift Festival *
Oct 24 A Country Drive

Trips by Transit: Let’s Go to the Airport 😊😊😊 – 😊😊😊
Join us on this trip to SeaTac Airport by public bus and Link Light Rail. It’s easier than you think and not a bit scary. We’ll stop off in Seattle for lunch before boarding our bus to return to Lynnwood. The cost of bus fare, lunch and other purchases is on your own. Remember to bring your ORCA card, it’s required for this trip. Senior reduced fare each way (65 and over with an ORCA card) range from $1 - $2.50. Fares range from $2.25 - $5.50 for those under 65.

Chocolate Tasting and IKEA Shopping * 😊😊😊 – 😊😊😊
You know what they look like—those pieces of smooth chocolatey goodness in brightly-colored wrapping. Take a trip with us for a Seattle Chocolate factory tour where you’ll see chocolate making in action and taste some chocolate samples. We’ll take time to browse the store in case you want some treats to take home. After the tour we’re moving on to IKEA for browsing, shopping, and lunch if you like. You might pick up a few favorite Swedish groceries. Registration includes Seattle Chocolate factory tour. Cost of food, beverage and other purchases is on your own.

All trip registrations include a $6 non-refundable deposit.

A Maltby Kind of Day 😊😊😊
We’re going to Flower World to look things over and do some shopping. The easy drive to Maltby takes us on less-traveled roads to a quiet part of Snohomish County. Flower World is the place to find the perfect Thanksgiving inspired table decor or an early poinsettia to add some cheer to your space at home. You’ll work up an appetite and be ready to share a cinnamon roll with a friend, order a fluffy omelet or dig into a delicious burger at the Maltby Café. Cost of food, beverage and other purchases is on your own.

Bainbridge Island Studio Tour 😊😊😊
Twice a year, Bainbridge Island artists gather at island studios and host a tour. It’s your opportunity to find a variety of spectacular local arts and crafts under a few roofs. We’ll start at the north end of the island and work our way toward the town of Bainbridge where we’ll have lunch. After lunch we’ll finish the tour and return to Kingston for the ferry to Edmonds. Registration includes transportation and ferry fare. Food, beverage and other purchases are on your own.

Reindeer, Selfies and Other Holiday Fun 😊
Swanson’s Nursery in Seattle is your first stop on this fun-filled holiday excursion. The visiting reindeer are a local tradition in December and each sighting feels like your first. Swanson’s has a photo yurt with multiple opportunities for unique selfies or group pictures. It won’t be too late to capture one for your holiday letter or card. After Swanson’s we’ll drive through a few decorated neighborhoods to see the lights on our way to Kidd Valley for burgers and shakes. Food, beverage and other purchases are on your own.

Trip Registration is by Lottery!
Please refer to page 2 for lottery registration information.
* Trips including pre-purchased items are non-refundable.
** Overnight trips may be withdrawn for credit up to 30 days prior to departure
Skagit River Eagle Watch 😊 – 😊😊
Take a break from the holiday hustle to enjoy a relaxing day with us. This is one of our favorite trips. December is prime time for spotting overwintering bald eagles. Chum salmon run upstream in the Skagit River to spawn and die. The eagles swoop in for a feast. Our route takes us to Marblemount. We'll visit the Bald Eagle Interpretive Center and make multiple scenic stops along the river to take pictures and count the birds. On the way back, we'll drive by the tulip fields and Fir Island Reserve to look for snow geese and trumpeter swans. We'll stop for lunch (on your own) partway through the day.  
Sign-up date: Dec 14 Sat 8:30am–4:30pm $18/$24 NM  
Sign-up date: Nov 13

Taproot Theatre Holiday Performance & Out to Dinner * 😊😊
Let’s dress up for the holidays and go out to the theatre and dinner. Every seat at Taproot Theatre feels close to the stage and the shows are some of the best in town. The beloved holiday film, The Bishop’s Wife, comes to life as a live radio broadcast with you as the in-studio audience! Dudley is an angel and the answer to Bishop Brougham’s prayer to build a new cathedral. Join us this holiday season for a story of love, family and blessings in disguise. After the performance we’ll have dinner at Stanford’s Restaurant. Registration includes theatre admission; food, beverages and other purchases are on your own.  
Sign-up date: Nov 13

The Million Lights of Warm Beach* 😊😊
Come along with us to Warm Beach for a spectacular winter holiday experience. More than one million lights transform the Warm Beach grounds into a magical and enchanting space. There are also Victorian carolers, live music on stage, storytelling, a train ride, ornament and toy making and more. Food options are plentiful, and you’ll have time to take your pick. Or bring food with you if you like. Registration includes admission; food, beverages and other purchases are on your own. Admission includes most activities; toy and ornament making costs $2-$5 extra.  
Sign-up date: Nov 13

Seattle Art Museum & Pike Place Market 😊😊😊
Let’s start the New Year with a fun downtown Seattle day. Seattle Art Museum is our first stop. Admission to SAM Collections is free for older adults on first Fridays. If there’s a Special Exhibition you’ve been waiting to explore, you can pay your own additional admission fee. After the museum we’ll walk to Pike Place Market for lunch and browsing. Pick your own place to have lunch and wander through the market stalls and shops on as many levels as you want. Cost of lunch is on your own; Special Exhibitions fee for Seniors is $7.99.  
Sign-up date: Dec 11

12 Days of Goodness – Seahawks & Pancakes 😊
It’s not a tossup — on this trip you get Seahawks and pancakes! 12 Days of Goodness is a Seahawks holiday tradition. The team takes a few players on the road to various venues in the greater Puget Sound to meet and greet older adults in the community. Northshore Senior Center is hosting the event on the same day as its December pancake breakfast. Pancake breakfast and Seahawks fun is included in trip registration.  
Sign-up date: Nov 13

Frozen Butterflies at Pacific Science Center

Ursulmas Medieval Faire – Monroe Fairgrounds * 😊😊
Have you ever visited a Medieval Faire? You’ll step into a world filled with the crafts and activities of the Middle Ages. Experience the sights and sounds of chivalry, art, and entertainment. You can watch knights in armor face off in combat or check out the covered arena for archery and axe throwing competitions. For food and drink, stop in at Ursulwyck Medieval Village. Trip registration includes admission to the Faire; food, beverage and other purchases are on your own.  
Sign-up date: Dec 11

Kenmore Air – Take a Tour 😊😊😊
Our tour guide is a flight instructor and can tell you all about what it takes to operate a seaplane. We’ll walk the airport and learn about Kenmore Air. You’ll find out how they travel throughout the San Juan and Vancouver Islands, and have time for questions. After the tour we’ll head to the Lake Forest Town Center to shop Third Place Books and have lunch. Cost of food, beverage, and other purchases are on your own.  
Sign-up date: Dec 11

Pacific Science Center and Vietnamese Lunar New Year Festival * 😊😊😊
Send winter packing! Feel the sun’s warmth on your face for a few moments. You’ll breathe in spring when you step into the Tropical Butterfly House at Pacific Science Center and see hundreds of butterflies in the air. You’ll also have opportunity to sit in on a laser or planetarium show. If you like, choose to learn current science facts at a Live Science Show or Portal to Current Research talk. We’ll take time to walk to the Armory for lunch and to see some of the Vietnamese Lunar New Year festival at Seattle Center. Trip registration includes admission to the Pacific Science Center and a laser show; food, beverage and other purchases are on your own.  
Sign-up date: Dec 11

Visit our web site at PlayLynnwood.com

Difficulty Key

😊 Minimal walking
😊😊 Minimal to Moderate walking and/or some stairs
😊😊😊 Moderate walking and/or at least one flight of stairs
😊😊😊😊 Moderately difficult; lots of walking and/or many stairs or other challenges
The Lynnwood Senior Center will be closed the following holidays:

- **Veteran’s Day** Nov 11
- **Thanksgiving** Nov 28-Dec 1
- **Christmas** Dec 24-25
- **LSC is open** Dec 26-29 Limited Hours

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**Thanksgiving Potluck**

Since 2007 when people were overheard saying they didn't have family or a place to go for Thanksgiving, we've held our holiday with our own LSC family. Don't spend the day alone. Join us on Thanksgiving for a shared meal with friends. The turkey, stuffing and mashed potatoes will be waiting. All you do is bring a side dish or a dessert to share.

4244  Nov 28 Thu 11:15am–2pm Free

Preregistration required.

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**FLEE, REDMOND**

Leave the doldrums of winter behind and sharpen your mind as you solve puzzles and navigate themed rooms with your team. Escape Rooms are all the rage and you’ll find out why when you see the fabulous rooms that bring fantasies and movie scenarios into real life. Are you game?

3450  Dec 9 Mon 11:15am–3:15pm $32/$38 NM

Sign-up date: Nov 15

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